

# KATHLEEN MACKAY



## TRANSFORMING ENERGIES PREPARING FOR CANCER TREATMENT

Suggested Retail - \$24.95



Tremendously powerful for those preparing for chemotherapy and radiation treatments, this CD was created from years of hospice work.

With beautiful, subtle and heartfelt music, the CD contains an introduction explaining the philosophies that underlie the meditations, followed by two 30 min meditations - one to prepare for treatment, and one to help the body-mind to clear and integrate after the treatment.

The meditations are supported by beautiful original music including cello, bodhran, synthesizer, flute and Tibetan bowl. 80 minutes.

*"Your voice calms me like nothing else... When the 'cancer fears' get overwhelming, your CD is the only thing that helps me to feel safe and strong again." K.M.*

*"Wow! I purchased your latest CD and I LOVE IT! It truly is a divinely inspired piece of channeling! Beautiful..." E.S.*

## BEGINNERS' MIND

Suggested Retail - \$19.95



Experience the stillness and simplicity of this beautiful introductory meditation CD. Containing an introduction followed by two guided meditations, this CD guides the listener to first calm the mind and then to deeply relax the body. The first meditation uses a gentle, classic visualization of sitting on the bank of a stream, watching the thoughts flow by, thereby cultivating the 'witness presence'. And the second, creates a slow luxurious progressive relaxation to quiet the body. Just words, silence, and the clear tone of a Tibetan Bell.

*Slightly shorter meditations to allow for a more manageable beginner practice. 45 min.*

*"Oh your meditation CD is quite incredible. Your voice is perfect, the timing perfect. It is as though you are in the room... What a beautiful experience!" S.L.*



# Heal yourself, heal one another, heal the planet.

To listen, visit the 'Store' at: [www.kathleenmackay.com](http://www.kathleenmackay.com)