

Relaxation Centre of Queensland

Change is a Vital and Inevitable Part of Life

Lionel Fifield



Getting To Sleep P 6
Taming Anxiety and Stress P 5



Virginie Fortin



Vision Board 2023 P 8
KISS Brings Answers P 13

Yes, babies are born, and people pass on – we go in and out of each stage of our lives and into the next.

I often think that the most remarkable indication of change is that all the cells in our bodies completely change every seven years and parts of our physical bodies such as stomach linings change every four days. When I was very sick in my early thirties, I discovered how the body rebuilt itself every seven years. **This filled me with hope** and gave me the **goal of rebuilding happy strong cells for the future**. That was 50 years ago, and I've rebuilt seven new bodies in that time – what a miracle this life is!

In early 2023 we **celebrate 50 years** from when the first steps were taken towards creating what we called the Relaxation Centre of Queensland in 1974 – Wow 50 years full of incredible adventures in the realms of personal and spiritual growth and hosting in the 1980s and beyond many of the most outstanding speakers from around the world. For five times each year we've sent out printed newsletters to hundreds of thousands of people. BUT I announced at the AGM a few weeks ago that **this printed newsletter will be our last**.

It's time for a big change. At the AGM about ten of those present said they would love to be in the team focusing on taking our program onto the web in its many forms. Yes – **A big change** where we're now in an era where less and less people request our printed newsletter. However, I have inside me an excitement for what we can unfold, create, and present to you in the future.

At this stage, I'm unable to forecast what the next months will bring. However more and more of you receive our newsletter on the web and with that comes **weekly or two weekly reminders of the program in the days ahead**. If you don't receive these then go onto our website and request to go on our email list. Also, we are including our whole program on Facebook.

Yes, there are many other ways that we will be advising you of our courses and we will explore and link into these as next year progresses – and don't forget we have a magical point of contact – it's called the Telephone - for more, see the last line of 'Welcome' on page 2.

Lots of ideas are coming forward and in this newsletter we are delighted to offer our program up to the end of April – please enjoy. We have so many wonderful presenters and receive continually the most appreciative comments from participants. **So, here's to an exciting year full of meaningful discoveries and achievements.**

— **Lionel Fifield**

Vicki Bennett



Writing Your Story P 14
100 Keys to Love P 16



Nicky Bassett



Introduction to Astrology P 16
The Heart - Doorway to So much P 10 & P 20

Courses in Date Order Pages 3-4

Then you'll find

**Stress/Anxiety/
Sleep/Depression &
Meditation**
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**Building Confidence/
Overcoming Fears &
Addictions**
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Ageing**
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Parents**
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Courses/Information Pages 13-20

**Creativity/Expressing
From Within You/
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New Possibilities**
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**Communication/
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Singing & Chanting
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Relaxation Centre of Queensland Limited (by guarantee) – Est. 1974.

15 South Pine Road Alderley (between Alderley Avenue and Wakefield Street) 4051 – Postal address, PO Box 21 Alderley, 4051. Courses are offered 7 days a week. Times vary according to our programme of events. Apart from public holidays we are open for your calls and visits from 9am-1.00pm on Mondays and from 9am-7.30pm on Tuesday to Friday and 9am-5pm on Saturday – for other times telephone us before coming.

The Centre will re-open after our annual holidays at 9am - 1pm Monday 30 January 2023. All other days as above.

Phone 07 3856 3733 – Only in emergencies 0413 198 856

Email: admin@relaxationcentreqlld.org – Web: www.relaxationcentreqlld.org



Welcome to All

We live in rapidly changing times – facing issues new to us and seeing how best to embrace whatever is happening in our lives.

For nearly 50 years the Relaxation Centre has been opening doors and introducing new possibilities to huge numbers of people. We do it gently and **offer down to earth, practical ways to get to where we need to go**. Our great team of presenters bring decades of experience to share and come from so many different angles.

It is essential to remember that we are all unique and we all have our own individual paths to walk. **BUT having others walking beside you even for a few hours can assist us to see possibilities that we'd never seen before** – We are all inwardly changing and over the years literally hundreds of people have said to us that before recent events in their lives they would not have been ready to hear the message from a particular presenter – **doors open – our eyes open – our hearts open**. There is often excitement inside us because we know something new has been born within us.

You will see in the following pages a rare selection of courses for you to explore. Listen to your gut feeling – what attracts you, whether you consciously know why or not. **Come along and you could well be amazed at something the speaker talks about** a suggestion written on a board or what comes out of a question & answer session. Life is full of mystery – and all importantly; discoveries – AND it doesn't matter whether if you are in your twenties or nineties. **Inside ourselves we are as young and curious as we've always been** – enjoy your life – enjoy the Centre as we (all our volunteers and presenters) enjoy meeting you. You have more to contribute to life than you may realize.

Note: If you like our printed program, then please keep in touch.

Yes, contact us via phone or email and we can let you know what we are able to offer you. However, don't contact us before March 15 as we are busy exploring our options.

– Lionel Fifield

Would You Like To Be a Volunteer?

Many of our volunteers say how much they love their times at the Centre. They often say they **make lots of new friends**, get to know many, many people coming in to attend courses, develop valuable associations with some of the speakers, and gain lots of insights into the Centre, its vision, and all it seeks to achieve. Some volunteers have been coming in for one, two or three shifts per week for over 20 years and continually discover and expand qualities in themselves. **Some volunteers tell us it has become like a second home**. Here is the photograph of our wonderful Volunteer Coordinator Sandra Ballinger.



You are welcome to find out more from one of the following sessions.

Saturday 4 February, 12.30pm

Thursday 23 March, 12.30pm



Friday 24 February, 5.00pm

Tuesday 4 April, 6.00pm



Autism / ADHD

Don't miss an opportunity to hear Dr Heather Way, a **leader in research and treatment** of Autism and ADHD. Her two children are on the Autism Spectrum and fully recovered.

Dr Way will be with us on **Saturday 25 March**. See **Page 10**

50 Years of Helping Thousands to Heal



Dr John and Jeanie Ryan

How great to have Dr John and Jeanie with us again. Their book *'The Real Health Crisis'* is **full of wisdom, insights, and answers**. Other doctors have been very praising of it and even said it's a bit like a manual.

However, it is beautifully presented in ways that are eye catching, and full of easy to comprehend information.

Many people with or without this book love to attend and gain lots of ideas. We feel very fortunate to have John and Jeanie with us again to share years of experience and your answer questions. See **page 11**.

Our New Book Club

Yes, 5.30 - 6.30 on the first Thursday of each Month.

Come join Skye for the first meeting focusing on Eckhart Tolle's Book; *A New Earth*. See **Page 16**.



Where Are We?

If you are coming to visit us for the first time, it's good to know that South Pine Road is a long road. Please remember **we're between Alderley Avenue and Wakefield Street, Alderley** - then we're very easy to find.

Courses in Date Order

Ongoing Weekly Sessions

NOTE: Sessions not held on Public Holidays

Tuesdays

Tuesday Evening Course in Miracles (From 31st January).....	P 13
Yoga for Beginners (From 31st January)	P 8
Dance Movement and Art Class (From 14th February)	P 8
Deep Relaxation (From 31st January)	P 5

Wednesdays

Deep Relaxation	P 5
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Thursdays

Freeing Yourself With Feldenkrais (From 2nd February)	P 8
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Fridays

Deep Relaxation	P 5
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Sundays

Course in Miracles – Discussion Group	
Every 2 nd and 4 th Sunday of each month	P 13

January

Tuesday 31 January

Love, Sex & Communication	P 16
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February

Wednesday 1 February

Qi Gong for a Healthy Body and Peaceful Mind	P 8
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Thursday 2 February

Health and Wellbeing Support Group	P 10
Film: The Mindfulness Movie	P 17
Reading Corner Book Club	P 16
Enneagram Introduction Evening	P 16

Saturday 4 February

Would You Like to Be a Volunteer	P 2
Growing Self-Compassion	P 10
Vision Board with Virginie	P 8
Quietening a Busy Mind	P 6

Tuesday 7 February

Being Lonely - Let's Talk About It	P 17
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Wednesday 8 February

Sound Healing - Meditation Relaxation	P 5
Feng Shui - Home Harmony	P 12

Thursday 9 February

The Enneagram - First Week of 9 Week Program	P 16
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Friday 10 February

Film: The Mindfulness Movie	P 17
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Saturday 11 February

Exploring Hope - Overcoming Anxiety	P 5
Fear Anxiety and Worry - Finding Answers	P 6
Nature Journaling for Connection and Self-Care	P 13
Sound Healing - Meditation Relaxation	P 5

Sunday 12 February

Women's Healing Circle	P 9
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Tuesday 14 February

Homeopathy	
- One of the Most Used Medicines in the World	P 10
Dance, Movement and Art Class - First Class	P 8

Wednesday 15 February

Mantras/Chanting and Meditation	P 17
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Thursday 16 February

Health and Wellbeing Support Group	P 10
Film: Finding Joe	P 17

Friday 17 February

KISS Brings Answers - Keep it SUPER Simple	P 13
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Saturday 18 February

Introduction to Reflexology	P 10
Girl Talk (girls 12-20 Years)	P 6
A New Year - A New You	P 9
Why Do We Interact Well With Some People	
- And The Opposite With Others	P 15

Tuesday 21 February

Scrabble - Yes Scrabble	P 14
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Thursday 23 February

Love, Sex and Communication	P 16
Kids Can - Parents Can	P 12
You and Your Addictions	P 7

Friday 24 February

Film: Finding Joe	P 17
Would You Like to Be a Volunteer	P 2

Saturday 25 February

Unlock Your Future - Feeling Free to Move On	P 12
100 Keys to Love	P 16
Introduction to Astrology	P 16
Loving What Is	P 15
Sound Healing - Meditation Relaxation	P 5
Sound Healing - Meditation for Children with Parents	P 5

Sunday 26 February

Freeing Yourself in Relationships	P 14
Your Life is In Your Hands	P 11

Tuesday 28 February

Getting to Sleep - Getting Back to Sleep	P 6
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March

Wednesday 1 March

Qi Gong for a Healthy Body and Peaceful Mind	P 8
Insights and Overview of Compassionate Communication ...	P 14

Thursday 2 March

Health and Wellbeing Support Group	P 10
Film: Awake in the Dream	P 18
Reading Corner Book Club	P 16

Saturday 4 March

Success in Relationships and Partnership	P 7
Oneironautic Lucid Dreaming	P 14
Sine a Light on Your Life	P 9
Love Your Glands - Rebalance Glands and Brain	P 11

Tuesday 7 March

The Fear of Flying	P 7
Constipation - Are You Stuck With It?	P 12

Wednesday 8 March

Sound Healing - Meditation Relaxation	P 5
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Thursday 9 March

50 Years of Helping Thousands to Heal	P 11
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Friday 10 March

Feng Shiui - Home Harmony	P 12
Film: Awake in the Dream	P 18

Continued on Page 4

Courses in Date Order (Continued)

Saturday 11 March

Writing YOUR Story	P 13
A Bridge to New Possibilities	P 8
Compassionate Communication (NVC Workshop)	
- Making Connections	P 15
Your Inner Strength is Real	P 7

Sunday 12 March

Compassionate Communication (NVC Workshop day 2)	
- Making Connections	P 15

Tuesday 14 March

Speaking to Groups - Yes, You Can Do It	P 7
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Wednesday 15 March

Mantras/Chanting and Meditations	P 17
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Thursday 16 March

Health and Wellbeing Support Group	P 10
Film: The Magic Hand of Chance	P 18

Saturday 18 March

Self Healing - A Metamorphosis	P 9
Intergalactic Self Healing	P 9
KISS Brings Answers - Keep it SUPER Simple	P 13
Sound Healing - Meditation Relaxation	P 5
Sound Healing - Meditation for Children with Parents	P 5

Tuesday 21 March

Scrabble - Yes Scrabble	P 14
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Wednesday 22 March

Love, Sex and Communication	P 16
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Thursday 23 March

Would You Like to Be a Volunteer	P 2
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Friday 24 March

Film: The Magic Hand of Chance	P 18
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Saturday 25 March

We All Yearn for Love - But Would We Recognise It	P 15
The Heart - Doorway to Health, Happiness and Love	P 10
Don't Leave a Mess - For Others	P 6
Understanding Our Emotions	P 15
Autism - ADHD - Recovery is Possible	
- A Session Full of Hope	P 10

Sunday 26 March

Women's Healing Circle	P 9
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Wednesday 29 March

Qi Gong for a Healthy Body and Peaceful Mind	P 8
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Thursday 30 March

Health and Wellbeing Support Group	P 10
Film: Spontaneous Evolution	P 18
You and Your Addictions - Who is the Boss?	P 7
Chinese Brush Painting - Goldfish	P 14
Reclaim Your Life	P 11

Friday 31 March

Film: Spontaneous Evolution	P 18
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April

Saturday 1 April

Our Lives - A New Chapter Every 7 Years	
- Read Your Life Like a Book	P 9
Taming Anxiety and Stress	P 5
Love, Sex and Communication	P 16
Sound Healing - Meditation Relaxation	P 5
Understanding and Using Complementary Therapies	P 11

Monday 3 April

Rock and Water for Kids	P 12
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Tuesday 4 April

Would You Like to Be a Volunteer	P 2
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Thursday 6 April

Reading Corner Book Club	P 16
Amazing UFO Incidents in Australia, NZ and PNG	P 15
Chinese Brush Painting - Goldfish	P 14

Friday 7 - Monday 10 April

Centre Closed for Easter

Wednesday 12 April

Sound Healing - Meditation Relaxation	P 5
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Thursday 13 April

Health and Wellbeing Support Group	P 10
Film: Proof of Truth	P 18

Saturday 15 April

Releasing and Letting Go	P 7
Growing Your Own Veggies Workshop	P 17
Journaling - A Key for Healthy Living	P 12

Wednesday 19 April

Mantras/Chanting and Meditation	P 17
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Friday 21 April

Film: Proof of the Truth	P 18
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Saturday 22 April

Dowsing for Answers	P 11
Reflexology	P 10
Sound Healing - Meditation Relaxation	P 5
Sound Healing - Meditation for Children with Parents	P 5
Being Lonely - Let's Talk About It	P 17

Sunday 23 April

Women's Healing Circle	P 9
Depression - A Different and Human Approach	P 13

Tuesday 25 April

Centre Closed for ANZAC Day

Wednesday 26 April

Qi Gong for a Healthy Body and Peaceful Mind	P 8
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Thursday 27 April

You and Your Addictions - Who is the Boss?	P 7
Health and Wellbeing Support Group	P 10

Late Inclusion

We had two late inclusion in our programme, see **page 17** and not under the relevant headings.



Discounts • Discounts



Thanks for all the happy comments when we offer these discount periods each year

So this time from:

**Monday 30 January - Saturday 18 February
and Saturday 1 April - Sunday 23 April 2023**

January / February / March / April 2023 Programme

PLEASE NOTE:

In line with spacing requirements we now prefer bookings with payments in advance.

Courses covering Stress, Anxiety, Sleep, Depression and Meditation



Taming Anxiety and Stress

Lionel Fifield & Tom Wixted

Stress and Anxiety can be like wild animals that snap and bite us and even seem to be incessantly chasing us. It is then our anxieties accelerate and

we may even start **suffering from extreme reactions such as panic attacks** and find it almost impossible to relax and rest.

The good news is there is so much we can do to **calm these reactions** and stop them jumping out at us when life around us begins to become overwhelming, foreboding or simply all too much. The fact is that in these times huge numbers of people feel **under pressure both at work and at home**.

How good when we can again feel in charge of our minds and our bodies and can move into response rather than habitual reactions – **empowerment rather than seeing ourselves as victims**.

Lionel and Tom have both needed to work through extensive times of high anxiety in their lives and look forward to **sharing ideas, insights and techniques with you** so we can turn those reactions around and use them to our advantage and benefit.

FEE: \$35. PLEASE BOOK.

SATURDAY 1 APRIL, 1.00-5.00pm



Deep Relaxation

Jo Ross (Tuesday) Sandra Ballinger (Wednesday) & Annette Henry (Friday)

Deep Relaxation came to us from Dr Ainslie Meares, the great Australian pioneer of this method to achieve the life-changing benefits available from quietening our minds and bodies.

Many people find calming and stilling their minds extremely difficult but Dr Meares demonstrated in his work with thousands of people, how **this method can have such profound beneficial effects. Please note though** that we suggest that you come to several sessions in order to fully experience what these sessions can give us – although many people get benefits immediately.



We've been offering Deep Relaxation for many, many years with wonderful results. For some people we hear it's been a life saver. **Participants sit in chairs.**

FEE: \$8 per session or \$48 for 7 sessions. (\$5 for Pensioners). Just come along.

TUESDAYS, 6.00-6.40pm

WEDNESDAYS, 1.00-1.40pm

FRIDAYS, 1.00-1.40pm

EVERY WEEK. – Except on Public Holidays.

Exploring Hope – Overcoming Anxiety

Vicki Bennett



With **humour, freshness, wisdom and real-life stories**, Vicki will talk about coping with change, taking risks, creating a hopeful vision, forgiving quickly, healing relationships, dealing with anxiety and giving yourself great customer service. All these abilities **generate a hopeful, healthy life**.

Vicki's insights on hope and anxiety give a fresh perspective and reveal extraordinary **tools for dealing with anxiety** and the 21st century challenge of **building a hopeful life**.

Vicki is author of *The Book of Hope - an Antidote to Anxiety*, her 29th book.

FEE: \$25. PLEASE BOOK.

SATURDAY 11 FEBRUARY, 10.00am-12.30pm

Sound Healing - Meditation for Children with Parents

Elena Lymbery



Here is an opportunity to introduce **your child to a guided meditation and sound healing**. Help your child to discover their inner resources for calm, peace, resilience, confidence and creativity. - **See more below**

FEE: \$5 per person. PLEASE BOOK.

SATURDAY 25 FEBRUARY, 3.45-4.30pm

SATURDAY 18 MARCH, 3.45-4.30pm

SATURDAY 22 APRIL, 3.45-4.30pm

Sound Healing – Meditation Relaxation

Elena Lymbery



Come and **experience the wonders of sound**. People have been **using sound in many ways for centuries**. Every culture has its own instrument and a particular kind of song.

Recent studies have shown that certain frequencies can have **relaxing and healing** effects on us. **Sound has the ability to positively affect our whole being**.

Tibetan Crystal bowls and gongs were used for centuries to **create** feelings of **peace, relaxation** and to deepen **meditation**. They also balance both hemispheres of the brain, **improve sleep** and **help with pain management**. People have loved these sessions with Elena. You can sit on chairs or lie on the floor (**bring a mat or towel to lie on**).

FEE: \$15. BOOKING ESSENTIAL.

MID-WEEK SESSIONS

WEDNESDAY 8 FEBRUARY, 6.30-7.45pm

WEDNESDAY 8 MARCH, 6.30-7.45pm

WEDNESDAY 12 APRIL, 6.30-7.45pm

WEEKEND SESSIONS:

SATURDAY 11 & 25 FEBRUARY, 2.00-3.15pm

SATURDAY 18 MARCH, 2.00-3.15pm

SATURDAY 1 & 22 APRIL, 2.00-3.15pm



Getting to Sleep – Getting Back to Sleep

Lionel Fifield

It is said that **more than half of the population in Australia have difficulty getting a full night's sleep** with all the repercussions that can come from this. Lionel went through many, many years of insomnia up to his thirties - this led him to explore all sorts of ideas other than sleeping tablets.

Since **his book on Sleep came out earlier this year**, he has been delighted with the feedback and appreciation received for it. For those of you who attend tonight the book will be discounted by 40% to \$15 – **come and gain many invaluable ideas.**

FEE: \$25. PLEASE BOOK.

TUESDAY 28 FEBRUARY, 5.30-7.30pm

Fear, Anxiety And Worry – Finding Answers

Paul Spottiswood

Paul went through many years of fear and much worry. **He sought far and wide for answers.**

As he got towards middle age and **found so much that helped him greatly**, Paul says he so wanted to assist others.

Participants love his talks and Paul loves sharing ideas, insights and techniques. Come and enjoy this little session that can bring big benefits as it has done for many people previously.

FEE: \$20. PLEASE BOOK

SATURDAY 11 FEBRUARY, 2.00-4.30pm

Quieten Your Busy Mind

Alexander Robey

Is your mind racing in an exhausting cycle of self-talk, questioning what was said and done; and how to live up to all the expectations? What about the never-ending list of things to do in your mind with all the **"I must do this, I should be this and I should have said..."**? It can be draining, distracting and confusing; not to mention the gremlins in your head that come out when it's bedtime to take away that much needed rest. Even highly successful people share the mystery of feeling confident and capable and the sudden switch that creates doubting thoughts with uncertainty.

Quieten your busy mind with Alexander's techniques to feel more confident to understand that mind chatter of yours and to bring a break from all the internal noise. You might even **start to sleep more deeply** and awaken refreshed.

FEE: \$25 (Repeater fee \$10). BOOKING ESSENTIAL.

SATURDAY 4 FEBRUARY, 2.00-4.30pm See also page 20.

"We may hear wonderful speakers and read books from remarkable authors and believe that they personally have now found perfect happiness. One thing to always remember is all teachers of wisdom are teaching what they are needing to learn and keep learning."



Building Confidence and Determination – Overcoming Fears and Addictions

Don't Leave a Mess – for Others

Paul Spottiswood

Most people have been told from childhood: "Don't leave a mess." **Yet so many people when they pass from this life, do just that!"**

They leave a mess for others to clean up, usually due to lack of knowledge or consideration or being prepared to face the fact that as with everybody else our time will come.

This session highlights and discusses the many possibilities and options that are available, to prepare for your departure from this world by using a **"Pre - Departure" check list.**

Most of us unfortunately, just have not thought the subject through carefully and properly. You may be amazed at all the possibilities that Paul highlights in this session.

Just like the Scouting Motto, "Be Prepared", can leave us **with a great peace of mind.**

Paul has many personal stories to share and believes this is a really important area for us all to look at.

FEE: \$20. PLEASE BOOK.

SATURDAY 25 MARCH, 10.00am-12.30pm

Girl Talk (for girls 12-20 years)

Skye Fitzpatrick

This is a period and body positive workshop for teen and pre-teen girls aiming to empower young women about the **wisdom of their bodies and their cycles.** This is an invitation for young girls to come home to themselves and their bodies as they evolve into womanhood. We're going to discuss our biology, the four seasons of our menstrual cycle as well as accompanying archetypes. Throughout the session we'll also delve into **self-care rituals to aid in deepening our relationships with ourselves** for a joyful month. This will be an informative and supportive session of shared insights, discussion and fun.

Skye participated in similar workshops in her teenage years and has continued with this learning which she describes as valuable going forward. She's able to **bring awareness to the content as well as personal experience and relatability** to her students.

After Skye's presentation earlier this year she received many praising comments such as **"Skye made such an open, beautiful space where all experiences could be shared"** – "great discussion – extremely informative, will recommend this course to friends – great job Skye" "this was an amazing class – **I got the chance to understand my womanhood** – I would love to do it again" - "great to talk about a subject that is sometimes considered taboo" – "love this course, a **very eye opening experience that can be hard to find** – I also made lots of new friends"

FEE: \$10. PLEASE BOOK.

SATURDAY 18 FEBRUARY, 9.30-11.30am

The whole of our lives are journeys offering us possibilities to find inner peace and embrace love.



You and Your Addictions – Who is the Boss?

Ian Ratcliffe

This motivating course highlights the need to **Accept** that you **can't change yesterday** but really live now – It's about **Connecting with yourself** and the power within you – then feeling how you **Evolve and Flourish**.

Ian has inspired and given hope to hundreds of people struggling with addictions, or feeling stuck, or unable to free themselves. Many of them express deep gratitude for what Ian has shared with them.

PLEASE NOTE: For people **really keen to master** their addiction Ian sometimes works **one-on-one** each day for a week – if you're **interested** call him on 0401 550 670.

FEE: \$20. **Just come along.**

THURSDAY 23 FEBRUARY, 12.00-1.30pm

THURSDAY 30 MARCH, 12.00-1.30pm

THURSDAY 27 APRIL, 12.00-1.30pm



Success in Relationship and Partnership

Eliane Mathiuet

Values, Trust, Clarity, Directions, and all importantly defining ourselves and our individuality is important for defining our direction and recognising who we are and **what success in relationships mean to us in our lives**.

Relationships need healthy boundaries and the ability to recognise what is okay for you in your relationship with others. Learning to say 'Yes' or 'No' to make your life and relationships more rewarding is **vital, liberating and empowering!**

Join Eliane, a Counsellor and Art-Therapist and discover revealing ways of maintaining a healthy relationship with self and others. Develop a different way to communicate, and **create a flourishing relationship** with your partner, family, siblings and others. **Ultimately this is all about trusting yourself.**

FEE: \$35 (all materials supplied). **PLEASE BOOK.**

SATURDAY 4 MARCH, 10.00am-1.00pm



Your Inner Strength Is Real - It's Time to Feel It!

Tom Wixted

In times of stress our brain freezes and we find it **hard to solve our problems**. Tom teaches a simple one-two-three **process to unlock our inner power**. After 18 years, he is still excited to see people discover this inner power for the first time. **Participants feel it. They know it is real.**

They can **use this power to cut through the fog** of a panic-stricken moment. They can be more assertive and stand up for themselves, and they can **be more authentic, more present and connected** with family and friends. **Wear casual, relaxed clothing for some simple movements.**

FEE: \$30. **PLEASE BOOK.**

SATURDAY 11 MARCH, 1.00-5.00pm

How much love do you give yourself?
Is it really love?



Releasing and Letting Go

Lionel Fifield

How often have you felt weighed down or held back? One of the greatest gifts we can give ourselves is **exploring the secrets of releasing and letting go** so we can feel lighter and freer and more able to move on to all the possibilities that could be waiting for us.

When our mouths are full, we cannot take in any further food. When the brakes are on in our cars we cannot move – **when our thoughts are full of yesterday there is no room for really living now.**

Lionel has given talks to groups worldwide on this great topic for us to explore and discover the possibilities for ourselves.

Here we are coming towards Christmas and the New Year. So, **what better time to make room for the NEW and the NEW YOU.**

FEE: By Donation of your Choice. **PLEASE BOOK.**

SATURDAY 15 APRIL, 2.00-4.00pm



Speaking to Groups - Yes YOU Can Do It

Paul Spottiswood

For so many people one of their biggest fears is the thought of **speaking to groups of people**.

Paul struggled with this fear for many, many years. **But now loves it.** And people often remark on his easy and relaxed style.

He's taught his technique very successfully to dozens of groups, both at the Relaxation Centre and also elsewhere in a range of places.

For some years we've only offered the opportunity to come to a single evening, so we are delighted and excited to present this **four evening course**.

The first evening is free so you can come and test it out – then it's over to you to decide if you want to come and really **expand your abilities** in the next three weeks.

FEE: \$52. **PLEASE BOOK.**

(Payment At End Of First Meeting For Those Doing 4 Weeks)

THURSDAY 14 MARCH, 6.30-8.30pm (4 weeks)



The Fear of Flying

Paul Spottiswood

For some years Paul presented the pilot's segment of "The Fear of Flying Course" conducted by one of **Australia's major airlines**.

Paul is a retired commercial pilot **with 35 years' experience** and is amazed how **in these courses many fear barriers seem to melt away**.

FEE: \$25. **PLEASE BOOK.**

FRIDAY 7 MARCH, 6.30-8.30pm

Have you ever noticed how you can get over one fear and then another one pops up and says "don't forget about me"?



Vision Board 2023

Virginie Fortin

What a powerful **gift is envisioning**. All too often we can drift from day to day without a vision – without goals – without dreams!

There is no better time to create your vision board than early in the New Year – twelve

months waiting at your command to respond.

Come and hear Virginie as she introduces you to **all sorts of ideas and subtleties in creating a Vision Board** offering you the opportunity to give birth to your dreams and deeply held visions.

Just bring yourself. - Have a wonderful afternoon that can offer you **benefits for the rest of your life**.

FEE: \$15. PLEASE BOOK.

SATURDAY 4 FEBRUARY, 2.00-4.30pm

Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi



Freeing Yourself With Feldenkrais

Rita Ryan

Dr Moshe Feldenkrais was a great pioneer and researcher who developed many **remarkably simple, gentle movements**

to benefit those who could not bend or move with ease. This is something you need to experience yourself. This wonderful process has brought about quite miraculous changes for numerous people.

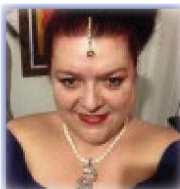
Rita Ryan is a teacher with many years of experience working with individuals and groups.

BOOKING ESSENTIAL.

FEE per session: \$14 or \$48 for 4 sessions.

Please bring a mat or towel to lie on.

EVERY THURSDAY, 10.00-11.00am (From 2 February)



Dance, Movement and Art Class

Lidia Fera

Dance heals, movement aids the brain and reduces cognitive decline. It builds resilience, community and increases self-

esteem. Expression of the body through dance is healing. In this class no prior dance experience is necessary, **there is no right or wrong way to move, just move**. Come along learn how to energise your body, express yourself through dance and increase physical and mental fitness. This class is inspired by ecstatic dance and 5 rhythms. **Feel the liberation of movement**. The class ends with art process in various mediums as an extension of self-expression. No art experience is required and materials are supplied.

Lidia is an art therapist, transpersonal counsellor and masters level counsellor.

FEE: \$20 BOOKING ESSENTIAL.

WEEKLY FROM TUESDAY FEBRUARY 14, 6.00-7.30pm

Is it ok to give yourself love?



Yoga for Beginners

Sally Waters

Here is a **gentle introduction** to the basic poses and **skills of yoga**. Whether you're a beginning yoga student or someone who hasn't practised in a while, it's time to **connect with your yoga practice** now.

Both the **mind and the body will benefit** from a class that begins and ends with relaxation and meditation and includes a range of all the **important basic yoga postures**.

BOOKING ESSENTIAL.

FEE per session: \$12 or \$90 for 8 sessions.

EVERY TUESDAY, 11.15am-12.15pm (From 31 January)

Qi Gong for A Healthy Body and Peaceful Mind

Terri Kozak

Qi Gong **movements enrich your brain and nervous system** while enhancing your health holistically. Just ten minutes a day can make a **profound difference to mind and energy levels**. Qi Gong is energising and relaxing. It aids digestion, circulation, joint and spinal health, blood pressure and a feeling of wellbeing.

FEE: \$14 per session \$48 per course. BOOKING ESSENTIAL.

WEDNESDAY 1 FEBRUARY, 10.00-11.15am (4 weeks)

WEDNESDAY 1 & 29 MARCH, 10.00-11.15am (4 weeks)

WEDNESDAY 26 APRIL, 10.00-11.15am (4 weeks)



Motivation – Empowerment – Health and Healing – Specific Health – Ageing

A Bridge to New Possibilities

Donna Thistlethwaite

Donna's remarkable story has been shown on ABC TV. Donna found herself in a dark hole of hopelessness and made a decision one day to throw herself off the Story Bridge.

Miraculously she was pulled out of the water by a ferry boat crew and so **started a new life** – now she speaks to many organisations, often as a keynote speaker, using the titles – “We Need to Talk” – or “**Thrive – six strategies for success**”.

Come and hear about Donna's amazing journey from the depths of the Brisbane River to be a sought-after and inspiring speaker. She will focus on Resilience, including six easy-to-implement strategies that she found invaluable for transforming her life. **These are the practices which Donna found invaluable** for coming out of where she found herself to where she now is.

FEE: \$25. PLEASE BOOK.

WEDNESDAY 11 MARCH, 10.00am-12.00pm



Being human is fraught with changes.
The challenge is being present with
whatever happens and stepping
beyond good or bad.
Just like we dogs do!

Self-Healing: A Metamorphosis

Sonia Bailey



We are **more than just our physical body** and must **learn to be conscious of our whole self**. In our world today our most important task is to **keep ourselves uplifted**; to **let go of the past** as well as anything weighing us down **mentally, emotionally, physically and spiritually**.

Learning Metamorphosis as a **self-help tool** will enable you to do this naturally and without force. Sonia says she has **seen and experienced healing at all levels with Metamorphosis**; physically, mentally, emotionally and spiritually. It is **simple and effective**, fast and everlasting. No experience necessary.

FEE: \$55. PLEASE BOOK.

SATURDAY 18 MARCH, 9.30am-1.00pm



A New Year – A New You

Louisa Sgarbossa

Every day brings new possibilities – BUT – A New Year can bring a treasure trove – even if some of those gifts come in disguise.

Let's enter 2023 with the right attitudes

in place so we can take advantage of all that comes our way.

Life itself is moving into new realms beckoning us to step up into our bigness, our strength, our capacity to love, and break through many of those impediments which could have been holding us back.

This happy New Year is in your hands – Come and get lots of valuable ideas today.

FEE: \$25. PLEASE BOOK.

SATURDAY 18 FEBRUARY, 1.00-5.00pm



Intergalactic Self-Healing

Robert Vicary

Our bodies are like galaxies with planets (our major organs) – stars (our trillions of cells) and numerous hidden secrets.

We need to **make contact with them** beyond the stresses and anxieties so common in our society. These block us from experiencing the miracle of self-healing.

Robert shows you how to use **myotherapy and reflexology, massage techniques** to release tight skin (fascia) around your muscles, neck, shoulders, back, hips, legs, organs and brain.

This physical calming session is especially designed to assist people to **connect their right brain with their heart**, feelings of empathy and higher sensitivity.

Come and experience this physical calming to once again embrace your own Intergalactic Self-Healing

Notes will be provided and no prior knowledge will be required – **just bring your open heart and mind.**

FEE: \$25. PLEASE BOOK.

SATURDAY 18 MARCH, 2.00-5.00pm

How much of your stress comes from your personality pushing to be what you are not? And having you look different to how you really are.



Women's Healing Circle

Elena Lymbery and Carina Aloni

Come and join Elena and Carina for this new **exciting and meaningful course**. They thought that some of these words from Jeanette Leblanc were touching into

the essence of this course:

"A circle of women may just be the most powerful force known to humanity. **If you have one, embrace it. If you need one, seek it.** If you find one, for the love of all that is good then embrace it. Let them see you. The very fabric of your being will be altered by this". The course includes yoga, sound healing and sharing time. Elena and Carina are looking forward to welcoming you.



FEE: \$35. PLEASE BOOK with full payment
Numbers must be limited to 14.

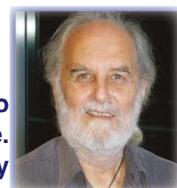
SUNDAY 12 FEBRUARY, 9.45am-1.00pm

SUNDAY 26 MARCH, 9.45am-1.00pm

SUNDAY 23 APRIL, 9.45am-1.00pm

Shine a Light on Your Life

Rod Smith



Use the **Transformation Game** as a tool to **shed light** on the way you **play your life**.

Streamline your life and get your **energy moving** as you allow the game to **assist**

you in highlighting strengths, identifying blind spots and bringing **fresh perspectives** to current challenges.

In more than 20 years of working with the game Rod continues to be amazed and inspired at the **beneficial outcomes achieved by players**. It's board game format originated at the Findhorn Foundation in Scotland and is conducted worldwide.

The feedback from this half-day with Rod is always appreciative of the experience.

FEE: \$55. PLEASE BOOK. Maximum of 4 players.

SATURDAY 4 MARCH, 1.00-5.00pm

Our Lives – A new chapter every 7 years – Read Your Life Like a Book

Eliane Mathiuet



Our lives are not level playing fields. They are in fact a series of mountains and gullies, comforts and discomforts. Every cycle in our life **has its purpose** but often when we are deeply in them, **we may be struggling just to survive** and wondering why this is all happening to us.

Let's **explore these different cycles in stages** and you will begin to identify major trends, characteristics and patterns which enrich and deepen our knowledge of self. You may be surprised how you see connections between various ages and stages and links with others in your life. The insight and overview into some of these challenging and changing periods will be invaluable. Join Eliane and **gain a new respect and understanding** of yourself.

FEE: \$35. PLEASE BOOK. See More On Page 20.

SATURDAY 1 APRIL, 10.00am-1.00pm

Health and Wellbeing Support Group

Elena Lymbery



Do you feel overwhelmed with so much contradictory advice on food and diet being given these days? Here is an opportunity to look at your health and wellbeing in small easily digestible chunks. Great results can come from consistent, smaller steps, seeing how they work for you.

In these sessions you also have Elena to talk things over with. Elena has many years of interest and study in healthy lifestyles and says, "Making changes comes much **easier with the help** of a similar-minded and **very supportive group of people**." There will be a **demonstration, short films, health tips and discussions**.

We regularly demonstrate the value and making of fermented foods. A nutrition-filled delicious smoothie is included! **Everyone is welcome.**

FEE: \$12. PLEASE BOOK.

THURSDAY 2 & 16 FEBRUARY, 11.00am-1.00pm

THURSDAYS 2, 16 & 30 MARCH, 11.00am-1.00pm

THURSDAYS 13 & 27 APRIL, 11.00am-1.00pm



Growing Self Compassion – Putting Ourselves On The Gratitude List

Andrew Greentree

In the face of a demanding world, it often may feel like we "should" be doing more and "must" be what we perceive others want us to be. This way leaves us feeling unworthy of love, **exhausted and unsupported**.

Could we begin to give up a little of "Musts" and "Shoulds" which create much turmoil and suffering?

This presentation gives participants practical useful exercises that support a practice of **deepening and growing supportive compassionate relationship with ourself**.

Andrew is insightfully honest about his self compassion journey stating that through developing a kind relationship with himself that a fundamental positive change has occurred in his life.

FEE: \$25. PLEASE BOOK.

SATURDAY 4 FEBRUARY, 10.00am-12.30pm (2 weeks)



Homeopathy – One of the most used medicines in the world

Ilma Hynson

Many people ask what homeopathy is – how does it work – what can it be used for – what proof is there?

There are millions of people worldwide who find homeopathy is ideal for them, and has **given them the outcome of good health they needed**.

Come and hear ilma tonight and **ask any questions you may have**.

ilma has been practising homeopathy for 30 years here in Australia and overseas.

FEE: \$10. PLEASE BOOK.

TUESDAY 14 FEBRUARY, 6.00-7.30pm

Autism - ADHD - Recovery is Possible - A Session Full of Hope



Dr Heather Way

Autism rates are skyrocketing. Dr Way has two children of her own on the autism spectrum who have **recovered using her own science-based protocol**. We know that

autism is caused by genetic predispositions combined with environmental triggers.

Dr Way works with many, many children with Autism, ADHD and much more. She is the head researcher for a number of world-leading Genetics and Microbiome companies working on Autism particularly. Before Covid she regularly visited other countries and interstate to speak at medical and scientific conferences. **She now includes addressing many groups by Zoom.**

Dr Way has much **invaluable advice and encouragement** and is incredibly **inspirational to listen to**. Come and **hear what can be done** to help a child reach their full potential.

FEE: \$25. PLEASE BOOK.

SATURDAY 25 MARCH, 2.00-5.00pm

The Heart - Doorway to Health, Happiness and Love

Tony Petcopoulos and Nicky Bassett

Would you like to improve your physical, emotional, mental and spiritual wellbeing? In this workshop, Tony and Nicky will explore **the power**

and significance of the heart and its capacity to activate the soul to achieve **higher states of consciousness**. They will share specific techniques that can lead to an expansion of intuition, joy, connectedness and oneness.

These techniques, which are based on qualities of love, release a cascade of neural and bio-chemical processes which **positively impact** one's physical, spiritual, mental and emotional health.

Tony and Nicky have over 50 years combined experience in assisting others to embrace significant qualities and personal breakthroughs through their courses and counselling. Come and enjoy - They have so much to offer

FEE: \$35. BOOKING ESSENTIAL. See More On Page 20.

SATURDAY 25 MARCH. 9.30am-1.15pm



Introduction to Reflexology

Sonia Bailey

Discover the reflexes in your hands and feet, and the **amazing ability of the body to help heal itself** through natural reflex signals. Take a look at how the feet and hands are a microcosm of the whole body and how **you can improve overall health**, harmony and wellbeing and see how Reflexology helps **reduce stress** in yourself and others.

Bring a notebook and pen and any health questions you may have: e.g. how can Reflexology help my child's head cold? Sonia is a past president of the Reflexology Association of Australia.

FEE: \$55. PLEASE BOOK.

SATURDAY 18 FEBRUARY, 9.30am-1.00pm

SATURDAY 22 APRIL, 1.30-5.00pm



50 Years of Helping Thousands to Heal

Dr John and Jeanie Ryan

We welcome Dr John and Jeanie Ryan for an evening of insights and hope. They are the authors of what is rapidly becoming a best-selling book - **The Real Health Crisis**.



Tonight, they will cover many of the major illnesses becoming prevalent in today's society and all-importantly offer some **great insights**. This is an ideal reference book for the whole family for the years ahead.

John and Jeanie will be more than happy to take and respond to many questions this evening.

Dr John comes from a family of doctors and has just retired after **50 years of practice**. Jeanie has a **lifetime of health service as a nurse and a dietitian**.

Whereas they use the same title each time they focus on **different aspects of health and healing**. The book packed with information will be available to those who come tonight at a discounted price of \$30.

FEE: \$20. PLEASE BOOK.

THURSDAY 9 MARCH, 6.30-8.45pm



Understanding and using Complementary Therapies

Robert Vicary

Our bodies consist of an integration of **physical, emotional, mental, energetic, and eternal compartments**.

To **stay well and reduce stress** in your different compartments often requires an integrated approach to personal practices, Western medicine, and complementary medicine therapies.

Robert has worked for the last 10 years as a Remedial Massage Therapist assisting people to discover so much about themselves as well as **opening their minds to an integrated approach to better health**. He has also explored for himself the approaches by many, many different therapists and experienced the benefits which have come from each one. Come and listen to a fascinating talk today and discover so much as Robert talks about which Complementary Therapies could work for you on your journey back to total body wellness.

FEE: \$25. PLEASE BOOK.

SATURDAY 1 APRIL, 1.30-4.30pm



Dowsing For Answers

Rod and Megan Middleton

Dowsing has been **used** for thousands of years and **by many cultures**. It is a way of tapping into your mental and **intuitive powers**. When skills have been developed **dowsing can be used in revealing answers to unanswered questions**, finding lost objects and exploring what foods can be helpful – these along with other possibilities. **Rod and Megan Middleton** have been teaching dowsing for many years. These are **fascinating sessions** with lots of **participants discovering abilities** that really surprise them.

FEE: \$25. Just come along.

SATURDAY 22 APRIL, 10.00am-12.30pm.

Reclaim Your Life

Joan Wilson-Jones

John Lennon told us that **life is what happens while we are busy making other plans**. Life is also what can easily go off track and can often feel very challenging.



In this 3-hour session Joan will share with you proven **strategies that will help you to recharge, realign, revitalise and redirect your life**.

Joan is very **familiar with tough times herself**; she is a fellow traveller along the rocky road and her **approaches are practical, able to be implemented** in any life (no matter how busy or complicated) **and ABSOLUTELY WORK!**

Feedback on Joan's program is always outstanding - what you will take away really will change your life for the better. Joan has a great reputation throughout Australia for what she presents.

FEE: \$35. PLEASE BOOK.

THURSDAY 30 MARCH, 6.00-9.00pm

Love Your Glands - Rebalance Glands and Brain

Julia Chai



Here is a valuable session focusing on **nourishing and balancing your Glands and Brain**.

In this workshop Julia Chai will share hands on techniques to **stimulate and enliven the endocrine glands and rebalance the brain**.

The techniques are based on Genome Healing, Chinese Medicine, Native American methods, and Healing Positions by Rev Hanna Kroeger. **Anyone with hands and a heart can learn and apply these** to oneself or others.

Here is a session full of wisdom and understanding of your various glands i.e. Thymus gland, Thyroid, Spleen, Pituitary – Here is a session that can open many doors to better health.

FEE: \$50. PLEASE BOOK. See More On Page 20.

SATURDAY 4 MARCH, 1.30-4.30pm.

Your Life is in Your Hands

Patricia Barton



Let Patti Barton show you how to read your hands. Patti has been a "Palmist" for 40 years and a "Hand Analyst". In this fun one day workshop you will learn the basics of both these skills. **Palmistry is a reflection of your personality as it changes through time. Hand analysis is the study of your fingerprints**. Patti will help you identify your Life Purpose (and some of its challenges) through deciphering and understanding through what she calls your Soul's Barcode. This work is not about psychic predictions; it's about a **deeper understanding of who you are and why you are here**. If you are searching for personal meaning, then this day could change your life.

You will be supplied with inking sheets for your handprints which you can also take home. Patti will have a few copies of her book for sale. *A Handbook on Hand Reading*.

FEE: \$55. PLEASE BOOK.

SUNDAY 26 FEBRUARY, 9.30am-3.30pm.



Constipation - Are You Stuck With It?

Sandra McKie

In our society so many people struggle with issues of constipation and trying out all sorts of tablets in an attempt and a longing to get back to a regular flow each day naturally. So, what to do? Sandra would like to welcome you to this **first discussion evening** where with Lionel and maybe others she talks of what she has worked through to find her answer.

We are all different and unique in our own ways and she hopes others with a range of ideas, experiences and answers can join in to share what they have found invaluable to them. So here we go – hopefully opening doors to a new flow.

FEE: \$10. BOOKINGS APPRECIATED.

TUESDAY 7 MARCH, 6.30-8.00pm

Unlock Your Future - Feeling Free to Move On

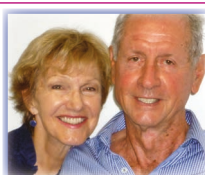
Rod and Megan Middleton

Join Rod and Megan and discover some practical methods on how to move forward in your life. Learn how the wonderful and at times intriguing law of karma can be your guide and friend.

Rod and Megan have together been great students of life with years of exploration behind them. They have encouraged and taught many people over the years.

FEE: \$25. PLEASE BOOK.

SATURDAY 25 FEBRUARY, 10.00am-12.30pm



Supporting Kids and Parents



Kids Can – Parents Can

Jack L'Estrange

Parents. Did you know? Kids Can write, spell, read, and lots more. This message is for all parents, including those who see their kids struggling at school or those

children with learning difficulties.

Parents can, at home, coach their kids so that **they themselves feel empowered and so will the kids**. When you use brain friendly procedures not used in schools, your kids can start to catch up and/or improve. **You really can do it and your children will benefit.**

Parents Can! You will learn what to do and say daily and you will see your children having positive learning experiences. We will provide you with **materials that you can use every day with your children.**

Writing, spelling, and reading will be covered in three sessions. **Demonstrations will be given for all techniques.**

FEE: \$35. PLEASE BOOK.

THURSDAY 23 FEBRUARY, 10.00-11.30am (3 weeks)



Rock and Water – For Boys and Girls 8-12yrs

Tom Wixted

This programme is for young people, to **develop a stronger sense of identity and self-confidence** when faced with life's challenging moments.

Participants will learn to become **purposely grounded, centred and focussed** and **experience** how they can become **more in control** of their minds and bodies. This enables them to **maintain calmness** and **choose their response** when challenged or threatened.

Tom has had many years of experience as a teacher in both the outdoors and in the classroom. Rock and Water has been a wonderful course over many years and **brought surprising benefits to countless kids.**

FEE: \$25. PLEASE BOOK.

MONDAY 3 APRIL, 9.30am-12.30pm

Creativity – Expressing from Within You – Nurturing Yourself Into New Possibilities

Journaling – A Key for Healthy Living

Vicki Bennett

Many people use journaling as a doorway to **access their creative spirit**. Daily writing can help make sense of thoughts and emotions that otherwise may go untethered. It also helps the mind with linkages, making valuable connections between thoughts and ideas. Writing about thoughts and emotions somehow brings them into the light, into clarity. **Journaling is a valuable tool for mental health.**

Participants will walk away with an understanding of when, how and what journaling can be for them. They will learn about the many different types of journaling and **start practising their own style** of journaling.

FEE: \$25. PLEASE BOOK.

SATURDAY 15 APRIL, 10.00am-12.30pm



Feng Shui – Home Harmony

Julia Ashfield

Many of us have heard of Feng Shui but only a few of us know much about it. However, we all are aware that some places feel good and that's because of the Qi energy.

Feng Shui is an ancient Chinese art indicating energy (Qi). It is a way of collecting, retaining and protecting this Qi energy at a place in order **to bring happiness and success in all areas of one's life.**

Come along and find out from Julia how Feng Shui can bring modifications at your home or work by looking at its history and principles and seeing how you can harness what you learn **to bring renewed health and happiness.**

Julia will share much with you this morning.

FEE: \$15. PLEASE BOOK.

WEDNESDAY 8 FEBRUARY, 6.00-8.00pm

FRIDAY 10 MARCH, 10.30am-12.30pm



Never forget that your heads analyse, compare, compete, criticise, worry and so much more. Our hearts are within us to love - what a relief!



A Course in Miracles

Discussion Group Members

More and more people are asking what this Course in Miracles is all about. It's a **remarkable home-study book now in many languages** published by Penguin and claimed by many to have opened them to some **remarkable new personal and valuable insights**.

Here is an opportunity to spend a morning with several people of varying experience with the Course in Miracles who meet regularly. They then discuss between themselves aspects and **insights of the Course**. Come and join in. **Call Simon on 0431 266 407 or Kay 0411 245 535.**

FEE: \$5. BOOKING ESSENTIAL.

EVERY 2ND AND 4TH SUNDAY, 10.30am-12.30pm
(From 12 February)



Tuesday Evening Course in Miracles

Simon Jones

See more above about A Course in Miracles. Come and enjoy this weekly group on Tuesdays. Learn and discuss. **Expand your perceptions - see life anew – make discoveries - relax and shine.**

FEE: \$5. Just come along.

EVERY TUESDAY, 7.00-9.00pm (From 31 January)

Writing YOUR Story

Vicki Bennett

Anyone who has lived a full life has **something fascinating to share** with the world; whether it's an autobiography, biography or your memoirs.

In this Workshop you will begin the **journey of uncovering your life** and of those around you. Everyone has had someone who influenced them and the story around this can be your stepping stone to **writing a ripping yarn**.

Learn **how to get started**, how to **create** a story and how to introduce the cast of characters who influenced you. Learn how to write the essence of your story and how to share what mattered to you.

You may think there isn't anything special about your life but someday your children's children, or their children will search out **the stories of those who came before**. Writing your story offers the breadcrumbs for them and can assist you to make sense of **your own personal journey**. You may be surprised at how your simple story can enrich others. Join Vicki Bennett (author of 32 books) to help you get started in writing your story.

FEE: \$65. PLEASE BOOK with full payment.

SATURDAY 11 MARCH, 10.00am-3.00pm



There are many things that we only really recognise their value and what they mean to us when they leave us. It's all too easy to take things and people for granted. When we are deeply sad for what has left us, this is a reminder to look into what we do have now and really value it.



KISS Brings Answers – Keep It SUPER Simple

Virginie Fortin

Are you looking to have more time in your life? Do you feel something is missing? Do you feel frustrated, misunderstood? Are you doing everything for everybody except yourself? If so, come along today and let's go back to 'Basics' together. I will introduce you to simple tools and tips to assist you to connect with yourself.

If we step aside from defining ourselves by who we believe we are, and we let go of such descriptions as marital status, qualifications, being male or female or where we were born - then who are we?

Let's look together **at the Wheel of Life made up of health, contribution, relationships, career, money, spirituality, AND what your values are.**

Here is a great opportunity to start anew, refreshed, revitalised and on the starting blocks for the rest of your life.

FEE: \$25 PLEASE BOOK

FRIDAY 17 FEBRUARY, 6.30-8.30pm

SATURDAY 18 MARCH, 2.00-4.00pm



Nature Journaling for Connection and Self-Care

Bethan Burton

Nature journaling is the practice of **connecting with the intricate wonders of this world**, cultivating curiosity and asking questions. It's about living with a sense of wonder for the life that is within us and around us, observing closely, and capturing all this on paper using a combination of words, pictures and numbers.

Connecting with nature has **tremendous calming and healing benefits** for the body and mind. Through this workshop we will explore the power of this simple practice to create more **joy, presence and connection in our lives**. We will work with natural subjects, and a variety of art materials, to create a vibrant journal page. The workshop will also provide the tools and inspiration to bring this nature journaling practice into our everyday lives.

FEE: \$25. PLEASE BOOK.

SATURDAY 11 FEBRUARY, 2.00-4.30pm

Depression - A Different and Human Approach

Dr Winfried Sedhoff

Here is an outstanding session presented by a **medical doctor with a deep understanding** of not only depression but also what we can do to break the grip that depression can have over our lives. our energy and our relationships. Dr Sedhoff understands it because many years ago he suffered depression himself and brings you the **opportunity to empower yourself** in an invaluable session for everyone.

Winfried brings a **very human approach** to showing you how you can gradually grow to no longer needing those external aids and again feel the joy of being you.

FEE: \$45 (Repeaters \$25). PLEASE BOOK.

SUNDAY 23 APRIL, 10.00am-1.00pm



Oneironautic Lucid Dreaming

Robert Vicary

A third of our life is spent asleep so let us remember the work we do during our dreaming state. **Dreams are used as a communication process from our subconscious mind to our conscious mind.** It often works out solutions for our everyday events that are causing us emotional stress.

Lucid dreaming connects us with our super conscious mind with an understanding of a bigger picture of our energy and Akashic records. An Oneironautic is a conscious aware traveller in a lucid dream. Come and experience the **greater travel opportunities beyond the limitations of being an astronaut.**

We will show you how to start **recording and interpreting your dreams.** Come and change your life's directions through lucid dreaming as an oneironaut. Bring your dreams and nightmares for discussion.

FEE: \$25. PLEASE BOOK.

SUNDAY 4 MARCH, 2.00-5.00pm



Chinese Brush Painting - Goldfish

Jean Turnbull

Chinese brush painting can be rather like a meditation. As we do it the **flowing and soothing energy of breath and movement** facilitates spontaneous brush strokes.

Jean has a remarkable ability to both demonstrate and teach this form of creative painting. People often say they are **amazed at what they learn** from her in such a short time and how being with Jean is so calming and infectious. She brings out our inner qualities of being able to paint.

Many people tell us beforehand that they have never had any artistic ability or been able to paint a picture. They often say they were hopeless at painting when they were at school. Yet **after this course they are often amazed and so proud of what they've achieved** in a short time. Often, they can't wait to get home and show their friends and family. So come and surprise yourself.

In these 2 session, Jean will teach you how to paint a beautiful picture of a Goldfish.

FEE: \$45. PLEASE BOOK.

THURSDAY 30 MARCH & 6 APRIL, 10.00am-12.30pm



Scrabble – Yes Scrabble

Lionel Fifield

This is the first time we have provided the opportunity to **play Scrabble at the centre** – Lionel Fifield will co-ordinate these sessions.

Sometimes we can keep picking up letters that really challenge us whilst our opponent may pick up letters that bring them huge possibilities.

What wonderful games these can be to **expand our minds, develop our imaginations and use our creativity** – let us know if other times would suit you better in the future.

If you have a board, please bring it.

FEE: \$5. BOOKING ESSENTIAL.

TUESDAY 21 FEBRUARY, 2.00-4.00pm

TUESDAY 21 MARCH, 5.00-7.00pm

Communication – Relationships – Connecting and Intuition



Insights and Overview of Compassionate Communication

Cate Crombie

Don't underestimate this evening; it is more than simply an introduction. This valuable session will give you an understanding of a life and relationship-changing concept using ideas and approaches which are now **bringing profound benefits** to people in many countries.

Enjoy this evening and definitely read about the **Compassionate Communication weekend on page 15.**

FEE: \$25. PLEASE BOOK. See More On Page 20.

WEDNESDAY 1 MARCH, 6.30-9.00pm



Free Yourself in Relationships – The Work of Byron Katie

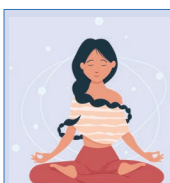
Rosie Stave

We all come to recognise that our relationships – whether they be with our **partners, parents, children, friends or people at work** – can bring out the most unexpected pain, guilt, fear, anger, misunderstandings, frustrations and much more. We are often at a loss in regard to what we can do to bring the **harmony and connection and comfort between us that we yearn for.**

Rosie Stave has been a leading practitioner of this work for over 20 years and **takes this remarkable course throughout Australia, New Zealand and elsewhere.** See also **Loving What Is**, on page 15.

FEE: \$85. PLEASE BOOK with a deposit of \$25.

SUNDAY 26 FEBRUARY, 9.30am-5.00pm



“Where did we get these false ideas that we are not good enough - we can only be who we are and living our unique purpose on our unique journey.”

One of the greatest miracles of life is seeing (Yes, really seeing) what you do have and not dwelling on what you don't have.

How remarkable, isn't it, how different each day can feel to us and how we feel. One day hopeful and even excited - the next day we can be struggling. That's called being a human being. What a gift it is if we have others who we really care for and others who really care for us. We should never take that for granted.

Loving What Is – The Work of Byron Katie

Rosie Stave



Rosie will introduce you to *The Work of Byron Katie*. This has **transformed the lives** of millions of people. It can bring the most remarkable immediate **insights, freedom and happiness** in a most profound way; **You need to experience it to understand why.**

The Work, as it is often referred to, has the capacity to **liberate us**. It assists us to **embrace and accept life's surprises** as well as the differences in other people's personalities and approaches. It is the apparent **simplicity** of it that **makes it so effective** and therefore so usable. **See also Rosie's full day workshop "Free Yourself in Relationships" on page 14.**

FEE: \$25. PLEASE BOOK.

SATURDAY 25 FEBRUARY, 2.30-5.00pm

Compassionate Communication

**(NVC Workshop)
– making connections**



Cate Crombie

Imagine **interacting** with one another in a way that **allows everyone's needs to be equally valued.**

This is what this **2-day workshop** is about – Cate offers a **practical process** to ensure that everyone's needs are **heard and understood**; bringing **resolution to personal conflicts** with personal empowerment and learning how to be **fully present** when people **express emotion**, including anger, resentment or criticism.

This is an **outstanding workshop** offering **invaluable skills** for everyone. It is required that you attend both days.

FEE: \$195. BOOKING ESSENTIAL with full fee. **See Page 20.**

SATURDAY 11 MARCH, 9.30am-5.00pm

SUNDAY 12 MARCH, 9.00am-4.30pm

Why Do we Interact Well With some People - and the Opposite with Others?



Dr Malgosia Zlobicki

This presentation aims to **explain how trust, control, power and intimacy affect everyone's interactions** with family, friends, acquaintances or strangers, particularly the process that determines which interactions

progress from minor social exchanges to significant relationships.

We will **look at the various benefits, rewards and obligations** that establish the intensity of individual group interactions - what are the **social resources needed** for love relations to be sustained and **why imbalanced relationships are often created** and their subsequent outcomes; outcomes such as dependency, distress and dissatisfaction - then we'll look at the development of respect, kindness, mutual understanding and fairness. Malgosia brings a wealth of experience and insights.

FEE: \$25. BOOKING ESSENTIAL.

SATURDAY 18 FEBRUARY, 2.30-4.30pm

Understanding Emotions

Alexander Robey



If your emotions have a life of their own and drag you down and leave you with a sense of overwhelm with the busyness of the day, feeling swamped and reactive to other people, then **this is an ideal workshop** to attend. Imagine how great it would be if you were able to **cope better** by feeling calm, unflurried and **being in charge.**

Alexander will guide you through 7 aspects of understanding emotions and show you how you can **develop healthy coping strategies** to everyday occurrences.

Alexander brings years of experience of assisting people in a huge range of ways. **See More On Page 20**

FEE: \$25. (Repeater fee \$10). BOOKING ESSENTIAL.

SATURDAY 25 MARCH, 2.00-4.30pm



We All Yearn For Love - But Would We Recognise It?

Rod and Megan Middleton

Love is the most used word universally.

Rod and Megan will open you to some new thoughts, new insights and new possibilities. This promises to be a very stimulating and mind expanding morning. It could prove invaluable.

FEE: \$25 Just come along.

SATURDAY 25 MARCH, 10.00am-12.30pm

Amazing UFO incidents in Australia, NZ and PNG

Paul Spottiswood



In July 2021, the United States Government finally admitted what many around the world had long suspected, that **Unidentified Flying Objects (UFOs) really do exist!** In fact, the Pentagon has admitted that they have no idea what they are, but they have stated, that they do not belong to the USA Government. An official investigation is now under way.

The first recorded UFO sighting occurred in 1440 BC in Egypt. While numerous sightings have happened around the world, one of the most witnessed happened in Melbourne, Victoria, in broad daylight.

Paul Spottiswood, is a retired Airline Pilot, who feels very close to one UFO incident. **Paul flew the same aircraft, that 20 year old Frederick Valentich disappeared in.** This was a most extraordinary UFO incident, as reported by Frederick over 5 minutes and 50 seconds by radio. Paul will describe and discuss what happened, plus many other very credible UFO sightings in Australia, NZ and PNG.

Facts can be far stranger than fiction; possibly out of this world!

FEE: \$8. PLEASE BOOK.

FRIDAY 6 APRIL, 6.30-8.45pm

"Do you ever note down what fear you are needing to work on - As we deal with one it often seems to open the door on others we've been blind to previously."

100 Keys to Love - Exploring Authentic Relationships

Vicki Bennett

Each one of us longs for love and true happiness. This new course by Vicki Bennett, 100 Keys to Love is for those of us seeking to find true love, and who want to write their own recipe for an authentic relationship.

The keys shared by Vicki are concise and clear to create **positive, happy and healthy relationships**. Each key offers tools and skills for the future giving direction and guidance on the journey of love, and shares insights to unlock true love and joy. **This course will help you develop a positive mindset** for bringing authentic love into your life, keeping it alive, and loving yourself in the process. If you want to take positive steps towards finding love and building relationships based on **self-worth**, then this is the course for you.

FEE: \$25. PLEASE BOOK

SATURDAY 25 FEBRUARY, 10.00am-12.30pm

The Reading Corner Book Club

Skye Fitzpatrick

A beacon for the lovers of books, and the seekers of community. A monthly book club to come together in connection and conversation about thought-provoking, uplifting and inspiring reads. This is an accessible and open session, we are sharing in the love of sharing, and all levels of preparation are welcome. There will be opportunity to share what you've been reading recently as well as the suggested book. The intention of this space is to find comfort in spending time connecting to books, ourselves and each other.

The next book will be "**A New Earth**" by Eckhart Tolle, a beloved favourite of many.

FEE: \$5.

Meetings will take place on the first Thursday of the month starting on

THURSDAY 2 FEBRUARY, 5:30-6:30pm.

THURSDAY 2 MARCH, 5:30-6:30pm.

THURSDAY 6 APRIL, 5:30-6:30pm.



Introduction to Astrology

Nicky Bassett

Come on an exciting journey of personal discovery into the Horoscope/Natal Chart. This inspiring introduction will give you a practical understanding of many fundamental concepts. Learn about the ascendant and its importance when you meet people; how the moon sign can help comfort you and reduce stress; the logical progression of each house and the role it plays during different stages of your life.

Optional: Bring your own natal chart to gain additional insights into your potential. Nicky's easy to understand teaching style and stories, together with her years of experience as a practicing astrologer and group facilitator guarantees a very enjoyable and memorable experience.

FEE: \$25. PLEASE BOOK

SATURDAY 25 FEBRUARY, 9.30am-1.00pm



Love, Sex and Communication: Learning To Talk About Sex - Discovering Why It Is So Difficult, And Doing Something About It.

Dr Peter Howie

Dr Howie says **talking about Sex is more taboo than having sex**. In each of the following evenings **we will together look at why** and consider ways to overcome our worries, shames, fears, embarrassments with the subject.

Session One – This evening will focus on why it is so hard to talk about and give us a language to begin the process. It is designed for individuals and couples who'd like to improve their communication in these areas of their life.

Session Two – This evening will focus on ways to talk about Sex that are more natural and easier and friendly and is designed for individuals and couples who would like to improve their skills in this area.

Session Three – This evening will focus on what we know and don't know about what we want and don't want, exploring consent and obligation. Is designed for individuals and couples who would like to explore these areas and bring beneficial improvements.

Session Four – This session will playfully work with where we hold ourselves back and give up on our hopes and dreams or learned shoulds, musts and oughts or expectations of how were meant to act towards pleasure and erotic play if we are considered to be good people. Here is the fourth area for people wanting to improve their communication.

SINGLE SESSION FEE: \$40. PLEASE BOOK

ALL 4 SESSIONS CAN BE ATTENDED FOR \$130

1) TUESDAY 31 JANUARY, 6.30-8.45pm

2) THURSDAY 23 FEBRUARY, 6.30-8.45pm

3) WEDNESDAY 22 MARCH, 6.30-8.45pm

4) SATURDAY 1 APRIL, 9.30am-12.30pm

The Enneagram - Invaluable Personality Insights

David Burke

The Enneagram is an **ancient spiritual system** that describes 9 personality types. It is **astonishingly accurate** at predicting

both observable unconscious behaviours and their hidden underlying motivations that trigger the habitual response. Further, it predicts our behaviour will change under stress or alternatively when safe and secure.

The Enneagram not only describes nine evolutionary habitual responses but also the ways to transcend them and **become a more conscious, dynamic and creative adult**. It is a wonderful aid to clearer more honest communication for warmer and **more intimate personal relationships** and for more creative and **successful work relationships**.

Here is a wonderful opportunity to spend 10 evenings learning about each personality type - **this can bring far-reaching benefits at home, at work and in relationships of all types. BOOKING ESSENTIAL. See More On Page 20.**

FEE: \$10 per evening (AIES members \$5)

TOTAL FEE for all 10 sessions: \$90 (AIES members \$35)

THURSDAY 2 FEBRUARY - Introduction, 7.00-9.00pm

THURSDAY 9 FEBRUARY - The start of 9 weeks of focusing on each of the 9 personality types, 7.00-9.00pm



Singing and Chanting



Mantras/Chanting and Meditation

Rob and Angela

Join Angela and Rob from **SpiritSong** for a **blissful evening** of mantras, chanting and meditation. When we sing mantras we invoke the **stillness of the heart** which is the presence that lives within us all. It is a **simple and easy practice** that helps quiet the mind and lead us to **inner peace**. No experience is necessary and **everyone is welcome**. Participants tell us they feel wonderful during and after these sessions. **Please arrive early so we can all start together**. If you would like to enjoy a beautiful, memorable session come along, **relax and bask in the lovely sounds of this evening**.

FEE: \$20. PLEASE BOOK.

WEDNESDAY 15 FEBRUARY, 6.00-7.30pm

WEDNESDAY 15 MARCH, 6.00-7.30pm

WEDNESDAY 19 APRIL, 6.00-7.30pm

Late Inclusions



Being Lonely – Let's Talk about It

Lionel Fifield

Most people experience loneliness at times and for some people they can go through long, long periods of feeling lonely and it **becomes part of their lives**.

This **can even happen to people who are surrounded by a lot of other people** and most people looking at them would never imagine that they would feel lonely.

We are fortunately moving into an era where we are increasingly encouraged to be **open to discussing what's going on inside us** instead of leading lives full of pretence, and suppression of what we feel.

There is a wonderful statement that has so much wisdom behind it for us to embrace – **the truth will set you free**.

Here is a totally new session in our program inviting you to come along and be with other people open to discussing "being lonely" – lets share our thoughts and feelings with each other. Who knows what benefits will flow out of such a time together.

Let's enjoy this time together. Please call and say you're coming if possible or just come along.

FEE: \$5. PLEASE BOOK.

TUESDAY 7 FEBRUARY, 5.30-7.00pm

SATURDAY 22 APRIL, 2.00-3.30pm

The longest journey is often said to be from our heads to our hearts - from our intellectual minds to fully living it.



Growing your Own Veggies Workshop

Co-ordinated by Gary Fox and Others



There is a growing movement (no pun intended) of people **getting their hands into the soil and growing vegetables** with the taste that often takes them back to when they were children.

Yes, when we nurture our own vegetables whether in the back yard or in a range of containers it's amazing **the joy, the nutrition, the taste we get in return**.

Gary has a garden that many people have not only been excited to see but also felt the inspiration of what is possible.

Here is a discussion group for expanding our ideas and **exploring the secrets and often the simplicity of growing your own veggies**.

We're delighted to offer this workshop to you as more and more people think about growing their own vegetables – feel they'd like to start but don't know where to begin. Here is a session where lots of great ideas can be shared and learned.

FEE: \$10. BOOKING ESSENTIAL

SATURDAY 15 APRIL, 10.00am-12.00pm

Film Sessions Entry to Films \$5

The DVDs shown are virtually always available for sale in our Shop, subject to availability.

The Mindfulness Movie

This film is a powerful educational journey in brain research. Neuroscientists & psychiatrists define mindfulness and how neuroplasticity plays into the practice. Eight practical lessons for managing stress, eating mindfully, and using mindfulness to overcome PTSD, depression, bi-polar disorder, anxiety, and everyday life stresses. Dramatic stories show military use of mindfulness, and how a group of special teens have benefited. This forward thinking documentary covers the secular role of mindfulness in society and how it is understood by experts from diverse fields. It has sparked dialogue around mindfulness, neuroscience, digital detox, and mindless behaviour that is not only changing us, but changing our world.

THURSDAY 2 FEBRUARY, 1.00-3.00pm

FRIDAY 10 FEBRUARY, 6.00-7.30pm

Finding Joe

The life and creative vision of Joseph Campbell, whose big discovery was that all great mythologies are really the same story told in a seemingly infinite number of different ways. He called this archetypal story the Hero's Journey. It is a cycle of separation from the norm and awakening from the mass hypnosis of mainstream culture – an initiation, vision or call to adventure – where challenges are faced with courage and then finally there is a return as a transformed person who can share their newfound wisdom to enlighten others. This documentary uses storytelling of the Hero's Journey cycle, giving it broad appeal, with interviewees from a range of background and life experience, and Campbell's work is explained in a modern, personal way.

THURSDAY 16 FEBRUARY, 1.00-3.00pm

FRIDAY 24 FEBRUARY, 6.00-7.30pm

See More Films Page 18

Films Continued

Awake in the Dream

This film guides audience members into the recognition of their inherent divine creative power. It gives astonishing and easy-to-follow answers to the most crucial questions of humanity; "Who are we really? What is the sense of Life? How can I find happiness?" There are many simple tools which allow us to find our old sabotaging mechanisms and to transform them.

THURSDAY 2 MARCH, 1.00-3.00pm

FRIDAY 10 MARCH, 6.00-8.00pm

The Magic Hand of Chance

A true story of a clumsy magician in a traveling Russian circus who becomes great – illustrating the power of belief, common to the writings of Louise Hay and Wayne Dyer (who appear in additional footage after the film). This is one of four Tales of Everyday Magic produced by Hay House.

THURSDAY 16 MARCH, 1.00-3.00pm

FRIDAY 24 MARCH, 6.00-7.30pm

Spontaneous Evolution

Eminent biologist Bruce Lipton PhD says we are surrounded by proof that we are poised to take an incredible step forward in the growth of our species. Human society is on the verge of a profound change in beliefs which will enable civilization to thrive. Dr Lipton explains: "Just as a patient can have a spontaneous remission, usually following a major life change or change in beliefs, I believe that human society is now on the verge of a similar evolutionary healing on a global scale."

THURSDAY 30 MARCH, 1.00-3.00pm

FRIDAY 31 MARCH, 6.00-7.30pm

Proof of Truth

"Is it true?" This is a question Byron Katie asks each person who is learning to apply her process to an issue or situation which has been causing them distress: "Is it really true?" (A small booklet on The Work of Byron Katie is available in our bookshop for \$2.50.)

THURSDAY 13 APRIL, 1.00-3.00pm

FRIDAY 21 APRIL, 6.00-7.30pm

Thank you, Thank you

Yes, a very big thank you to the proofreaders who scan these newsletter pages in preparation for publishing. Double checking dates - page numbers - clarity - spelling - punctuation and so much more. It's amazing what they pick up.

Our appreciation particularly to Lynette Loffel for the years of outstanding checking of virtually each issue in the last 10 years.

Fame and fortune may suddenly disappear, but love, truth and kindness always remain



A Very Meaningful Letter.

"We quite often receive very heart felt and meaningful calls, letters and emails from participants telling us what our courses meant to them. Here is one that is so honest and open we thought you might value reading it. It is as follows:

A LETTER TO THE RELAXATION CENTRE

The first time I was introduced to The Relaxation Centre, was at some point during 2016 in a couple counselling session held by a trusted medical practitioner. Our eight-year marriage had been on the rocks for some time, but we habitually brushed it under the rug. We could not possibly attend such an establishment, for these places were for troubled people. Our life from the outside looking in had a manicured appearance.

We lived in a fancy suburb, our home was elegantly furnished, our cars were current, and our incomes were spent on retail therapy and frequently dining out. We were doing a great job keeping up with the Joneses.

That same professional made repeated suggestions jointly and individually that we ignored - Now fast forward 18 months and we had separated. The initial 12 months of the separation was tumultuous to say the least and by the end of 2018, the marriage was unquestionably over. In 2019, it was decided my wife would relocate to her hometown with an existing support network. This gave me an opportunity to attempt a no holds barred battle with my demons with little support.

It was around this time that a second trusted acquaintance suggested The Relaxation Centre to me. The very next day, consumed by my vices, pouring with rain and against egotistical instinct, I visited The Relaxation Centre. It turned out that very night, a four-night workshop was beginning on Fake Power & Real Power. I took this as a sign and returned that night. Three years on and this place has been a regular part of my life. I sometimes wonder where I would be if I didn't take steps to save myself from myself, but the possibilities fill me with dread.

Having now attended and volunteered at The Centre for a few years, attending workshops here and there for insight and motivation and absorbing the welcoming energy, I can honestly say that my existence has improved greatly. This does not mean things are easy, but drastically better, and with relentless effort, over time I have developed positive habits which in turn have given me a sense of self-respect and purpose, not merely surviving in a cyclic world of self-medication and self-pity.

BOOKS – CD'S – And Little Treasures

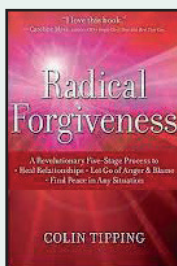


Elena Lymbery is our Bookshop Coordinator as well as presenting the always very popular Sound Healing – the Women's Healing Circle and Health and Wellbeing. It is so good having our Bookshop Organiser presenting courses that people love and value. Elena is a woman for these times of change and aims to bring into our shop the sort of books and a range of extras so relevant for people in these times of great human transformation.

Our shop is not huge but full of treasures so relevant for assisting us to find answers, new ideas, and all importantly inspiration and practical advice.

Come and Enjoy – We look forward to welcoming you and we are always very happy to assist you in finding what you might be looking for – And by the way we always have a great range of preloved books amongst which people find gems they have often searched for.

BOOK REVIEWS



Radical Forgiveness

Colin Tipping.

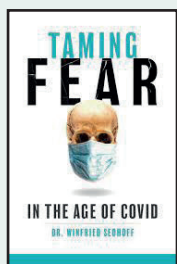
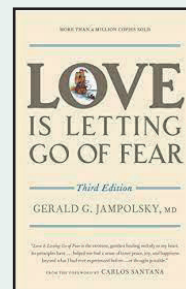
The title of this book could lead a person to believe its contents are something of a hippy dippy or airy fairy nature but this could not be further from the truth. The fact that our cultivated human culture is immensely egotistical is the reason for the radical reference in the title. This book begins with a personal story, a transformation from victimhood to self-empowerment, an understanding of how memory and perception are fallible and to outwardly forgive begins with forgiving one's self or totally different person unrelated to the existing drama. It would be an understatement to say that the message of this book will open the reader up to new possibilities.

Love is Letting Go of Fear

Gerald Jampolsky M.D.

Here is a wonderful book by Gerald Jampolsky M.D. The foreword to this book says "this book is the sweetest, gentlest healing to my heart. Its principles help me find a sense of inner peace, joy, and happiness beyond what I experienced before or thought possible."

Letting Go of Fear has guided millions of readers along the path of self-healing with its deeply powerful yet deeply humble message. Embrace it with an open mind and a willing heart and let it guide you to a life in which negativity, doubt and fear are replaced with optimism, joy, and love.



Taming Fear in the Age of Covid

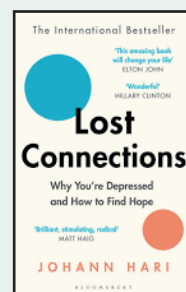
Dr Winfred Sedhoff

This recent release will be a breath of fresh air to many since the topic is so relatable to a great number of people from all walks of life. This book contains a wealth of knowledge with trial-and-error insight available from a dialed in medical professional. To connect with readers, included are shared personal accounts that show method practicability and link to a three-dimensional model he calls the balance of self, also the name of his first title. This breaks down human behaviour into three components: family self, community self, and personal self within land, and all non-human factors.

Lost Connections

Johann Hari

This title attempts and succeeds to explain depression and anxiety at a deeper level than simply taking a pill to cure your woes. The way an individual lives their life can either ease or compound such afflictions. Some state this as a radical way of thinking but cause and effect are in no way revolutionary. If the contents are in any way radical, maybe the problem doesn't lie with the individual but the surrounding environment. To the author's credit, he asks the right questions, and his research is exemplary. This is his second effort and his current, *Stolen Focus*, does not disappoint.



Discounts · Discounts

Thanks for all the happy comments when we offer these discount periods each year - So this time from:
Monday 30 January - Saturday 18 February and Saturday 1 April - Sunday 23 April 2023

Communication that Works – Compassionate Communication Changes Lives and Empowers Us – Cate Crombie



Here is a wonderful, insightful, life changing course that has made **huge differences in people's relationships, at home and in business.** When people embrace the subtleties of this great process developed by Dr Marshall Rosenberg it is remarkable how differences between people and groups can be moved through.

Very few of us have grown up in families where we've seen and experienced **skilful communication** – where all listening and having a sense that we're really heard when our ideas are at a variance with others. **Cate Crombie** has a life long fascination with communication and when she discovered this **life changing method** she felt that she had found what she'd been seeking for so long. **See page 14 and 15.**

A New Chapter in our Lives Every Seven Years – Eliane Mathiuet



Here are 3 hours really well spent hearing what Eliane has to share about these seven year cycles in our lives. **Our lives can be like chapters in books.**

In some we struggle – in some we learn so much – in some we seem to repeat previous cycles and others can be periods full of joy and happiness. Describing these is not easy in a few words. But when you begin to see how each of **these chapters can bring new insights, understanding and meaning to our lives,** you will realise what a gift this understanding brings. Come and enjoy a most significant session. **See page 9.**

The Heart – Doorway to Health, Happiness, and Love – Nicky Bassett and Tony Petcopoulos



What a great title – What a great course. Here are two outstanding presenters with multi years of inspiring others in a range of areas. They have over **50 years of combined experience** of assisting others and bring such a wealth of encouragement, possibilities, insights and wisdom to share. See lots more on **page 10** – most importantly participants love them.

The Enneagram – Understanding Ourselves and Others – David Burke -

We are fortunate to have David Burke an **outstanding communicator** on this remarkably **insightful process.** He shares multi years of working with thousands of people assisting them to understand themselves.



It seems extraordinary that here are nine personality types and when we come to realize which one applies to us and others it assists us so much because it helps us to **step away from judging, reacting, getting frustrated or angry** but see instead personality patterns which are natural for that particular number.

In this program you will see wonderful opportunities for only \$10 an evening to come for a first evening of **getting a glimpse of all nine personality types** – then nine evenings to go much deeper into each. The panels of people that David organises make the differences between people so clear for us to see. **More on page 16.**

Love Your Glands – Julia Chai



Julia will be sharing what could be a revelation for most people. She will be sharing with us how we can use **hands on techniques to stimulate and enliven** the Endocrine Glands and rebalance the brain.

Here is a wealth of information on how we can **counteract the ageing of the glands.** What she describes takes us through an eye opening process and in the article describing the course you will see where all these ideas have been gained from.

This is the first time we've ever had this course at the Centre. Don't miss it as it has **the potential to offer you so much.** **See page 11.**

Quietenning Your Busy Mind – Alexander Robey



When our minds are ultra busy we can miss so much. For instance, we can't hear that invaluable inner knowing and that **quiet voice that whispers answers, descriptions and wisdom.** As Alex writes on **page 6** – is your mind caught up continually in the rush scenario of 'I must do this – I should be this – I should have said!'

Time to give yourself a break and a great gift - come to this short session full of **long term benefits.** Alex also offers another invaluable course on understanding your emotions. **See pages 6 and 15.**