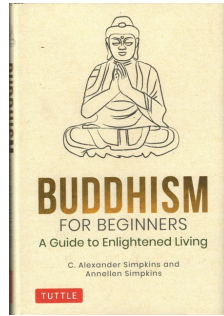
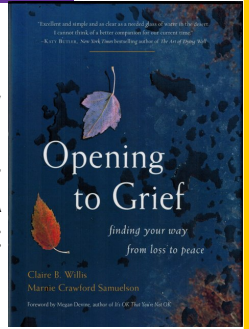


Hi everyone. We welcome Maddy to the Healing Centre on Alt Sunday's. She is a professional Massage Therapist, offering Thai Yoga Massage. Please make her welcome. I can't believe how many new card sets are arriving! Come in & check them out. Regards Angi & the team.



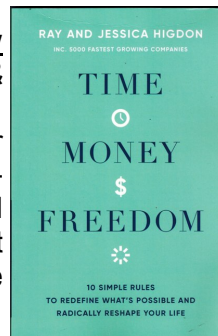
Buddhism for Beginners: Alexander Simpkins (\$20) A guide to enlightened living. Find more mindful moments & live in a more engaged way by understanding the key concepts & practices.

Opening To Grief: Claire Willis (\$35) Finding your way from loss to peace. Simple & clear coping suggestions. A perfect comfort companion during challenging times.

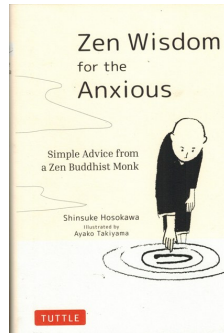
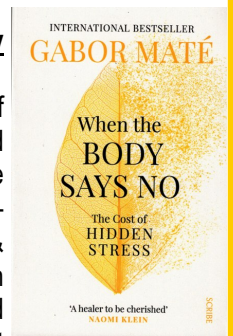


"I believe, therefore anything is possible"

Time Money Freedom: Ray & Jessica Hidden (\$30) 10 Simple rules for defining what is important in your life. Build your confidence, shift your mindset & move towards freedom.



When The Body Says No: Gabor Mate (\$25): The cost of hidden stress. Based on clinical studies, he explores the connection between stress & many diseases, when emotions are stored in the body not released.



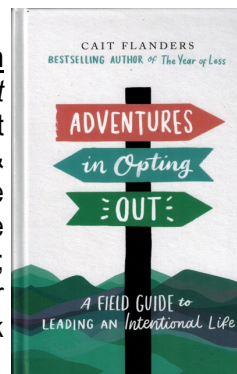
Zen Wisdom for the Anxious: Shinsuke Hosokawa (\$25) Simple advice from a Zen Buddhist Monk. 52 mindful sayings to reduce overwhelm & stress, calm anxiety & return serenity to your soul.



The Modern Witches Guide to Magical Self-Care: Teneae Stewart (\$28) 36 sustainable rituals for nourishing your mind body & intuition. Be guided to create your own rituals using spell-work, witchcraft, phases of the moon & your inner divinity. Supportive & sustainable.

"You are never too old to set another goal or to dream a new dream"
- C.S Lewis

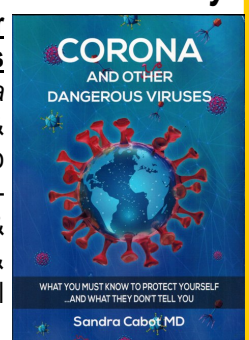
Adventures in Opting Out: Cait Flanders (\$28) Opt out of expectations & learn to live a more intentional life. The Author opted out of; drinking, debt, clutter & unfulfilling work among many others.



"Don't think too much. Just do what makes you happy"



Corona & Other Dangerous Viruses: Dr Sandra Cabot (\$20) Facts & myths, how to strengthen your immune system & foods, herbs & supplements & heal & protect.



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NEW TAROT, ORACLE & INSPIRATIONS CARDS:
Mindful Living Inspiration Cards
Katie Rose (\$30)

Divine Abundance :Tosha Silver (\$32)

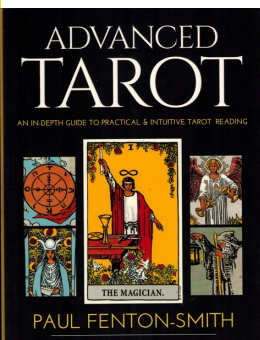
Green Witch Oracle:
Cheralyn Darcey (\$30)

Ancestor Spirit Oracle Cards
Jade Sky (\$35)

Visionary Path Tarot: Lucy Delics (\$33)

Dragon Path Oracle Cards:
Caroline Mitchell (\$42)

"Spread love everywhere you go"
- Mother Teresa



Advanced Tarot: Paul Fenton-Smith (\$45) An in depth, practical-guide, to intuitive tarot reading. Each card explained + lay-outs & reverse 550pgs

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