

Category	Description	Price	Number	Cost
Angel Companions	Archangel Gabriel (<i>Snowflake Obsidian</i>) (Helps you communicate the true you to the world)	Angel Companions £9.95 each		
	Archangel Metatron (<i>Mottled Jasper</i>) (Nurtures & energises; uniting and making you whole)		SOLD	OUT
	Archangel Raziel (<i>Sodalite</i>) (Psychic protection, guidance & inner meaning)			
Angel Meditation Crystals	To aid meditation and to help you connect to <i>your Angels</i>	£2.50 each		
CD's	Meditation One by Christine Fowler contains an introduction on how to begin meditating and 2 tracks: 1, Grounding & 2, The Gift. (<i>My clients love it.</i>)	£9.95 Per CD		
Essences	Crystal Clear (<i>For Space Clearing and cleaning Auras & Crystals.</i>)	£10.00 Per 15 ml bottle		
	Astral Clear (<i>Clears heavy-duty negative energies from your Aura and Work/Home Space.</i>)			
	New Gift to the Earth by Christine Fowler (<i>This grounds and nurtures while promoting vigour and vibrancy for both you and your plants.</i>)	£7.00 Per 10.00 ml bottle		
	Perfect Day at Staffa by Christine Fowler (<i>Gives you resilience to weather emotional storms, leaving you serene, tranquil and at peace.</i>)			
NEW GIFT VOUCHERS	Perfect for Xmas, Birthdays or just to say you are special. Available at the amount of your choice; can be used for products or therapy sessions with me.	You Chose Value of Gift Voucher + £1.00 postage per address		
Magnets	Metal, round, 1,500 gauss, suitable for healing injuries & pain relief.	£6.00 (<i>pack of 3</i>)		
Rock Salt Crystals (25 grams)	Archangel Michael's Sword: (<i>Protects & absorbs negative energies.</i>)	All types: £3 (1 pack) £5 (2 packs) £9 (4 packs)		
	Dream Crystals:(<i>Promotes a restful night's sleep.</i>)			
Postage	<i>Gift Vouchers</i> <i>Essences, Magnets, (due to weight or extra packaging required)</i> <i>All Other Orders up to £5.00</i> <i>All Other Orders between £5.00-£15.00</i> <i>All Other Orders over £15.00</i>	£1 per address £3.00 per order £1.50 per order £2.00 per order £3.00 per order		
NOTE: IF ORDERING LIFE TRANSFORMERS, PLEASE USE THE SPECIAL LT-ORDER FORM			TOTAL	

TO ORDER

PAYMENT BY BANK TRANSFER: to Account Transform Plus, Bank Sort Code 09-06-66, Account Number 40826521 and Reference Your Name. Please also e-mail christinefowler@yahoo.co.uk with details of the item(s) required including contact information and payment type, as listed below (or send completed order-form in the post). Please remember to add postage.

PAYMENT BY CHEQUE: Please make cheque payable to Transform Plus and send in the post with the completed order-form, ensuring you add postage, to **Christine Fowler, 2 The Cloisters, South Gosforth, Newcastle on Tyne, NE7 7LS.**

PAYMENT FROM OUTSIDE THE UK: please e-mail me or telephone for payment assistance (**Tel:** 0191 2847615).

MULTI PURCHASE DISCOUNT 10% off orders of 10 or more, £100 off full set of 42 (1 of each category).

Your Name.....
 Address.....
 Postcode.....
 E-mail..... Tel..... Payment by.....

ANGEL COMPANIONS

The idea for these was very simple and is based on the fact that some time in everyone's life we need a friend, who provides unconditional support and love. As someone who regularly works with Angels, I was delighted to have such a simple loving idea channelled down to me. It even came complete with the price I had to charge to ensure that everyone who needed one could afford it. What better friend could we have but an Angel Companion and so the idea was born.

I have made 3 different Angel Companions each one consists of a specially programmed crystal which has a loop to enable it to be threaded onto a chain to be worn as an attractive necklace or a bracelet. Men can attach the crystal to a key fob to carry with them. Each of the crystals are programmed with the particular energy of the chosen Archangel and so when worn surround the person with a lovely protective supportive energy. Additionally (detailed below) each one has a particular focus reflecting the special talents of the chosen Archangel.

The 3 Angel Companions to choose from are:

Archangel Gabriel: Archangel Gabriel is a perfect friend who always understands what you mean, and helps you communicate the true you to the world. The energy of Archangel Gabriel is complemented by the gentle soothing energy of the Snowflake Obsidian which will make you more receptive and sensitive towards your own and others needs. The energy of this stone supported by Archangel Gabriel will allow you to recognise your mistakes, take them in your stride and learn from them. This is a perfect combination to enhance your inner growth.

Archangel Metatron: Archangel Metatron will aid you in all your relationships with others and importantly your relationship with yourself. By helping you recognise your true worth he will assist you in your spiritual path, walking with you as your true companion. The energy of the Mottled Jasper complements this perfectly allowing you to feel nurtured, energised and uniting all the different aspects of self enabling you to become whole.

Archangel Raziel: Archangel Raziel is the perfect companion for working with psychic energies, his special close connection with the Creator and his supreme knowledge about all things esoteric will assist and guide you. His knowledge and support will help you discover the hidden meanings in life and act as a catalyst in moving you forward. The Sodalite crystal supports this by bringing with it a thirst for the truth, the energy and drive to look for the truth, to act upon it and stand up for your beliefs.

ANGEL MEDITATION CRYSTALS

Angel Meditation Crystals contain Angelic energies, which help you to connect to the Angelic Realm during Meditation. Carry them about with you at all times to strengthen your connection to the Angels. Each time you touch the stone feel the cool calm energies of your Angels around you.

The bonding crystal used varies depending on which crystals are calling me at a particular time, and offering their help in assisting communication with the Angels. Together the beautiful crystal and the harmonising Angelic energies will provide you with a treasured connection to the Angelic Realms.

MEDITATION CDs

This gentle but powerful CD introduces you to meditation. Listening to the first track regularly will energise and balance you thus helping you feel safe and grounded.

Whilst listening to the second track will take you on a magical journey to meet your Angel. At the conclusion of your meeting you will receive a gift from your angel. Sometimes the gift's message is very obvious to you, other times it may give you pause for thought to unravel it's meaning. Which ever it is it will be perfect for your needs.

Clients say

"If I feel stressed I do my Grounding Meditation & I feel relaxed calm and normal again." Denise Charlton

"Christine's gentle voice takes you on a warm and golden journey to achieve a quietness of mind and body." Celia Jones

"I use the CD as a support during recurring periods of ill health. It helps me to calm my mind, to counter feelings of stress, anxiety and tension and it speeds up recovery!" Anon

CRYSTAL CLEAR & ASTRAL CLEAR

Space Clearing & Aura Cleansing

Cleanse your personal aura and disperse unpleasant psychic energies powerfully, safely and effortlessly.

CRYSTAL CLEAR

Crystal Clear can be used for:

- **Aura Cleansing.** Put several drops into a plant spray top up with water. Spray a mist of Crystal Clear and water droplets high into the air and then walk through it as the mist descends this will clear unhelpful energies. Alternatively you can add a few drops to your bath water for a **powerful** aura-cleansing bath.
- **Space Clearing.** Put several drops into a plant spray top up with water. Spray a mist of Crystal Clear and water droplets through out the room(s) requiring cleansing, do not forget corners and under tables etc. This can be done anywhere to disperse harmful energies, even some entities and ghosts.
- **Crystal Cleansing.** Clear negative energies from crystals and minerals in 20 minutes. Simply place crystals in water and add a few drop of Crystal Clear. Crystals are best cleaned at least once a week.
- **Geopathic Stress.** Put a few drops in your cleaning water when you are cleaning mirrors or other corrective devices used to combat Geopathic Stress. Can also be used in the same way as for Space Clearing above.

ASTRAL CLEAR

Astral Clear is a heavy duty essence and is particularly useful in clearing and protecting from disturbing or worrying psychic energies.

- **Aura Cleansing.** If you are feeling particularly challenged or negative, rub a few drops of Astral Clear onto the inside of your wrists or place some drops into the palms of your hands, and let the warmth of your hands disperse the Astral Clear into your Aura. This is an extra strong essence and needs to be used sparingly. It can also be used in your bath in the same way as the Crystal Clear above.
- **Space Clearing.** Add a few drops of Astral Clear to water in a (clean) essential oil vapouriser, or add to oils in an electric vapouriser. Unpleasant psychic energies will be cleared. If possible, leave a window open. Oil burners can be left burning for hours if necessary. I have never needed to use it this way and find using it the same way as Crystal Clear in a plant spray is all that is generally required to clear negative psychic energies.

GIFT TO THE EARTH

This essence was made on Table Mountain in South Africa and captures the solid grounding of the mountain and vibrant energy of the richly coloured country it was made in. It is warming and nurturing and is a perfect gift to connect you to the earth and to support and energise your plants.

Use it to give ailing plants a lift by adding a few drops to their water.

Use it on your wrists and on the base of your throat to give you vibrancy and re-energise you when you need a lift or on your brow to ground you.

PERFECT DAY AT STAFFA

Staffa is an island standing in the remote Atlantic waters of Western Scotland. It is said to be etherically linked to the island of Iona, and acts as a transmitter of energy supporting the Spiritual presence of Iona. Standing alone it weathers the worst Atlantic storms emerging in the summer sunshine, warm, triumphant and serene.

When I made this essence I was perched half way up the cliff at the gateway to the causeway to Fengal's cave. Fengal's cave is said to be one of the caves used by Merlin. It was a perfect day and the essence **Perfect Day at Staffa** captures the energy of that day full of sunshine and clear blue sparkling waters.

Using this essence brings you the resilience to weather all emotional storms. It gives you the strength to stand alone, emerging triumphant into the warmth of God's unconditional love. Thus leaving you feeling, serene and at peace.

Use it on your wrists to capture the sunshine, or add it to your bath or in your shampoo to surround yourself in its strength and resilience. Heath Kinesiologists can also use it in P/OM or Emotional SET:AD or SET:Tol to promote permanent positive change.

GIFT VOUCHERS

Gift Vouchers are available at any amount of your choice and are perfect for Christmas, Birthdays or just to tell someone they are special. Each voucher is redeemable for a period of 3 months and can be used for items on sale or for either a telephone, distance or one to one session. They can be sent to you or direct to the person of your choice. Just e-mail, ring, or send me their details with yours when you order.

MAGNETS FOR HEALING

Magnets can be used extremely successfully for extended periods of time **to facilitate healing of injuries, sprains, broken bones, aches and pains** etc. Why? The body fluids flow past the magnet, and then electric currents are generated which help to stimulate healing. South seeking polarity tend to slow healing down and North seeking polarity tend to speed it up. This is important because sometimes with some fractures slowing down the healing allows the bone to re-grow stronger. Using the wrong polarity can actually make the situation worse. Equally so using the correct polarity **can stimulate healing even in old wounds or injury**. That is why the magnets are clearly marked to ensure you know which side is North and which side is South.

The small round metal (1500 gauss) magnets supplied are marked with a dot on the North side. Use micropore (available at all good chemists) to tape the magnet to the body. **Tape the magnet dot side down on the skin over the injury to speed up healing or dot side away from the body to slow it down**. Use more than one magnet if you have more than one break in the bone, tape additional magnets where the breaks are sited. On average 3 is the optimum number of magnets required to facilitate appropriate healing. If you are wearing them for an extended period of time mark the skin with an indelible marker, so you can replace the magnet(s) in the correct place after showers etc.

If you want to ensure the best possible effect either test yourself by dowsing or muscle testing, or you can visit a Health Kinesiologist. The Health Kinesiologist will be able to check out the precise number of magnets to wear, exactly where to tape them, and how long they need to be worn and if the healing needs slowing down or speeding up. If you do not have access to a Health Kinesiologist please go to my website where you can download a free description of how to dowse successfully. Or request a copy when you order the magnets.

Please note ALL magnets can wipe your credit cards and damage your colour television if placed on the screen. These magnets are very small and could be swallowed by young children. Ensure that you store them safely when not in use.

ROCK SALT CRYSTALS

Rock Salt Crystals are imbued with a variety of different energies to help people in a number of different ways.

Archangel Michael's Sword

Archangel Michael's Sword Rock Salt Crystals are specifically designed to surround you and your immediate environment with a golden protective shield of energy provided by Archangel Michael's protective presence. This protective shield will protect you from absorbing your own or others negative energies as well as keeping you free from psychic intrusion.

Place the crystals in a small bowl in your therapy room, or sprinkle them over the top of the front and back down frame to create a filter preventing negative energies from entering your house. (This also keeps them away from little fingers if you have young children). These crystals will absorb the negative energies, which drain you. As they absorb the negative energies they will need to be changed every 3-6 months just use your intuition, dowse or muscle test to determine how often they need changing for you.

Dream Crystals

These Dream Rock Salt Crystals contain energies specifically designed to promote a restful night's sleep, by removing bad dreams and relaxing the mind and body. Place the crystals under your pillow before going to bed. Each packet can be used effectively on a nightly basis for 1-3 months. The exact length of time they will remain effective will depend on the amount of negative energies they absorb from worries, emotional upsets and so on. To determine the exact length of time that they will remain effective for you just use your intuition, dowse or muscle test.