

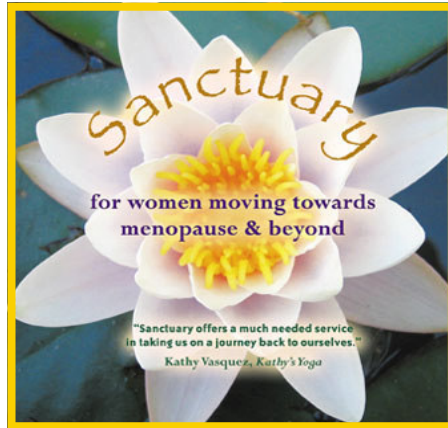


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## Feeling overwhelmed on your journey to menopause & beyond?

Compact disc features  
18 tracks exploring  
inner awareness,  
journaling,  
affirmations,  
& meditation.

Vocals, flute,  
and guitar by Kim-Marie

Download/Listen Online!



**Are you premenopausal or in menopause? This audio guide on compact disc was produced after presenting the 'Menopause Sanctuary' Seminar in 2004. Women wanted a choice in when and where they explored these tools of rediscovery.**

*'Sanctuary' is my gift of gratitude for the unfolding process of self-discovery.*

*- Kim-Marie Walker, Producer*

For years, I battled for control of something that was simply a natural process - *for my body*. Reading books, checking in with health care providers (both medical and naturopathic), and changing my diet were wonderful sources of support - but I needed to find a quiet place within.

Striving for hormonal and emotional balance I called upon eighteen years of meditation, creating affirmations, movement, music, and journal writing.

The result? I empowered myself beyond my wildest imagination.

Using my menopausal journey as a vehicle for increasing inner aware-ness gave me the confidence and inner peace to recognize the changes I needed to make, body - mind - and spirit.

As a result I let go of patterns, thoughts, and emotions that no longer served my well being. And now, more than ever, I am letting the beauty I love, *be* what I do.

**"Sanctuary offers a much needed service in taking us on a journey back to ourselves."  
Kathy Vasquez, Kathy's Yoga,  
Anchorage, AK**

**"...Sanctuary will guide any woman gently through menopause."  
Caryn Colgan, Author, Ancient Pact,  
Vol. 1: The Element of Air,' Reno, NV**

**"For anybody who wants to be in touch with what's going on inside or use menopause as a vehicle to journey inward."  
Rosemarie Engeln, San Rafael, CA**

**"I highly recommend this incredible work it is transformative and supportive to any woman on the journey of healing."  
Shirley Mae Springer Staten,  
International Performing Artist**

Sanctuary, for women moving towards menopause & beyond © 2005 Produced & Distributed by **onyx communications®**

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