



# Crystal Karma

Crystals & Gifts for the Spiritually Minded



## Motivational/Healing Books & CDs



### Louise Hay



Louise L. Hay is a metaphysical lecturer & teacher, and the bestselling author of 27 books, including *You Can Heal Your Life* and *Empowering Women*. Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in 1981, she has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth & Self-Healing.. An amazing woman!!

every thought I think  
is creating my future

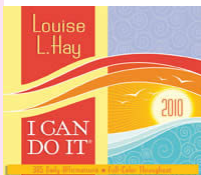


Place your order

Order No. MH01

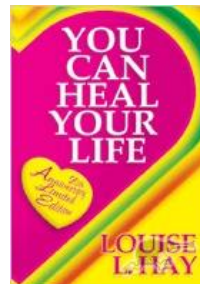
### I Can Do It 2010 Calendar. 365 Daily Affirmations

\$22.95



Louise L. Hay's I Can Do It Flip Calendar for 2010 is the perfect way to bring positive affirmations into your life

throughout the year. Just flip to a different page each day & see how your mood lifts, your inspiration is enhanced, & your motivation grows.



Includes a FREE copy  
of "20 Hay House  
Classics" book!

Order No. MH02

### You Can Heal Your Life 20th Anniversary Edition

\$18.95

This best selling book teaches us how limiting thoughts & beliefs control & constrict us, and has transformed the lives of millions of people. A book that people credit with profoundly altering their awareness of the impact that the mind has on our health & well-being. Offering profound insight into the relationship between the mind & the body, showing how, by changing specific thoughts & beliefs you can improve your relationships, work, prosperity & most importantly your physical Health.



Order No. MH03

### The Power Is Within You.

\$22.95

Louise expands on her philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, letting your true feelings out and much more!



Order No. MH04

### Love Yourself, Heal Your Life Workbook.

\$22.95

This workbook directly applies Louise's principles of self-love & positive thinking to a wide range of topics that affect us all on a daily basis, including: Health, Sex, Work, Fears & Phobias, Self-Esteem, Intimacy, Friendship, Money & Prosperity & Addictive Behaviours.



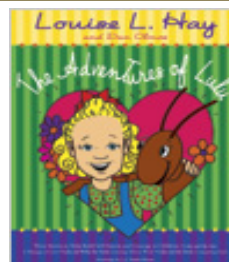
Order No. MH05

### Heal Your Body A—Z

\$21.95

In this handy A—Z book Louise L. Hay shows you that if you are willing to do the mental work, almost anything can be healed. The list of mental equivalents in this book has been compiled from

Louise's many years of study, her work with clients, & her lectures & workshops. You will find that it is very helpful as a quick-reference guide to the probable mental patterns behind the disease in your body.



Order No. MH06

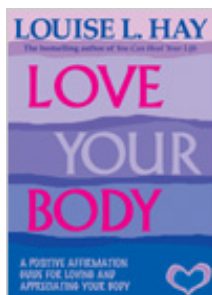
### The Adventures of Lulu

\$18.95

These 3 stories were written to help today's child grow up with a strong sense of self-esteem & courage. Children are constantly being put into the position of making choices & are being bombarded with news about the critical state of the world. How children handle these challenges is a direct reflection of how they truly feel about themselves. The more a child loves & respects themselves, the easier it will be to make the right choices.



# Motivational/Healing Books & CDs



**Louise Hay:  
Love your body.** \$11.00

In this wonderful little book, Louise Hay brings you 54 affirmation treatments designed to help you create a beautiful, healthy, happy body. If you're challenged by a particular part of your body, use the corresponding affirmations daily until you realise positive results.

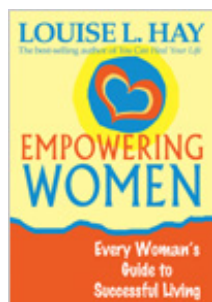
Order No. MH07



**Louise Hay:  
Gratitude** \$22.95

Insights of some of the most wonderful teachers and writers who have demonstrated the power of gratitude in their own lives.

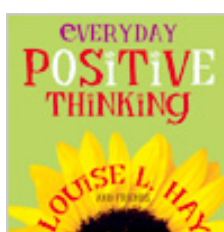
Order No. MH08



**Louise Hay:  
Empowering Women** \$14.95

Louise's goal is to see that all women experience self-love, self-worth, self-esteem, & a powerful place in society. In her inimitably warm & forthright manner, she offers penetrating insights on how women of all ages & backgrounds can achieve this goal & make the coming years the most productive, fulfilling, & empowering ones ever!

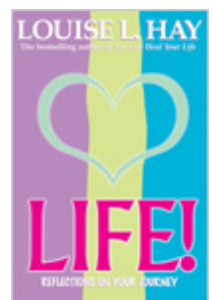
Order No. MH09



**Louise Hay: Every Day  
Positive Thinking.** \$14.95

Each day, randomly open this book to a couple of positive thoughts, & you'll find that your outlook becomes a whole lot brighter! This is a wonderful compilation of quotes & affirmation from some esteemed Hay House Authors, including Abraham-Hicks, Sylvia Brown, Deepak Chopra, Dr Wayne Dyer, Doreen Virtue and many more.

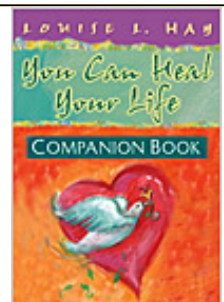
Order No. MH10



**Louise Hay: Life!** 24.95

Louise Hay brings you her inspirational book, Life! In which she deals with growing up, relationships, work spirituality, our elders years, death . . . And many of the problems, fears & challenges that these passages bring.

Order No. MH11



**You Can Heal Your Life  
Companion Book** \$29.95

Louise Hay brings you the companion book to her landmark best-seller, You Can Heal Your Life. Here, Louise applies techniques of self-love & positive thinking to a wide range of topics that affect us all on a daily basis, including health, fearful emotions, addictions, money & prosperity, sexuality, aging, love & intimacy, and more

Order No. MH12

## Louise Hay CDs

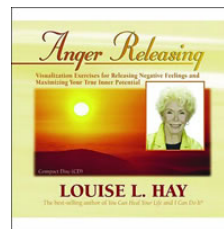


**CD: Meditations for  
Personal Healing.** \$16.95

Inspiring & relaxing, these 13 meditations read by Louise L. Hay will remind you of the beauty that surrounds you every day of your life...a beauty that is sometimes taken for granted.

Order No. MH13

The meditations included are: Your Healing Light, Receiving Prosperity, Welcome the Child, Love is Healing, We are Free to Be Ourselves, A Circle of Love, Touching Your Inner Child, You Deserve Love, Spirit Am I, A World That is Safe, The Light Has Come, and Feel your Power.



**CD: Anger Releasing** \$16.95

Is unexpressed anger keeping you from feeling good about yourself & having the kind of relationship you truly want? On this CD Louise Hay creates a safe atmosphere to teach you how to move past your emotional barriers & dissolve your anger.

Order No. MH14

"Releasing anger will release pain & free you to experience a richer, more fulfilling life. May you have the success that so many others have had".



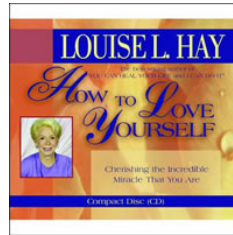
# Louise Hay CDs (cont.)



**CD: Forgiveness/  
Loving the Inner Child.** \$16.95

Order No. MH15

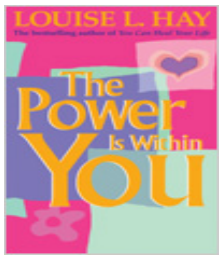
Do you find it difficult to forgive someone for something that happened to you a long time ago? Do you berate yourself for past mistakes? Through visualization techniques on this CD, Louise Hay creates a safe atmosphere so that you can forgive others & love the child within you. Your inner child depends on you for the love & approval that you may not have received when you were a child.



**CD: How to Love Yourself.** \$16.95

Order No. MH16

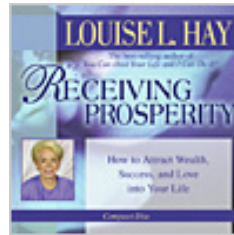
Louise Hay guides you through each of her ten steps to loving yourself. Discussing the concept of criticism, the power of meditation, being willing to change, what you believe & deserve, & much more. These ten steps are perfect for you if you're looking for more realistic, practical ways to feel good about yourself.



**CD: Power is within you. (CD set)** \$29.95

Order No. MH17

Louise expands on her philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, letting your true feelings out, and much more!



**CD: Receiving Prosperity.** \$16.95

Order No. MH18

On this inspiration CD, Louise explains how you can use the power of your mind to attract anything you want into your life—more money, a rewarding career, fulfilling relationships, and more fun! Once you put a halt to self-criticism & learn to move beyond your limitations, you'll begin attracting more "good" into your life.



**CD: Stress-Free** \$16.95

Order No. MH19

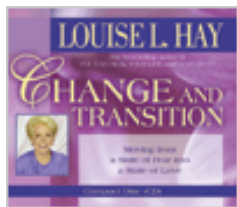
Part of the Subliminal Mastery Series, this CD includes powerful audible & subliminal affirmations to help you create positive changes in your life. With peaceful affirmations to relieve anxiety & help you relax.



**CD: You Can Heal Your Life Study Course** \$24.95

Order No. MH20

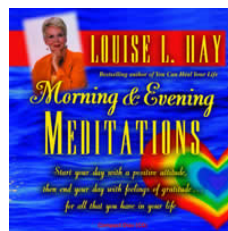
Based on the best selling book of the same name, this two CD set shows you how to practice the principles of self-worth & self-esteem taught by Louise Hay. Listen as Louise teaches you how to transform negative beliefs & thoughts into positive, loving ones. By doing the exercises, & repeating the affirmations & new thought patterns, you can learn to truly love who you are!



**CD: Change & Transition.** \$16.95

Order No. MH23

On this enlightening CD, Louise L. Hay discusses the difficulties you may encounter when your going through a period of "change & transition". She assures you that anything new that you're learning can take time to get accustomed to, and that when you fall back into old patterns, you must "build yourself up" instead of "beating yourself up". Louise closes the lecture with a beautiful & empowering meditation.



**CD: Morning & Evening Meditations.** \$16.95

Order No. MH24

Louise Hay's most popular audio program. Part one is an uplifting meditation that helps you start the day with a positive outlook. And part two includes a meditation that closes the day with gratitude.



# Louise Hay CDs and DVDs

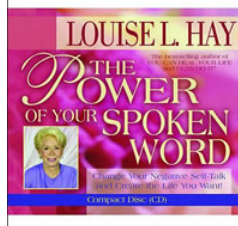


## CD: Overcoming Fears

\$16.95

This popular audio CD will help you create a safe and positive environment through powerful affirmations.

Order No. MH25



## CD: Power of your Spoken Word

\$16.95

On this engaging & spirited CD program, Louise L. Hay helps you discover your own power, wisdom & inner strength through the mastery of the words you speak. When you say anything, you are, in fact, extending your inner self-talk to create a similar world around you. In her warm & caring manner, Louise offers suggestions on how to eradicate negative self-talk & start surrounding yourself with positive thoughts & words to help create a loving life.

Order No. MH26

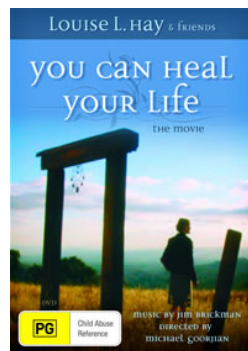


## CD: Self-Esteem Affirmations.

\$16.95

Part of the Subliminal Mastery Series, this program includes powerful audible & subliminal affirmations to help you create positive changes in your life. With motivational affirmations for building confidence & recognizing self-worth.

Order No. MH27



## DVD: You Can Heal Your Life (PG)

\$29.95

See the movie that is changing lives! This entertaining & inspirational movie, based on the best-selling book of the same name, is hosted by author & teacher Louise L. Hay. The 90 minute film discusses Louise's fascinating personal story; & shows how her views on self-esteem, abundance, & the metaphysical causes behind physical ailments. It also reveals how she applied these concepts to her own emotional, spiritual, & professional life.

Order No. MH28

A number of luminaries in the fields of self-help, philosophy, health, spirituality, & New Thought join Louise, discussing success, happiness & the ways in which people can heal their own life. There are also gripping first-hand accounts from others who have been positively affected by Louise's work. Features appearances by: Dr Wayne W Dyer. Gregg Braden. Cheryl Richardson, Esther & Jerry Hicks. Doreen Virtue. Candace B. Pert. Mona Lisa Schultz. Christine Northrup. Gay Hendricks. Leon Nacson.

## Louise Hay Cards

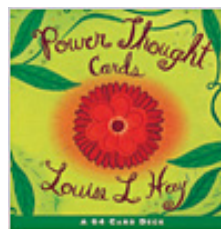


## Cards: I Can Do It Cards

\$24.95

Louise Hay brings you 60 affirmation cards on a variety of subjects, including romance, wealth, health, forgiveness, creativity, stress, job success, & self-esteem. Post these cards in your home, workplace, car or give them to friends & family. They're sure to give you an enhanced sense of joy, power, & contentment!

Order No. MH21



## Cards: Power Thoughts Cards.

\$24.95

A Deck of 64 Affirmation Cards to Help You Find Your Inner Strength. Packaged in a beautiful gift box, this deck of 64 cards contains 128 unique pieces of art exquisitely illustrated by five artists. Each vibrant card contains a powerful affirmation on one side & a visualization on the other to enlighten, inspire, & bring joy to you life.

Order No. MH22



# Crystal Karma

Crystals & Gifts for the Spiritually Minded

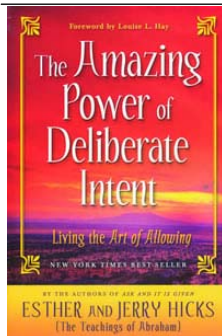


## Teachings of Abraham By Esther & Jerry Hicks



The Teachings of Abraham are messages about experiencing joy & well-being and creating the life you want. For some it's self-help or answers to life's great questions. For others, its simply way to feel good and allow the universe to provide all we desire..

For more details visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

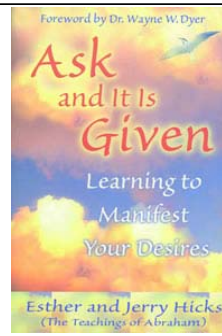


**The Amazing Power of Deliberate Intent** \$26.95

This leading-edge book, presenting the teachings of the Non-Physical entity Abraham, is about having a deliberate intent for what ever you want in life, while at the same time balancing your energy & living the Art of Allowing along the way. As you come to understand & effectively practice the processes offered, you will not only achieve your goal's & desires outcomes more rapidly, but you'll enjoy every step along the path even before their manifestation.

Order No. AB01

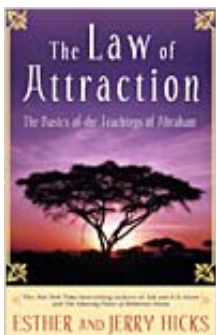
rapidly, but you'll enjoy every step along the path even before their manifestation.



**Ask and It is Given.** \$24.95

This book will help you learn how to manifest your desires so that you are living the joyous & fulfilling life you deserve. You will come to understand how your relationship, health issues, finances, career concerns, & more are influenced by the Universal laws that govern your time/space reality—and you will discover wonderful processes that will help you go with the positive flow of life. It is your birthright to live a life filled with everything that is good—and this book will show you how to make it so in every way!

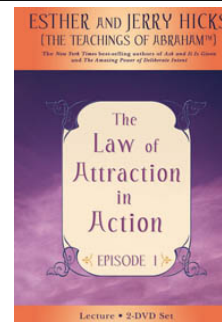
Order No. AB02



**Law of Attraction** \$26.95

Within these pages, you'll learn how all things, wanted & unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. Learn about the omnipresent Laws that govern this Universe & how to make them work to your advantage. This book will help you to joyously be, do or have anything you desire!

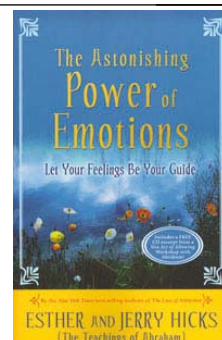
Order No. AB03



**DVD: Law of Attraction in Action.** \$29.95

On this inspiration DVD program, Esther & Jerry Hicks present the teachings of the Non-Physical entity Abraham. The Law of Attraction is never more evident than in the pulse of an Abraham-Hicks Art of Allowing Workshop. And this is one of the year's best, so sit back, relax & attract.

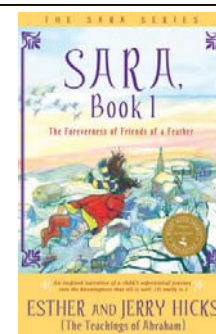
Order No. AB04



**Astonishing Power of Emotions.** \$26.95

This book will help you understand the emotions that you've been experiencing all of your life. Instead of the out-of-control, knee-jerk reactions that most people have to their ever-changing life experience, this work will put those responses into a broader context. You'll come to understand what emotions are, what each of them means, & how to effectively utilize your new awareness of them. Also available in a 8 CD set for \$49.95.

Order No. AB06



**Sara, Book 1** \$24.95

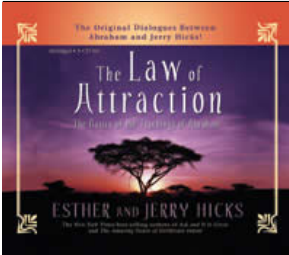
This book offers you, the reader, a thoughtful & inspired formula for generating appreciation, happiness & good feelings—deftly blended into the uplifting story of a plucky, inquisitive girl named Sara, & her teacher, an athereal owl named Soloman. There's something in Sara for any child, adult, or teen pursuing joy & meaning....& searching for answers about life, death, and the desires of the heart. Its filled with techniques & processes for making one's dreams come true....especially yours!

Order No. AB18



# Teachings of Abraham

## By Esther & Jerry Hicks

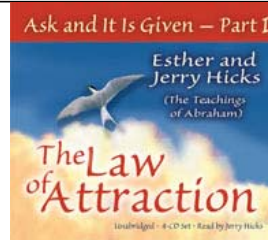


**CD: Law of Attraction (5 CD set)** **\$39.95**

This 4-CD program, which encompasses Part I of the best selling book Ask and It is Given, presents the teaching of the non-physical entity Abraham. At the heart of these teachings is the most powerful Law of the Uni-

verse: the Law of Attraction. As you listen, you'll come to understand how your relationships, health issues, finances, career concerns, and more are all influenced by this Universal Law, and you'll realize that it's your birthright to live a life filled with everything that's good!

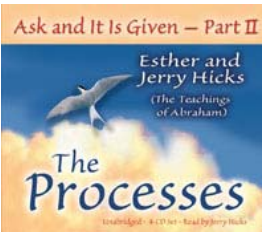
Order No. AB1



**CD: Law of Attraction Ask & It's Given.** **\$34.95**

This 4-CD program, which encompasses Part I of the best selling book Ask and It is Given, presents the teaching of the nonphysical entity Abraham. At the heart of these teachings is the most powerful Law of the Universe: the Law of Attraction. As you listen, you'll come to understand how your relationships, health issues, finances, career concerns, and more are all influenced by this Universal Law, and you'll realize that it's your birthright to live a life filled with everything that's good!

Order No. AB07

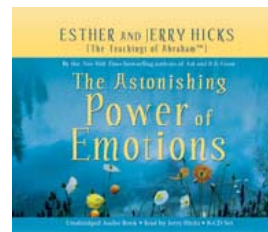


**CD: Processes Ask It's Given** **\$34.95**

This 4-CD audio program, which encompasses Part II of the best selling book Ask & It is Given, presents the teaching of the nonphysical entity Abraham. Here, you will find a series of 22 processes that will assist

you in reconnecting the "Non-Physical" part of yourself, and which will help you in achieving anything you desire. As you apply these processes to your life—and as your memory awakens to the power Laws of the Universe—your natural joyful zest for life will be reawakened!

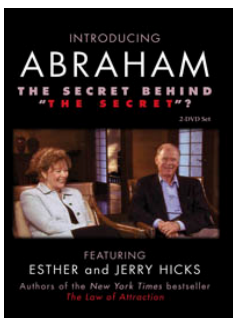
Order No. AB08



**CD: Astonishing Power of Emotions** **\$49.95**

Esther & Jerry Hicks present the teachings of Abraham, a group of non-physical teachers, on this 8CD set. It will help you understand the emotional reactions that you've experienced to various life situations, and will enable you to put your responses into a broader context. You'll understand how to effectively utilise them in your quest for well being. As you become aware of your own personal value, you'll make peace with your current life circumstances while you journey along the path to achieving anything you wish to be, do or have.

Order No. AB09



**DVD: Abraham—Secret Behind The Secret** **\$39.95**

Introducing Abraham—Secret Behind the Secret—featuring in-depth interviews with Jerry & Esther Hicks & Abraham—whom Esther calls "infinite intelligence" & Jerry refers to as "the purest form of love I've ever encountered." How did this all start? How did Jerry & Esther meet? How did they meet Abraham? This 3-1/2 hour, double

Order No. AB05

DVD set discusses "The Law of Attraction", "The art of Allowing", our "Emotional Guidance System" and much more.



**CD: Law of Attraction (CD collection)** **\$59.95**

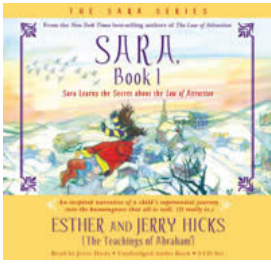
This exceptional CD collection comprises three of the most popular programs by Esther and Jerry Hicks, who present the teachings of the non-physical consciousness Abraham. In ASK & IT IS GIVEN: THE LAW OF ATTRACTION you'll learn how your relationships, health, finances and career concerns are influenced by the Law. ASK & IT IS GIVEN: THE PROCESS assists you in reconnecting with the "non-physical part of yourself, which will help you achieve anything you desire & awaken your zest for life. THE LAW OF ATTRACTION: THE BASICS OF THE TEACHINGS OF ABRAHAM was a series of recordings that launched the teachings of Abraham. You see how all things, wanted & unwanted, are brought to you by the Law of Attraction.

Order No. AB14



# Teachings of Abraham

## By Esther & Jerry Hicks

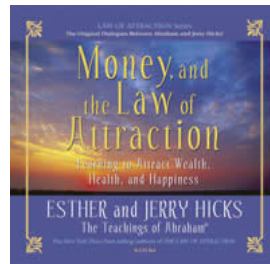


**CD: Sara Book 1** **\$29.95**

This unabridged audio book offers children a thoughtful & inspired story about appreciation, happiness & experiencing good feelings. The wisdom of Abraham, a non-physical guide, is deftly blended into the uplifting story of a courageous & in-

quisitive girl named Sara & her teacher, a wise & ethereal owl named Soloman. There is something valuable in the Sara series for anyone pursuing joy & meaning, or searching for answers about life, death & the desires of the heart. An enthralling tale filled with simple techniques & processes for making your dreams come true.  
(CD's for Sara Book 2 & 3 also available.)

Order No. AB17

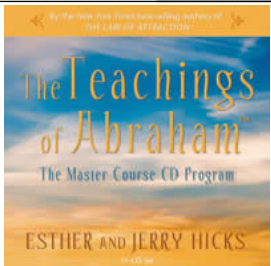


**CD: Money & Law of Attraction** **\$49.95**

The latest audio-book from the Law of Attraction series, teaching listeners how to attract wealth, health & happiness. Through the teachings of the non-physical consciousness Abraham, Ester & Jerry Hicks shine the spotlight on the 2 subjects most chronically affected by

the powerful Law of Attraction—financial and physical wellbeing. Not having enough money or not having good health puts you in the perfect position for creating more of that which you do not have. This audio course has been compiled to deliberately align you with the most powerful law in the universe—the Law of Attraction—so that you can make it work specifically for you through conscious creative control.

Order No. AB15

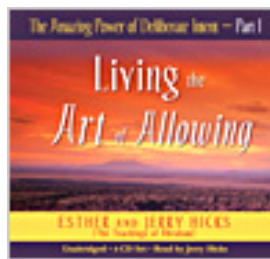


**CD: Teachings of Abraham CD collection** **\$69.95**

This 11 CD set is the most in-depth & comprehensive audio presentation of the teachings of the Non-Physical Intelligence known as Abraham.

Facilitated by Ester Hicks in collaboration with her husband Jerry, Abraham leads workshop participants on a “Voyage of Discovery” during a 2005 Alaskan cruise. This CD collection runs over 10 hours & is ideal for study, sharing & group discussion.

Order No. AB16

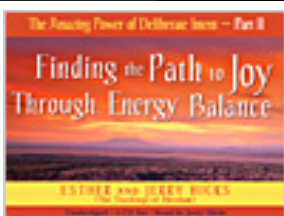


**CD: Living the Art of Allowing** **\$34.95**

This four CD set, which encompasses Part 1 of the book The Amazing Power of Deliberate Intent, presents the teachings of the collective consciousness known as Abraham. This program will awaken your memory

of who you really are and remind you of the power you were born with, causing a vibrational resonance with the true nature of your being.

Order No. AB15



**CD: Finding Path** **\$34.95**

This four-CD set, which encompasses Part II of the book The Amazing Power of Deliberate Intent, presents the teachings of the collective consciousness known as Abraham. This program will guide

you to a deeper understanding of the Laws of the Universe, & will give you a renewed understanding of the purpose of your life. As you apply the processes offered here, your natural power will return.

Order No. AB10

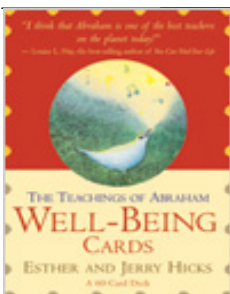


**Oracle cards: Ask & It Is Given Cards** **\$24.95**

These beautiful cards capture the essence of the life-changing, best-selling book Ask and It is Given. You will experience an enhancing of your personal power, which may, at first, seem illogical or even magical, as the Energy Stream from which these cards have come dovetails with the true essence of your own being.

As you return for frequent visits to these beautiful cards, you will begin to notice a definite closing of the gap between where you are and where you want to be on all subjects that are important to you.

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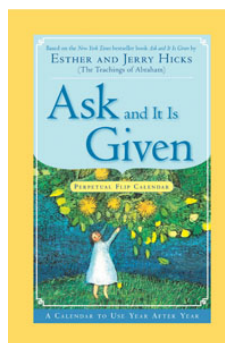


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will now be more meaningful to you. Have fun with these cards. Let these words inspire thoughts that will attract to you more of that which evokes your greatest joy.

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Order No. AB11