

Hi Everyone. Happy Chinese new year, the year of the water rabbit, which is said to bring relaxation, quietness and contemplation.

Welcome to Nikki who is starting in the healing room on Sundays offering energy healing and EFT. Call the shop on 4031 1482 to book.

2023 astrological calendars and moon planting guide still in stock. Thank you for shopping local. Regards Angi and the team.

Understanding Human Design: Karen Curry (\$40).

Founded in the twentieth century by the late spiritual teacher Ra Uru Hu, human design is often called the "new astrology" and the intersection of science and spirituality". This book is a manual to understanding your human design chart and teach you about every level of from the most basic elements to the deeper insights, which can reveal your strengths, weaknesses and your potential.

**"Anger is punishing ourselves for somebody else's mistake"**

You are more than you think you are:

Kimberly Snyder (\$27). Blast through all the baggage in your life with this guide to every day enlightenment. This easy to read book containing simple exercises and in-depth meditations teaches you how to revise your belief system, fulfil your deepest dreams and create a successful and inspiring life.

**"Holding a grudge does not make you strong, it makes you bitter. Forgiving doesn't make you weak, it sets you free"**  
Morgan Freeman.

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TAROT READER & NATURAL THERAPIST IN STORE EVERYDAY

Teen Magick: Fiona Horne (\$25). What does it take to be a real witch in this brave new world? With all the tools, spells, sacred days and tips for what to do in love and life, this book is a must have for the young person who wants to evolve into the most empowered version of themselves.

**"I owe myself the biggest apology for putting up with what I didn't deserve"**

The Power of the Downstate: Sara C. Mednick PhD (\$27).

This book gives practical tips which are backed up by science, expanding on her first book "Take a Nap!" Sara shows us how to deeply recharge during the daytime, to be more alert, productive and cognitively sharp.

**"Having a soft heart in a cruel world is courage not weakness"**

What your aches and pains are telling you: Michel Odoul (\$27).

Our body speaks, and this book reveals how physical complaints are energetic disturbances that lead to ailments & chronic conditions, is your soul speaking to you. The book provides a reference grid of body mind connections and keys to decipher what the body is telling you.

The Anxiety Workbook: Anna Barnes (\$30). Take control of your anxiety with this step-by-step workbook to help you identify and overcome your worries. Either use the book on its own or alongside therapy to help you break away from negative thought patterns and achieve long term calm and peace of mind.

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The Complete Guide to the Enneagram:

Sierra Mackenzie (\$30). This book is a fresh and modern view of the Enneagram's nine personality types and how your type manifests in your daily life. There is a quiz to determine your personality type and comprehensive chapters about each one.

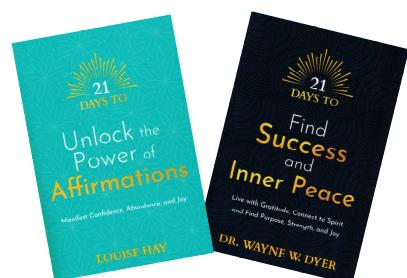
**"The highest form of knowledge is empathy, as it requires us to suspend our egos & live in another's world"**

The Wild edge of Sorrow: Francis Weller (\$27).

This handbook written by noted psychotherapist Weller, highlights the intimate bond between grief and gratitude, sorrow and intimacy. He shows us that the greatest gifts are often hidden in the things we avoid, and offers powerful tools and rituals to transform grief into a force that allows us to live fully.

**"Gut feelings are Guardian Angels"**  
Plato

Studies have shown it takes only 21 days to form a new habit. 21 Day series include:



21 Days to find Success and Inner Peace:

Dr Wayne W. Dyer (\$25). Live with gratitude, Connect to spirit and find purpose, strength and joy.

21 Days to unlock the power of affirmations: Louise Hay (\$25). Manifest confidence, abundance and joy.

Trading Hours

9.30am – 3pm

7 days a week!

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