

Relaxation Centre of Queensland

Ven Robina Courtin



Transforming Problems into Happiness - P 18, 20

★ ★ ★
Paul Jones



Tai Chi for Vitality and Mobility P 8

Embracing Our Value

Our Uniqueness and Exploring Our Purpose

There's an old story told of a meeting of the **major organs of the body**. Such meetings were not unusual as they were very important to the functioning to the body. However, on this occasion they began to get into a discussion and **almost an argument** about which of them was **the most important**.

The heart said I am. Because if I stopped beating **the whole body dies**. Then **the lungs** said but where would you and all the cells be without me bringing oxygenated air in and then getting rid of the various gases that need to be eliminated. **The stomach** couldn't wait to remind the rest of the team that it was its extraordinary intelligence that enabled so many types of food and drink to be digested and the nutrition made ready for the rest of the team.

The liver wanted to add that whereas what all the others were saying was very interesting, they all needed to remember its role is the engine room of the body. At this point **the bloodstream** became indignant and said where would you all be without the canal transport system that I provide linking up all of you and all the cells. I am a totally reliable first class postal system.

Then each of the other organs thought they had to highlight their value – their importance & their unique qualities. Suddenly there was silence – all had done their best to express how special they were. Yes, there was silence!

Out of the blue came a voice – not one they recognised – an unfamiliar voice. **They all said – who's that? – who's that?**

I'm the Anus – You'd would be stuffed without me. – Wow, such truth – how profound – what a timely reminder!

So many of us spend huge amounts of energy on trying to prove to all we meet our importance, our rightness, craving admiration, and **so wanting to look the best**.

Can you imagine if we had a body with lots of hearts or lots of livers – we could not even be born to live – **And living is what we have come to do**. Each body needs its extraordinary combination of totally different organs made up of trillions of cells to function.

In our hearts and spirit, comparison and competition don't exist - and whether we recognise it or not we have each come to contribute to the world in their own unique way and make it a better place. Yes, it's so good if we can remember that whatever we have and whatever we are – providing we keep exploring our qualities and contributing what we are. That's enough – That's living!

So yes, breathe in, feel it, **you've got it** – So see it and share that uniqueness with everybody around you. **We are all richer for you being here!**

— **Lionel Fifield**

Dr Ian Gawler



Meditation not Medication - P 18, 20

★ ★ ★

Dr Heather Way



Autism - ADD & ADHD - Recovery is Possible - P 12

Courses in Date Order Pages 3-4

Then you'll find

**Stress/Anxiety/
Sleep/Depression &
Meditation**
On pages 5, 6, 7

**Building Confidence/
Overcoming Fears &
Addictions**
On pages 7, 8

**Movement/Yoga/
Qi Gong/Feldenkrais/
Pilates**
On pages 8, 9

**Motivation/
Empowerment/
Health and Healing –
Ageing**
On pages 9, 10, 11, 12

**Supporting Kids &
Parents**
On page 13

Courses/Information Pages 13-20

**Creativity/Expressing
From Within You/
Nurturing Yourself/
New Possibilities**
On pages 13, 14, 15

**Communication/
Relationships/
Connecting/Intuition**
On page 15, 16

Singing & Chanting
On page 16

Film Sessions
On page 17

Visiting Speakers
On page 18

From Our Shop
On page 19

More About Speakers
On page 20

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.

Phone 07 3856 3733 – Only in emergencies 0413 198 856

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



Welcome

It's always a pleasure to **welcome you to each issue** because it doesn't matter how many years I have been doing this I am always excited by the new courses being offered by both our ongoing presenters - and new ones who have just joined us.

In the last programme we presented our first **Woman's Healing Circle** and ended up with a long waiting list. They loved it. You will see two more of these scheduled in this current programme.

Also, in this programme you will see some wonderful new presentations from local presenters as well as two outstanding visitors. **Dr Ian Gawler from Victoria** known for his famous book '**You Can Conquer Cancer**' and several books on meditation. He is presenting **Meditate not Medicate**. Also, we welcome back international celebrity **Ven. Robina Courtin** presenting **Transforming Problems into Opportunities**.

Visitors often comment on the wonderful variety of courses and opportunities they discover here and often tell us how much they've gained and the huge difference to their lives. Finally, it's good to remember that we can all go through some really really tough times in our lives and this can happen so suddenly, financially, within relationships, health and much more.

Please, please remember we are here for you. Give me a call personally if you wish to. Our whole team of helpers are here to do whatever we can to assist you to find answers **and all importantly feel supported.** — **Lionel Fifield**

Human Doing

I am a human being
Sometimes it's rough
The human is easy
The Being is really tough!

The Being keeps Doing
Getting sad and resentful
Often gets angry
Even being revengeful!

That Doing wants drink
That Doing wants food and sex
That Doing wants drugs
Hopes to find its zest!

So come on Being
Just be with me
Stop all this Doing
Be calm and start to see!

Our Volunteers

What an outstanding team of volunteers we have, **beautifully co-ordinated by Sandra Ballinger**. Volunteers look after 3 shifts on 4 days, 2 shifts on 2 days and varying number of shifts on Sundays.

Many of our volunteers are people who are retired or partly retired, others are studying, have or care for children, grandchildren, disabled partners or have other part time occupations. Some head off yearly to explore the wonders in other countries or other parts of Australia and some look after relatives and friends needing care. It's beautiful to see how the members of our team support each other and **Sandra uses her great skills and lovely friendly nature** to make sure all our shifts, volunteers and visitors are cared for.

If you would like to join our team, come to one of the following, one hour volunteer introductory sessions. **Please let us know** that you are coming.

Saturday 20 August – 1pm

Friday 9 September – 11.30am

Tuesday 27 September – 5pm

Saturday 15 October - 2pm



Know Yourself

Understanding Others Enneagram for Women.



We are very pleased to welcome Mackayla Chalmers who just moved to South East Queensland. Mackayla has opened up for many people in Southern states – mostly NSW – the **invaluable insights that can be gained from the Enneagram**.

She loves focusing on **assisting women** to understand their relationships with themselves and others – You will see she is offering the opportunity to come for an introductory session on Tuesday 6th September and then a few weeks later a 4 week course - See page 18.

Films That Heal

See these on page 17 of this programme – Yes films full of ideas, hints and encouragement **to find healing in such a wide range of ways.**

Louise Hay is well known in her life's work encapsured in "You Can Heal Your Life".

Then one of our **Queensland giants of inspiration and insights** who has helped thousands of people in Australia and in many other countries. Graeme Sait with these films - The "Art of Detox" this can be something deeply significant for many people to cleanse their bodies. Then for men "Prostate Empowerment" brings hope, focus and ideas to work on.

Finally, "Dying to have Known" this filmmaker speaks of the search he went on to see how extraordinary and effective was the Gerson Therapy for Cancer.

Come and bathe in all these insights on healing from such different angles.



Graeme Sait

Courses in Date Order

Ongoing Weekly Sessions

NOTE: Sessions not held on Public Holidays

Tuesdays

Tuesday Evening Course in Miracles	P 13
Feel Calm Yoga	P 9
Yoga for Beginners	P 8
Deep Relaxation	P 5

Wednesdays

Deep Relaxation	P 5
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Thursdays

Freeing Yourself With Feldenkrais	P 8
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Fridays

Deep Relaxation	P 5
Tai Chi for Vitality and Mobility	P 8
What is KiGong	P 8

Sundays

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

August

Wednesday 17 August

Sound Healing: Meditation/Relaxation	P 6
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Thursday 18 August

Film: The Mystery of Consciousness	P 17
The Art of Mindful Eating (3 weeks)	P 11

Saturday 20 August

Love Has So Many Faces - Its so Misunderstood	P 16
Nature Journaling for Connection and Self-Care	P 14
A Bridge to New Possibilities	P 9
Enhancing Our Love & Compassion Through Meditation	P 6
Volunteers Introduction	P 2

Tuesday 23 August

Dyslexia, Depression and Vibrational Medicine	P 12
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Wednesday 24 August

Qi Gong for a Healthy Body and Peaceful Mind (4 weeks) ...	P 9
Insight and Overview of Compassionate Communication	P 15

Thursday 25 August

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

Friday 26 August

Film: The Mystery of Consciousness	P 17
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Saturday 27 August

KISS Brings Answers - Keep it Super Simple	P 13
Journaling - A Key for Healthy Living	P 14
Sound Healing: Meditation/Relaxation	P 6
Self-Healing: A Metamorphosis	P 11

Sunday 28 August

Women's Healing Circle	P 10
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Wednesday 31 August

Mantras, Chanting and Meditation	P 16
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September

Thursday 1 September

Film: You Can Heal Your Life	P 17
Getting To Sleep - Staying Asleep	P 6

Saturday 3 September

Writing Your Story	P 15
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Tuesday 6 September

Know Yourself Understanding Others -	
Introduction Enneagram for Women	P 18

Thursday 8 September

Meditation not Medication	P 18
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Friday 9 September

Film: You Can Heal Your Life	P 17
Feng Shui - Home Harmony	P 14
Volunteers Introduction	P 2

Saturday 10 September

Your Inner Strength is Real	P 7
Compassionate Communication (NVC Workshop)	
- Making Connections	P 15
Exploring Hope - Overcoming Anxiety	P 6
Introduction to Reflexology	P 10

Sunday 11 September

Compassionate Communication (NVC Workshop)	P 15
Depression - A Different & Human Approach	P 5
Fear and Worry - Finding Answers	P 6

Monday 12 September

Freeing Yourself with Feldendrais (4 weeks)	P 8
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Tuesday 13 September

Success is a Journey, Not a Destination	P 11
Co-dependency - The Mother of All Addiction	P 8

Wednesday 14 September

Robina Courtin - Transforming Problems into Happiness	P 18
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Thursday 15 September

Know Yourself Understanding Others -	
Enneagram for Women (4 weeks)	P 18
Film: The Art of Detox	P 17
Health and Wellbeing Support Group	P 10

Friday 16 September

Robina Courtin - Transforming Problems into Happiness	P 18
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Saturday 17 September

Sound Healing - Meditation/Relaxation	P 6
Sound Healing Meditation for Children with Parents	P 6
Don't Leave a Mess - For Others	P 7
Dowsing For Answers	P 9
Shine a Light on Your Life	P 11
Challenges of Change - Using Adversity to Shift Old Patterns..	P 14

Monday 19 September

Rock and Water - For Boys and Grils 8 - 12 Years	P 13
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Tuesday 20 September

Constipation - Are You Stuck with It?	P 11
The Inner World of Peace and Joy	P 7

Wednesday 21 September

Sound Healing - Meditation/Relaxation	P 6
Qi Gong - A Healthy Body and Peaceful Mind	P 9

Thursday 22 September

Finding Renewed Joy in Your Life	P 7
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Friday 23 September

Active Gratitude - Focusing on What Really Matters To You	P 9
Film: The Art of Detox	P 17

Saturday 24 September

Boot Camp for Mental Fitness	P 5
Taming Anxiety and Stress	P 5

Sunday 25 September

Women's Healing Circle	P 10
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Continued on Page 4

Courses in Date Order (Continued)

Tuesday 27 September

Food Intolerances, Gut Health and More	P 10
Volunteers Introduction	P 2

Wednesday 28 September

Mantras/Chanting and Meditation	P 16
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Thursday 29 September

You and Your Addictions - Who is the Boss?	P 7
50 Years of Helping Thousands to Heal	P 12
Film: Prostate Empowerment	P 17
Health and Wellbeing Support Group	P 10

October

Saturday 1 October

Free Up and Open Up Your Voice	P 16
Fear of Flying	P 8
Intergalactic Self-Healing	P 10
Loving What Is - The Work of Byron Katie	P 15
Our Lives - A New Chapter Every 7 Years	P 10

Sunday 2 October

Free Yourself in Relationships	P 15
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Thursday 6 October

Painting with Acrylics - Landscape with Cottage	P 14
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Friday 7 October

Film: Prostate Empowerment	P 17
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Saturday 8 October

Stress - It's Impact on Brain Architecture	P 6
Growing Self Compassion	
- Putting Ourselves on the Gratitude List	P 11
Nature Journaling for Connection and Self-Care	P 14
Feng Shui - Home Harmony	P 14
Autism - ADD and ADHD - A Session Full of Hope	P 12
What Planets are Affecting You?	P 14

Tuesday 11 October

Bringing Joy and Intimacy Back Into Our Lives	P 15
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Wednesday 12 October

Sound Healing - Meditation/Relaxation	P 6
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Thursday 13 October

Kids Can - Parents Can	P 13
Film: Dying to have Known	P 17
Health and Wellbeing Support Group	P 10

Friday 14 October

KISS brings answers - Keep it SUPER Simple	P 13
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Saturday 15 October

Unlock Your Future - Feeling Free to Move On	P 12
Navigating the Female Brain and Staying Sane	P 16
Flourish at Work	P 8
Unlock the Power of Your Pelvic Floor	P 17
Volunteers Introduction	P 2

Tuesday 18 October

Homeopathy	
- One of the Most Used Medicines in the World	P 12

Wednesday 19 October

Qi Gong - For a Healthy Body and Peaceful Mind	P 9
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Friday 21 October

Amazing UFO Incidents in Australia, NZ and PNG	P 16
Film: Dying to have Known	P 17

Saturday 22 October

Journaling - A Key for Healthy Living	P 14
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Sunday 23 October

Women's Healing Circle	P 10
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Thursday 27 October

You and Your Addictions - Who is the Boss?	P 7
Film: The Biology of Parenting	P 17
Health and Wellbeing Support Group	P 10

Friday 28 October

Public Speaking - Building Confidence and Enjoying It	P 9
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Saturday 29 October

Success in Relationship and Partnership	P 7
Why do We Interact Well with Some People and the Opposite With Others?	P 16
The Heart - Doorway to Health, Happiness and Love	P 12
Bones for Life	P 18

Sunday 30 October

Sound Healing - Meditation/Relaxation	P 6
Sound Healing Meditation for Children with Parents	P 6

November

Wednesday 2 November

A Bridge to New Possibilities	P 9
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Friday 4 November

Film: The Biology of Parenting	P 17
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The Inner World of Peace and Joy

What perfect qualities within us to embrace.

Here is a beautiful new course presented by a
highly qualified teacher

It goes over 4 weeks. You are
welcome to come to the first week to
check it out.

See page 7



If those humans knew
all I knew about them they
would be horrified and
embarrassed.

Lucky I don't judge and
can't speak.

Tee Hee

Late Inclusions

We had two late inclusions in our program, see
page 17 & 18 and not under the relevant headings.



August / September / October 2022 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: \$45. PLEASE BOOK.

SATURDAY 24 SEPTEMBER, 1.00-5.00pm



Boot Camp for Mental Fitness

Hilda Brunckhorst

This boot camp is different. It is a **workout** to help you **feel mentally stronger** in dealing with stressful situations. Yes, in a very short time learn some ins and outs of: **Reducing and avoiding stress, breaking the stress cycle, changing control issues, limiting your worries and embracing a healthier outlook** on life situations.

It is not about physical fitness, but about **training for your mental fitness**. NO exhausting physical exercises, but mental exercises to empower you. Here is an opportunity to be better **equipped to deal with those challenging situations**. Expect eye-openers, insightful information, drills for effective change, fun and maybe a bit of a sore brain at the end... **Are you ready?** Then let's get under way.

FEE: \$30. PLEASE BOOK.

SATURDAY 24 SEPTEMBER, 9.30am-12.30pm

Immerse Yourself in nature
It has the energy - the vitality -
the life that we yearn for - Soak it up
It's always waiting for YOU.



Deep Relaxation

Vanessa Muir (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.

WEDNESDAYS, 1.00-1.40pm

FRIDAYS, 1.00-1.40pm

Sessions run by Vanessa Muir and Lionel Fifield held on

TUESDAYS, 5.00-5.40pm from 28/6/22

EVERY WEEK. – Except on Public Holidays.



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** without changing what you are currently relying on.

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**.

Dr Sedhoff's session is one that would be **invaluable to everybody** whether they have depression or not. **Don't underestimate what these three hours could give you.**

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

SUNDAY 11 SEPTEMBER, 10.00am-1.00pm



DISCOUNT ~DISCOUNT ~DISCOUNT

Yes from Saturday 27 August - Saturday 10 September and Saturday 22 October - Saturday 5 November, 20% off All Books and all other New Items in our shop.



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 10 SEPTEMBER, 10.00am-12.30pm



Stress – Its Impact on Brain Architecture



Leanne Boyd

Not all stress is bad, however, never before has **chronic unresolved stress had such a damaging effect on our lives** and our health, particularly the health and function of the brain. One in three Australian adults

report feeling significantly stressed in their daily lives.

Leanne will give you an insight into advances in the health impacts of stress throughout the life span with a focus on disturbances to the brain itself. You will be provided with a **guide to effectively manage stress relief** and how to reset the stressed brain when stress is taking a toll.

FEE: \$30. PLEASE BOOK

SATURDAY 8 OCTOBER, 10:00am-1.00pm

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 17 AUGUST, 6.30-7.45pm

WEDNESDAY 21 SEPTEMBER, 6.30-7.45pm

WEDNESDAY 12 OCTOBER, 6.30-7.45pm

WEEKEND SESSIONS:

SATURDAY 27 AUGUST, 2.00-3.15pm

SATURDAY 17 SEPTEMBER, 2.00-3.15pm

SUNDAY 30 OCTOBER, 2.00-3.15pm



Sound Healing Meditation for Children with Parents

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.

FEE: \$5 per person. PLEASE BOOK.

SATURDAY 17 SEPTEMBER, 3.45-4.30pm

SUNDAY 30 OCTOBER, 3.45-4.30pm



Getting to Sleep – Staying Asleep

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 multi 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 coming 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.

THURSDAY 1 SEPTEMBER, 5.30-7.30pm

Fear 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

SUNDAY 11 SEPTEMBER, 2.00-4.30pm



Enhancing Our Love and Compassion through Meditation



Alan Carter

Alan believes real meaning and happiness in our lives comes from cherishing others. Genuine love and compassion are attitudes that need to be practiced in order to get better at applying them and it starts with developing these for

ourselves. In this class we will explore ways of **enhancing love and compassion** through Meditation and how to overcome the obstacles to developing them. The course will provide you with important techniques that you can begin to apply in your daily life so as to **enhance these beautiful and enriching qualities of love and compassion**. See more on page 20.

FEE: \$25 BOOKING HELPFUL

SATURDAY 20 AUGUST, 9.30am-1.00pm

The Inner World of Peace and Joy

Alan Carter



We have amazing **untapped potential** in our inner world that can deliver us peace of mind and joy. Alan believes that Buddhism has some **amazing insights and techniques to untap this potential** to enrich our lives by improving our relationship with people and the outer world.

These approaches can be used whether we are Buddhist; a follower of other religious/spiritual traditions or non-religious.

The 4 week course on Tuesday Evenings **will include meditation and presentations on the basic principles of Buddhism** that we can apply in our daily lives.

FEE: \$45. PLEASE BOOK.

TUESDAY 20 SEPTEMBER, 6.30-8.00pm (4 Weeks)

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 17 SEPTEMBER, 2.00-4.30pm



Your Inner Strength Is Real

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 10 SEPTEMBER, 1.00-5.00pm

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 25 AUGUST, 12.00-1.30pm

THURSDAY 29 SEPTEMBER, 12.00-1.30pm

THURSDAY 27 OCTOBER, 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 29 OCTOBER, 10.00am-1.00pm

Finding Renewed Joy in Your Life

Louisa Sgarbossa



Are you living the life you want to live?

Would you like to find out how past experiences are influencing who you are and what you do? **Let's then discover whether it's possible to make lasting changes to cultivate a more joyful life.**

Come along to this session, where Louisa will take you on a journey of uncovering some of the possibilities that could make a huge difference. She will show you a new way of moving forward and embracing in a more expanded and purposeful way, **to bring renewed joy to your heart.**

FEE: \$20. PLEASE BOOK.

THURSDAY 22 SEPTEMBER, 6.00-8.00pm

Do you believe in 'You'? Who else has that responsibility?



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.

SATURDAY 1 OCTOBER, 10.00am-12.30pm

Co-Dependency: The mother of all addictions

Roslyn Saunders

Co-dependency is the **addiction wich screams the loudest** but is **heard and recognised the least**. If you've ever said, "Yes" when you wanted to say, "No" you could be co-dependent and not **AWARE OF** how **habitual or disempowering this could be**.

Come and hear Roslyn Saunders today. Roslyn has struggled through co-dependency for many, many years and has come to understand it so deeply. She explains in this insightful workshop what co-dependency is, how prevalent it is in society today and how to take healthy steps towards recovery.

FEE: \$20. BOOKING ESSENTIAL

TUESDAY 13 SEPTEMBER, 6.30-8.30pm



Flourish At Work

Paula Wilson

There are a myriad of things that get in the way of us flourishing at work - and it can cause us enormous stress and take a huge toll on our mind, body and emotions, breaking down health and wellbeing at all levels.

Paula shares a seven-step pathway to flourishing at work, going beyond surviving to feeling valued, empowered and supported.

This experiential workshop helps you to find and sustain your optimal state; and build a toolkit to enable you to contribute your fullest potential and bring meaning to your work.

FEE: \$45. PLEASE BOOK

SATURDAY 15 OCTOBER, 1.30-5.00pm

Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi

Tai Chi for Vitality and Mobility

Paul Jones

Tai Chi is a series of slow, flowing low-impact movements to gently stretch the body and promote functional mobility.

Why should I do it?

It's fun, will help prevent falls, boost your immune system and blood circulation. **It's safe** and can keep you fit and healthy as you keep doing it into old age.

PLEASE BOOK. FEE: \$14 per session (\$98 for 8 sessions).

EVERY FRIDAY, 11.30am-12.30pm Except Public Holidays.



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

What is KiGong?

Paul Jones

KiGong uses standing postures, movements, meditation and breathing to build and balance life-energy in the body.

Why should I do it?

It's fun, feels good and is not difficult to start. You can get a feeling of **vitality and strength** and feel more at peace, relaxed and grounded.

FEE: \$14 per session (\$98 for 8 sessions). PLEASE BOOK.

EVERY FRIDAY, 12.35-1.35pm

Except Public Holidays.



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

Freeing Yourself With Feldenkrais – 4-week course

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.

FEE: \$52 or \$14 per session. PLEASE BOOK.

MONDAY 12 SEPTEMBER, 10.00-11.00am (4 weeks)



Feel Calm Yoga

Carina Aloni

Carina is an Okido and Yin trained certified Yoga teacher. Everyone is welcome to these **calming, joyful** and restorative classes. **Feel the magic combination** of gentle Okido and calming Yin yoga. **Relaxing your body, mind and heart through breath and movement.**

BOOKING ESSENTIAL.

FEE per session: \$14 or \$115 for 9 sessions.

EVERY TUESDAY, 5.45-6.55pm



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 24 AUGUST, 10.00-11.15am (4 weeks)

WEDNESDAY 21 SEPTEMBER, 10.00-11.15am (4 weeks)

WEDNESDAY 19 OCTOBER, 10.00-11.15am (4 weeks)

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



Public Speaking, Building Confidence and Enjoying it

Gavin Blakey

So many people tell us that the prospect of speaking at an event for whatever purpose has caused them so many discomforts, such as upsetting their eating and sleeping and consumed so much of their thinking.

So, what can we do about it? Well, it's good to realise at the outset that however it might appear when we see others get up to speak many of them are always deeply anxious but have found ways to hide it. How good if we can come to **actually enjoy each speaking opportunity.**

From being really nervous of giving talks Gavin Blakey has achieved so much and now **loves encouraging others** and giving us all a **range of valuable ideas.**

FEE: \$20. **PLEASE BOOK.**

FRIDAY 28 OCTOBER, 6.00-8.00pm

“Whatever people's personalities it's always good to remember that everybody you meet is a human being just like you - All of them really want to be liked.



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 17 SEPTEMBER, 10.00am-12.30pm.



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.**

SATURDAY 20 AUGUST, 10.00am-12.00pm

WEDNESDAY 2 NOVEMBER, 10.00am-12.00pm

Active Gratitude – focusing on what really matters to you

Andrew Greentree



Andrew has worked in a range of areas but in recent years he has been moving into running Support Groups to assist others with a range of issues. He was recently accepted to study Bachelor of Counselling at Griffith University.

He described himself for many years, as a loner, but his life has now opened into something that brings him **great joy and fulfilment**. He now sees himself as a privileged person **living the life he loves.**

Come and hear him as he assists you to **embrace all the benefits of active gratitude** in aligning our actions with what really matters to each of us in our uniqueness.

Andrew says the important question we need to ask ourselves is, **how am I showing my gratitude today?** These should be a really **valuable and insightful sessions.**

FEE: \$20. **PLEASE BOOK.**

FRIDAY 23 SEPTEMBER, 6.00-8.30pm (2 weeks)

“You have a life –
So whatcher gonna do with it?”



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 1 OCTOBER, 1.30-4.30pm



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". Elena and Carina are looking forward to welcoming you.

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

SUNDAY 28 AUGUST, 9.45am-1.00pm

SUNDAY 25 SEPTEMBER, 9.45am-1.00pm

SUNDAY 23 OCTOBER, 9.45am-1.00pm



Food Intolerances, Gut Health and More

Margaret Bridgeford

The comments from Margaret's last workshop started with the lines "Absolutely invaluable information" – "Such a wealth of knowledge given in such an interesting way." These are typical of the enthusiastic comments from this course.

Join Margaret Bridgeford for one of her popular health presentations. This time she is covering the vexed issue of food intolerances, how they come to be, what to do about them and how they tie in with gut health. She will also incorporate the latest research into viruses and the role they play in your body – it may not be what you think.

FEE: \$25. PLEASE BOOK.

TUESDAY 27 SEPTEMBER, 6.00-8.30pm

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.

SATURDAY 1 OCTOBER, 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 25 AUGUST, 11.00am-1.00pm

THURSDAYS 15 & 29 SEPTEMBER, 11.00am-1.00pm

THURSDAYS 13 & 27 OCTOBER, 11.00am-1.00pm

Introduction to Reflexology

Sonia Bailey



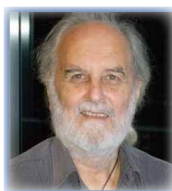
Discover the **refleTxes** in your hands and feet, and the **amazing ability of the body to help heal itself** through natural reflex signals. Take a look at how the feet and hands are a microcosm of the whole body and how **you can improve overall health**, harmony and wellbeing and see how Reflexology 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 10 SEPTEMBER, 1.30-5.00pm

"When did you last sing, dance and paint?
Have you tried them recently?"



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 17 SEPTEMBER, 1.00-5.00pm

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 27 AUGUST, 9.30am-1.30pm



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 ourselves**.

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

FEE: \$15. PLEASE BOOK.

SATURDAY 8 OCTOBER, 2.00-4.30pm

One of the most powerful friends we can ever have, is a positive attitude. It's a great friend to nurture.



Success is a Journey Not a Destination

Brett Scott

Brett says 'For much of my adult life I've been focused on becoming what **I consider is successful**. I would reach a reasonable level of success but then I would find a way to stuff it up.' – Can you relate?

In this session I would like to share some **insights that I have found invaluable in recent years**.

I began to look at Freedom in a whole new way and realized how Success and Freedom had so much in common.

What is your potential and **how can you take steps to embrace it?**

Come and hear what Brett has to offer today;

FEE: \$15 PLEASE BOOK See more on Page 18.

TUESDAY 13 SEPTEMBER, 6.30-9.00pm

The Art of Mindful Eating

Desley Murphy



Do you want to curb your sugar cravings? Are you stuck in the same old cycle of emotional eating? Would you like to tap into a more **mindful way of eating and have a healthier relationship with food?**

In this workshop Desley will teach you how to tap your way to freedom using EFT which stands for Emotional Freedom Techniques (aka tapping), a **highly effective evidence based process** that has helped thousands of people find freedom from emotional eating. She will guide you to **tap on specific acupressure points** while focusing on targeted unwanted negative emotions. The results can change your life.

Desley has spent years helping others learn this self-healing tool to free themselves from limiting beliefs that keep them stuck in unwanted habits of behaviour.

FEE: \$65. PLEASE BOOK.

THURSDAY 18 AUGUST, 6.00-8.15pm (3 weeks)



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 20 SEPTEMBER, 6.30-8.00pm

“Wisdom has to be earned.

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

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. **Just come along.**

SATURDAY 15 OCTOBER, 10.00am-12.30pm



Autism - ADHDD and ADD - 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 ADD 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 often went overseas and interstate to speak at medical and scientific conferences. **For the past years she has been addressing such groups by Zoom.**

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

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

SATURDAY 8 OCTOBER, 2.00-5.00pm



Dyslexia, Depression and Vibrational Medicine

Margaret Bridgeford

Do you know someone with dyslexia? Did you know that the position of their **skull bones, often misaligned** since birth, could be **contributing to the issue?**

Perhaps you **know someone suffering from anxiety or depression?** Skull bone **misalignment may also contribute** to this condition. Or it may be due to the **storing of old memories that impact on the subtle energy framework** of your body, thus generating unhelpful thought patterns.

Join Margaret Bridgeford, a teacher and practitioner of vibrational medicine and learn how the gentle use of sound frequencies can improve or reverse the dyslexic condition. Also, it can release locked up energy from old thought patterns or experiences to relieve depression and improve concentration and decision making. Margaret is the author of 'Eat ... Think ... Heal ...'.

FEE: \$20. **PLEASE BOOK.**

TUESDAY 23 AUGUST, 6.00-8.30pm



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 18 OCTOBER, 6.30-8.00pm

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 29 SEPTEMBER, 6.30-8.45pm



The Heart - Doorway to Health, Happiness and Love

Tony Petcopoulos and Nicky Bassett

Would you link 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 and 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.**

SATURDAY 29 OCTOBER. 9.30am-1.00pm



Supporting Kids and Parents



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 19 SEPTEMBER, 9.30am-12.30pm



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 13 OCTOBER, 10.00-11.30am (3 weeks)



Look for the miracle of life in people's eyes - in the joy of a dog wagging his/her tail, in the colour of the flowers.

What's your favourite thing to give? Is it something you have bought - money - something you have created or a smile?



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



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



Tuesday Evening Course in Miracles

Simon Jones

See more above about 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



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

SATURDAY 27 AUGUST, 10.00am-12.15pm

FRIDAY 14 OCTOBER, 6.30-8.45pm

Are we each here to serve others with our unique gifts and our practical abilities - when we do, it's amazing how those qualities expand.





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 27 AUGUST, 10.00am-12.30pm

SATURDAY 22 OCTOBER, 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 they say that's all about 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. More on page 20.

FRIDAY 9 SEPTEMBER, 6.00-8.00pm

SATURDAY 8 OCTOBER, 10.30am-12.30pm



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: \$30. PLEASE BOOK.

SATURDAY 20 AUGUST, 2.00-4.30pm

SATURDAY 8 OCTOBER, 2.00-4.30pm

Challenges of Change – Using Adversity to Shift Old Patterns

Vicki Bennett



Are you looking for a way to redefine your life? You may recently have had **big changes in your life**: been separated from a partner, someone close to you may have died; you may be **experiencing fear, anxiety and pain** from the past and crave a new way of thinking and living. **If you are looking for answers**, this workshop **will help you fill the gap and expand your vision** of what you are capable of becoming.

Vicki Bennett is a Corporate Trainer, author of nearly 30 books, and the latest being *The Book of Hope – an Antidote for Anxiety*. She brings insights into breaking old patterns and thoughts that cause pain and worry and no longer serve us – so onwards to a new life – **a life full of possibilities** that may not have been available to us before.

FEE: \$35. PLEASE BOOK with full payment.

SATURDAY 17 SEPTEMBER, 10.00am-12.30pm



Painting With Acrylics - Landscape with Cottage

Jean Turnbull

Many of you know of **Jean's remarkable skills in teaching others to paint** in ways they never thought possible.

Numerous people come in saying that they have never been able to paint yet leave so delighted with what they have created. Come and experience the **joy of painting in acrylics.**

Jean has assisted large numbers of people to discover their latent creative painting skills in her various painting classes. **In these 3 sessions** Jean will guide you to create a beautiful painting. **Numbers strictly limited**

Fee \$75 for the three sessions (includes materials).

BOOKING ESSENTIAL

THURSDAY 6 OCTOBER, 10.00am-12.30pm (3 weeks)



What Planets are Affecting You?

Nicky Bassett

Every day we experience the profound impact of the **rhythmic cycles of the planets** on us emotionally, mentally, physically and spiritually.

In this workshop, Nicky will share some of the **mythology, mysteries and realities of the major planetary cycles** and how they affect us at three levels – personally, generationally and globally. Learn more about Mars and the terrible twos, the challenges of adolescence, the significance of age 21, the potential of the Saturn returns, **the gifts of the midlife crisis, the wisdom and joys of the 70's and 80's and more.**

Some knowledge of astrology would be useful but is not essential. **See also Page 20.**

FEE: \$35. BOOKING ESSENTIAL.

SATURDAY 8 OCTOBER, 9.30am-1.00pm

*"We can never be the same as another person
but isn't it amazing how often we compare
ourselves with others?"*

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 3 SEPTEMBER, 10.00am-3.00pm



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 below**.

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

WEDNESDAY 24 AUGUST, 7.00-9.30pm



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**, above.

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

SUNDAY 2 OCTOBER, 9.30am-5.00pm

Bringing Joy and Intimacy Back to Relationships

Dr Peter Howie

This session is a short creative romp through some of the **very standard situations that arise for couples** around love, sex and communications.

The session will investigate the **widespread decline in intimate life that emerges in relationships** and consider some of the broad range of reasons.

Participants will come to know the **very normal things that happen in all relationships** that quite naturally and without rancour, deceit or subterfuge, can lead very easily to listless, mediocre or absent intimate lives. Familiarity with these types of scenarios gives folk greater courage to examine such important issues in their own lives.

Practical (next steps) will be offered and participants encouraged to consider signing on for the four-evening series in November.

Fee: \$15 singles, \$20 couples. **PLEASE BOOK.**

TUESDAY 11 OCTOBER, 6.30–8.15pm



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".

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

SATURDAY 1 OCTOBER, 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.

SATURDAY 10 SEPTEMBER, 9.30am-5.00pm

SUNDAY 11 SEPTEMBER, 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 29 OCTOBER, 2.30-4.30pm



Love Has Many Faces – It's So Misunderstood

Rod and Megan Middleton

Love is the most used word universally.

Rod and Megan will hit you with 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 20 AUGUST, 10.00am-12.30pm

The Female Brain Navigating It and Staying Sane

Leanne Boyd



Learn how the flexible structure and the differences of the female brain determines how women think, **what they value and how they communicate.**

When women are overwhelmed anxious and emotionally bankrupt, they feel like crap.... And usually so does everyone else around them. Leanne will explain this "mind" field so women can **easily understand themselves better** down to the cellular and epigenetic level and realise that are NOT going insane and "losing it".

This talk is also **great for every man** who wants to communicate better and understand the "puzzling" woman in his life.

FEE: \$35 PLEASE BOOK

SATURDAY 15 OCTOBER, 10.00am-1.00pm

Changing others unless they want to be changed is virtually impossible.

Changing ourselves takes a lot of focus and real determination and lots of practise.



Amazing UFO incidents in Australia, NZ and PNG

Paul Spottiswood



In July 2001, the United States Government had finally admitted, what many around the world had long suspected, **that UFO's (Unidentified Flying Objects) really DO exist!** 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 in the USA.

Paul Spottiswood, is a retired Commercial pilot, and feels very close to one of these incidents. **Paul flew the same aircraft that 20 years old Frederick Valentich disappeared in.** This was a most extraordinary UFO incident. 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. **See more on page 20.**

FEE: \$6. PLEASE BOOK.

FRIDAY 21 OCTOBER, 6.00-8.00pm

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 31 AUGUST, 6.00-7.30pm

WEDNESDAY 28 SEPTEMBER, 6.00-7.30pm



Free Up and Open Up Your Voice - and really sing

Rhonda Ohlson

Would you like to develop the confidence to stand up and speak out and sing out of yourself? Are you held back by old fears

and beliefs and can't seem to break free?

In this workshop Rhonda Ohlson, a Feldenkrais presenter with 30 years' experience, will show you **how to unlock tension in your body,** restore your tired voice, release vocal strain, **project your voice powerfully,** develop vocal confidence and tune it to be a marvellous instrument for your true voice.

You will find that you can move with ease and grace and let the true colours of your voice shine through. What would your life be like if you could express the real you with confidence?

FEE: \$35. BOOKING ESSENTIAL

SATURDAY 1 OCTOBER, 9.30am-12.30pm

Film Sessions

Entry to Films \$5

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

The Mystery Of Consciousness

What is consciousness? Science knows it exists, because without it there would be no science. But what exactly is it and thus what is reality? Science does not have an answer. However, this documentary is an interesting eye opener for grasping the elusive concept of consciousness and gives valuable insights into what it is and how it works.

THURSDAY 18 AUGUST, 1.00-2.30

FRIDAY 26 AUGUST, 6.00-7.30

You Can Heal Your Life

Louise Hay explains how limiting beliefs and ideas are often the cause of illness, and therefore if you can change your thinking, you can improve your way of life. Louise's key message in this powerful film is "if we are willing to do the mental work almost anything can be healed."

THURSDAY 1 SEPTEMBER, 1.00-3.00pm

FRIDAY 9 SEPTEMBER, 6.00-8.00pm

The Art of Detox

We live in a world of many toxins – over 85,000 and growing rapidly and some say many, many more chemicals in domestic and commercial use. Eighty percent have not been tested on their effect on human health. There are environmental pollutants, food additives, household toxins, and so on. Toxins accumulate in the body and contribute to ageing, the degenerative process and disease. If you want to take care of your health you need to incorporate some detoxification practises into your life style. This film offers much practical advice.

THURSDAY 15 SEPTEMBER, 1.00-2.30pm

FRIDAY 23 SEPTEMBER, 6.00-7.30pm

Prostate Empowerment

The Keys to Prostate Health. Men rarely discuss their health issues and this appears to be linked to their substandard education and misinformation about health management. Prostate cancer is a major killer of men. Discover why this gland malfunctions and deteriorates so readily and learn the strategies to overcome these weaknesses from Graeme Sait, international consultant on soil health, animal and human health.

Previous previewers have said that every adult male and supported female should see this film. Prostate problems of various degrees will affect almost every male at some time. Prostate cancer is the second most common cancer diagnosed 1 in 6 men by the age of 85. This film will help you with information on how to maintain a healthy prostate.

THURSDAY 29 SEPTEMBER, 1.00-3.00pm

FRIDAY 7 OCTOBER, 6.00-8.00pm

A complicated mind is a confused mind. A mind focused on simplicity brings peace and calmness and clarity for each step.

Dying To Have Known

Filmmaker Stephen Kroschel sets out to find hard evidence of the effectiveness of *the Gerson Therapy*, a long-suppressed natural cancer treatment. His travels take him across both the Atlantic and Pacific Oceans, from upstate New York to San Diego to Alaska, from Japan to Holland and Mexico. He presents the testimony of patients, scientists, surgeons and nutritionists, who testify to the effectiveness of the Gerson Therapy and shows the hard scientific evidence to back up their claims.

THURSDAY 13 OCTOBER, 1.00-3.00pm

FRIDAY 21 OCTOBER, 6.00-7.30pm

The Biology of Parenting

How we parent our children today changes the future of evolution. We must recognise that we have an active, dynamic role in making a much better world, but we have to get out of our old belief system to do it – and to recognise: we are not genetically determined, but / we are actually influenced every step of the way, from before conception through development, and childhood. – In this film *Dr Bruce Lipton* shows how we influence our kids – and that we can make superstars out of them with conscious awareness.

THURSDAY 27 OCTOBER, 1.00-3.00pm

FRIDAY 4 NOVEMBER, 6.00-8.00pm

Late Inclusions



Unlock the Power of Your Pelvic Floor

Rhonda Ohlson

A healthy functioning pelvic floor is the **hidden key to release stress**, strengthen your body and treat the physical and mental origins of tension to improve your health.

If your pelvic floor doesn't support you strongly, you may have a "wee" problem. You may feel like your prolapsed organs are weighing you down especially if you run or jump or lift something heavy. Or perhaps you are experiencing sexual difficulties? Or maybe you are feeling anxious, feeling like a rug is being pulled out from underneath you?

In this workshop, Rhonda will **guide you through gentle, simple yet very effective Feldenkrais movements** to switch your pelvic floor muscles to build a firm foundation of support for yourself.

What would your life be like if you felt the self-confidence and inner calm, and pleasure that comes from feeling such an inner ground of support?

FEE: \$35. PLEASE BOOK.

SATURDAY 15 OCTOBER, 2.00-5.00pm

The essence of life is to explore ourselves, our planet and life itself. When things go wrong and we experience crises these are our opportunities to discover and expand our understanding of areas within us we have not done before. These crises, are opportunities - when we can see rather than resent and fight what is happening then it's amazing what we may and can discover.



Bones For Life - Restore the Spring in your Step

Rhonda Ohlson

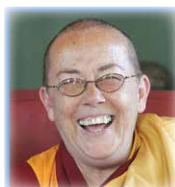
This is a program to develop **suppleness and vitality**, stimulate **bone strength** and improve posture, balance and walking. It can also assist those **recovering from skeletal injuries** and/or loss of bone density. Those with chronic pain report **increased flexibility and strength**. It can also **bring ease to those who perform repetitive movements at work** or sit for long hours without much movement.

Rhonda is a Feldenkrais practitioner and certified Bones for life trainer.

FEE: \$35. BOOKING ESSENTIAL.

SATURDAY 29 OCTOBER, 9.30AM-12.30PM

Visiting Speakers



Transforming Problems into Happiness

Ven. Robina Courtin

One of the most powerful methods **to go beyond ego and attachments** – for our own sake and so that we can effectively benefit others – is to happily greet our problems.

As Lama Zopa Rinpoche says “the thought of liking problems should arise naturally, like the thought of liking ice-cream!” Why think this way?

We all experience one kind of problem or another. They seem to come without warning, no matter how hard we try to avoid them. Essentially a “problem” is getting what attachment doesn’t want, so we assume its bad and do everything we can to push it away, and when we can’t we suffer even more.

But given that our job is to **develop our human potential and grow our compassion for others** – after all, we are all in the same boat – it follows logically that the perfect opportunity to do this is when things go wrong.

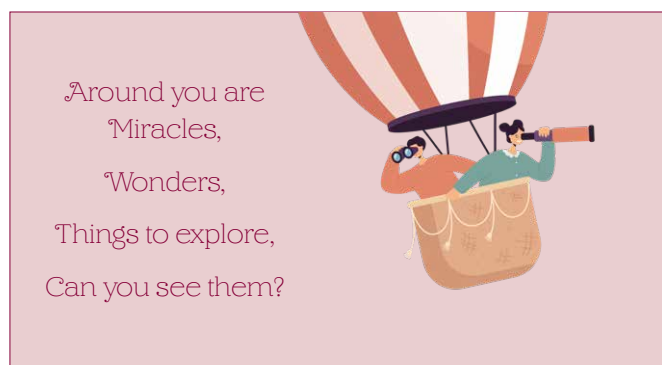
When we are clear about this, **welcoming our problems and transforming them into happiness** is without doubt the quickest path to success. It’s the most difficult practice, the most radical, but the most rewarding.

We welcome Ven Robina for two evenings on the same theme. We recommend coming to both evenings if you can.

FEE: \$30 for evening or \$50 for both sessions. BOOKING RECOMMENDED.

WEDNESDAY 14 SEPTEMBER, 6.30-8.45pm

FRIDAY 16 SEPTEMBER, 6.30-8.45pm



Meditation Not Medication

Dr Ian Gawler

Increasing numbers of people are exploring the **hidden secrets to be found in Meditation** – Yes, all the benefits including accessing our innate capacity for Self-Healing. Much of this, of course, comes from **deeply relaxing our bodies and feeling beautifully centred within ourselves**.

Dr Gawler will be covering what Meditation has to offer to those in need of healing – what are the best **Meditation techniques to bring healing** and all importantly how to practice it. Come and enjoy and deeply benefit from an evening offering a gentle mixture of theory, stories of recovery from illness (some extreme) and experience Meditations led by Ian. – **See more on page 20.**

FEE: \$45. PLEASE BOOK.

THURSDAY 8 SEPTEMBER, 6.00-9.00pm

Know Yourself – Understanding Others

Enneagram For Women (Introductory Evening)

Mackayla Chalmers



When we share our deep curiosity of what is our true nature and how it can come alive in us, **we will recover the capacities within us to be fully present in our everyday life experiences.**

The Enneagram offers us a way to **make contact with the small irritations in our everyday living experiences**. When we begin to notice them with a kind and gentle curiosity, they lose their grip on us and we begin to recover an inner holding space for those old automatic responses and they change.

So, what now when you identify your type? Mackayla says that she finds that **knowing your type is so important** – then there is exploring your type and seeing how you can **use the information to unhook yourself from the habitual strategies** of your type.

This is what Mackayla is most interested in sharing with participants and what she has seen has opened so many doors and personal breakthroughs. **See more on page 20.**

FEE: \$10. PLEASE BOOK.

TUESDAY 6 SEPTEMBER, 6.30-8.00pm

Know Yourself – Understanding Others

Enneagram For Women

Mackayla Chalmers



See on this page an introductory evening about this course starting with these first two paragraphs.

When we share our deep curiosity of what is our true nature and how it can come alive in us, we will recover the capacities within us to be fully present in our everyday life experiences.

The Enneagram offers us a way to make contact with the small irritations in our everyday living experiences. When we begin to notice them with a kind and gentle curiosity, they lose their grip on us and we begin to recover an inner holding space for those old automatic responses and they change.

FEE: \$65 PLEASE BOOK (4 week course)

THURSDAY 15th SEPTEMBER, 6.30pm – 8.45pm



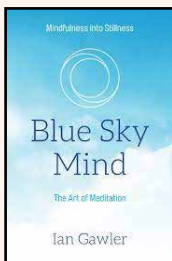
BOOKS – CD'S – DVD'S - OUR SHOP

We see people sometimes spending long periods browsing around all our books. We love that because that is what our shop is for. People also love scanning through our pre-loved books as well – amazing what shows up and some people proclaim they **have found treasures they long searched for**.

Yes, coming into our shop is an adventure to be enjoyed whether you are young or old – physically well or unwell – in a relationship or not. The fact is folks – We are all human beings on a journey yearning to feel good – look good – have great energy – lots of hope and desire to find answers particularly when we trip into one of those dark holes which seem inevitable in this human journey through life.

So, whatever is happening for you we believe that in our shop and in our courses, you will find treasures to discover – Yes breakthroughs to reach the next level of exploration and all it brings.

BOOK REVIEWS



Blue Sky Mind

Dr Ian Gawler

Mindfulness into Stillness – The Art of Meditation

Ian Gawler has skilfully drawn together decades of deep experience in practising and teaching Meditation. Keen to experience what Meditation has to offer?

It is highly accessible – with warmth, clarity and depth.

It will guide and support you to establish and deepen your own Meditation

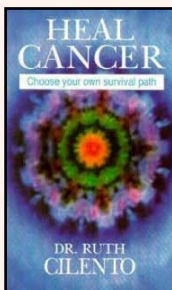
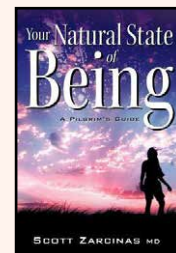
Your Natural State of Being

Scott Zarcinas M.D.

You already have what you are looking for. This book offers real solutions through the understanding of your true self.

Knowing the truth of who you really are will - directly enhance your feelings of joy, security acceptance, peace and freedom – reduce stress and suffering and much more.

This book is a tonic to read. Comprehensive and scholarly. It also has many poetic qualities.



Heal Cancer

Dr Ruth Cilento

Choose Your Own Survival Path

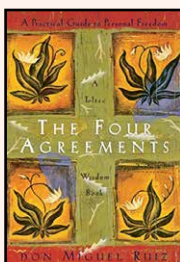
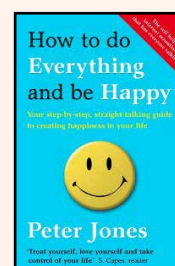
This book is a fascinating, true detective story and a scholarly yet practical survey that gives us our guidelines for healing. Dr Cilento has discovered the connecting paths of recent research that lead to the actual cause of cancer.

Dr Cilento teaches why cancer happens, how it happens and what methods help the body-mind to fight it.

How To Do Everything And Be Happy

Peter Jones

This is an easy, conversational style read that gives actionable suggestions to creating a more fulfilling life. The books main sentiment is about figuring out what you want and creating the time to do it, acknowledging this is easier said than done. This book is set apart from other books of its kind by Peters' light and humorous writing style which keeps the reader hooked until the very end.



The Four Agreements

Don Miguel Ruiz

This compact book could be consumed within an afternoon but digesting its message will take dedication. It explains how we think in duality, (definitions of nature and nurture can be used to translate this). The content will reveal something different to the reader each time it's read, depending on perspective. It breaks down a way of living into four categories; Be impeccable with your word, Don't take anything personally, Don't make assumptions, and Always do your best. The author identifies an ancient collective of artists and intellectuals from Mexico for the wisdom shared.

20% Discounts Available In Our Shop: (See more on Page 5)

Saturday 27 August to Saturday 10 September, Saturday 22 October to Saturday 5 November

Meditation, not Medication – Dr Ian Gawler



Dr Ian Gawler was a young vet in his twenties when he was diagnosed with cancer in his leg. **This led to amputation.** Then over the next years he found he had secondaries in various parts of his body. Doctors predicted he had shorter and shorter times to live. In later months, he was told that **he might have only days to live.**

Ian **never stopped searching for answers** and in his search, he met Dr Ainslie Meares who was the first doctor/psychiatrist to explore assisting patients to relax their bodies and teaching them how to. He was excited by the positive outcomes for so many of his patients.

Dr Meares also **explored the benefits of meditation** and he had a huge influence on the young Dr Gawler. Ian himself has become a giant amongst teachers assisting thousands of people to not only relax but to explore and practice the wonderful benefits to be gained in meditation.

Dr Gawler has gone on to experience and learn more about meditation in several countries and written a number of books as well as selling thousands of meditation CD's.

Don't miss this opportunity to hear Dr Gawler on this very brief visit to Brisbane. See page 18.

Transforming Problems into Happiness – Venerable Robina Courtin

We welcome back **Venerable Robina Courtin.** Robina was born in Melbourne but has lived in many countries and is now on a multi nation speaking tour. Ven. Robina is one of the most popular Buddhist teachers in the western world and renowned for her energy, humour, directness, honesty & clarity. Robina talks very openly of her quest to find a sense of inner freedom and happiness. **And during her early years she went through a feverish quest** and tested out drugs, alcohol & anything else that seemed to turn people on and give them a high – then one day in her early 30's she met a wise Buddhist teacher and she immediately knew she had found what she had sought all her life – a path to peace, happiness & knowing her true self. This background has made Robina so fully alive, compassionate, honest and understanding and able to assist, encourage others whatever their challenges. **We really appreciate Ven Robina's visits to the Relaxation Centre** and the unique approach that she brings. Robina has appeared many times on Australian Radio & Television programmes. **See page 18.**



What Planets Are Affecting Us – Nicky Bassett



We're in an era where it seems more and more people are interested in **our connection to the planets** and their effect on us. Many people check out websites daily to gain an insight into how their day, week and period of life might be influenced. Many of you **have come to love Nicky Bassett's sessions on astrology**, but in this program, Nicky has decided to give you something different but very much related and **she knows you will love it. See page 14.**

Unidentified Flying Objects – Paul Spottiswood

Yes, as we usually call them UFOs.

These are interesting times after decades of dismissing, rejecting and suppressing information on sightings, the **US government have just opened up to a new era** of being open to possibilities to explore. Paul himself was a commercial pilot for three decades and flying since he was a teenager, has **much to share with you this evening.** (He'll be arriving in a UFO tonight!!!)

The Relaxation Centre has always encouraged people to have open minds and it was many years ago we hosted separately, Eric Von Daniken, author of Chariots of the Gods, and on another occasion the foremost authority in the UK on Crop Circles.

Both were fascinating evenings as indeed we expect this one to be. **See page 16.**



Feng Shui – Home Harmony – Julia Ashfield



Most people have heard of Feng Shui, but generally don't know much about it. So here is a chance to do so in this 2 hour course and get a range of insights in a short time.

Julia loves sharing what she knows and **looks forward to seeing you. See page 14.**