

### THE WAY HOME Sacred Earth

Sacred Earth's newly released fourth album certainly takes us on a journey home to the essence our heart and soul.

New instruments to a Sacred Earth album such as French horn, keyboards and saxophone, lay a foundation for each song that represents the diversity of our own journeys. The sweet, signature sounds of the flute through to more rhythmic and grounded percussion tracks make for a perfect way to connect us to the many aspects of our divine selves.

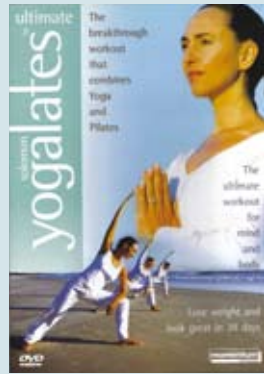
The steady flowing sounds of the vocals and chants are more than a gift to the ears, as, throughout the whole album, I felt my throat and heart vibrating with warmth and peace.

Fans of Sacred Earth will find this album has a slower, more meditative tempo than previous albums, creating a space of peace and harmony perfect for meditation, healings, yoga, massage, spa and therapy centres, as well as schools and the home. Come to think of it, this is the perfect time of year to buy The Way Home as a gift for a friend or loved one.

The album took me to a place beyond the limitations of my body and mind, a place deep within where warm feelings of gratitude and harmony lingered.

**Distributed by Brumby Books**  
R.R.P \$29.95

Reviewed by Tennille Chambers



### ULTIMATE SOLOMON YOGALATES™ DVD Produced by Momentum Pictures

I find this workout extremely rewarding. At no point do I ever feel as though I am being placed in a compromising position, a concern when it comes to DVD-instruction rather than classes with a qualified instructor present, and yet, in balance, I also feel that the postures challenge and stretch my body. What is also great about this particular DVD is the way that it has been designed in 20-minute intervals, so that you are able to squeeze in a quick 20 minute session when time is scarce, or continue through to 40 minutes, or the full hour, when a more thorough workout is desired. Definitely a big plus for those of us that sometimes feel too busy for a regular exercise routine.

Yogalates was designed by Louise Solomon after she discovered the benefits gained from Pilates practice during recovery from a yoga injury. After a few years training and teaching Pilates, Louise then began integrating the two disciplines, combining the stretches of yoga with the core stability offered in Pilates exercises. She has now also developed a government accredited course to train others to teach Yogalates™ to the general public.

Also included in this DVD is a special feature on nutritional and lifestyle advice for optimum health. If you're into yoga, or Pilates, or simply looking for a great exercise DVD with routines that are flexible enough to fit into your busy lifestyle, this one is a definite for the DVD collection.

**Distributed by Yogalates**  
R.R.P \$43.95

Reviewed by Vicki Yianni



### THE FIRST LITTLE ANGELS ON EARTH Lia Scallon

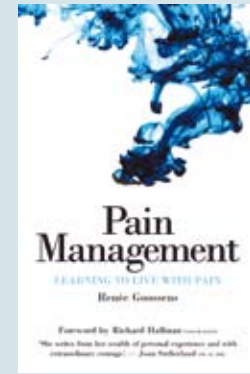
In the prologue to this wonderful double CD set, Lia states her intention to "provide food for the soul". The combination of Lia's beautiful, syrupy, lilting voice and the superb musical background for the telling of her "modern-day fable" ensures that Lia has achieved her goal. While this is a story for adults to play for children, who will undoubtedly love it, and are likely to ask you to play it over and over, Lia reminds us that "we are all little children at heart". Both children and their adults will be enchanted by this delightful tale.

The healing energies of the story and especially of the lullabies are available each time we play them, so the more often the better. Lia says that while it's a story about angels on earth, "it's also about us. Part human, part Divine, we are vital participants – co-creators – in the Eternal Oneness of our vast universe". As well as the delightful story, I found the lullabies to be extremely soothing and restful, and you will too.

**Distributed by Planet MGM and Brumby Books**

R.R.P \$29.95

Reviewed by Terry Stephens



### PAIN MANAGEMENT: LEARNING TO LIVE WITH PAIN Renee Goossens

Pain – physical, emotional, or the pain of grief, is always hard to live with.

Renee Goossens, a patient herself for over 20 years, has suffered chronic pain after being in a horrendous car crash when she was 21. She was told she would never walk again – but she did. Through her experiences, personal research and in her quest to find the appropriate therapy, Renee has become very knowledgeable about pain management, and about the care of mind and body in pain-filled situations. She has learned to live with chronic pain in an optimistic and courageous way.

This is not a biography. It is a handbook on how to cope with pain in all degrees and situations, using various methods and alternative therapies. It incorporates children's suffering and how to help them handle pain in even the most extreme situations.

As a long-term sufferer of chronic pain, I found this book informative and educational.

**Published by Rockpool Publishing**  
R.R.P \$27.95

Reviewed by Anastasia Gonis

# reviews