

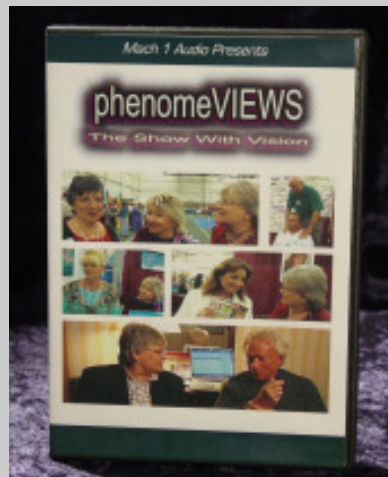
“phenomeVIEWS”

the show with a vision

Featuring interviews with leading authors, metaphysicians, visionary artists and thinkers; product reviews from Cindy and Gerri of phenomeNEWS; interesting insights from the metaphysical community and “Little Bits of Knowledge” from Sheryl Soper.

Dick Sutphen is this show’s guest. Dick is the best-selling author of 19 New Age books including his new book, “Soul Agreements”. He conducts seminars and workshops all over the world. Over 175,000 people have attended a psychic, reincarnation or healing Sutphen Seminar, workshop or retreat.

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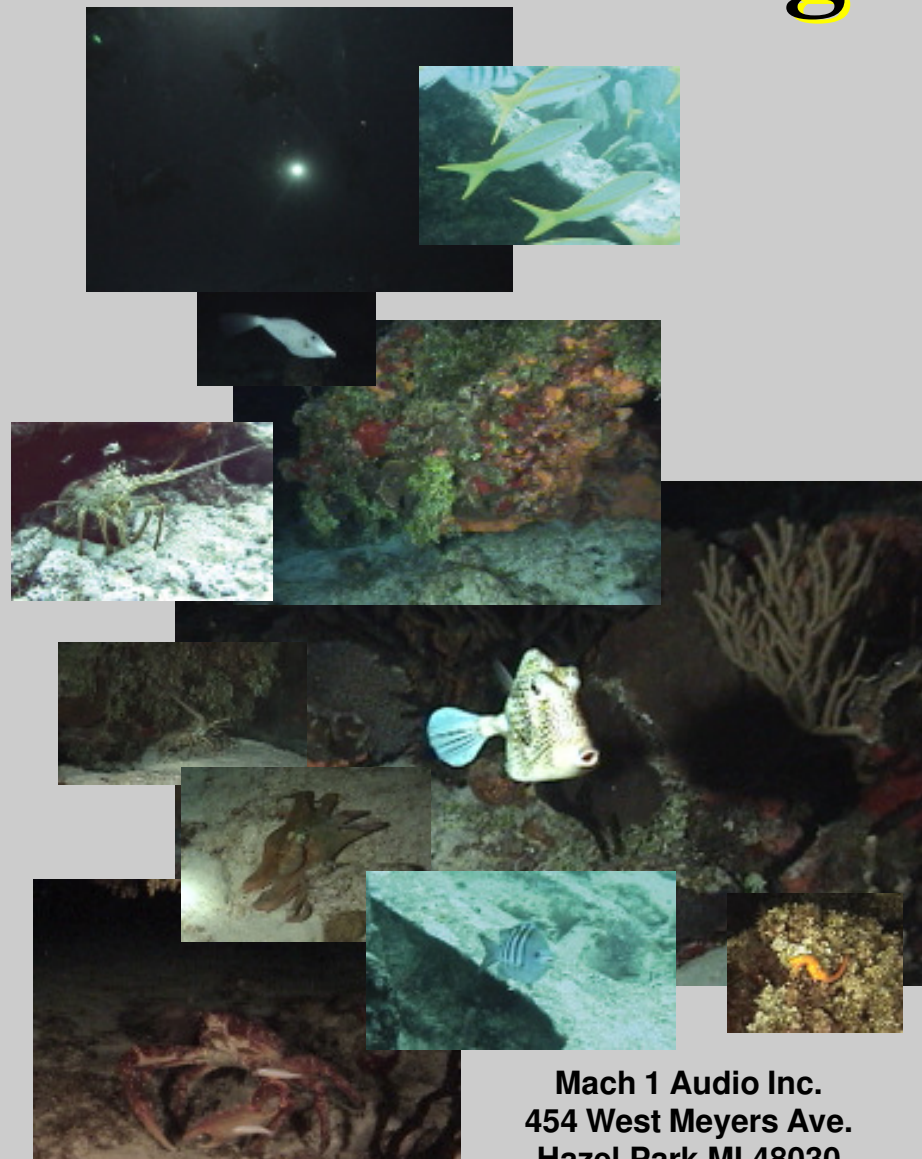


“phenomeVIEWS” DVD series \$9.95 UPC#696513001292

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“From the Other Side”

by Tom Carey

“From the Other Side” was created as a vibrational tool. The intention is to enhance and aid in your meditation and healing work. Each movement in this body of sounds flows gently into the next without interruption, creating and empowering your meditation or healing space.

Take a musical journey through the process of destruction and creation. Release the physical in order to astral project, connect with your spiritual center and remember past lives...



Spirits Release
Flying Free
Awakening
Heightened Awareness
Inner Voice
Remembering
Life's Purpose
Physical Existence
Grounding Focus
Life Force
Journey Home
Gathering, Recollection
Souls Purpose
Journeys End
Rebirth

“From the Other Side” 60min - CD \$15.00
UPC#696513000424

Mach 1 Audio has been producing award winning self-help, motivational, inspirational audio and video programs since 1993. Our highly rated programs are both entertaining and informative. Lose yourself in the beautiful and fascinating underwater world while watching “Azure Dreams” and “Night of the Sea.” Relax while ‘sitting on the beach’ at the ocean’s edge as the waves wash around you. Bring your body to optimum health with “Meridian QiGong: 14 exercises to stimulate the meridians,” listen to the heavenly music of “From the Other Side.” Or create a new reality for yourself.

We consistently strive to provide top quality service to every single customer. Our products are extremely popular because of their high quality and uniqueness.

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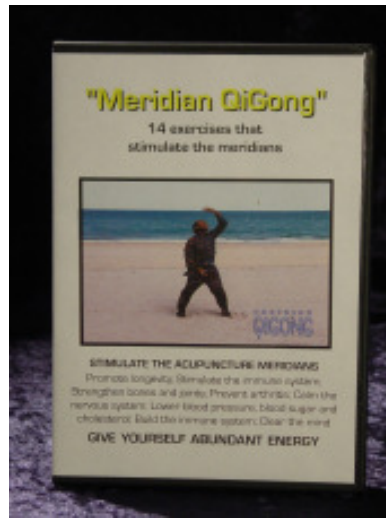
“Meridian QiGong”

14 exercises that stimulate the meridians
by Dr Love

An authentic family qigong handed down for 14 generations. It is internal alchemy that changes the qigong player from lower states to higher states of consciousness

Perfect for beginners and experts alike! The instruction is clear and the movements are simple. You do not have to be in top physical shape to follow the exercises; all you have to be is interested in strengthening your body as you enhance your spirit. The DVD is very easy to navigate and the material is easy to follow.

Follow along with Dr. Love as he explains each exercise demonstrated by one of his students. Then perform the set of fourteen exercises, corresponding to the Acupuncture meridians, in sequence to increase the flow of Qi (electromagnetic energy) through the body, to increase the function of the immune system and to promote long life. The ancients called this immortality.



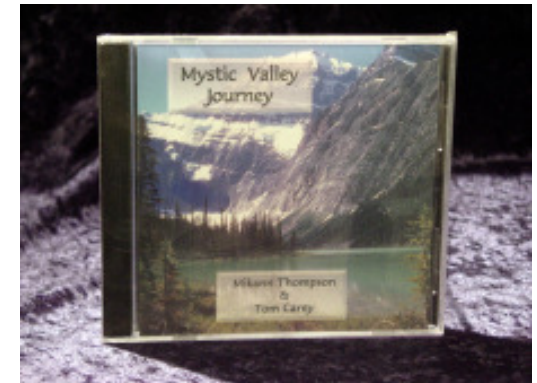
“Meridian QiGong” 120min - DVD \$19.95
UPC#696513000691

www.mach1audio.com

“Mystic Valley Journey”

by Mikann Thompson and Tom Carey

Mystic Valley Journey: Sit back and relax to the soothing melodies of Mikann Thompson (Native American Flute/Synthesizer) and Tom Carey (Guitar/Synthesizer). Mystic Valley Journey combines the harmonious sounds of the natural world with the flowing mingling voices of flute and guitar. Like the landscapes of the Earth meld into each other, each movement of Mystic Valley Journey flows gently into the next without interruption. Travel with us as we take you along a flowing journey of the mind and spirit.



“Mystic Valley Journey” 60min - CD \$15.00
UPC#696513001025

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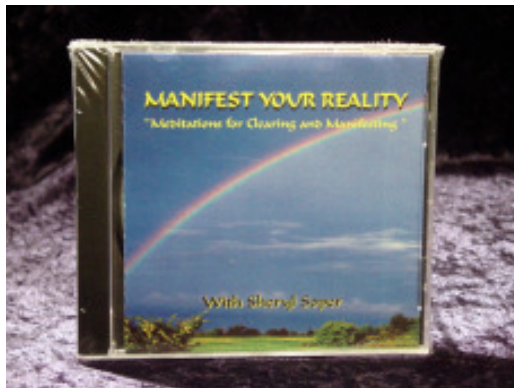
“MANIFEST YOUR REALITY”

Meditations for Clearing and Manifesting
Clear away past issues and Manifest your reality
with Sheryl Soper

Two complete 30-minute guided meditations accompanied by relaxing, soothing music. Use creative visualization as you meditate along with me. Begin each meditation with the Lord's Prayer and the Prayer of Protection. Go with me as I take you step-by-step through the process of clearing and manifesting.

Learn how to "throw away" negative energies and cleanse your mind, body and spirit, bringing you back into healing balance. Clean out the "filing cabinets" in your mind.

You have the absolute ability to manifest that which you desire to bring into your reality. Learn how to make your dreams come true, embrace all you long for and feel how the Universe conspires with you to make all things possible.



“MANIFEST YOUR REALITY” 60min - CD \$14.95
ISBN#1-58589-176-2

“Waves”

a visual meditation
by Tom Carey



This unique 30-minute visual meditation Mini DVD combines the beauty of the waves washing to the shore with the natural sounds of the waves. No music accompanies this DVD, it is as if you are actually sitting on the beach. You will feel as

if the waves are washing up to the shore and enveloping you in their gentle wake. You can almost smell the salt air and feel the sand beneath your feet. The hypnotic rhythm of the waves will mesmerize and captivate you.

Perfect accompaniment for your regular exercise routine, QiGong, Yoga, meditating or just sitting and enjoying the beauty of the sea. There is no music or talking to interfere with your tranquility.

We made this video as a personal memento of our daily meditations on the beach in Carmel, CA, while there for a friend's wedding.

Our friends and family have enjoyed this video so much that we have decided to share it with everyone.

Tom Carey has developed and produced award winning guided imagery and spiritual growth programs since 1993. He has combined his interest in personal growth and the exploration of our natural environment in "Waves" a visual meditation. Explore the undersea world with Tom Carey's "Azure Dreams of Existence" a visual meditation and "Night of the Sea" a visual meditation.

“Waves” 30min - MINI DVD \$9.95
UPC#696513001490

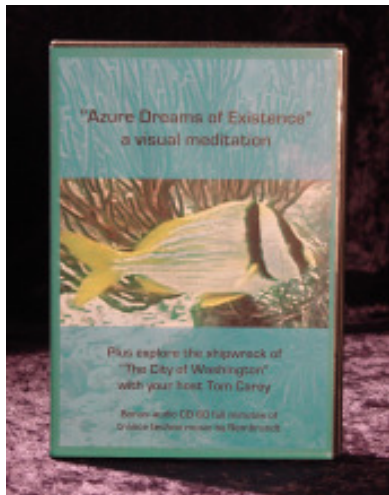
“Azure Dreams of Existence”

a visual meditation
by Tom Carey

This unique 30min. visual meditation DVD combines the surreal sights of the undersea world of the John Pennecamp Coral Reef State Park with an inspired soundtrack of electronic trance music, 4-D technology (developed by William Buhlman and Tom Carey), and the sound of bubbles as they escape to the surface with each relaxing breath. “Azure Dreams of Existence” lifts the spirit and stirs the imagination.

Also you will explore The shipwreck of “The City of Washington” a short documentary with historical data and information on the dive sites visited in the production of “Azure Dreams of Existence” a visual meditation.

The bonus Audio CD contains the soundtrack from “Azure Dreams of Existence” plus 30 additional minutes of electronic trance music by Rembrandt, not heard on the DVD, to lift your spirit and motivate you on your journey.



Tom Carey has developed and produced award winning guided imagery and spiritual growth programs since 1993. He has combined his interest in personal growth and the exploration of our natural environment in “Azure Dreams of Existence” a visual meditation and “Waves” a visual meditation.

“Azure Dreams of Existence - A Visual Meditation”DVD/CD set \$29.00 ISBN# 1-58589-054-5

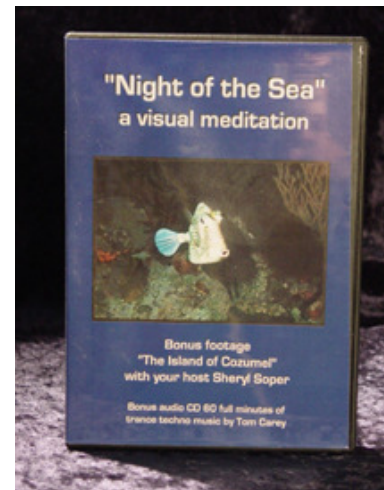
“Night of the Sea”

a visual meditation
by Tom Carey

This unique 30min. visual meditation DVD combines the surreal sights of the undersea world of the Cozumel Marine Park, Paradise Reef, with an inspired soundtrack of electronic trance music, incorporating the use of 4-D technology (developed by William Buhlman and Tom Carey) and the sound of bubbles as they escape to the surface with each relaxing breath. “Night of the Sea” lifts the spirit and stirs the imagination.

Explore “The Island of Cozumel”, a short documentary, with historical data and information on the location visited in the production of “Night of the Sea” a visual meditation.

The bonus Audio CD contains the soundtrack from “Night of the Sea” plus an additional 30-minutes of electronic trance music by Tom Carey, not heard on the DVD, to lift your spirit and motivate you on your journey.



Tom Carey has developed and produced award winning guided imagery and spiritual growth programs since 1993. He has combined his interest in personal growth and the exploration of our natural environment in “Night of the Sea” a visual meditation and “Waves” a visual meditation.

“Night of the Sea - A Visual Meditation” DVD/CD set \$29.00
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