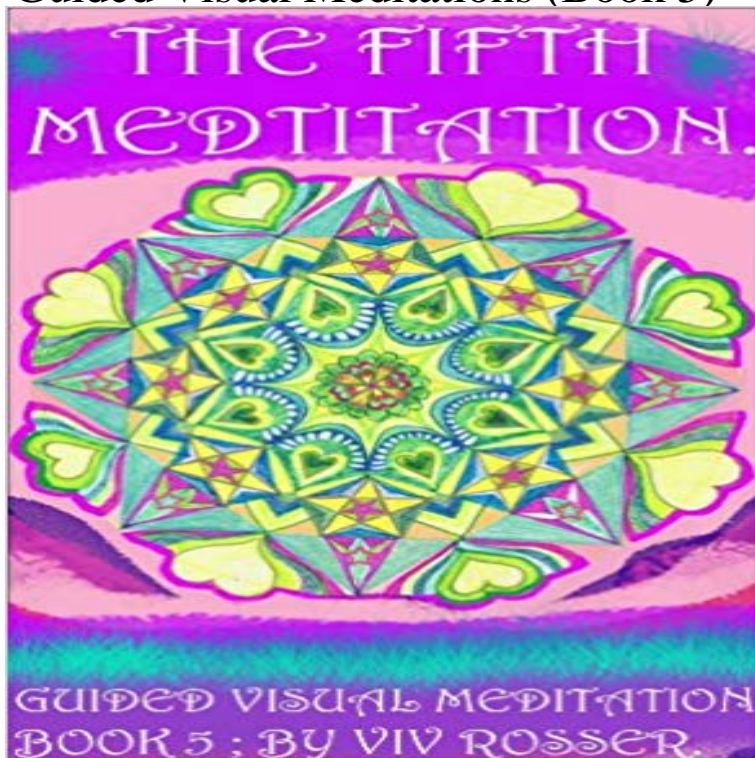


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Available at a new, knock down price....As a psychologist and Gestalt Therapist I learnt to understand the fascinating role patterns play, both in the way we see things and our everyday behaviour. These books combine such knowledge into simple meditations . The fifth meditation is about symmetry. By exploring how close together and alike people can be, it offers a guided journey to let go of any preconceptions and just be true to ourselves. I have drawn on my knowledge as an abstract artist to show rather than tell in a way I hope provides a satisfying and relaxing meditation. Please keep the pace slow as you view the book to allow for maximum effect. If you are using a PC the slow slide show is perfect and may be used for any space where people are waiting and need to relax. Each book in the following series explores Gestalts or holistic perception and our innate ability to see patterns and stable form. It also prompts you to drop all such preconceptions and see what is truly there. The next guided meditations will explore closure. I hope you enjoy the meditations, Viv Rosser.

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