



◀ T-Shirts

These t-shirts feature the original artwork for covers of popular books (the covers of which are now out-of-print) including ones by Hemingway and many others. I'd never seen the original cover of *The Alchemist*, by Paulo Coelho, before this t-shirt and I loved it! I'm not someone who wears a lot of t-shirts, but this one, I'd definitely wear with delight.

\$38.00 – Café Books, #100, 826 Main St., Canmore, www.cafebooks.ca

Jigsaw Puzzle ▶

This "Tree of Lovers" Pomegranate Artpiece Puzzle (by American artist Paul Heussenstamm) is the kind of artwork that I would put on the cover of Mosaic so I was instantly attracted to it. Working on jigsaw puzzles exercises both the left and right sides of our brains, allowing the brain to move from a Beta state (the wakeful mind) into an Alpha state (the relaxed mind's day dream state, where we are able to access our subconscious), ideal for meditation. Jigsaw puzzles easily induce this state of focused meditation which opens our creativity.

\$16.95 – Ascendant Books, #105, 10310 – 124 St., Edmonton, www.ascendantbooks.com



◀ Tuberose Oil

I walked into this shop in Yale Town and I was so entranced with its fragrant smell, I had to ask what it was. The owner explained it was Tuberose (an Ayurvedic, blended essential oil) that he gets directly from India where it's commonly used. Tuberose is known for opening the heart chakra, enhancing emotional stability and peacefulness of mind, as well as increasing psychic awareness. Its captivating floral aroma makes it's one of my favorites.

\$18.95 – Kaarigar Handicrafts Inc., 1012 Mainland St., Vancouver, BC, www.kaarigarhandicrafts.com



Please note that all of these items may be available at many places, but I've only listed the stores where I found them at.

Smudge Feathers ▶

I love to smudge my home and office with white sage, especially when I feel stuck or want to release any negative energies (in or around me) and feathers help to direct and fan the smudge's smoke. These beautiful, one of a kind, smudge/ceremonial feathers are hand-made by Linda Perry, owner of Soul Food Books. This one is made with a jade stone (luck, abundance), the feathers of turkey (blessings, abundance), rooster (awareness), goose (walk your path), guinea fowl (protection), fox (magic, discernment) and deer skin (grace, beauty, gentleness, new beginnings).

Prices vary – Soul Food Books, #3, 213-19 St. NW, Calgary, www.soulfoodbooks.net and/or Ascendant Books, #105, 10310 – 124 St., Edmonton, www.ascendantbooks.com



◀ Bacon Wrapped Dates

OMG! They are like candy! These bacon wrapped dates (stuffed with Manchego cheese) are just one of the delicious dishes we enjoyed at this cozy Highlands restaurant that features an array of Portuguese-Spanish style tapas (and more). We also loved the fried piri piri dusted calamari, the sautéed kale and the seafood paella. But I can't forget the Sangria (a delicious mixture of wine and fruits) that made us feel like we were back in Spain again. It's a perfect night out.

\$8.00 – Bodega Highlands, 6509 – 112 Ave., Edmonton, www.bodegahighlands.ca

