

HEALTHY LIVING GIFTS

MANTRA: Blessings In a Bottle...

Look for Mantra's listing in OPEN EXCHANGE's Tools For Healthy Living category, p. 38.

MANTRA IS A HANDMADE 100% NATURAL BODY MOISTURIZER which comes both as a moisturizing cream or a massage lotion emulsion. In ancient Western Africa, Ghedee (ji-dee) priests would gather herbs, botanicals, extracts and essential oils and hand blend them into a rich cream or emulsion. In a process taking 109 days, they would hand blend this emollient using 81 ceremonies of peace, prosperity, longevity, protection, and general well-being. Priests would give this emollient to those who visited the Temple as a form of blessing each could apply to their body along with their own good intentions for general well-being. Over 900 years later, this rich spiritual tradition is carried on in the form of Mantra Body Products, a "Blessing in a Bottle."

This all-natural formula has many aesthetic and medicinal qualities. This recipe utilizes herbs and extracts rich in proteins and enzymes that when blended produce an emol-

lient that promotes skin rejuvenation, deep hydration, elastin and collagen production and natural exfoliation.

We at OPEN EXCHANGE sampled both the moisturizing Cream and the Emulsion and found them rich and pleasing. Unlike some creams and massage oils which contain artificial ingredients, Mantra's lotions penetrate deeply and radiate a subtle feeling of well-being. The product is elegantly packaged in glass jars and bottles and would make an exquisite gift, a unique holiday present or perhaps an invitation to share a massage with someone special.

While applying Mantra to your body you add your intentions of general well-being to the prayers of the Mantra priests. Your prosperity, protection, longevity, and peace are our everlasting wish, and a healthy, radiant, youthful skin texture is one of Mantra's primary intentions. Regular use is said to improve your skin's vitality, health, vibrancy and texture.



Work from home with the worlds' first comprehensive range of CERTIFIED ORGANIC skin, hair, personal, cosmetic and health care products. See Michele Talley's listing in OPEN EXCHANGE's Jobs & Careers category, p. 37

Sorting Through the "Organic" Hype ...Worlds' First Certified Organic Products

AS A RESULT OF THE GROWING CONCERN about toxins in our environment, many consumers are making a conscious choice to purchase natural and organic products. But with so many products on the market labeled "natural" and "organic," how can you tell which ones are real?

"Certified organic" is an independent third party guarantee of an "organic" claim. Certified organic products must comply with stringent international standards that cover all aspects of the processing chain to ensure that the organic integrity is maintained from seed, growing, harvesting, stor-

age, transporting and processing through to the finished product.

Miessence Certified Organics are certified to the highest international ORGANIC FOOD STANDARDS by the Australian Certified Organic (ACO). The ACO, Australia's largest Certifying body is accredited to certify organic operations in Australia, USA, Europe, Switzerland, and the UK. Not only is every ingredient in these products safe, they are in fact, edible!



The simple solution to help ease sciatica, lower back pain, hip pain and more.

Find the listing for Sacro Wedgy® in OPEN EXCHANGE's Tools For Healthy Living category, p. 38.

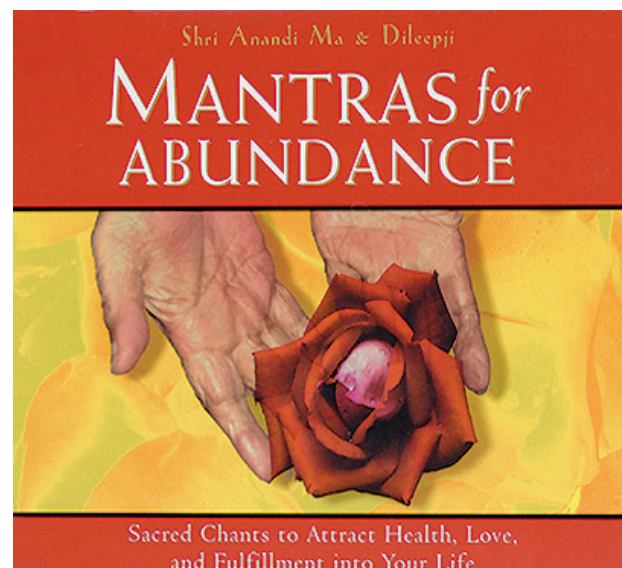
HERE'S A SIMPLE \$30 DEVICE that helps relieve muscle and joint pain when all else fails. In as little as 10 – 20 minutes a day, you can begin to help correct the muscle imbalances that often cause symptoms such as sciatica, back pain, hip pain and even knee pain. Simply place the

Sacro Wedgy at the base of your spine under the sacrum and lie down and relax with support added under your neck.

The Sacro Wedgy is used by a variety of therapists or as self care for quicker recovery from back strains and pulls. We at OPEN EXCHANGE have used the Sacro Wedgy during deadlines while at the keyboard to relieve pain from being in one position too long. It really helps!



Using the Positive Power of Sound



The music of Shri Anandi Ma and Dileepji is featured in OPEN EXCHANGE's Yoga category, p. 76, and also on p. 4.

MANTRA SERIES PERFORMED BY SHRI ANANDI MA AND DILEEPJI: The four CDs—Healing Mantras, Mantras for Releasing Fear, Mantras for Abundance, and Peace Mantras—feature powerful, ancient Sanskrit mantras that affect the listener mentally, emotionally and on the spiritual level.

The series offers everyone, from the novice to the advanced student of Eastern philosophy, a simple and straightforward way to achieve the kinds of life changes everyone is hoping for.

Most of us know mantras to be words or short phrases that are repeated over and over in order to still or direct the mind. The Sanskrit mantras on the CDs in this series have been specially chosen by Shri Anandi Ma, a master of Kundalini Maha Yoga, for their ability to remove subtle energy blocks related to one of the four themes. On the first track of each CD, she or Dileepji offer insights into the topic at hand and suggest how to use the CD to best effect.

On the first track of Mantras for Abundance, Dileepji speaks eloquently about how abundance is more than financial wealth; it includes health, friends, family, and peace of mind. Listening to this group of mantras, he suggests, can help us to let go of inner attitudes of lack and scarcity, to recognize the abundance we already have, and to open ourselves to the greater abundance life can offer.



The mantra tracks themselves are fully authentic. Shri Anandi Ma's pure vocals, supported by Dileepji, are enhanced by simple arrangements using harmonium, sitar, tamboura, and other traditional Indian instruments. One particularly beautiful track on Mantras for Abundance is the Mahalakshmi Stotram, a group of prayers to the Divine Mother in her attitude of benevolence and prosperity.

