

# ... supporting the journey through emotional pain & healing.

When we or someone we know experiences a difficult or emotionally overwhelming time, they need our support – yet, how do we ensure that we are not engulfed by their suffering? How do we support them in a caring way, without losing ourselves in their sadness? The Pool Meditation CD was created to assist you, or your family, friends or clients for exactly these situations. The meditation enables you to be with your own process, or with someone else who needs support through pain, grief or loss. Created & spoken by Aurora Hammond, founder-director of Hammond Institute.

**RRP: \$19.95 + \$5.00** postage & handling in Australia

To order a copy of the CD, or to enquire about becoming a wholesaler or buying ten or more copies, please email [info@monetaenterprises.com.au](mailto:info@monetaenterprises.com.au) or call: Hammond Institute on (02) **9904 6748**

