

Tune into...

In the *Prediction* treehouse we have an ear for a catchy tune and a penchant for sound healing. Here are the brightest new musical stars

WATCH OUT FOR...



Glenn Harrold

The UK's top-selling hypnosis and self-help audio expert, Glenn Harrold, gets our gold star this month. Glenn is a huge inspiration after overcoming his own life struggles to achieve success by helping others, and is one of the most selfless, lovely people we have ever had the pleasure of working with.

Sleeping rough from the age of 12 due to a troubled home life, during his teens Glenn became heavily involved with drugs and alcohol until a major health scare at 17 gave him the wake up call he needed. He turned to music and was signed to a major record label in 1983 as the bass player for The Sugar Ray Five. Music has played a major part in

Glenn's life ever since.

In a 20-year career, during which he has sold more than 2 million CDs, DVDs, MP3s and apps, as well as countless self-help books, Glenn has once again turned to music as an aid for healing. His latest range of six Solfeggio Sonic meditations based on the ancient music scale, was produced with the help of shamanic musician Ali Calderwood. Each unique meditation uses the healing frequencies of music along with Glenn's gift for hypnosis to help you release deep negative patterns and emotions.

Visit glennharrold.com for information

DON'T MISS!

KUNDALINI YOGA FESTIVAL

31st July-8th August

Join 2,000 or so yogis from across the globe at this celebration of yoga, mantra and dance in the heart of France. An inspiring menu of activities includes a three-day White Tantric Yoga course and a peace prayer day. Tickets are around £360 from 3ho-kundalini-yoga.eu.

FESTIVAL OF SPIRITUALITY AND PEACE

3rd-27th August

We love the Edinburgh Fringe Festival, but how can we give it due attention when this lovely event is running alongside it? With gigs from across the globe to celebrate peace and diversity, you can toi toi to your heart's content with South Africa's Soweto Entsha or shimmy your hips to Devi Satari's fusion belly dance. Held at different venues across Edinburgh, visit Festivalofspirituality.org.uk for more info.



BEAR MEDICINE SONG

Reclaim your power

Bear Medicine Song's beautiful Scottish lilt leads you through this meditation that both empowers and relaxes. We

were conscious for long enough to hear Bear's instructions to nestle down and relax, and she brought us back just before the first track ended. We felt refreshed and revitalised. Visit elementallifeforce.co.uk.

MANTRA FOR MANIFESTING Har Haray Haree Waheguru

This Kundalini yoga mantra helps you to be in the infinite creative flow of your life, so you can co-create the reality that you want.

The mantra comes in three parts. The 'Har' part represents the seed of infinite creative potential. The 'Haray' part represents the flow of the creative force. The 'Haree' part represents the manifestation of this creative force, and the 'Waheguru' part is the joy you feel once the act of creation and manifestation is complete.

Chant this mantra for at least three minutes a day and you will notice that your life starts to flow a little easier. You are able to manifest your thoughts and ideas much quicker as your creativity is in optimal flow.

OSHO ULTIMATE CELEBRATION

22nd-27th August

Get fired up at the peak of summer with this festival of music, meditation and partying to go on well into the early hours of the morning. Workshops and chill out zones promise ample distraction from the tunes if your feet get tired. Tickets cost £240 for the full 6 days from Osholeela.co.uk.