



taking you home.

This month, **Kelly Rose** chooses inspirational music that evokes the universal comfort and ‘soul food’ associated with homecoming.

Way Home

Sacred Earth

Amazing production values, soaring melodies and a complex range of instruments – including French horn, flute, and saxophone – makes this album their best yet.

Grace and Gratitude

Olivia Newton John

Long respected as a singer, Newton John displays her considerable song-writing talents on this meditative progression through the chakras, all woven together in a flowing cycle of music.

As Above, So Below

Lucy Cavendish

Invoke and experience the sacred law – as above, so below – with this inspirational guided meditation. Excellent for space clearing, both inner and outer.

Mantras in Motion

Various artists

Mixed by One World Music’s renowned DJ, Leigh Wood, this amazing 76-minute blend of modern music and ancient mantra is the perfect accompaniment to yoga practice or meditation.

ARTIST IN PROFILE



Lia Scallon is the creator of the popular *Sounds of Sirius* healing series. Her latest release is a double album entitled *The First Little Angels on Earth*.

Home Port Douglas.

Favourite indulgence Lunch at On the Inlet, a restaurant in Port Douglas, watching boats bob on the shimmering water against a backdrop of mist-covered mountains and the Daintree rainforest.

Favourite book *The Mystery of the Crystal Skulls* by Chris Morton and Ceri Louise Thomas. It unfolds like a detective story and gives wonderful insights – both scientific and spiritual – into these mysterious and powerful ancient artefacts.

Favourite music *Through These Eyes* by Bliss. The exquisite vocals and lyrics conjure up images of idyllic worlds, like Camelot and Avalon.

Best advice you’ve been given “Anything can happen to anyone at anytime.” This reminds me not to take anything for granted. The present moment is all you can be sure of, so live it to the full.



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