

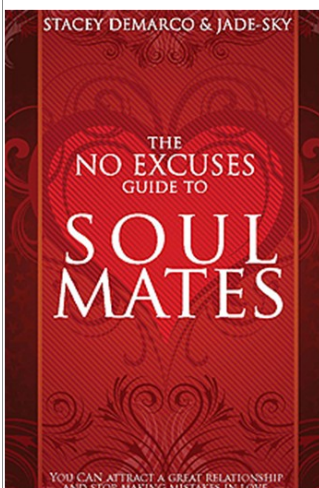


# Journey into Tranquility

Tranquillness

Volume 1, Issue 4  
December 2009

## A book To add to your Must Read List



### How Will I Benefit From This Book?

You can learn how to Stop making the same old mistakes in love and attract the great relationship you DESERVE

- Learn about the different kind of soul mates and how they can affect your choice of partner.
- Discover how to stop picking the "wrong" partners and successfully attract someone great for you.
- Break destructive patterns and build your personal power.
- Detox from your Ex and move on with less pain and more ease.
- Learn how having a great life increases you chances of attracting a great partner. And take the anxiety out of dating!

### The No Excuses Guide to Soulmates

#### - Attract the Relationship you Want and Stop Making Mistakes in Love-

"The No Excuses Guide to Soulmates" is a new book which offers a decidedly spiritual yet 'tough love' programme to get the partner that you want and to stop making mistakes in love.

Metaphysicist and Witch Stacey Demarco and Medium Jade-Sky, are offering a 'no excuses' way to attract the relationship you really want, cleanse a toxic heart and make space for a delicious new relationship.

"When we were kids, there was a boogie man to be scared of that lived under our bed. Now that same monster lives in our empty side of the bed." says Stacey Demarco.

" Never before has there been such an intense collective fear of being alone and partner-less in our society. Instead of feeling connected and partner-free, there is a wave of desperation and misunderstanding, causing complex game playing, pain and co-dependence."

"The No Excuses Guide to Soulmates" shines a light on these relationship monsters and banishes them for good. The book gives practical and proven techniques that will help you stop making the same old mistakes in love and attract the great relationships you deserve whilst increasing dating pleasure. Stacey and Jade also provide practical tools to break destructive patterns and build personal self esteem. One area of particular inter-

est to those of a spiritual nature is the idea that there isn't just 'one' soulmate for them...but many. Readers can learn how to identify the four different kinds of soul mates each person has, and see how this knowledge can assist in a better selection of suitable mates. Less pain, more gain!

The book also gives great guidance on how to detox from the toxins of your Ex's.

"We have worked with literally thousands of people and we have seen that it is very common for people to hold on to an old, destructive relationship even when it holds them back from something they say they really want...a new better relationship!" comments Stacey.

Jade-Sky adds:"We show people how to soul detox. This is probably one of the most effective weapons against fear when we are tempted to backslide into an old destructive relationship or not move on to something new."

"We want people to truly leave behind the pull of that dreaded Ex and get what they want for a change. If you think you have been unlucky in love, this is the book for you." says Jade. The "No Excuses Guide to Soul Mates"

(published by Rockpool Publishing)

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### SPECIAL OFFER

Quit Cigarettes with us in December or January

and

receive a FREE ionic hydrotherapy Detox foot spa treatment





## feed the skin while you feed the spirit

Are you looking for something extra special to give to those you love this holiday season? Why not give a gift that really does keep on giving?

**NOW AVAILABLE:** Exclusive **Holiday Gift Pack** from miessence. Certified organic, **Unscented Massage Oil** and two of our popular certified organic Essential Oils - **Mandarin** and **Geranium** - to create your own aromatic blend

Massage has been used therapeutically for centuries. These days, many of us think of massage as a special, luxurious treat. Whether you give or get massages to relax, unwind, ease pain, or for general health, the massage oil you or your massage therapist choose to use is very important. Massage oils should be pure and devoid of synthetic chemicals that potentially harm health. The skin is the body's largest organ and absorbs what is put on it. Massaging presses oils into pores, causing deeper penetration.

Our new **Unscented Massage Oil** contains cold-pressed botanical oils that feed and nourish the skin. Unrefined, high linoleic acid sunflower oil ensures superior skin compatibility and increases moisture content. Unrefined avocado oil contains vitamins A, B1, B2, Pantothenic acid, vitamin E and lecithin, all excellent for dry and wrinkled skin that needs regeneration. Organic jojoba oil is a highly penetrating liquid wax that is similar in composition to the skin's natural sebum. And organic rosemary CO2 extract fights against free radical formation. Combined, these exquisite oils provide a nice slip for a relaxation massage, and enough drag for deep tissue work – whether you're being massaged or doing the massaging yourself.

**And even better?** **Unscented Massage Oil** is naturally crafted without fragrances, preservatives and nasty petrochemicals. It can be used as is or personally blended with your favourite essential oils. We chose warm, citrusy, uplifting **Mandarin** and fresh, floral, calming **Geranium** to include in our Holiday Pack because they blend together blissfully - like gingerbread and raisins, and dark chocolate and strawberries!



**Unscented Massage Oil** and **Mandarin** and **Geranium Essential Oils** are gifts that won't soon be forgotten!

[Shop For Your Holiday Gift Pack Now](#)



### Aventurine

Aventurine is a very positive stone of prosperity. Wearing Aventurine absorbs electromagnetic smog and protects against environmental pollution. Taped to a cell phone or placed on a computer, it acts as a protection against their emanations. This crystal defuses negative situations and turns them around.



Aventurine reinforces leadership qualities and decisiveness. It promotes compassion and empathy and encourages perseverance.



Aventurine stabilizes one's state of mind, stimulates perception, and enhances creativity. This stone brings together the intellectual and emotional bodies. Aventurine calms anger and irritation. Spiritually, Aventurine protects the heart chakra, guarding against psychic vampirism of heart energy.



Aventurine benefits the thymus gland, connective tissue, and the nervous system; it balances blood pressure and stimulates the metabolism, lowering cholesterol and preventing heart attacks. It has an anti-inflammatory effect and helps ease skin eruptions and allergies, relieves migraine headaches, and soothes the eyes. Aventurine heals the adrenals, lungs, sinuses, heart, and muscular systems. As an elixir, it relieves skin conditions.



## Tarot Corner

Keywords: Secrets, hidden feelings, intuition, the healer, feminine power, silent potential, the unconscious, hidden motivation, mysterious influence, developing talents

### Key Phrases:

- A secret needs to be revealed
- Trust in your intuition
- Seeing beyond what is obvious
- Remembering something of significance

### Interpretation

The High Priestess is the archetypal symbol of all that is unknown. She is all seeing, but gives nothing away and guards the secrets of the unconscious. She represents the interface between the apparent real world and all other realms. When you draw this card it is time to look behind the veil of life's illusion, to look beyond

that which is obvious or plain fact, and to accept that there is mystery in life, too.

This card represents feminine power but, unlike the Empress who represents worldliness, the High Priestess symbolises the esoteric unknown factor, the feminine instinct that has mystified mankind for thousands of years.



## miessence® frankincense certified organic essential oil

Historically, it has been utilized for treating syphilis, infections, and all kinds of skin disorders. Ayurvedic medicine from India has long suggested its use on inflamed skin conditions. Its antiseptic and skin-healing properties fight bacterial and fungal skin infections and boils.

Since it's quite expensive, however, it is usually reserved for the most difficult cases, such as unsightly scars that remain after an

infection has healed, and hard-to-heal wounds. For problem skin areas, use a couple drops of frankincense in an equal amount of vegetable oil. Frankincense is excellent on mature skin and acne.

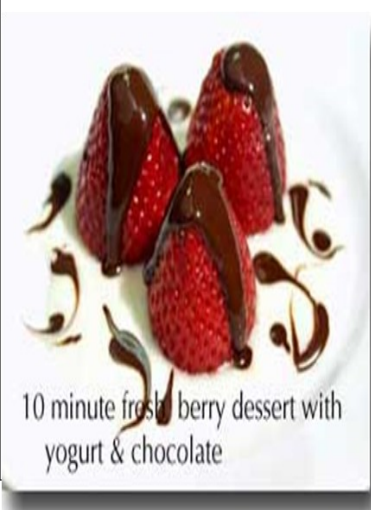
Burned, frankincense reportedly releases a psycho-active substance that expands consciousness. Soothing, elevating, protective and restorative, its beautiful fragrance helps

calm down body, mind and spirit to create a perfect ambience for meditation, ritual, yoga or prayer.

Valued for its tonic effect on the nervous system, frankincense is used by people to counter depression and aid memory. Users report that as it brings clarity to the mind, the breath deepens, the body relaxes and the spirit soars.



[SHOP NOW](#)



10 minute fresh berry dessert with yogurt & chocolate

Prep and Cook Time: 10 minutes

### Ingredients:

- 1 punnet fresh strawberries or raspberries
- 230g low-fat vanilla yogurt
- 60g net-wt dark chocolate

### Directions:

Fold together yogurt and berries. Melt chocolate in a double boiler with heat on medium. Place berries and yogurt in individual bowls and drizzle with melted chocolate.

For a more formal presentation you may want to pour a pool of yogurt on a plate and place berries on top of pool. Drizzle chocolate over berries.

Serves 2



## Tranquillness

Tranquility and wellness for your Body,  
Mind & Spirit.

Begin your journey today

For bookings

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Body, Mind & Spirit Wellness



[www.tranquillness.net](http://www.tranquillness.net)

Tranquillness is here to assist you on your journey towards total tranquillity and wellness for you as a whole, with a selection of treatments and products intended to help achieve total wellness.

We offer the following:

- Ionic Hydrotherapy Detox with deep meditation
- Bath Magick's
- Aromatherapy
- Reiki Treatments
- Quit Cigarettes in 60 Minutes Guaranteed
- Certified Organic & Probiotic Health Supplements
- Certified Organic Skin Care & Cosmetics
- Certified Organic Mother & Baby Range
- Certified Organic & Probiotic Cleaning Products
- Certified Organic Essential Oils
- Certified Organic Botanical Perfumes
- Dust Mite Removal

Coming soon:

- Reiki Attunements January 2010
- Tarot Reading February 2010
- Crystal Therapy January 2010
- Laura Benini Shoes March 2010 (to indulge the materialistic, stylish aspect of your life)

**Call or e-mail today for an appointment!**

*We are all spiritual beings having a human experience.*

## 1001 ways to relax By Susannah Marriot

### Number 470



### Crystal Earthing

To rebalance energy flow and release blockages caused by stress,

lie down with clear quartz over your head



and smoky quartz by your feet.



Place rose quartz on your chest and simply relax for 10 minutes daily.