LIGHT OF CONSCIOUSNESS
JOURNAL OF SPIRITUAL AWAKENING

FEELING GOOD TODAY: Songs and Mantras for Children by Snatam Kaur; CD 54 min © 2008 Spirit Voyage Records, $17.99, www.spiritvoyage.com

SNATAM KAUR BRINGS her inner joy and inspiration to this collection of children's songs and mantras. Accompanied by the endearing voices of the Children's Kundalini Yoga Choir, she reminds us that we are all God's children. *Feeling Good Today* has been a favorite in her children's yoga gatherings as Snatam has traveled with the Celebrate Peace Tour. Along with the children she reminds us, "God and me, me and God are one, Sat Nam." In *The Sun Shines On Everyone* we learn a beautiful spiritual truth: "When we pray, we pray for everyone, we don't make choices." In the upbeat *Gobinday* mantra, Sanskrit names of God are chanted along with an English translation, "God feeds me, God frees me, He gives to me, He's everywhere…"

In *Make the Love Grow*, Snatam and the kids chant: "Smile by smile, day by day, love gets stronger in every way, love goes on like your soul." *Sa Ta Na Ma* is a gentle song that reminds us, "I am the light, light, light of my soul, I am beautiful, I am bountiful, I am bliss, I am." *Adi Shakti* is especially precious as the children chant: "First force of all creation, to You I bow… Creative force, primal force, Divine Mother, to You I bow." A perfect benediction to this delightful album is the perennial favorite, "May the longtime sun shine upon you, all love surround you, and the pure Light within you guide your way on." Expertly produced and arranged by Krishan Khalsa, this album will inspire children of all ages, from one to ninety-one!

Audio

AMBIOLOGY: A Musical Journey to Deep Relaxation by Barry Goldstein; CD series 60 min/each © 2003 Think Big Records; $14.99; www.barrygoldsteinmusic.com

MUSIC THAT IS HEALING and deeply relaxing is the mission of the Ambiology series. A Grammy Award-Winning Producer, Barry Goldstein has created one of the finest collections of ambient music to support inner balance and harmony. Featuring keyboards, bells, piano and tuning fork, each recording is one hour of continuous music composed at a tempo that matches a relaxed heartbeat. The deep, sustained tones of *Ambiology 1—The Heart* imbue the listener with calm and inner peace. *Ambiology 2—The Breath* is a vibrant and ethereal composition featuring airy tones and textures. The gentle keys of the piano along with synthesizer in *Ambiology 3—The Journey* expresses sweet joy on a magical journey. When Barry's NYC loft was to be torn down, he created *Ambiology 4—Home* with warm, deep tones filled with the sense of gratitude and grounding. The ultra soft tones of *Ambiology 5—Eden* give a sense of gently floating between heaven and earth while the deeply hypnotic chords of *Ambiology 6—Genesis* encourage rejuvenation and grounding with the deepest self. Ambiology 1-3 and 4-6 are available in 3-CD sets, each a sublime journey, perfect for meditation, relaxation, bodywork and healing therapies.

Video

2012 THE ODYSSEY and **TIMEWAVE 2013** by Sharron Rose; DVDs 99 & 88 min, © 2006 & 2008 by Sacred Mysteries Productions, $19.95 & $24.95, www.sacredmysteries.com Ph: 877-304-3459

EVER SINCE JOSÉ ARGUELLES published *The Mayan Factor: Path Beyond Technology* in 1987, many have wondered about the 2012 Winter Solstice, which Arguelles interpreted as the "end of days" according to the Mayan calendar. As it turns out, there isn't one Mayan calendar but a complex system of multiple calendars. Their sacred Long Count calendar accurately predicted that on December 21, 2012 the Sun will align with the center of the Milky Way for the first time in 26,000 years. The Mayans considered the Milky Way to be the cosmic womb, the place of birth, transformation and regeneration.

In 2006 and 2007 Sharron Rose set out on a journey to find out what spiritual leaders, astrologers and researchers have to say about this pivotal time on Earth. In *2012 The Odyssey* she travels across the US to learn more from experts including José Arguelles, Gregg Braden, Alberto Villoldo and many others. What is our collective future? Will a single event begin the final process? Sharron's search continues in *Timewave 2013* in which she speaks with experts on mythology, alchemy, astrology, anthropology and ancient history, including Jean Houston, Whitley Strieber, Rianne Eisler, and others. Among the sacred places to which she journeys is the Sacred Valley of Peru where she takes part in a healing ceremony by Q'ero shaman/healers. They also share their prophecies and predictions for coming global changes. What will happen in 2012? Sharron concludes: "The ancients say that the body of light can only be achieved through love, that compassion and forgiveness are the path towards true Liberation. Maybe 2012 is not only a purging but also an embrace of all that is really important to us, and all that we hold dear to our hearts."