

Affirmation Book 3 PROGRAMMES

**New Addition to the
'Affirmation Book'
Series of A4 Manuals**
by Pam Myers & Sally Worth
\$38.00

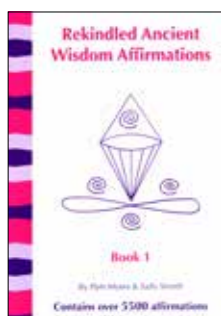
BOOK 3: Programme Affirmations

Contains over 5500 affirmations looking at programmes that hold you back. This manual follows the presentation of the first 2 Affirmation Books, and is also grouped into themes page by page with related sub affirmations to complete the page.

Covers all those ubiquitous programmes we sometimes take on board, perhaps despise, or even occasionally laugh at or enjoy. Remember these:

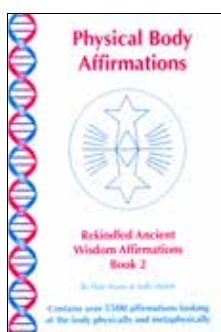
- * Money Doesn't Grow On Trees
- * No Pain, No Gain
- * It Runs In the Family
- * Children Should be Seen & Not Heard
- * Grass is Always Greener on the other Side
- * You Are Just Like Your Mother
- * School is the Best Years of Your Life and 100's more

Truly an remarkable & useful publication!
Spiral Bound A4 manual of 142 pages



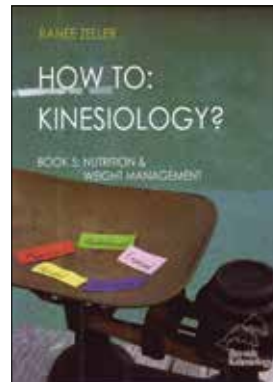
BOOK 1: General Affirmations.

The manual that started it all. Over 5500 affirmations on 140 general categories: Emotional Being etc, Ego, Self Love, Parenting, Money, Addictions, Career, Commitment, Trusting, Letting Go, Decision making, Sexuality, Forgiveness and many many more. **\$38.00**



BOOK 2: Physical Body Affirmations

Contains over 5500 affirmations looking at the body physically & metaphysically on 140 categories: Heart and other organs, all the glands, parts of the body, Systems, Hormones, Tissues, Pain, Fitness, Hydration, Assimilation and many many more. **\$38.00**



Nutrition & Weight Management

**Latest Addition to the
'How To Kinesiology'
Series of A4 Manuals**
by Raneë Zeller
\$43.00

BOOK 5: Nutrition & Weight Management

A thought provoking manual that provides a well-rounded approach to health and vitality with questions such as:

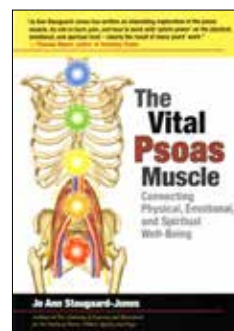
- Is the nutrition able to be: digested, assimilated, metabolized or eliminated?
- Is the nutritional problem: environmental, genetic, man-made, toxic overload or emotional?

It is a complete package and includes physical, mental, emotional, spiritual and nutritional scan lists as well as overviews to vitamins, minerals, heavy metals, diet types and much, much more.

Also includes 12 BONUS client handouts including coeliac, dairy, paleo, ayurvedic, blood type, fasting and more.

Will also appeal to a Kinesiologist specialises in nutrition and weight management or who dreams of such.

Spiral Bound A4 manual of 124 pages



The Vital Psoas Muscle by Jo Ann Staugaard-Jones **\$37**

Connecting Physical, Emotional & Spiritual Wellbeing

Alternative approach to understanding and balancing the most important skeletal muscle in the body, aimed at the layperson as well as the professional body practitioner concerned with core strengthening and psoas-related back, hip, knee, and pelvic tension issues. This book explores how the psoas affects the health of the body, mind & spirit. It has detailed illustrations and key stretching and strengthening exercises and other methods for releasing this muscle.

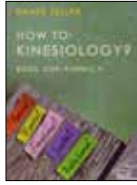
SALE ITEMS

For our updated and ongoing list of damaged, second hand and clearance Kinesiology Books & Charts and related products go to our website:
www.kinesiologyshop.com & click on sale button

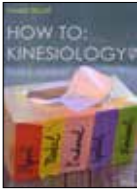


**A Series of
A4 Manuals
for use with
Kinesiology on
various topics.**
By Raneë Zeller

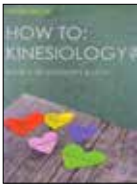
How To: Kinesiology ? SERIES



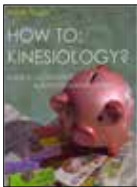
BOOK 1: Formula \$47.00
Covers questioning skills, steps and the 'how to' formula. The categories list, point by point, the areas of involvement - over 80 pages of scan lists and material for access or referencing. This manual is highly recommended if buying any of the other books in the series, but not mandatory.



BOOK 2: Allergies \$43.00
An extremely comprehensive list of allergens right across the board from foods to fashion to household. Over 100 pages and thousands of listed items under various categories and sub categories. A terrific resource for kinesiologists and anyone working with or interested in allergies.



BOOK 3: Relationships & Love \$27.00
This is a unique publication and is specifically aimed to use with Kinesiology. It begins by looking at personal beliefs around love, goal setting and the five love languages. The manual covers a number of topics including: Affirmations, Quality Time, Gifts of Love, Acts of Service, Physical Touch. With scan list of relevant emotions, sabotages, sexual concerns and more.



BOOK 8: Spiritual Development \$57.00
This manual is not one on how to find enlightenment, but one that offers a faster road to clearing fears that may be holding you back. It also gives simple meanings for spiritual words, experiences and entities. A huge compendium of information from Astrology and Chakras to Light Bodies and Yoga - too numerous to cover the 162 pages here.



BOOK 6: Abundance & Business Management \$33.00
This manual is both a tool for therapists working with clients on the topic or a workbook for individuals wanting to improve their business, life skills & attitude relating to money. It goes through many situational topics such as business environment, opportunities, threats, competition, mission & vision, goals & objectives, code of ethics, management styles, negative business beliefs, getting things into action & much more.

Also Available in the series.....

- Book 5: Nutrition & Weight Management: \$43 (see P.1)
- Book 9: Meridians Made Easy: \$23
- Book 10: Face Reading: \$27

Books To Come..... (being published throughout 2017)

- Book 4: Learning Disorders
- Book 7: Physical Pain & Fitness

call or email &
register to be
contacted when
available.

Metaphysical Anatomy Update

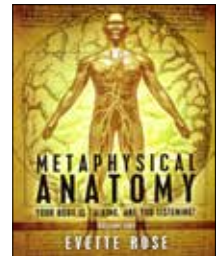


**Metaphysical Anatomy
Technique Volume 2**
by Evette Rose \$44

**NOTE: This is a new edition of the
previous volume 2 but it is
essentially a new publication.**

Metaphysical Anatomy Technique V2 explains the core foundation and healing technique behind Metaphysical Anatomy V1 (see below). The old volume 2 was a synopsis of volume 1, but this new edition is a title that stands alone even if one already has the old Volume 2. As it suggests it is more about the technique and practice of the Metaphysical Anatomy concept and covers the conditions activated by circumstances in your present life, your ancestry, conception, womb, birth trauma, childhood or adult life. A valuable and important book.

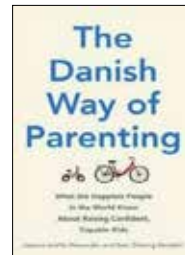
*Metaphysical Anatomy volume 1
has been a best seller for some
time. It is a guide for
identifying the psychosomatic
patterns & metaphysical
causations related to 679
medical conditions. Available at
\$125.00 - a larger format & very
'fat' book of 730 pages.*



www.braingym.com.au

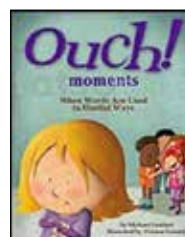
**Selection of recent titles added to
Equilibrium's sister website.**

**To view many more new books in this area visit
the website & click on 'new titles'.**



Danish Way of Parenting \$29

What makes Denmark the happiest country in the world -- and what are the secrets of Danish parents for raising happy, confident, successful kids, year after year? This upbeat and practical guide brings together the insights of a licensed psychotherapist and a mum on the habits of the happiest families on earth. The book delivers fresh advice on how to: Encourage free play, Foster authenticity and confidence, Nurture empathy, Emphasize teamwork over power struggles, Celebrate togetherness, Filled with practical takeaways and inspiring examples.

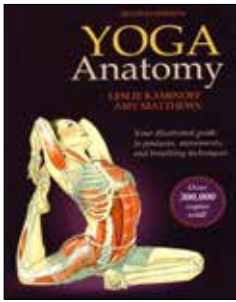


Ouch! Moments \$20

When Words Are Used in Hurtful Ways

When a bee stings, Ouch! That hurts! Hearing a mean or hurtful word hurts a lot, too. When other kids say something mean or hurtful, it is hard to know what to do. Ouch Moments: When Words Are Used in Hurtful Ways explains these "ouch moments" in kid-friendly terms, offers practical strategies for what kids can do to help, and empowers kids to stand up to mean and hurtful language.

Special Interest



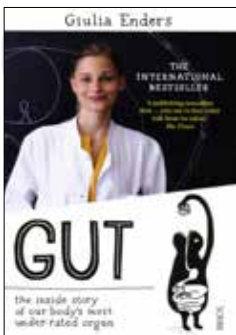
Yoga Anatomy

by L. Kaminoff & A. Matthews \$45

Your Illustrated Guide to Postures, Movements and Breathing techniques.

Yoga Anatomy brings the relationship between yoga and anatomy to life with detailed, full colour anatomical illustrations, provid-

ing one with a deeper understanding of the structures and principles underlying each movement and of yoga itself. This book arranges exercises into six sections (standing, sitting, kneeling, prone, supine, and arm supports). See how muscles respond to movements of the joints, how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing and body position are fundamentally linked.



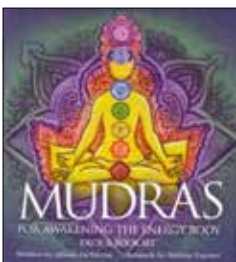
GUT

by Giulia Enders \$30

The Inside Story of our Body's Most Under-rated organ

Our gut is one of the most complex, important and even miraculous parts of our body. This book is a great tour of the workings of our gut and of the latest research showing that gut bacteria can

play a role in everything from obesity and allergies to Alzheimer's. A very readable & entertaining book that also includes topics such as the Brain & the Gut, the Immune System & our Bacteria, Gut Flora - the bad & the good guys, related Allergies & Sensitivities, the 3 gut types and much more. Includes pictures diagrams.



Mudras CARDS & BOOK set

by Sabina Espinet \$39

For Awakening the Energy Body

A set of 40 colourful cards illustrating 33 mudras and 7 chakras. By directing energy & awareness, Mudras can deliver numerous benefits for both physical & emo-

tional wellness. Includes a 112 page illustrated booklet for instructions on the poses and information about their health benefits, and guided meditations. As an aside - these cards may create a an important connection to some in the Kinesiology field using hand modes.



Available Again

The Kinergetics Emotion Chart

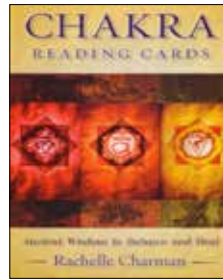
\$15

Full Colour,
Laminated A3 chart

Back in Print !

The 'Emotional' chart used
in Kinergetics.

Bestsellers Last Newsletter

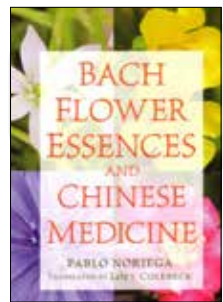


Chakra Reading CARDS

by Rachele Charman \$30

36 cards incorporating the seven main Chakra systems plus the Soul Star and Earth Star Chakras. These two extra Chakra systems are what make this deck unique as they offer a deeper connection and expanded awareness of each situation in

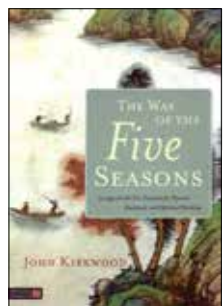
one's life. The deck is also very easy to use and shares an abundance of guidance and support in everyday life via each beautifully illustrated cards and the comprehensive guidebook.



Bach Flower Essences & Chinese Medicine

by Pablo Noriega \$37

This book combines a person's descriptions of their complaints and chronic conditions with Flower-type personality traits. Included is a full primer on Chinese Medicine, exploring in detail the main principles such as Yin and Yang; the Five Elements, the Psyche and the energetic spirit of each Organ. He reveals the direct correspondences between specific emotions, symptoms, and regions of the body and how the Flowers help regulate Spirit and work on the emotional foundations of many common chronic disorders. Providing detailed profiles about each of the Bach flower remedies according to Chinese Medicine, Noriega explains how to prescribe flower essences for prevention of predisposed conditions, for healing of acute and chronic ailments, and for disorders that arise from stagnant energy and yin-yang imbalances. Anatomical illustrations are included for further guidance. An invaluable reference book for practitioners and students both flower therapy & Chinese Medicine.



The Way of the Five Seasons

by John Kirkwood \$45

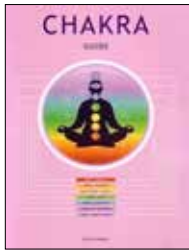
Living with the Five Elements for Physical, Emotional & Spiritual Harmony

A great text on the philosophical and practical principles of the five elements from the author of the extremely well received book 'The Way of the Five Elements' (see bestsellers next column). Work with each element and explore the 3 expressions of human life - the physical (structures, organs, tissues and systems), the psycho-emotional (thoughts, beliefs, self images, emotions and reactions) and the spirit, as well the connection between them.

Detailed information is provided on each Element's specific attributes, associations, resonances and gifts, and anatomical illustrations are included for further guidance. An invaluable reference book for practitioners who hope to become better at their craft.

Fold Out Charts

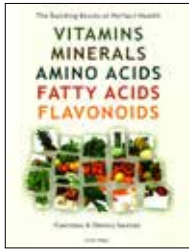
A4 sized, glossy & colourful charts, folding out to make 8 x A4 pages. \$13 each



Chakra Guide

8 page A4 Fold Out Chart \$13

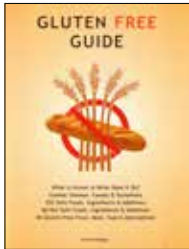
Section by section it covers each chakra and many of their associations. There is also sections on unblocking chakras with foods, aromatherapy, crystals and mudras. Plus Chakra relationships to reflexology, glands, astrology and chakra points on animals.



Nutritional Guide

8 page A4 Fold Out Chart \$13

It covers Vitamins, Minerals, Amino Acids, Fatty Acids and Flavonoids. Aspects covered are functions, signs of deficiencies & natural sources. The chart on the back is a quick shopping reference for the healthiest nutrition foods, in groups.



Gluten Free Guide

8 page A4 Fold Out Chart \$13

What Is Gluten & What Does It Do? - Coeliac Disease, Causes & Symptoms - 352 Safe Foods, Ingredients & Additives - 66 Not Safe Foods, Ingredients & Additives - 45 Gluten Free Flour, Meal, Starch Alternatives.

Essences



Archangels & Ascended Masters Essences - \$115.00

The Archangel & Ascended Master Essences are a powerful set of 10 stock essences, helping one to connect to the

energies of the Archangels & Ascended Masters. Like doorways into a higher dimension these essences will help you to link more easily with the web of light and higher consciousness of the Spiritual Hierarchy.

Use them as a point of focus to ask for inspiration, help and guidance to unfold your own spiritual journey.

Contact us for a description of these essences.

The essences are from Crystal herbs UK, suppliers of the Bach Flower sets and Chakra Essence sets we also supply here at Equilibrium. To see our full range go to our website.

Resonate Essences - Sprays

We now stock the wonderful sprays from Resonate Essences (\$33/\$44 each)

- Angelic Support
- Believe
- Beingness
- Deep Sleep
- Crystal Clear
- Divine Grace
- Magnetic
- Present Time
- Prosperity
- Re-Balance



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\$100+	\$9.00

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