

Caroline Reynolds

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Carolyn Reynolds is the internationally acclaimed author of *Spiritual Fitness* and *Thought Seeds for Growth*. In 2005 *Spiritual Fitness* became an accredited syllabus for both Religious Science International and The Emerson Institute. Caroline is a widely respected teacher of practical spirituality who has lectured internationally in the UK, US, Europe, Canada, and Australia and was a keynote speaker at the RSI Asilomar 2006 Conference. She is the creator of Vibrational Meditation™, a unique form of guided meditation which uses voice resonance to attune the listener to a higher frequency. She has created several Vibrational Meditation CD's with music by Grammy nominated musician Terry Disley. Originally from the UK, she now lives in Laguna Beach, California.

For more information visit www.Spiritual-Fitness.com