

MEDITATION MUSIC AND GUIDES

MUSIC

Mike Rowland:
Within the Light
Mystic Angel

Steven Halpern:
Gifts of Angels
Chakra Suite

Janalea Hoffman:
Mind-Body Rhythm
(Music for Healing)

Jim Oliver:
Radiant Heart

BOOKS

Wherever You Go There You Are
by **Dr. Jon Kabat-Zinn**

A Practical Guide to Meditation and Prayer by **Rev. J. Douglas Bottorff**

Meditation by **Eknath Easwaran**