



Towards Tranquility Newsletter



NOV/DEC/08

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Words to Inspire

Over recent months it seems that words have been popping up everywhere – in banners, plaques, magnet, cards and so on. By this I mean, words like, *believe, love, live, hope, laugh, and joy*. What is remarkable is how people respond to these words. It is clear that having words like this resound through our minds and hearts day by day, gives us inspiration to live positively. Living positively is a bit of a challenge sometimes, when world and personal events erode our confidence.

Recently I was driving through Lorn after a tiring day, feeling irritated by the jabber of the (mostly bad) news on the radio. I turned to classic FM and the glorious sounds of gentle classical music filled the car. As I relaxed and let it flow around me, I looked out and saw a family with 2 kids and a dog, laughing as they took an evening walk. (maybe the dog was only smiling). A wonderful sense of blessing filled my heart. Life in Australia is still good. There is much joy and hope. We wish you and yours many happy moments this season. *Carol*



Words for your home

If you would like to introduce some of these inspirational words and sayings to your home the following are just a few of the options:

- * *Affirmation Banners*
- * *Words that hang or stand and can be made into combinations, e.g. Joy and Hope as shown.*
- * *Magnets*
- * *T light holders*
- * *Candle stands*
- * *Angels with words*
- * *Mugs, yes mugs!*

★★★★★★★★★★
 ★ Towards Tranquility ★
 ★ products are chosen ★
 ★ according to a central ★
 ★ philosophy - to help ★
 ★ people enjoy life more ★
 ★ and bring balance into ★
 ★ busy or stressful lives ★
 ★
 ★★★★★★★★★★★



Bracelet Beads

Yes, we have decided to stock a range of beads to cater for the current love of these bracelets. They will fit most of the known brands, and, of course, reflect the mind, body and spirit focus of *Towards Tranquility*. We also have bracelets if you are just getting started. So if you are looking for *different*, and well priced, come in and have a look. First in best pick!

 * *Look at a tree; a flower, a* *
 * *plant. Let your awareness* *
 * *rest upon it. How still they* *
 * *are, how deeply rooted in* *
 * *Being. Allow nature to* *
 * *teach you stillness.* *
 * *E. Tolle. Stillness Speaks* *

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Book Reviews

Eat, Love, Pray

By Elizabeth Gilbert

Rebounding from a spectacular divorce, Elizabeth gives herself a year off. She asks herself what she would really, really like to do and comes up with 3 answers. Undeterred she decides to do them all! This leads to Rome, India and Bali. Her writing style is entertaining and honest. Her story is inspirational, funny, sad and joyous.

What a great read.

Kids' books

When I'm feeling....

Happy,

Angry

Jealous

Loved..... And so on.

This great series of books is an excellent addition to family and child-care libraries. They are targeted at a younger age to the spectacularly successful *Kids Elf Help* range, so all ages up to about 12 are now covered.

I think I Can by Louise Hay

This beautiful new book for kids is subtitled—*Teaching kids the Power of Affirmations.* Fantastic idea.

Check our other kids books and meditation CDs too



Music

We have a fabulous range at the moment—Quiet instrumental, uplifting, inspirational, vocal, Celtic and much more. Great relaxing holiday music.

Mood Perfumes

What a FANTASTIC idea. At last perfume made with essential oils to set your mood! Included is Focus, Relax, Meditate, Sleep and Breathe Easier. In roll on form, they are handy to carry with you and have wonderful aromas. What's not to love?



Value for Money

In these cautious times we thought it might be useful to list a few gift ideas that are amazing value for money. For example:

Our wonderful aromatic 40 hr **candles**, big range of fragrances—\$14. Put them on a stunning plate for about \$26 all up. Our beautiful range of **melts** for oil burners has been expanded, including spicy and evocative Christmas aromas.

Spiritual Sky Perfume—huge range—so popular: only \$8.95.

Room Perfume Diffusers—pretty and practical—only \$12.

Bargain Books—lots to choose from—many below half price.

Jewellery—genuine sterling silver pieces with natural gemstones starting from \$16

Value Table!

We have decided to go a step further and do an under \$20 table to help you choose gifts that need to be within that budget.

Stop Press

NEW CANDLE PLATES

Just arrived and we love them. 6 designs, wonderful colours—

Blessings

For today only;

Do not anger

Do not worry

Be humble

Be honest in your work

Be compassionate to yourself and others.

Affirmation Banner

Have you tried the RESCUE REMEDY pastilles yet? An easy and palatable way to take this famous pick-me-up. \$12.95 a handy tin.

Extended hours December

We will be staying back a bit to help you out in December. Just phone for times. Christmas week we will trade later on the Monday and Tuesday nights the 22nd and 23rd.

Opening Hours

Mon to Wed	9.00 – 5.30
Thursday	9.00 – 6.00
Friday	9.00 – 5.30
Sat	9 – 2.00
Sun	Closed

Towards Tranquility Stock List

Books

Sterling Silver and crystal Jewellery

Essential oils & Bach Flower Remedies

Candles and Incense

Crystal specimens

Unusual and beautiful cards

Relaxation Music

Self help CDs

Oil burners and fragrant oils

Hanging crystals and mobiles

Feng Shui symbols and books

SPECIAL OFFER Buy two essential oils and receive a free base cream—make your own brew! Conditions apply & while stocks last