

# Things I Love



## Pendulum ▲

Using a pendulum is a simple way to access guidance from Spirit or your Higher Self. It's a tool that can aid you in getting answers to questions or problems, dispel negativity energy or even find lost objects. If you're interested in learning more about how to use one, come to our next Mystic Meeting on June 6th.

\$20.00 - Where Faeries Live, 10425 - 79 Ave., Edmonton, [www.wherefaerieslives.com](http://www.wherefaerieslives.com)



## Transition Mist ▲

Whenever I need to feel grounded, I love to spray myself with this Yoga Transition Mist from Saje Natural Wellness. Made from patchouli, rosewood and neroli, this earthy, grounding and uplifting blend helps stimulate feelings of well-being and peacefulness.

\$12.95 - Saje Natural Wellness, WEM, 8882 - 170 St., Edmonton, [www.saje.ca](http://www.saje.ca)



## Red Lamp

In Feng Shui the red lamp is used as a Fire Element cure. Because cures must be active (be on) at all times, a "turned on" red lamp is the best fire element cure. This year the fire element is needed in the east to weaken the 3 Killings Star (attracts chaos, illness and loss) so using the red lamp will neutralize this challenging star. The red lamp is also needed in the northeast to counter the Small Consuming Star (which causes one to overspend) and the Robbery Disaster Star (which attracts unwanted break-ins and theft). As a more general cure, the Fire Element is often used to restore joy, humor, vibrant energy, self-expression and an ability to rise above stressful situations.

\$85.95 - \$255.95 - Soul Food Books, #3, 213-19 St. NW, Calgary, [www.soulfoodbooksetc.com](http://www.soulfoodbooksetc.com)



## Ganesh Singing Bowl ▲

I've never seen a more beautiful singing bowl than this Ganesh one. These Crystal Tones singing bowls are among the purest in the world, made of 99.9925% pure quartz crystal infused with gemstones, minerals and elements. Not only can you hear the pure tones they produce, but you can also feel them within your body. This positively affects all of your energy centres (chakras), which naturally allows them to help you heal, become balanced and enhances meditation.

§ Prices Vary - Amaryllis Crystal Garden, #101, 220 Bear St., Banff, [www.amarylliscrystalgarden.com](http://www.amarylliscrystalgarden.com)

## Thai Chicken Salad ▼

I appreciate interesting and tasty salads and this one at Crazy Weed was delicious. Made of Thai curry poached chicken, napa cabbage, avocado, red onion, citrus, celery, cucumber, cilantro, thai basil, sesame lime vinaigrette and crushed peanuts, it's both gluten and dairy free. And it was kind to my waistline. ☺

\$19.00 - Crazy Weed, 1600 Railway Ave., Canmore, AB, [www.crazyweed.ca](http://www.crazyweed.ca)



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.