



COSMIC ENTERTAINMENT & PROJECTS

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HOLISTIC HEALING

Step into a world where mind, body, and spirit unite in perfect harmony—welcome to **Cosmic Entertainment and Projects with MystiQ!** Here, holistic healing isn't just a practice; it's a transformative experience designed to elevate your well-being on every level. Whether you're seeking spiritual balance, energy alignment, or deep emotional renewal, MystiQ offers a sanctuary where healing meets cosmic wisdom. Let us guide you on a journey of self-discovery and rejuvenation, unlocking the power within. Are you ready to embrace the magic of holistic healing? The universe is waiting.

WHAT WE OFFER.

COUNSELING SESSION

A counselling session focused on spiritual healing, often called spiritual counselling or faith-focused therapy, involves a combination of traditional therapeutic techniques and spiritual practices to address emotional, mental, or spiritual challenges. It aims to help individuals find meaning, purpose, and connection with a higher power or their inner self, ultimately promoting holistic recovery and well-being.

Here's a more detailed look at what happens in a spiritual counselling session:

- **Initial Assessment:**
The session begins with a discussion about the individual's spiritual beliefs, values, and the specific issues they want to address. The counsellor will also explore the individual's spiritual path and how it influences their life.
- **Exploration of Underlying Issues:**
The session may involve exploring the emotional or spiritual root of the challenges, often using techniques like guided meditations, affirmations, or visualization.
- **Spiritual Practices:**
The counsellor may incorporate spiritual practices like prayer, meditation, or mantra recitation to promote healing and alignment with higher consciousness.
- **Integration of Techniques:**
Spiritual counselling often combines spiritual practices with traditional therapeutic techniques to address the client's specific needs.
- **Individualized Approach:**
Sessions are typically tailored to the individual's needs and preferences, with the counsellor working collaboratively to create a safe and supportive environment for exploration and healing.



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- **Goal Setting and Action Planning:**

The session may involve setting goals for spiritual growth and developing an action plan for integrating spiritual principles into daily life.

- **Follow-up and Support:**

Spiritual counselling often involves ongoing support and guidance, with the counsellor working with the individual to address challenges and promote long-term healing and growth.

Benefits of Spiritual Counselling:

- **Improved Mental and Emotional Well-being:**

By addressing spiritual and emotional needs, spiritual counselling can help individuals improve their overall well-being.

- **Enhanced Spiritual Connection:**

Spiritual counselling can help individuals deepen their connection with their faith or higher self, fostering a sense of purpose and meaning.

- **Increased Resilience:**

By exploring the spiritual dimensions of challenges, individuals can develop greater resilience and coping skills.

- **Personal Growth and Transformation:**

Spiritual counselling can facilitate personal growth and transformation, helping individuals live more authentically and joyfully.

- **Access to Resources:**

Spiritual counselling can provide access to support networks and resources that can further aid in spiritual and emotional healing.

We provide compassionate listening, insightful feedback, and practical tools to support individuals on their healing journey.

In your sessions, you choose your own direction, and your Spiritual Counsellor will be there to accompany you along the way. Together, you may explore Spirit and the unknown in a sacred, safe space. You may explore love, compassion, or the meaning of life. You may seek clarity or inner peace. Sessions may involve a blend of traditional counselling techniques, spiritual practices, meditation, mindfulness, energy work, and creative expression.

Price:

R150 | Duration 30 Minutes

R250 | Duration 60 Minutes

CLEARING TREATMENT

Spiritual healing treatments, sometimes called energy healing, involve practices aimed at clearing blockages in one's energy field and promoting overall well-being. These treatments often incorporate techniques like smudging, sound therapy, or salt baths to cleanse and balance the body's energy. The goal is to remove negative energies, release emotional and physical trauma, and restore a sense of balance and harmony.

Here's a more detailed look at some common practices:

1. Smudging and Burning Herbs:

Burning herbs like sage, Palo Santo, or cedar creates a purifying smoke that is believed to cleanse the energy in a space or within a person. This practice is rooted in many indigenous cultures and involves moving the smoke around the body or space to clear negative energy.



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2. Sound Therapy:

Using vibrations from instruments like Tibetan singing bowls, gongs, or tuning forks to harmonize and cleanse energy. Sound waves are believed to break up stagnant energy and promote a sense of balance and well-being.

3. Salt and Water:

Adding sea salt to a bath is a common practice for spiritual cleansing, believed to cleanse crystals, homes, and the individual's energy body. Salt is also used for purification and protection rituals.

4. Crystals and Stones:

Crystals are used for their energy-cleansing properties and are often placed in a space or carried on the body to promote healing. Each crystal is believed to have unique vibrational qualities that can positively impact the individual's energy field.

5. Visualization and Meditation:

Mental and visualization techniques, along with meditation, are crucial for energetic cleansing. These practices help individuals become aware of their thoughts, feelings, and actions and process them appropriately.

6. Physical Cleansing Rituals:

Decluttering spaces and sweeping floors are seen as metaphors for removing negative energy. This can be a way to physically remove clutter and also symbolically release stagnant energy.

Price:

R350 per session | Duration 30 minutes

MEDITATION AND SELF EMPOWERMENT

Meditation and self-empowerment play a significant role in spiritual healing by promoting inner peace, self-awareness, and a deeper connection to oneself and the universe. Regular meditation practices can cultivate mindfulness, reduce stress, and enhance emotional well-being, ultimately leading to a more empowered and harmonious state of being.

How Meditation Enhances Self-Empowerment and Spiritual Healing:

- **Enhanced Self-Awareness:**
Meditation cultivates awareness of one's thoughts, emotions, and physical sensations, allowing for a deeper understanding of oneself. This self-knowledge is crucial for identifying and addressing limiting beliefs and patterns that may hinder personal growth and healing.
- **Stress Reduction and Emotional Regulation:**
Meditation can help individuals manage stress, reduce anxiety, and develop greater emotional resilience. This, in turn, allows for a clearer mind and heart, making it easier to navigate challenges and heal from past traumas.
- **Inner Peace and Balance:**
Meditation promotes a sense of calm, peace, and balance within oneself, which can be a powerful tool for spiritual healing. This inner peace allows individuals to connect with their intuition and make choices that align with their values and purpose.
- **Spiritual Connection:**
Meditation can facilitate a deeper connection to oneself, the universe, and a higher power, fostering a sense of belonging and purpose. This spiritual connection can be a source of strength and guidance on the healing journey.
- **Increased Power and Agency:**
As individuals become more aware of their inner selves and develop emotional regulation skills, they can experience a greater sense of power and agency in their lives. This empowerment can manifest in various ways, such as setting healthier boundaries, pursuing personal goals, and creating a more fulfilling life.



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Specific Techniques for Spiritual Healing through Meditation:

- **Visualization:**
Creating a mental image of healing light, inner strength, or positive affirmations can help to promote healing and self-empowerment.
- **Affirmations:**
Repeating positive statements about oneself can help to reprogram limiting beliefs and cultivate a more empowering self-perception.
- **Mindfulness:**
Focusing on the present moment without judgment can help to reduce reactivity to difficult emotions and cultivate inner peace.
- **Guided Meditations:**
Using guided meditations can help to facilitate deeper relaxation and access to subconscious healing patterns.

Regular meditation has the following benefits:

1. Deepens self-awareness
2. Reduction of stress
3. Gives you a better control over anxiety
4. Promotes emotional well-being
4. Improves focus
5. May assist with memory
6. Development of kindness to self and others
7. Helps to control pain
8. Improves sleep
9. Can decrease blood pressure
10. Gives you a better control over depression.

Price:

R150 | Duration 30 Minutes

R250 | Duration 60 Minutes

LIFE COACHING

Life coaching, when approached from a spiritual perspective, helps individuals connect with their inner wisdom and higher purpose, facilitating personal growth and healing. It goes beyond traditional life coaching by incorporating spiritual practices, tools, and approaches to address emotional, mental, and energetic well-being. This type of coaching can empower individuals to understand their spiritual needs, overcome challenges, and align their lives with their true essence. Spiritual life coaching is a type of coaching that focuses on helping individuals connect with their spiritual foundation and purpose. It's a resource that helps individuals improve their alignment with their values, beliefs, and intuition.

Key Aspects of Spiritual Life Coaching:

- **Focus on Inner Self:**
Spiritual life coaching emphasizes tapping into one's inner self, including intuition, imagination, and creative practices, to facilitate self-discovery and purpose.
- **Spiritual Practices:**
Coaches often incorporate practices like mindfulness, guided meditations, and spiritual visualization to help clients release blockages, manage stress, and develop clarity.



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- **Healing and Transformation:**

This type of coaching aims to help clients heal from past traumas, overcome limiting beliefs, and transform their lives by aligning with their spiritual values.

- **Purpose and Fulfilment:**

Spiritual life coaching guides clients towards finding their life purpose, living authentically, and experiencing deeper meaning and fulfilment.

- **Holistic Approach:**

It considers the mind, body, and spirit as interconnected, offering a holistic approach to personal growth and well-being.

How it differs from Traditional Life Coaching:

- **Depth of Exploration:**

Spiritual life coaching delves deeper into the essence of being, exploring spiritual dimensions beyond the surface.

- **Focus on Inner Work:**

It emphasizes inner transformation and self-discovery, rather than solely focusing on external goals.

- **Spiritual Practices:**

It incorporates spiritual practices like mindfulness, meditation, and visualization, which are not typically used in traditional life coaching.

- **Holistic Approach:**

It considers the mind, body, and spirit as interconnected, offering a more holistic approach to personal growth. In essence, spiritual life coaching provides a supportive and empowering environment for individuals to explore their inner world, connect with their spiritual essence, and create a life that aligns with their values and purpose.

Price:**Life Coaching Session**

R 300 | Duration: 60 Minutes

GENERAL HEALING AND CLEANSING SESSION

involve practices aimed at cleansing the mind, body, and spirit, often incorporating techniques like meditation, prayer, and rituals to release negative energy and promote well-being using herbs, incense and sound. Spiritual healing is a practice focused on restoring balance and harmony within a person's spiritual being, often involving a connection to a higher power or universal energy, and can be seen as a complementary therapy to address holistic well-being.

ELABORATION:

What it is:

Spiritual healing and cleansing are practices that aim to restore harmony and balance within oneself, addressing the interconnectedness of the spiritual, emotional, and physical aspects of being.

How it works:

These practices often involve techniques that help to release negative energy, emotional blockages, and unhealthy patterns. This can be achieved through rituals, affirmations, meditation, prayer, or other spiritual practices.

Here's a more detailed explanation:

- **Definition:**

Spiritual healing can be defined as the direct interaction between a healer and an individual with the intention of bringing about an improvement in their condition, focusing on the spiritual aspects of their being.



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• Holistic Approach:

It acknowledges the interconnectedness of the mind, body, and spirit, believing that imbalances in the spiritual realm can manifest as physical or emotional ailments.

• Energy Focus:

Some approaches involve accessing and harmonizing subtle energies that exist beyond the physical realm to promote healing and balance.

• Complementary Therapy:

Spiritual healing is often used as a complementary therapy alongside conventional medical treatments, aiming to address the emotional and spiritual needs of individuals.

Examples:

Some forms of spiritual healing include prayer, meditation, faith healing, and connecting with nature or a spiritual community.

• Spiritual Therapy:

Spiritual therapy, which falls under the umbrella of psychotherapy, can also involve practices like hypnosis to help people connect with their subconscious mind and gain a deeper understanding of themselves.

Goal:

The goal of spiritual healing is to promote a sense of wholeness, well-being, and connection to something larger than oneself.

Price:

R100 | Duration 15 Minutes

R150 | Duration 30 Minutes

R250 | Duration 60 Minutes

MUSIC THERAPY AND SOUND HEALING

Music therapy and sound healing, while related, have distinct approaches: music therapy uses music within a therapeutic relationship to address physical, emotional, cognitive, and social needs, while sound healing focuses on the therapeutic effects of specific sounds and frequencies, often using instruments like singing bowls or tuning forks.

MUSIC THERAPY DEFINITION:

Music therapy is a recognized health profession where music is used within a therapeutic relationship to address a person's physical, emotional, cognitive, and social needs.

• Methods:

It involves various musical activities like listening to music, singing, playing instruments, and composing music to achieve therapeutic goals.

• Goals:

Music therapy aims to improve mood, reduce stress, enhance communication, and promote overall well-being.

• Therapist Role:

Music therapists are trained professionals who use their musical expertise to facilitate therapeutic processes.

Examples:

Music therapy can be used to help individuals with autism, anxiety, depression, and other conditions.

SOUND HEALING DEFINITION:

Sound healing utilizes specific frequencies and sounds to promote healing and well-being.



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• Methods:

Sound healing often involves using instruments like singing bowls, gongs, tuning forks, or binaural beats to create specific soundscapes.

• Goals:

Sound healing aims to induce relaxation, reduce stress, and promote a sense of balance and harmony.

• Practitioner Role:

Sound healing practitioners may or may not have formal musical training, focusing on the therapeutic effects of sound and vibration.

Examples:

Sound healing can be used for stress reduction, pain management, and promoting relaxation.

Price:

R150 | Duration 15 Minutes

R250 | Duration 30 Minutes

R400 | Duration 60 Minutes

SHADOW WORK GUIDANCE

Shadow work is a process of exploring and integrating the unconscious parts of your psyche, including repressed emotions, fears, and desires, to foster personal growth and healing. It involves understanding and accepting aspects of yourself that you may have previously denied or judged. Shadow work guided meditation involves a process of self-reflection and emotional exploration to integrate unconscious aspects of the self. It's a technique rooted in Jungian psychology, where you acknowledge and address repressed emotions, negative thoughts, and past traumas to achieve a sense of wholeness and self-awareness. Guided meditations can help facilitate this process by providing a structured and safe space to delve into these hidden parts of yourself.

Here's a more detailed explanation:**• Origins:**

The concept of the "shadow self" and shadow work originates from the work of psychologist Carl Jung.

• What it is:

Shadow work involves uncovering and acknowledging the parts of yourself that you might consider "negative" or undesirable, but which are actually integral to your wholeness.

• Why it's important:

By integrating your shadow, you can gain a more complete understanding of yourself, reduce self-sabotage, and improve your relationships.

Benefits:

- **Self-awareness:** Shadow work can help you understand the unconscious reasons behind your feelings and behaviors.
- **Emotional regulation:** By acknowledging your shadow, you can learn to manage difficult emotions more effectively.
- **Self-acceptance:** Embracing all parts of yourself, including the "shadow," can lead to greater self-compassion and acceptance.
- **Improved relationships:** Understanding your own shadow can help you avoid projecting your issues onto others and improve communication.

Here's a look at the process:

1. **Finding a Comfortable Position:** Ensure you're in a relaxed and comfortable position where you can sit or lie down without distractions.



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2. **Visualizing Golden Light:** Imagine a golden light filling your body, symbolizing the positive energy and self-acceptance you're seeking.
3. **Acknowledging Uncomfortable Feelings:** Pay attention to any negative emotions or thoughts that arise, without judgment.
4. **Identifying the Root Cause:** Explore the origins of these uncomfortable feelings. Are they related to past experiences, judgments, or unmet needs?.
5. **Facing Memories with Forgiveness:** Approach any memories or traumas with compassion and self-forgiveness.
6. **Cultivating Self-Compassion:** Treat yourself with kindness and understanding, recognizing that you're on a journey of self-discovery.
7. **Releasing the Pattern:** Allow yourself to release the negative patterns and self-sabotaging behaviours you've identified.

Guidance and support - one on one, during sessions, together with workbooks, handbooks and guides provided to help with this process.

Price:

R300 | Duration 30 Minutes per session.

(I offer online assistance with this process after your first session at R100 per every 15 mins on the phone – Workbook, guidebook and supportive material will be sent after first session at no additional costs.)

HEALING MESSAGES

Healing massages, also known as therapeutic or bodywork, offer a range of benefits for physical, emotional, and mental well-being. They can help relieve chronic pain, reduce stress and anxiety, improve circulation, and enhance mood. Massage therapy can also aid in injury recovery, boost immune function, and promote detoxification.

Specific Benefits of Healing Massages:**Physical:**

- Relieves muscle tension and pain.
- Increases mobility and flexibility.
- Aids in recovery from injuries and overuse.
- Improves circulation and lymphatic drainage.
- Reduces inflammation.

Emotional and Mental:

- Reduces stress and anxiety.
- Enhances mood and emotional balance.
- Promotes relaxation and a sense of well-being.
- May help release stored trauma and stress.

Spiritual:

- Promotes a connection between mind, body, and spirit.
- May activate energy and balance chakras.



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How Healing Massages Work:

- **Physical:**
Massages can improve blood flow, reduce inflammation, and help the body heal itself by stimulating the release of endorphins, the body's natural pain relievers.
- **Emotional and Mental:**
The touch of a massage can trigger the release of oxytocin, the "feel-good" hormone, which can help reduce stress and anxiety.
- **Spiritual:**
Massage can promote a sense of connection and balance within the body, mind, and spirit.

MASSAGE PRICELIST:**Full Body Massage****Full Body with Aromatherapy and oils**

R800 | Duration: 40 Minutes

Full Body Massage

R600 | Duration: 40 Minutes

Massage Back and Neck

R 350 | Duration: 30 minutes

Massage Back and Neck

R 400 | Duration: 45 minutes

Massage Back and Neck

R 600 | Duration: 60 minutes

Head Massage

R 300 | Duration: 30 minutes

DIGITAL SERVICES OFFERED**PSYCHIC READINGS/ TAROT CARDS**

Our Intuitive Psychics use Tarot cards to tap into their innate abilities to sense and interpret energies, combined with the symbolic imagery of the Tarot deck. Each card offers a visual representation of various life aspects, providing insights into the querent's past, present, and potential future. The readers use their intuition to connect the cards' meanings with the querent's energy, offering personalized guidance, clarity, and deeper understanding of their life's journey. This holistic approach helps uncover hidden truths, empowers decision-making, and fosters spiritual growth.

Price:

- **Tarot** - 5 cards R 400 | Full reading
- **Tarot** - 3 cards R 250 | Full reading

ASTROLOGY REPORTS DIGITAL SERVICE ONLY



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NATAL BIRTH CHARTS

A natal birth chart, also known as a birth chart, is a detailed map of the sky at the precise moment of a person's birth, it is a snapshot of the cosmos at the very moment you were born. Interpreting your chart reveals information about the essence of who you are, who you were, and who you have the potential to become. This journal is a tool to aid you on your journey to self-discovery. It's a visual representation of the positions of planets and other celestial bodies as seen from Earth, providing insights into an individual's personality, potential, and life path.

KEY COMPONENTS OF A BIRTH CHART:

- **Planets:**
These include the Sun, Moon, and other planets in the solar system, each representing specific energies and influences.
- **Signs:**
The 12 zodiac signs (Aries, Taurus, Gemini, etc.) where each planet is located, adding another layer of interpretation.
- **Houses:**
The 12 astrological houses, which represent different areas of life and are divided into 12 equal sectors, each with a specific meaning.
- **Aspects:**
The angles between planets, indicating the relationships and interactions between different energies.

UNDERSTANDING THE CHART:

- **Sun Sign:**
The Sun's position in the zodiac sign is often seen as a person's core identity and personality.
- **Moon Sign:**
The Moon's position represents emotions, instincts, and nurturing qualities.
- **Rising Sign:**
The sign on the eastern horizon at birth, often seen as a person's outward expression and how they interact with the world.
- **House Interpretations:**
Each house has a specific meaning, and the planets within them can reveal insights into various aspects of life, like relationships, career, and finances.

INTERPRETING THE CHART:

- **Planetary Placement:**
The placement of each planet in a sign and house provides information about their influence on the individual.
- **Aspects:**
The relationships between planets (aspects) reveal how different energies interact and create patterns in a person's life.
- **House Interpretations:**
The house placements of planets highlight specific areas of life where certain energies are most prominent.

Price:

R50 per A4 printout | Reading send Digitally

As Extra available with your Natal chart U can have A Compatibility chart with A partner:

R40 per A4 printout | Reading send Digitally



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NUMEROLOGY REPORT

A numerology chart analyses a person's birth date and name to reveal insights into their personality, life path, and purpose. It's based on the idea that numbers have specific vibrations and meanings, which can illuminate aspects of a person's life. Essentially, it's a personalized map using numbers to understand a person's potential, challenges, and strengths.

Here's a breakdown of how a numerology chart works and what it reveals:

CALCULATING NUMBERS:

- **Life Path Number:**
This is the most fundamental number, calculated from your birth date. You add up all the digits of your birth date until you reach a single digit (1-9), except for Master Numbers (11 and 22). This number reflects your life's core purpose and the lessons you're meant to learn.
- **Expression Number (Destiny Number):**
This number is calculated from the digits in your full name, revealing your innate talents, strengths, and how you're meant to express yourself.
- **Other Numbers:**
A full numerology chart includes additional numbers like the Soul Urge (Heart Desire), Personality Number, and others, each offering further insights.

UNDERSTANDING THE NUMBERS:

- **Each Number has Meaning:**
Each number (1-9) and Master Numbers (11, 22) have specific qualities and characteristics that are interpreted in the chart.
- **Interpreting the Chart:**
A skilled numerologist can analyse the combinations and relationships between these numbers to reveal a person's personality, potential, and challenges.

WHAT A NUMEROLOGY CHART REVEALS:

- **Life Path:**
It can illuminate your life's purpose, the challenges you'll face, and the opportunities that will be available to you.
- **Personality and Strengths:**
It can reveal your natural talents, strengths, and weaknesses, as well as how others perceive you.
- **Relationships:**
It can offer insights into your compatibility with others and how you interact in relationships.
- **Career and Vocation:**
It can suggest suitable career paths and how your skills can be best utilized.
- **Personal Year Cycles:**
Numerology also incorporates the concept of Personal Year cycles, which can reveal the themes and purposes of each year of your life based on your birth date and the current year.
Important Considerations:
- **Personal Exploration:**
It's a tool for self-discovery and can help you gain a deeper understanding of yourself and your life journey.

Price:

R400 per A4 printout | Reading send Digitally



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GUIDED & NON-GUIDED MEDITATIONS FOR SALE

Zipped folders packages - with MP3 and MP4 Meditations with briefing and Receipts available. All Files send to you digitally.

Beginner meditation Package

Price:

R 100 | Package of 9 MP3 Audio files

Step by Step Guide on Meditation.

Achiever blueprint Package –

Workbook and Guide book with Audio Files.

Day 1: Finding A Definite Major Purpose for Your Life

LESSON 1 - EXERCISES

Day 2: Using Goals to Set Your Target

LESSON 2 - EXERCISES

Day 3: Making Action Automatic

LESSON 3 - EXERCISES

Day 4: Facing Your Fears

LESSON 4 - EXERCISES

Day 5: Develop Your Mind

LESSON 5 - EXERCISES

Day 6: Practice Persistence

LESSON 6 - EXERCISES

Day 7: Get A Coach or Mentor

Price:

R 200 | Package of 9 MP3 Audio files

Guided Meditation Audio Series Package

Consisting of 6 Audio folders each with meditation files.

1. Healing
2. Higher power
3. Potential
4. Quiet the mind
5. Serenity
6. Vision Quest Album

PDF Guide with each set of Audios.

Price:

R 400 | Package of 23 MP3 Audio files

Mindfulness meditation package

The Mindfulness Solution: Everyday Practices for Everyday Problems

By Ronald D. Siegel, Psy.D

Price:

R 250 | Package of 11 MP3 Audio files



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Mindfulness Exercises Package

This product contains 3 different mindfulness tools. Each tool is structured in the same way, consisting of a background section, a goal description, advice for using the exercise and suggested readings.

Workbook – exercises and Audios by Positive Psychology.

Price:

R 200 | Package of 3 MP3 Audio files

**SINGLE MEDITATIONS AND SERIES MEDITATIONS AVAILABLE -
CATALOGUE WILL SOON BE AVAILABLE.**

We have Meditations for anything You might need. Let us help you with your manifestation needs – tell us what it is you seek as result and we will have packages options available for you.

Single MP3 Meditations Available**Price:**

R 50 – R 100 | Per File

Single MP4 Meditations Available**Price:**

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