



HOLIDAY GIFTS of joyful spirit

Reviews and Profiles



Beautiful jewelry by Crystal Gypsy Journey can be found at the Andrea Smith Gallery in Tlaquepaque, Hwy 179 in Sedona 928.203.9002



Time Passages Astrology Software for Personal Growth

For those who have a hard time finding a gift for someone who is spiritually minded, but already owns too many little decorative items, Time Passages Astrology Software for Personal Growth is the perfect gift alternative. This would also make a perfect gift for yourself, your family, and your friends who are interested in Astrology, but don't have the background knowledge to create charts on their own. **Time Passages, is an interactive astrology software kit**, that allows one to enter in their own information (birth time, date etc.) and draw up their own personal charts! With each chart, one can click on a specific 'house' and an explanation will pop up to give the user a description of how the stars are effected by each other in that time and space. The software is easy to use and a perfect tool for those interested in further self-exploration. (No classes required!) Also, take a closer look at some of your favorite famous personalities! Find out how the stars have influenced famous people such as Aldous Huxley, Edgar Cayce and Frida Kahlo. For example, Frida Kahlo's sample chart shows that her sixth house represents an inner life, filled with chaos, and the need to force her wild unconscious upon the public. It also represents issues of sickness and health, with discipline and mastery of overcoming obstacles and achievements. (Each package comes with a Users Manual & Disc.)

Visit: www.Astrograph.com to view this exciting new software, or Call: (831) 425.3686



Stone Age Sedona ~ The Faeries Are Here! Come and celebrate Stone Age Sedona's First Anniversary!

In these challenging times when our world is experiencing radical shifts, many of us are questioning why these situations occur. The answers are always available. The faeries ...

At Stone Age Sedona we have faeries, jewelry and crystals in a magical enchanted faerie room. We have expanded our shop to include the Bridget Healing Wing offering astrology, psychic and clairvoyant readings, angel readings and numerology, flower and gem essences and sprays, reiki and crystal healings. Our angelic staff is ready to help you!

**Come by or call us for dates and times of events.
1385 W. Hwy. 89A Sedona, AZ
(across from New Frontiers) 928-282-4409**

www.stoneagesedona.com www.enchantedusa.com

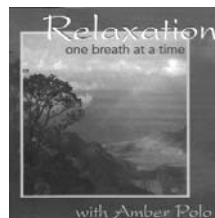


Relaxation...one breath at a time, CD by Amber Polo

The holiday season is a time of celebration, family, friends & food...however, it is also a time of rushing around, stressful shopping, and entertaining which can leave little room for an individual to connect with themselves. For those need a moment to themselves, Amber Polo's "Relaxation, One Breath At a Time" CD is a perfect way to shut off the noise of the holidays and enjoy a guided meditation with soothing music by Eric Williams playing softly in the background.

Amber's peaceful voice welcomes you to join her in a deep relaxation, which can "prepare you to sleep" or "encourage a more relaxing day." After finding a comfortable place to sit, her relaxation session begins by asking the listener to stretch the body while practicing deep breathing techniques to better gain a total mind-body connection. She continues to guide you through full body stretching techniques incorporating the Integral Yoga technique, a key element in the Dean Ornish Program, for Reversing Heart Disease and a proven method to teach you to recognize tension and let it go. The combination of Amber's soft voice, guided stretching and keyboard music are a perfect way to gain a clearer mind and rejuvenate, so one can really enjoy all the offerings the holiday season brings!

Relaxation...one breath at a time, by Amber Polo can be found at the Well Red Coyote, Cd Baby (online) and various places throughout the Verde Valley. Contact Amber: 928.554.0575 or amalayoga@swiftwireless.com for more information.



Sun Boutique in Uptown Sedona

The Sun Boutique at the Healing Family Center offers gifts from the heart for the six senses. Detoxifying bamboo tea, wild-mountain blueberry coffee, relaxation herbal pillow from the orient, Healing Chakra book with self-training CD, and organic cotton clothing. Exclusive "BRQ" light and sound therapy for the brain to help focus, memory, brain balance and intuition. Try essential oil medicines to relieve holiday stress and fatigue...S.O.S.

Spray', or rub on "Tummy Aid" for digestion an intestinal health, or detoxifying bath salts. Give a gift certificate for a Native American Healing Clay skin treatment or an HSP healing session.



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