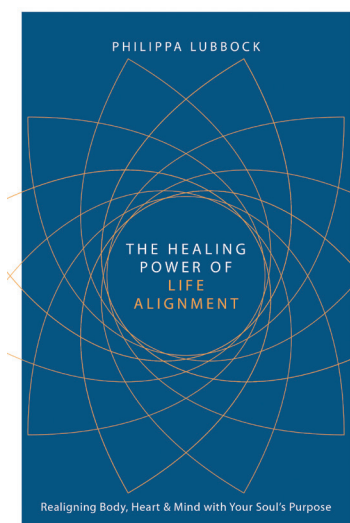




## OJAMIN HERB & FRUIT

This sugar-free daily tonic combines 14 herbs and fruits including turmeric, basil, watermelon seeds and cumin which are refined and synergised to support wellness in diabetics and those seeking a natural healthy supplement. The raw ingredients are sourced from pristine forests in India which are free from fertilisers, pesticides and GMOs, then combined with pure spring water. The tonic is also suitable for vegans and vegetarians and can be added to water, juice, teas and smoothies.

**£29.99** for a month's supply available from [ojamin.com](http://ojamin.com) and Amazon

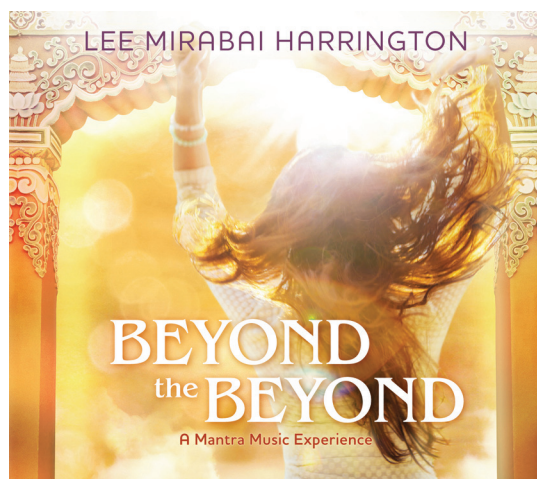


## THE HEALING POWER OF LIFE ALIGNMENT

BY PHILIPPA LUBBOCK

This is a fascinating book by 'Life Alignment' practitioner Lubbock, which discusses the theories and developments of this new healing system that helps the mind and body to release negative beliefs and behaviours and put you back on the road to destiny. The therapy is backed up by heart warming true stories from people around the world.

**£12.99** (Watkins Publishing)

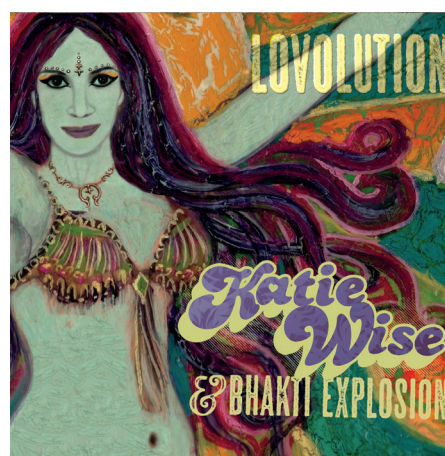


## BEYOND THE BEYOND

BY LEE MIRABAI HARRINGTON

A wonderful album of mantras that invoke healing and protective energies, delivered by Harrington's mesmeric voice and the melodies of Tibetan monks and gospel singers. The eight tracks feature disco, rock, funk and gospel grooves with Buddhist tracks that take you on a spiritually inspiring musical journey, and the album perfectly suits the pace of a yoga flow class. Highly recommended.

**£7.99** available from [spiritvoyage.com](http://spiritvoyage.com) and iTunes



## LOVOLUTION

BY KATIE WISE & BHAKTI EXPLOSION

An excellent album that plays out like a mantra-rock opus featuring ancient Sanskrit and Gurmukhi mantras, that slowly builds into ecstatic dance-your-heart-out kirtans. Featuring guest vocals from artists including Jai Uttal, this modern offering mixes ancient spiritual vocals with mantra-and-pop-music mash-ups to provide a refreshingly hip spiritual and musical journey.

**\$14.97** available from [bhaktiexplosion.com](http://bhaktiexplosion.com)