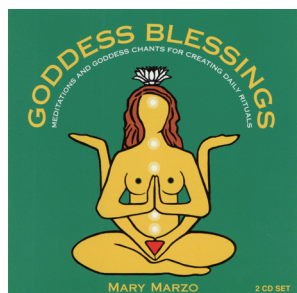


Reviewed in *Rewind* – Fall 2006



**Goddess Blessings:  
Meditations and Goddess  
Chants for Creating Daily Rituals**

**Mary Marzo**

\$19.98 two CDs, 132 minutes, 9991508430, Mary Marzo and Murray Geddes,  
800/326-2665 (New Leaf Distributing),

[www.goddesshealing.com](http://www.goddesshealing.com)

Many people are aware of the healing and spiritual benefits of meditation, but often don't know how to begin. Mary Marzo's wonderful two-CD set *Goddess Blessings: Meditations and Goddess Chants for Creating Daily Rituals* offers a gentle and relaxing solution to this dilemma.

The CD project developed from Marzo's 15-year journey with kundalini yoga, goddess spirituality, and holistic psychotherapy. The first disc includes daily meditation on the chakras, including specific tracks on affirmation and protection as well as two bonus tracks. The second disc contains goddess chants and mantras, which are beautiful and soothing and can be useful in meditation.

Words are included in the liner notes so listeners can chant along or simply play the CD in the background. The introduction tracks are separate from the meditations, allowing customers to maneuver quickly through the selections and easily locate what they need.

Excellent for beginning meditation, *Goddess Blessings* is the third in Marzo's acclaimed Goddess series. Recommend this CD to customers interested in goddess spirituality, feminine healing, and yoga. — Jamie Lewis