



Tracy Quantum

Tracy Quantum Releases New CD

Meditation Coach Tracy Quantum released his second CD, *Transfusion of Light*, in October, tailored for relieving stress and empowering success in every area of the listener's life. On the CD, Quantum leads the listener through a series of powerful positive, energizing and

life-changing affirmations, designed to help overcome fear, stress, anxiety and emotional issues.

Quantum was inspired to create the CD because he feels, "... a continuing need to help uplift people in light of the down economy." He explains, "Everyone is so stressed these days with unemployment, mortgage, relationships and health challenges. I thought, 'what better way to help individuals than through a gentle meditation that helps them to create more happiness, love, compassion and grace in their lives.'"

Other CDs soon to be released include meditations focused on simplicity and simplifying one's life, awakening to sustainability and more. *Transfusion of Light* may be purchased for a limited time for \$9.99 as either a downloadable MP3 or a physical CD (plus shipping and handling).

As a meditation coach, Quantum offers customized meditations for corporations and businesses and personal development meditations for individuals. Other services include motivational speaking and visionary intuitive consultation.

To order CD, visit tracyquantum.com. For additional info, contact Quantum at 678-266-7728. See ad, page 25.

Living Foods Institute Receives Award

For the third consecutive year, Living Foods Institute (LFI) has been selected for the 2010 Best of Atlanta award in the Health & Fitness Program Consultants category by the U.S. Local Business Association (USLBA). Nationwide, only 1 in 120, or fewer than 1 percent of 2010 award recipients, qualified as three-time award winners.

The USLBA "Best of Local Business" award program recognizes outstanding local businesses throughout the country. Each year, the USLBA identifies companies that they believe have achieved exceptional marketing success in their category. These are local companies that enhance the positive image of small business through service to their customers and community.

At the Living Foods Institute, students come from all over the world to learn how to reverse/slow aging, and heal and maintain optimum health with mental, emotional, spiritual and physical healing. Students learn how to prepare organic raw and living foods recipes and how to cleanse and detoxify the body, so that it can regenerate and restore itself.

For more info, visit livingfoodsinstitute.com. See ad, inside front cover.



LFI Director Jane Homes with awards

Earth, ourselves, breathe and awaken, leaves are stirring, all things moving,
new day coming, life renewing.

Pawnee Prayer

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