



Mantra Bangles

My friend, Lisa, was wearing a bangle with the Ganesh mantra written on it and I loved it. Mantras have been used for centuries as a way to focus the mind, expand one's awareness and evoke transformative powers. As a bracelet on your body, you will be constantly absorbing the power and vibration of the mantra which can be uplifting but also very purifying (as you are being alchemically changed) so it's important to feel a strong connection with the god/goddess you've chosen and be 100% committed to going through the process of transformation that will inevitably come from the energetic power of these mantras (so don't do it lightly). Lakshmi is the goddess of abundance and Shiva destroys harmful patterns and thoughts.

\$40.00 – Lifestyle Meditation, 10937 – 120 St., Edmonton,
www.lifestylemeditation.com

Clear Quartz in Spirit Pot

At the last Mystic Meeting, Skye MacLachlan told us about this great Feng Shui cure to help clear your mind so you can have a better sleep (and overall, to make your life easier). Adults need to choose a clear quartz crystal sphere while children can choose whatever type of crystal they are drawn too (but still a sphere). The clear quartz sphere should be as clear as possible as it needs to clear away your worries and any mental busyness or chaos (the only exception is if it has rainbows inside). Ensure that the sphere is not cracked on the outside (as that means it's leaking energy). To determine the size of the sphere you need, place it in your palm and your hand should be able to wrap around it (or the sphere can be slightly larger, but not smaller). The perfect size would be if your thumb could touch one of your fingers as you wrap your hand around it. Now, place that sphere in a bowl of sea salt (so that it's always been cleansed) and place this bowl under your bed, beneath where your head is located when you are sleeping. Throw away the sea salt once a week and replace it. I have my sphere in a beautiful, one of a kind, handmade pottery bowl by Carleen Brigley (Purple Cat Pottery) that she calls "Spirit Pots."

Prices vary – Both the spheres and Spirit Pots are available at Ascendant Books, #105, 10310 – 124 St., Edmonton, www.ascendantbooks.com
For more on Spirit Pots, /www.facebook.com/CarleenBrigleyPurpleCatPottery/



Fried Breaded Cheese

The first time I had this (in the early 1980's), I was studying Journalism and a fellow student brought me to taste this amazing European dish. Many years later, I continue to love it. I can't tell you more than it's fried breaded cheese that's served with an amazing potato salad and that you must try it at least once. It's rich, delicious and a little nostalgic for me.

\$14.75 – Bistro Praha, 10117 – 101 St., Edmonton,
www.bistropraha.com



Thankful Trivet

I know it's designed specifically for Thanksgiving but I love this trivet because it reminds me, in a very beautiful and useful way, to be consciously thankful daily. It's an affirmation in my kitchen that makes me smile and helps me remember all my blessings.

\$29.95 – Crate & Barrel, 5015 – 111 St., Edmonton,
www.crateandbarrel.ca

Rosewater Spray

It's easy to love this organic Rosewater spray made up of only aqua (purified water) and Rosa Damascena flower oil. Rose is an uplifting scent, connected to the heart, so it brings a vibration of love and harmony to any space it's sprayed in. It's also soothing to spray on your face and skin. Interestingly, rosewater is something recommended in the readings by Edgar Cayce.

\$18.50 – Kalya Naturals, 7115 – 109 St., Edmonton,
www.kalyanaturals.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.