Having been putting on courses about stress and the results of stress for nearly fifty years it fascinates me how new leading contenders by way of situations come in to our lives to bring on stress in its many, many forms.

As soon as we feel unsafe – vulnerable, insecure, uncertain, separated, fearing loss, in changed circumstances, feel we are on unsafe ground, terrified of the future, without support or indeed if the odds seem stacked against us then our bodies go into stress.

There we are increasingly seeing ourselves, feeling ourselves and finding ourselves in flight and fight, or freezing to the spot. Yes, our minds are sending out warnings instantly via the magnificent communication system of our nerves to every one of the trillions of cells that form every aspect of our bodies. All our organs are affected, our breathing is affected, our skin becomes more like leather and every muscle goes into defence mode. Our immune system is in battle, our stomachs go into varying degrees of lock-down, our breathing may become minimal along with so much more as well.

Wow, the power of thoughts and the instant response of our bodies. However, our challenge is whether we live the same thoughts day after day or see how we can bring relaxation and renewed peace to our minds and bodies by applying all sorts of ways appropriate to the situation. It’s all about leading our minds, directing our minds and being aware of the effects on our bodies so we can work effectively and as kindly as possible with them.

That, of course, is why the Relaxation Centre has been here since 1974 to assist people to find out what they can do that is really meaningful to them personally. You will see our range of presenters coming from many angles – some speak of overcoming stress, anxiety and depression but others may use words to indicate the regaining of our sense of power, creativity, enthusiasm for life or unlocking potential.

One of the ever-increasing causes of stress in our society currently seems to be loneliness. Check that word and feeling of loneliness against the list of words in the second paragraph above. Loneliness can tick every box. As with everything it is a challenge that can also bring benefits and new possibilities if we start seeing it through different eyes and ask daily, “What can I learn from what I am now experiencing?” “What can I do differently – who could I reach out to assist?”

However frightening and impossible it may seem at times; we can lead that mind of ours instantly into seeking out what we can learn and what the possibilities may be.

Yes, that’s why we are here. Come along, meet many others who are also seeking answers and recognise you are certainly not alone. Numerous people world-wide are all on a similar journey of exploration and discovery and all importantly reducing and managing their stress rather than feeling a victim of it.

Remember though, we need to be careful and on alert that we do not get stressed about the stress and then stressed about the stress about the stress. It is definitely time to find answers and, so importantly, we keep our sense of humour.

~ Lionel Fifield
**Use It or Lose It**

This is a phrase that has been written and used in seminars for many, many years – **BUT how many of us really take it in, embrace it, or truly understand it?**

We so often come up with reasons why we can’t do this or can’t do that – it’s a bit hard – I don’t have as much energy as I used to. I’m really too busy these days. I don’t enjoy it as much, and then very quickly we can stop doing that movement or that exercise or a range of things that used to be part of our daily life.

We might start speaking of getting older, or our bodies aren’t what they were, or my family said I should not push myself too much and so, so quickly we can start to shut down, shut off energy and begin to visualise ourselves as old and past it.

**What is getting older about?** There are people in their 70s, 80s and 90s running, swimming, walking miles, climbing, writing books, leading organisations, training others and still planning new ventures.

This isn’t only about physical movements either. It’s our whole selves. For instance, mentally; it’s invaluable to keep stretching our minds – setting new goals, learning new things, expanding our boundaries, exploring new areas of creativity and a range of possibilities that we haven’t done in the past but strangely enough may have an untapped talent to do so for the future.

Whatever age you are, 30, 40, 50, 60, 70, 80, 90 + we’re still alive. It’s up to us to focus on that aliveness.

If you recognise how much you have shut down don’t suddenly go into training madly.

Everything is one step at a time – start small, do things regularly, encourage yourself – you’re not competing, you’re simply living and exploring all that life within you.

Keep that curiosity alive – you were born with it in huge quantities. Let’s keep it nurtured up to our last breath.

It’s good to remind ourselves that whereas our mind, our thoughts, can shut us down, we can just as easily remind ourselves and be focused on the remarkable power that resides within us and is waiting to be called on and activated. — **Lionel Fifield**

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**Have a Holiday Each Week**

More and more we hearing reports about the effects of these shut-downs, need for distancing and the constant warnings, are having on our mental health. So, let’s respond in ways that are empowering for ourselves and others – it’s in our hands.

Yes, for one day each week listen to only one or two, at the most, news bulletins or programs talking about Covid – if friends mention it, say “I’m having a Covid free day”.

**You might find you have increased energy**, a new interest in other things and have time to send some lovely messages to friends telling them what their friendship means to you, and don’t forget to call relatives and tell them that **you love them**. Wow, it could be as good as a face lift, a body reshape or a mind cleansing and a health-filled day of lifting others and yourself. — **Amaze yourself with how powerful you can be.**

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**Our Team of Volunteers**

What a great team of volunteers – several have been volunteering here for over 20 years and of course there are always individuals joining us for a few months or years and then moving on. They each bring their individual qualities. If you would like to hear more? Then come to one of the following 1-hour meetings and ask any questions you may have. The next dates are: **Tuesday 24 August,** 5.30pm; **Thursday 9 September,** 11.30am; **Saturday 25 September,** 1pm, **Friday 15 October,** 5.30pm. Please call beforehand and register that you are coming.

Here is **Janet Brown** who has been an invaluable volunteer with us for many years doing a range of vital jobs. Also **Terry Oh**, our wonderful chef who, for 20 years, has made sure that evening helpers on 3 nights a week are given a beautiful nutritious meal.

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**A Laugh and A Half**

Is half a laugh
As good as a laugh?
Wow, it’s so hard to decide.

Is a quarter laugh
Still a laugh?
What’s the official guide?

If no laugh
Is our energy in half
Has something in me died?

If you have to laugh
Do you lose your mask?
Is it the turning of the tide?
By writing on laughing
You may think I’m daft
But I have enjoyed the ride.

So, decide to laugh
An eighth, a quarter or half
And you’re the one to decide.

Happy laughing
But can you laugh
And not be happy?
And can you be happy
And not laugh?
Serious stuff, this!!!!!
— **Lionel**

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**Olympic High Points**

There were many extraordinary moments of greatness and breaking records at this year’s Olympic Games in Tokyo. However, some of the aspects I felt most inspirational this year were the competitors, who perhaps only two years ago had cancer or other serious illness or were going through deep consuming anxiety. There were others who had overcome major eating problems.

Possibly one of the most inspiring remarkable aspects within us as human beings is resilience and our capacity to recover from situations where it would seem all odds are stacked against us. These people have not only recovered but also achieved levels of success and physical magnificence greater virtually than all other athletes on the planet.

Another aspect of the Games I felt was most inspirational was that of men hugging other men who were sobbing – they were actually cradling them in their arms. How marvellously vulnerable and human and so different to how so many of us males have been taught to be from our earliest years …… Inspiration and leadership take on many faces and many forms. It’s certainly not simply about winning over others.

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**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
Pilates For Everyone ................................................................. P 9
Cancer – A very supportive weekly session ................................. P 10
Healing Meditation – Relax, Visualise and Heal ......................... P 6
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Yoga for Beginners ................................................................. P 9

Wednesdays
Precision Yoga and Pranayama (begins 14 July) ......................... P 9
Deep Relaxation ..................................................................... P 5

Thursdays
Freeing Yourself With Feldenkrais............................................. P 8

Fridays
Deep Relaxation ..................................................................... P 5

Sundays
Every 2nd & 4th Sunday of each month .........................................
Course in Miracles – Discussion Group ....................................... P 14

August

Wednesday 18 August
Sound Healing: Meditation/Relaxation ........................................ P 6

Thursday 19 August
Film: Buddhism for Busy People ............................................. P 18

Friday 20 August
Film: Buddhism for Busy People ............................................. P 17

Saturday 21 August
Bones For Life – Restore the Spring in Your Step ....................... P 8
Introduction to Reflexology ...................................................... P 11
Moon Power – its daily influence on our lives ............................ P 15
Sound Healing: Meditation/Relaxation .................................... P 6
Nature Journaling for Connection and Self-Care ......................... P 15

Sunday 22 August
Meditation Retreat – Gateway to Peace ..................................... P 7

Tuesday 24 August
Volunteer Information Session ................................................. P 2

Wednesday 25 August
Qi Gong for a Healthy Body and Peaceful Mind ......................... P 10
Mantras/Chanting and Meditation ............................................. P 17
Reclaim Your Life ................................................................... P 13

Thursday 26 August
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You and Your Addictions – who is the Boss? ............................. P 7
Film: Being Naturally at Ease ................................................... P 17

Friday 27 August
Film: Being Naturally at Ease ................................................... P 17

Saturday 28 August
Compassionate Communication (NVC weekend workshop) .. P 16
Anxiety and Stress – Finding Answers .................................... P 5
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Sunday 29 August
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September

Thursday 2 September
Enneagram Course – Invaluable Personality Insights .................. P 16
Active Gratitude – focusing on what really matter to you .......... P 10

Thursday 2 September (continued)
Painting in Acrylics (landscape with billowing clouds) .............. P 14
Film: Coyote Wisdom ............................................................ P 17

Friday 3 September
Film: Coyote Wisdom ............................................................ P 17

Saturday 4 September
Challenges of Change – Using Adversity to Shift old Patterns .... P 15
Loving What Is – Work of Byron Katie .................................... P 16

Sunday 5 September
Free Yourself in Relationships – Work of Byron Katie ............. P 16

Tuesday 7 September
Volunteer Information Session ................................................. P 2
Film: Menopause & Beyond – Reinvent Yourself ...................... P 17
Life is a Total Body Experience (4-week course) ..................... P 14

Friday 10 September
Film: Menopause & Beyond – Reinvent Yourself ...................... P 17

Saturday 11 September
It’s Time for “A Great Reset” .................................................... P 6
Unlock The Power of Your Pelvic Floor .................................... P 9
Boot Camp for Mental Fitness ................................................. P 5
Healing Touch ........................................................................ P 11
Release and Let Go ............................................................... P 12
Sound Healing: Meditation/Relaxation .................................... P 6

Wednesday 15 September
Vaccines and Your Body –Friend AND Foe .............................. P 13
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Thursday 16 September
Health and Wellbeing Support Group ....................................... P 12
Film: I’m Fine, Thanks ............................................................ P 18

Friday 17 September
Film: I’m Fine Thanks ............................................................ P 18

Saturday 18 September
Dyslexia, Depression and Vibrational Medicine ....................... P 11
These Cycles of Life – A new chapter every 7 years .................. P 12
Sound Healing: Meditation/Relaxation .................................... P 6
I’m Not Enough ................................................................. P 7
Writing Your Story ............................................................... P 15

Sunday 19 September
Meditation Retreat: Gateway to Peace ..................................... P 7

Tuesday 21 September
That Fear of Speaking to Groups ............................................. P 12
It’s Time for YOU to Shine ..................................................... P 8

Wednesday 22 September
Qi Gong for a Healthy Body and Peaceful Mind ......................... P 10
Mantras/Chanting and Meditation ............................................. P 17

Thursday 23 September
The Ageing Process – Exploring the Possibilities ...................... P 11
Film: The Importance of Being Extraordinary ......................... P 18

Friday 24 September
Film: The Importance of Being Extraordinary ......................... P 18

Saturday 25 September
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Free Up and Open Up Your Voice – and really sing .................. P 17
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### Getting There!

Do you sometimes feel really good when you get a job done and out of the way? It is often particularly so if it’s been something you kept meaning to do but always been too busy or just putting it off.

When you do these jobs it’s as if you have taken a weight off your shoulders and you can feel just so good for doing it. Then you don’t keep seeing it to be done and you don’t keep thinking about it and perhaps unconsciously criticising yourself for a job not done. **What did it take to do that job** – sometimes it wasn’t that large or too time consuming. So, what was it that brought the change and got it out of your hair? **Within you, you made a decision, you started and then you found you had whatever was needed to complete and you did so.**

The whole of life is like this, whether it be jobs to do, relationship issues to work through, health problems to find answers to. All too often each of these situations we face we hand over to others to make the decisions for us **instead of recognising that we have our innate abilities to call on.** Every challenge is an opportunity, every opportunity embraced is usually a step forward, **finding new levels of respect for ourselves and who we are.**

How good, when we say words such as ‘I can do this – I’m looking forward to finding answers and not just following what other people tell me’. **Is it just possible that every problem comes with a built-in solution** and that every question has a partner who is the answer?

All too often what holds us back is that funny old excuse that flows off our tongues all too easily, ‘I’m too busy’. Is this true – is that really true or is it just another one of those ways we avoid embracing our bigness, our creativity, **our huge potential and perhaps the chance to grow into our real magnificence**? – What do you think?

It’s good to ask ourselves questions because life is an adventure with the built-in opportunity for curiosity to keep exploring, always with the desire of discovering those limitless insights within us – **Explore well!**

— Lionel
**Anxiety and Stress – Finding Answers**

**Lionel Fifield** (left) and **Tom Wixted** (below)

Ever-increasing numbers of people are desperately looking for answers from their medical advisors to assist them to overcome the effects of anxiety and stress. Many others are trying to find out what’s causing them so many personal discomforts and they don’t realise it is the effects of anxiety and stress.

So often, though, we think we have something more sinister happening to our bodies because anxiety and stress can touch every aspect of us – cause us times of panic – accelerate our worrying and forgetfulness and totally disrupt our sleeping patterns. The good news is there is so much we can do naturally and easily to break their hold on us.

Both presenters have been through difficult periods of anxiety and stress themselves and had to find what worked for them. What you hear today can bring you benefits for the rest of your life.

**FEE:** $35. **BOOKING ESSENTIAL.**

**SATURDAY 28 AUGUST, 1.00-5.00pm**

**SATURDAY 16 OCTOBER, 1.00-5.00pm**

**Deep Relaxation**

**Sandra Ballinger, Monnie Hooper**

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. **Participants sit in chairs.**

**FEE:** $8 per session or $48 for 7 sessions. ($5 for Pensioners). **BOOKING ESSENTIAL.**

**WEDNESDAYS, 1-1.40pm**

**FRIDAYS, 1-1.40pm**

**EVERY WEEK. – Except on Public Holidays.**

**An Evening Meditation**

**Jeffrey Hodges and Elena Lymbery**

Join Jeffrey and Elena to experience both active and inwardly quietening methods of meditation, including Chi Gong; Yoga; Chanting and Sound Healing.

An opportunity to quieten the internal chatter and feel the peace of ‘Being’.

**FEE:** $25. **BOOKING ESSENTIAL.**

**WEDNESDAY 6 OCTOBER, 6.45-9.00pm**

**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. **BOOKING ESSENTIAL.**

**SATURDAY 11 SEPTEMBER 10.00am-1.00pm**

**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). **BOOKING ESSENTIAL.**

**SUNDAY 10 OCTOBER, 10.00am-1.00pm**

**Perfectionism Stress – How to have Less**

**Hilda Brunckhorst**

Are you a perfectionist or do others say you are a perfectionist? Do you experience stress around trying to be perfect? – find it stressful wanting to make everything perfect 24/7? Do you feel or do others say you are pedantic, or a control-freak? Do you feel you want to ‘loosen up a little’ but still strongly hang onto your view of how things should be?

Do you often think ‘I should…’ or ‘I should have…’?

Are you not able to sit still? Are your to-do lists getting too long? **Then this session is for you.** Hilda will talk with you about what drives perfectionism and how to reduce the stress that comes with it. You will gain more insights around perfectionism and your mind. For example, how perfectionism is connected to your sense of self-worth – this, and so much more. Being able to reduce the stress around perfectionism, situations and events in life, you will start to feel lighter, – here is a session full of great insights. **Looking forward to meeting you.**

**FEE:** $30. **BOOKING ESSENTIAL.**

**SATURDAY 9 OCTOBER, 1.30-4.30pm**
**Getting to Sleep – Staying Asleep**  
Lionel Fifield

What a gift to give yourself. Whether you find yourself unable to sleep when you go to bed, or going to sleep quickly, but waking at 1 or 2am and then unable to get back to sleep again here's the session for you.

Lionel himself went through years of chronic insomnia in his teens and 20s and had to find answers. In this session he’ll share lots of invaluable and very practical ideas for you to test out. They have worked wonderfully for many previous participants and Lionel often shares letters of gratitude sent to him.

**FEE:** $25. **BOOKING ESSENTIAL.**  
**TUESDAY 7 SEPTEMBER, 5.30-7.30pm**

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**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. **BOOKING ESSENTIAL.**  
**SATURDAY 2 OCTOBER, 10.00am-12.30pm**

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**Healing Meditation – Relax, Visualise and Heal**  
Michael Dunn

Come and enjoy **30 invaluable minutes of meditation incorporating images that heal**. In our hurried world with so much to fit in, thirty minutes well spent to lift your energy, ease your mind, bring clarity and focus, a better functioning body and surprising healing – this is a lovely session to enjoy. Michael has over 40 years of assisting people to find greater peace and tranquility within themselves.

**FEE per session $7. BOOKING ESSENTIAL.**  
**EVERY TUESDAY, 12.30-1.00pm**

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**Investigate Your Security Guard**  
Hilda Brunckhorst

This workshop is for people who have already done one of Hilda’s courses. Did you get curious during the course about some of the things your ‘security guard’ (subconscious mind) might be holding on to? Let’s investigate. In this workshop Hilda will guide you to explore and investigate what your Security Guard might have in the Do’s and Don’t Do List and what things you have attached your self-worth to. You will gain more understanding of yourself and your personal stress response. After finding one or more of your unique potential triggers for stress we will talk about revising them and taking charge of them. This gives you more specific tools to retrain your mind and reduce your stress.

**FEE:** $45. **PLEASE BOOK.**  
**SATURDAY 23 OCTOBER, 9.30am-1.00pm**

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**It’s Time for "A Great Reset"**  
Alexander Robey

What an incredible time for us to be living – so many pressures, so many changes around the world and within ourselves. The challenge is how do we respond better externally and internally.

So, perhaps rather than wait until all this stuff clears to some normality we need to “reset ourselves”. It’s a time for each of us to ask ourselves – What is happening to me? – What am I yearning for? – How can I set in place a healthy practice?

With so much pulling people in different directions, this workshop is designed to ground participants and assist develop a personal roadmap forward.

**FEE:** $25. **PLEASE BOOK.**  
**SATURDAY 11 SEPTEMBER, 10.00am-12.30pm**

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**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:** $10. **BOOKING ESSENTIAL.**

**MID-WEEK SESSIONS:**  
**WEDNESDAY 18 AUGUST, 6.30-7.45pm**  
**WEDNESDAY 15 SEPTEMBER, 6.30-7.45pm**  
**WEDNESDAY 29 SEPTEMBER, 6.30-7.45pm**  
**WEDNESDAY 13 OCTOBER, 6.30-7.45pm**

**WEEKEND SESSIONS:**  
**SATURDAY 21 AUGUST, 2.00-3.15pm**  
**SATURDAY 11 SEPTEMBER, 2.00-3.15pm**  
**SATURDAY 18 SEPTEMBER, 2.00-3.15pm**  
**SATURDAY 9 OCTOBER, 2.00-3.15pm**  
**SATURDAY 23 OCTOBER, 2.00-3.15pm**

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Never forget – we all come with totally different purposes – different things to learn – different challenges. Never ever compare yourself with anybody else. Just get on exploring your own uniqueness however uninteresting or insignificant you perhaps perceive yourself to be.

I used to think Human Beings were so intelligent and cleverer than me. But I can sniff out things they can’t. I know lots they don’t. I communicate without a phone and I don’t hold on to grudges.
**Building Confidence and Determination – Overcoming Fears and Addictions**

**I'm Not Enough**
*Lionel Fifield*

How often do we think we should be more than we are? – More beautiful, more handsome, more successful, more popular, have more money or be more famous. My siblings, my children should love me and respect me much more.

What sheer joy if we can simply be ourselves. Yes! our own unique being on our own unique journey. What would it take to feel “simply happy? – Feel enough?”

Lionel will share a range of ideas in what he believes is a really important theme in this day and age.

Entry: by donation. **PLEASE BOOK.**  
**SATURDAY 18 SEPTEMBER,** 2.00-4.00pm

**Meditation Retreat: Gateway to Peace**  
*Jeffrey Hodges and Elena Lymbery*

Many people struggle with methods of meditation that often may not be the right ones for them or suit them.

Come and find out and test out a range of approaches with Jeffrey and Elena. These include Yoga Asanas, Breathing, Chanting, Mindfulness, Chi Gong, Stillness, Silence, Sound and Surrender. Here is an opportunity to quieten the internal chatter and feel the peace of ‘Being’.

**FEE:** $35. **BOOKING ESSENTIAL.**  
**SUNDAY 22 AUGUST,** 9.45am-1.00pm  
**SUNDAY 19 SEPTEMBER,** 9.45-1.00pm  
**SUNDAY 10 OCTOBER,** 9.45-1.00pm  
**SUNDAY 24 OCTOBER,** 9.45-1.00pm

**Your Inner Power and 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:** $35. **BOOKING ESSENTIAL.**  
**SATURDAY 2 OCTOBER,** 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. **BOOKING ESSENTIAL.**  
**THURSDAY 26 AUGUST,** 12.00-1.30pm  
**THURSDAY 30 SEPTEMBER,** 12.00-1.30pm  
**THURSDAY 28 OCTOBER,** 12.00-1.30pm

**Success in Relationships and Partnership**  
*Eliane Mathiuet*

Values, Trust, Clarity, Directions, all importantly defining ourselves and our individuality. It 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). **BOOKING ESSENTIAL.**  
**SATURDAY 9 OCTOBER,** 10.00am-1.00pm

**Free Yourself of Co-Dependency: The Mother of all Addictions**  
*Roslyn Saunders*

Co-dependency is the addiction which 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. In this insightful workshop Roslyn explains what co-dependency is, how prevalent it is in society today and how to take healthy steps towards recovery.

**FEE:** $45. **BOOKING ESSENTIAL.**  
**TUESDAY 28 SEPTEMBER,** 6.30-8.00pm (3 weeks)
Flourish at Work
Paula Wilson

There are countless situations that challenge us at work – large workloads, looming workplace changes, poor leadership and management, rapidly assimilating new information, aggressive personalities, being excluded, lack of respect and trust, receiving criticism, office politics, unrealistic expectations, not seeing progress, and feeling unsupported.

Go beyond surviving these situations and learn how to flourish despite them.

This experiential workshop develops your toolkit for working in challenging environments by helping you find and sustain your optimal state.

FEE: $45. BOOKING ESSENTIAL.
SATURDAY 28 AUGUST, 1.30-5.00pm

It’s Time for YOU to Shine
Louisa Sgarbossa

Have you heard the call? Have you felt that persistent nudge wanting to move you out of your comfort zone into a more expanded way of Being?

Then you are in the right place. Come and join Louisa in uncovering some ideas on what holds you back.

Come and discover some processes and tools that can support you in stepping out into the world and shining as bright as you can be. Imagine the possibilities… Yes, just imagine them.

FEE: $20. PLEASE BOOK.
TUESDAY 21 SEPTEMBER, 6.00-8.00pm

Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi – Pilates

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

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 21 AUGUST, 9.30am-12.30pm
SATURDAY 2 OCTOBER, 9.30am-12.30pm

Building Energy Through KiGong
Paul Jones

Here is a course offering so many benefits – it’s about building, storing, sensing and moving Ki (your life energy) in order to feel more alive, energised and in harmony with yourself.

Also, when you can move the Ki with your mind all of your life force is then at your disposal. This is a process that is remarkably simple, gentle and profound.

You can move your Ki to benefit those who could not bend or move with ease. It can also assist those recovering from skeletal injuries and/or loss of bone density.

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 21 AUGUST, 9.30am-12.30pm
SATURDAY 2 OCTOBER, 9.30am-12.30pm

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.

BOOKING ESSENTIAL.
FEE: $55 or $14 per session. PLEASE BOOK.
MONDAY 9 AUGUST, 10.00-11.00am (4 weeks)

Intended changes can be reinvigorating. If you go for a walk regularly, then find different areas nearby to walk and explore. You may well return feeling quite uplifted, full of new possibilities and ideas. It can be excellent to change all sorts of things that we do regularly. Yes, you never know what you might discover.
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

Wu Style Tai Chi

Paul Jones
Paul has been teaching Wu Style Tai Chi for many years and practicing Tai Chi for over 20 years.
This form of Tai Chi is suitable for people of all ages and focuses on what could be called "moving yoga".
This Tai Chi emphasizes the gentle opening and closing of the joints and rotation of the waist in order to bring circulation to the organs and increased mobility to the body.
Paul has found that Tai Chi has helped many people from all walks of life improve their health, decrease stress, sleep better and keep their functional mobility at a higher level than before.
In his own life it has allowed him to stay playing at a top level (1st division) in the sport he loves without major injuries or restrictions right up to the present.

BOOKING ESSENTIAL.
FEE: $14 per session.
SUNDAY 29 AUGUST, 9.30am-10.30am
SUNDAY 19 SEPTEMBER, 9.30-10.30am
SATURDAY 25 SEPTEMBER, 2.00-3.00pm
SATURDAY 9 OCTOBER, 2.00-3.00pm

Precision Yoga & Pranayama

Jeffrey Hodges
Jeffrey will lead a moderate level yoga session with a flowing sequence of precise asanas to mobilise and activate your body; pranayama techniques to train your breath and energise your life force; and meditation to calm and focus your mind and emotions.
Personal tuition with precise attention to detail. Participants MUST bring their own water bottle, yoga mat, cushion and blanket. LATE COMERS WILL NOT BE ADMITTED after the class has started.
FEE: $12. PLEASE BOOK.
EVERY WEDNESDAY, 9.20-10.20am

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 11 SEPTEMBER, 9.30am-12.30pm

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, 9.30-10.30am

Pilates for Everyone

Lorraine Datson
"How would you like to stand taller, feel stronger, feel fitter? Come and join me for 50 minutes of Pilates – the perfect way to start the day."
Lorraine is a Certified Pilates instructor. She is very passionate about Pilates and loves nothing more than to share her knowledge and experience with others.
Our Pilates classes are suitable for all age groups and fitness levels. The classes start with a gentle warm-up and become more challenging as the class progresses. Participants are shown different options for each exercise to enable them to work at their own level whether experienced or a beginner.
You will leave the class feeling wonderfully relaxed and balanced and, at the same time, totally relaxed.
Please bring mat or towel to lie on.

BOOKING ESSENTIAL.
FEE: $12 per session or $44 for 4 sessions.
EVERY TUESDAY, 8.00-8.50am

It’s never too late to move beyond old perceptions of yourself and find renewed peace, harmony and actually friendship and true partnership with yourself.
**Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi – etc continued.**

**Qi Gong for A Healthy Body and Peaceful Mind**

*Julia Chai*

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.

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

**WEDNESDAY 25 AUGUST,** 10.45am-12.00pm (4 weeks)

**WEDNESDAY 22 SEPTEMBER,** 10.45-12.00pm (4 weeks)

**WEDNESDAY 20 OCTOBER,** 10.45-12.00pm (4 weeks)

**Motivation, Empowerment, Specific Health – Ageing – continued.**

**Active Gratitude – focusing on what really matters to you**

*Andrew Greentree*

Andrew has been through major health issues, chronic anxiety, stress, depression, financial hardship and changed careers.

In the past two years Andrew has worked in mental health disability and made great strides in running Support Groups and now been accepted to study a Bachelor of Counselling at Griffith University.

He describes 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 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? This should be a really valuable and insightful session.

**FEE:** $10. **PLEASE BOOK.**

**THURSDAY 2 SEPTEMBER,** 6.00-8.00pm

**Autism – ADHD 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 year she has been addressing such groups by Zoom.

Dr Way has some invaluable advice and insights and is certainly inspirational to listen to.

So come and hear what can be done to help your child reach their full potential. See page 20.

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

**SATURDAY 30 SEPTEMBER,** 2.00-5.00pm

**A Bridge to New Possibilities**

*Donna Thistlethwaite*

Did you see Donna’s remarkable story on ABC Australian Story 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. **BOOKING ESSENTIAL.**

**TUESDAY 7 SEPTEMBER,** 6.30-8.30pm

**Breathing Meditation – Release Tension and Stress**

*Julia Chai*

Most people only operate at 40-60% breath. Frozen or tight diaphragms lead to constrictions on all levels. In this workshop you will be taught how to cultivate the Breath of Life to restore integrity and homeostasis in your body.

This all means you feel healthier – you are healthier – your circulation is improved and of course you will feel more energetic and alive.

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

**SATURDAY 25 SEPTEMBER,** 2.00-5.00pm

**Cancer – A very supportive weekly session**

*Michael Dunn*

Numerous people each year come to the Centre or call us and tell us either of their recent diagnosis of cancer or that of somebody close to them.

We don’t advise one way or another in regard to medical treatments but over the years more and more is becoming discovered as to what we can do for ourselves.

This weekly session is guided by Michael Dunn who has over 35 years of experience in leading such groups and working with many, many hundreds of people. He has a wealth of ideas, insights and suggestions to share with you.

**BOOKING ESSENTIAL. FEE per session:**

$12 ($18 couple).

**EVERY TUESDAY,** 10.45am-12.00pm

When we’re going through difficult periods it is vital, we say to ourselves – there must be a better way and I know I will discover it. It’s surprising what’s awaiting you when we look in the right direction.
Margo Knox

Journey Into Your Wisdom involves developing the inner resources to adapt to ageing instead of denying it; it is taking a step to ensure that the next phase of life is filled with self-discovery and deliberate choices. Today, using texts and discussion, journaling, contemplation, inquiry and experiential exercises we will review our past, extracting lessons we’ve learned and identify unfinished business to be completed, envision the life we want to live now and how we would like to be remembered. It’s a relief to move from fear and denial to envisioning and creating a purposeful and joyful last 30 or 40 percent of our life.

Participants come out of this course often saying they now feel renewed hope and excitement for all that lies ahead.

FEE: $30. PLEASE BOOK.
THURSDAY 23 SEPTEMBER, 10.00am-1.30pm

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. BOOKING ESSENTIAL.
See our next Programme.

Biodynamic Gardening and Farming – A Way For The Future
Peter Kearney

Here is a great evening where you will not only hear about this remarkable method but also see a beautiful and unforgettable film, One Man, One Cow, One Planet. This allows you to take in vividly the incredible power and value of biodynamic methods and what it gives us individually and collectively. It is a way of producing the highest quality food and is suitable for any scale of food growing.

Peter is being acknowledged more and more for his dedication, commitment and depth of knowledge.

FEE: $10. PLEASE BOOK.
TUESDAY 28 SEPTEMBER, 6.30-8.30pm

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: $25. PLEASE BOOK.
SATURDAY 18 SEPTEMBER, 10.00am-12.30pm

NOTE: Margaret Bridgeford, together with two other practitioners will offer significant training in Vibrational Medicine on 4,5 & 6 September and 16,17,18 October. Please contact us for a brochure if you are interested.

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. BOOKING ESSENTIAL.
SATURDAY 21 AUGUST, 9.30am-1.00pm
SATURDAY 16 OCTOBER, 9.30am-1.00pm

When we willingly assist others, it always makes us feel good.
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. BOOKING ESSENTIAL.
SESSION DATES: THURSDAYS – 12 & 26 AUGUST – 16 & 30 SEPTEMBER – 14 & 28 OCTOBER
SESSION TIMES: 11.00am-1.00pm

Release and Let Go

Lionel Fifield
One of the greatest secrets of happiness is being able to let go.
Rarely do we realise and acknowledge how many things we are holding on to and unconsciously believe will give us security and happiness.
In this session you will find out how releasing and letting go opens the door to numerous possibilities in every aspect of our lives including freeing our mind and having increased energy. Please recognise that this is much more extensive than just letting go of material possessions.

FEE: Donation of your choice. PLEASE BOOK.
SATURDAY 11 SEPTEMBER, 2.00-4.15pm

Opening Your Heart to Love

Tony Petcopoulos and Nicky Bassett
Come and enjoy Tony and Nicky as they show you how to harness the power of love and discover how this enriches your physical, emotional, mental and spiritual wellbeing. This is all about learning specific and life-enhancing techniques such as heart centering, and heart listening. Find out about and embrace the physiological impact your positive and negative emotions and thoughts have on your ageing process, your immune system and very importantly, your hormones. The qualities of love, such as compassion, forgiveness, gratitude, kindness, non-judgment and giving will be explored and bring a deeper meaning to all the participants.

Nicky is an inspirational presenter with 25 years’ experience and known to many at the Relaxation Centre. Tony has been presenting workshops on how to open the heart for over 30 years. These are outstanding sessions.
An optional second session will be held on Saturday 20 November, 9.30am-1.00pm. This will include a review of the first session and additional concepts and techniques.

FEE: $35. BOOKING ESSENTIAL.
SATURDAY 23 OCTOBER, 9.30am-1.00pm

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. BOOKING ESSENTIAL.
SATURDAY 25 SEPTEMBER, 9.30am-1.30pm

These Cycles of Life – A new chapter every 7 years

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 tends, 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 a counsellor and Art Therapist and gain a new respect and understanding of yourself and some of the significant chapters of your life.

FEE: $35. PLEASE BOOK.
SATURDAY 18 SEPTEMBER, 10.00am-1.00pm

That Fear of Speaking to Groups

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. So, 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. BOOKING ESSENTIAL.
TUESDAY 21 SEPTEMBER, 6.00-8.00pm

Fear is a gateway in disguise inviting us to step through it and discover gifts and possibilities we could never have embraced before.
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. **BOOKING ESSENTIAL.**

**SATURDAY 16 OCTOBER, 10.00am-12.30pm**

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Vaccines and your body – friend AND foe

*Margaret Bridgeford*

There is ever-growing conflict on the appropriateness of some vaccinations.

This talk is offered to assist you in your decisions. Margaret Bridgeford is well known in the Centre for her down-to-earth and informative approach. In this sensitive, controversial topic, Margaret would like to hear your stories. She will share with you her knowledge about the history of vaccines and their intended benefits to our health. Margaret will also discuss recognised side effects as well as other alternatives available.

Margaret is author of the highly successful book *Eat... Think... Heal....* She has done so much personal research and has a wonderful ability to communicate to others invaluable information. The feedback is always full of deep appreciation.

**FEE:** $25. **BOOKING ESSENTIAL.**

**WEDNESDAY 15 SEPTEMBER, 6.00-8.30pm**

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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 programs 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. **BOOKING ESSENTIAL.**

**WEDNESDAY 25 AUGUST, 6.30-9.30pm**

**TUESDAY 26 OCTOBER, 6.30-9.30pm**

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Supporting Kids and Parents

Great Techniques for Kids AND Parents

*Jack L’Estrange*

In this world of constantly increasing pressures on kids they need all the help they can get to make learning spelling, writing and reading easier and more fun.

**Kids do not need stress and anxiety.** Their parents and grandparents are also needing to feel that they can assist the kids more without taking up too much time in their own pressured lives.

Previous participants have found Jack’s ideas and insights invaluable. Here is a small commitment of time but with huge participant benefits. Come and enjoy these short sessions full of encouragement.

**FEE:** $35. **BOOKING ESSENTIAL.**

**THURSDAY 7 OCTOBER, 10.00-11.30am (3 weeks)**

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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. **BOOKING ESSENTIAL.**

**MONDAY 20 SEPTEMBER, 9.30am-12.30pm**

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We all need more space

This space is dedicated to YOU so you can calm your mind – feel open to receive – hear your intuitive mind and be more in touch with and embrace the gift of this moment.
A Day of Miracles – A Course in Miracles
Kay Woodall

Millions of people worldwide have found A Course in Miracles to be an invaluable part of their life-journey. They have discovered its radical ways of looking at life and re-perceiving what happens to us as a way to find peace, reduce fears and embrace new levels of love within themselves. Every now and then a day such as this one is offered and open to those who are students of this home course as well as people who know nothing about it at all.

You can hear talks by people who have been students of the course for many years giving insights which can be both invaluable and eye-opening.

If you’re absolutely new to this course come with an open mind as a Course in Miracles views life differently to most of us, hence its immense value in expanding our thinking and perceptions. Call Simon 0431 266 407 or Kay 0411 245 535.

FEE: $20. PLEASE BOOK. Bring own lunch
SUNDAY 26 SEPTEMBER, 10.30am-4.00pm

Life Is A Total Body Experience
John Bligh Nutting (left) and Cameron Brown (below right)

This new program presents John’s breakthrough approach to what’s really going on inside’ looking at powerful inner forces that control your life, your MIND, your HEART and your BODY, and how they are meant to work as a balanced team.

Cameron will be going deeper explaining about ‘Balancing the body, balancing the mind, and Body Wisdom, including his special body balancing as part of each evening’s program, as well as breath techniques to balance the brain and healing on a deep level. Also, techniques to assist with healthy function of the nervous system to increase self-awareness and leave you feeling rejuvenated and grounded.

For some of these activities you can choose to lie on the floor or sit on a chair. See more on page 20.

FEE: $80 (Plus $35 book). BOOKING ESSENTIAL.
THURSDAY 9 SEPTEMBER, 6.45-9.00pm (4 weeks)

PLEASE NOTE: At the completion of this first 4 weeks John and Cameron will be offering a further 4 weeks for those who would like to continue with this fascinating journey.

This next 4 weeks will commence on Thursday 7 October, same times. The cost will be $80. Bookings for this further period can be made whenever you wish.

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

There is no question that miracles do happen and sometimes bring us much joy and happiness but at the same time most things we want to achieve take persistence, determination and commitment. Ask any great musician, sportsperson or others who have achieved much in their lives.

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 (pictured above) 0411 245 535.

FEE: $5. BOOKING ESSENTIAL.
EVERY 2ND AND 4TH SUNDAY, 10.30am-12.30pm

Painting With Acrylics – Landscape with Billowing Clouds
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 2 SEPTEMBER, 10.00am-12.30pm (3 weeks)

Vision Board for Adventure and Fun
Jean Turnbull

Come for a fun morning creating your own beautiful, vibrant picture board. See how what you create can bring you happiness, gratitude, joy, feelings of hope and ever-increasing health and energy. Now we’re into the routine of 2021 it is so good to give ourselves a boost from the power of our minds and spirits joining in harmony. Here is a beautiful experience with Jean who loves these sessions. She has seen numerous participants in previous groups go out of the classes full of excitement and delight with what they are taking home.

FEE: $20. BOOKING ESSENTIAL.
THURSDAY 14 OCTOBER, 10.00am-12.30pm

More Creativity – Expressing from Within You – Nurturing Yourself Into New Possibilities over page.

At essence most of us want the freedom to use our curiosity and the opportunity to explore and to be able to make up our own minds.
Moon Power – its daily influence on our lives

Nicky Bassett

In an atmosphere of fun and discovery, explore how we can more easily flow with life by consciously connecting with the moon’s cycles, i.e., her phases and the astrological signs she passes through monthly. These cycles illuminate patterns that reflect the pulse of our daily life.

By tuning into these rhythms, we can access a great source of guidance to more effectively manage our emotions, behaviour and needs; thus, reducing our stress and living more harmoniously in terms of our relationships, home life, work and leisure.

You will also learn which days of the cycle are best to shop, entertain, garden, begin a new exercise regime and more. Everyone is welcome; no knowledge of astrology is required.

FEE: $30. PLEASE BOOK.
SATURDAY 21 AUGUST, 10.00am-1.00pm

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: $30. PLEASE BOOK.
SATURDAY 21 AUGUST, 2.00-4.30pm
SATURDAY 23 OCTOBER, 2.00-4.30pm

Challenges of Change – Using Adversity to Shift Old Patterns

Vicki Bennett (left) and Rhonda Ohlson (below)

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.

Rhonda Ohlson is a Feldenkrais Trainer and author of Sovereign Woman. They will come together today to present this workshop that can bring meaningful changes for true growth and much needed clarity. (continued right column)

Individually these two very effective presenters touch the lives of many hundreds of people each year. Together they bring a unique insight into breaking old patterns and thoughts that cause pain, worry and no longer serve us – so onwards to a new life.

FEE: $35. BOOKING ESSENTIAL with full payment.
SATURDAY 4 SEPTEMBER, 10.00am-1.00pm

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 30 books) to help you get started in writing your story.

FEE: $65. BOOKING ESSENTIAL with full payment.
SATURDAY 18 SEPTEMBER, 10.00am-3.00pm

Communication – Relationships – Connecting and Intuition

Couple Magic! – You Wish

Andrew Lindsay

Unfortunately, it’s a fact of life that even two very compatible people can and will go through periods in their relationships which are rocky and not what they hoped for. Of course, there are also relationships which are challenging from start to finish.

So, whatever type of relationship you are in let’s make that wish for Couple Magic now and come along and hear a man who has spent many years assisting others in their relationships – this he loves doing very much. Andrew is very honest about the challenges he has personally faced which makes him so authentic and encouraging to listen to.

These few hours can give you ideas and insights which will bring benefits often not only to the two people involved but the whole family as well – Couple Magic! Here we come.

FEE: $35 (couples $65). BOOKING ESSENTIAL.
SATURDAY 2 OCTOBER, 9.30am-12.30pm

Communication – Relationships – Connecting and Intuition continued over page.

These are exciting times to live as more and more people are beginning to explore what truly honest, communication and connection is all about.
Love Energy

Rod and Megan Middleton

Rod and Megan have been fascinated with this thing we all look for, yearn for or find in a range of ways.

They say few people understand the true power of LOVE, which is an energy – NOT just emotion – a powerful force at one's disposal, demonstrated by historic greats such as Nelson Mandela and Gandhi.

Rod and Megan invite you to come along and gain ideas on how you can harness this energy to your advantage.

FEE: $25. BOOKING ESSENTIAL.
SATURDAY 25 SEPTEMBER, 10.00am-12.30pm

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 below.

FEE: $25. BOOKING ESSENTIAL.
SATURDAY 4 SEPTEMBER, 2.30-5.00pm

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, above.

FEE: $85. BOOKING ESSENTIAL with a deposit of $25.
SUNDAY 5 SEPTEMBER, 9.30am-5.00pm

Every human being is a walking story.
Singing and Chanting

I Just Want to Sing
Maxine Chisholm

There are so many reasons that we don’t sing and only one as to why we ought – it’s so good for us! After these sessions people often look so alive, their eyes bright, colour in their faces and they say they feel full of energy. Singing is so natural yet we as a society have shut it down in so many of us. Maxine believes everyone who is vocal can sing, even if they have been told they can’t. Today is about uncovering that voice, and letting it out! Maxine says “Numerous previous participants have been amazed with their newfound singing voices in such a short time.”

FEE: $25. BOOKING ESSENTIAL.
SATURDAY 2 OCTOBER, 1.30-4.30pm

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 25 SEPTEMBER, 9.30am-12.30pm

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. BOOKING ESSENTIAL.
WEDNESDAY 25 AUGUST, 7.00-8.30pm
WEDNESDAY 22 SEPTEMBER, 7.00-8.30pm
WEDNESDAY 20 OCTOBER, 7.00-8.30pm

There is nothing more meaningful than when a group of volunteers working enthusiastically together with a common aim for the improvement of our planet – the wild life, the plants and the trees, and of course, other people.

It’s quite remarkable how a few simple changes of attitude can open a wealth of new possibilities.

Film Sessions

Entry to Films $5 – Booking Essential

The DVDs shown are virtually always available in our Shop for sale. Also prior to the film we often show a short preview of a course appearing in our Programme.

Finding Your Life’s Purpose
Eckhart Tolle recommends that we cease struggling, to just be, totally engaged in the moment, and free ourselves from the jail of “thought-based actuality”. He says we won’t find our true purpose in books, at workshops or in our dreams.

THURSDAY 12 AUGUST, 1.00-3.00pm
FRIDAY 13 AUGUST, 6.00-7.45pm

Buddhism for Busy People

Why would we use Buddhism in our daily lives? When we strip away the religious packaging, what we have is psychology: The Buddha’s expertise is the mind, the human heart and how to heal it. Since 1987, Ven Robina Courtin has taught Buddhist courses and retreats worldwide. She is well known for her intense energy and no-nonsense manner of expressing her profound understanding of Buddhist philosophy.

THURSDAY 19 AUGUST, 1.00-3.00pm
FRIDAY 20 AUGUST, 6.00-8.00pm

Being Naturally At Ease

Bringing the practice of Mindfulness and Meditation into our daily lives. Numerous people confirm that when they meditate they feel so much more at ease, content, energised, focused and at peace, but when they go back to their everyday life they quickly get caught up in the busy-ness once more and lose it. In this talk Ian Gawler tells how to overcome common obstacles to our regular practice, so we can keep building feelings of peace and ease as well as the numerous benefits that naturally flow on.

THURSDAY 26 AUGUST, 1.00-3.00pm
FRIDAY 27 AUGUST, 6.00-8.00pm

Coyote Wisdom
Mehi-Madrona MD, PhD, outlines what he calls “narrative medicine” or a “storied” approach to disease and recovery that can be used in conjunction with standard medical treatment. Believing that answers to illness lie within each patient, he draws on such diverse sources as traditional Native American tales, pop-culture figures, and fictional characters to encourage patients to perceive how their illnesses have allowed them to accomplish a goal, and how to retain or transfer that goal while releasing the illness.

THURSDAY 2 SEPTEMBER, 1.00-3.00pm
FRIDAY 3 SEPTEMBER, 6.00-8.00pm

Menopause & Beyond – Reinvent Yourself

New wisdom for women – a most informative and helpful film by Christiane Northrup MD. We missed this film when a Covid lockdown occurred when it had been scheduled near Easter, so here it is again.

THURSDAY 9 SEPTEMBER, 1.00-3.00pm
FRIDAY 10 SEPTEMBER, 6.00-7.30pm

Entry to Films $5 – Booking Essential

I am constantly amazed at all these human beings wearing their noses with masks. Wow, I hope some smart human being doesn’t say we have to wear them. I’d be lost!!! I wouldn’t know who had widdled on that tree or which friend had been there just before me. What an awful thought, we could become just like human beings fumbling around. What a backward step for us dogs.

Film Session continued on page 18.
I'm Fine Thanks
This is a movie about the moment people realise the life they are living is not the life that's true to their heart... and, as a result, what they decide to do about that. It explores why many people follow a path that isn’t the one that they wish they were on. Some follow a path that someone else has created for them and others follow a path that society deems to be the "correct" path. In many cases these people aren’t happy, but they continue on that path anyway. The film-makers said “We want to inspire thousands of people to live their lives based on their own hopes and dreams – not someone else’s vision or script for their life. We want to push people to take the first small action to reignite their passions.”
THURSDAY 16 SEPTEMBER, 1.00-3.00pm
FRIDAY 17 SEPTEMBER, 6.00-7.30pm

The Importance of Being Extraordinary
This is a very moving dialogue between two of the three "most spiritually influential people alive" (in 2013). Dr Wayne W. Dyer and Eckhart Tolle delve into everything from ancient spiritual texts to contemporary pop culture as they tackle questions we all wrestle with, such as Who am I? What is real? and What is the meaning of life? Yet even as they discuss weighty topics such as the economy and addiction, the mood remains graceful, loving and even humorous.
THURSDAY 23 SEPTEMBER, 1.00-3.00pm
FRIDAY 24 SEPTEMBER, 6.00-7.30pm

Happiness is an Inside Job
Petrea King has touched the lives of thousands of people and been regularly interviewed on radio. People from all over Australia have turned to her for help often after being diagnosed with illness such as cancer. What she offers can be so practical, inspiring and uplifting.
Petrea developed Quest For Life which has assisted many, many people. You will love what you hear today.
THURSDAY 30 SEPTEMBER, 1.00-3.00pm
FRIDAY 1 OCTOBER, 6.00-8.00pm

How To Know God
Uniquely blending science and philosophy, Deepak Chopra offers an inspiring approach: that anyone, regardless of faith, can undergo a profound quest to know God, and attain a new concept of what they think they know. Through Chopra's brilliant narration one may come to understand that the quest for God is really a journey in self-understanding. A thought provoking, practical and thoroughly entertaining film.
THURSDAY 7 OCTOBER, 1.00-3.00pm
FRIDAY 8 OCTOBER, 6.00-8.00pm

The Life of Mother Theresa
Born in Macedonia, Mother Theresa joined the Sisters of Loreto, and was sent to Calcutta to teach geography and catechism. Soon afterward, she started a school in the Indian slums. She learned basic medicine and went into the homes of the sick to treat them. In 1950, she established the Missionaries of Charity, who educate the children of the slums, nurse those rejected by hospitals, and care for the beggars on the streets. Can her legacy of compassion, humility, and love inspire us in our own daily lives? Mother Theresa received a number of honours, including the Nobel Peace Prize (1979). She became a canonized saint of the Catholic Church in 2016.
THURSDAY 14 OCTOBER, 1.00-3.00pm
FRIDAY 15 OCTOBER, 6.00-7.45m

The Shadow Effect
This cutting-edge documentary inspires us to step out of the self that we’ve known and break free of bonds of the past. Deepak Chopra and Marianne Williamson join Debbie Ford to reveal the transformative power of your shadow – the parts of yourself that you dislike and disown – and step into the next evolution of yourself.
THURSDAY 21 OCTOBER, 1.00-3.00pm
FRIDAY 22 OCTOBER, 6.00-7.30pm

Why, oh why, oh why?
Why do we hear constantly about vaccinations but we don’t see and hear people telling us day after day about the value to our bodies, and all importantly, our immune system of a host of aids such as Vitamin C, Vitamin D, Zinc, Turmeric, Melatonin or Black Seed oil and of course, many others as well?
Also, there are ever-increasing numbers of books by medical doctors and health professionals on how we can empower and strengthen our bodies.
So, let’s make our physical bodies stronger, more resilient and more able to be as powerful as possible. It’s always good to remember that some people get colds and flu every year yet there are many, many others who never get them, and so it is with many illnesses.
Please note, this little article is not a for or against vaccine – it’s all about being responsible for ourselves and our bodies and our minds in the best way we can. They are ours to look after and really that’s what the Relaxation Centre has been doing for many decades now – we highlight in all aspects of our lives how we can be more responsible, rather than seeing ourselves as victims of whatever happens. Then of course whatever illness comes around our bodies are in the best shape to respond appropriately.

We heard recently of Dr Peter McCullough’s comments re treatment prevention measures. Dr McCullough, who is a Cardiologist, Epidermist and Professor of Medicine gave a testimony to the US Senate Committee. You may like to look it up.
There are many forces in this universe at these times causing each of us to wake up by putting us into incredibly challenging situations where we have to find our own answers and what we know and feel are true and beneficial. In this way we become wiser, more insightful and better able to handle whatever challenges lie ahead of us. This will apply in such a wide range of circumstances.

M any of these films are outstanding with people saying they wish their friends had been with them. They offer inspiring and uplifting ideas. The presenters are men and women who have influenced millions of people worldwide. Many of the names you will immediately recognise. Take time each week to come along and enjoy.
We used to call it “Our Book Shop”. Then along came tapes, then CDs, then DVDs – also there are other items which are good to enjoy, feel uplifted by, beautiful to look at, Cards (with the appropriate messages) to send and so it goes on. Yes, life keeps changing and evolving and so do we. When we started in our book shop there were only about a dozen books that fitted our purpose but over the years since 1974 people all over the world have been exploring possibilities to assist them through difficult times with physical health, relationships, communication, children, mental issues, wanting to find hope, overcome all sorts of illnesses and explore some of those deeply hidden secrets of life to find inner joy, happiness and true wellbeing.

Our lives are pathways to finding happiness within ourselves. We are given obstacles, potholes and totally unexpected surprises on the way. We all know how at times we may think we have found great happiness and even ecstasy and then, Wham! they can be followed by feeling devastated, totally let down and undermined the next.

So many people, after such a period has happened, have struggled to climb out of the hole they find themselves in, and it’s then they knew they had to write a book or give courses to inspire and encourage others. This, in many ways is what our shop is here to make available and inspire you to discover. Often the greatest discovery is that of realising we're not alone – numerous others have walked similar paths before us. You will find our shelves are full of encouragement, hope, ideas, arms to embrace you and hands to lead you. Come along, enjoy a browse, a cuppa and see what has meaning for you.

Below are some reviews by some of our volunteers.

**Healing Secrets Through the Ages – Catherine Ponder**

Here is a book that had such a deep impact on my life and has opened the eyes of so many people I know.

It opened me to seeing that physical illnesses did not happen out of the blue for no reason but were so often the result of deep-seated mental patterns, of various aspects of personality, or could be as a result of our unconscious minds.

It also opened my mind to how words used consciously could be used so powerfully to regain the vital healing balance within our bodies and have our minds working in partnership with our bodies.

The book opens us to many, many new possibilities for a healthier future – it embodies much wisdom and has touched the lives of hundreds of thousands of people worldwide over several decades.

**Essential Ayurveda – What it is and what it can do for you – Shubhra Krishn**

Ayurveda is one of the oldest healing traditions in the world.

This book answers all the questions about what Ayurveda can do for your health. It will be valuable to anyone who wants to discover what is the essence of Ayurveda. It, demystifies it, showing it as a prevention-oriented do-it-yourself system of healing that anybody can follow. It embodies the realisation that good health requires attention not only to the body but to the mind and spirit as well.

**Being Genuine – Stop Being Nice, Start Being Real – Thomas D’Ansembourg**

With this fresh new perspective on communication, we can learn to begin to safely remove the masks we hide behind, overcome past prejudices and conditioned beliefs. We can purge our thinking and language of anything that generates conflict. It also helps us to accept responsibility for our feelings and our actions and much more, and offers us a rich meaningful way of life, both intellectually and emotionally.

**The Real Health Crisis – Dr John Ryan and Jeanie Ryan**

Dr Ryan stated in an interview with the Courier Mail newspaper that he wanted to write a “simple guide for doctors and patients that would marry modern medicine with nutrition, herbs and other complementary approaches”.

Anyone who is interested to read an easy to read resource book with genuine practical information will find this book invaluable. With a lifetime of knowledge behind them Dr Ryan and Jeanie have shown that it is possible to have a measure of control of your health. This is a well-referenced book with topics including: Inflammation: the mind and its messengers: your guide to gut health: the big four: diabetes: heart disease: dementia and cancer: treat the person not the disease: your lifestyle challenges, which are covered in 40 chapters. Such an easy-to-read book with language that makes the information accessible to everyone. This book will provide the tools to achieve optimum health. At the end of each chapter there is an action plan – check list with concise information to guide further investigation. A great addition to those with optimum health as a priority.

**The Art of Mindful Relaxation (the heart of Yoga Nidra) – Ed Shapiro**

Ed Shapiro trained in Yoga Nidra in India becoming a yoga Master. For those interested in exploring the benefits of Yoga Nidra this will be a great introduction book with some deeper aspects of techniques to achieve a deeper relaxation state. An excellent little book in two parts with thirteen chapters. A common-sense book in our Book Shop to get you inspired to try different methods of achieving Mindful Relaxation.

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**Discounts – Discounts – Discounts**

Yes, 20% off everything up to Saturday 28 August and from Saturday 9 October to Sunday 31 October.
**We are so fortunate – Dr Heather Way speaking on Autism**

Do you realise how **autism rates are skyrocketing** and so are ADHD and ADD rates? Heather herself has such a deep personal interest in it as she has two sons on the Autism Spectrum who have recovered using her science-based protocol.

As a scientist for many years prior to giving birth to her sons Dr Way was told by top specialists that little could be done to assist her two babies. She then changed her focus to exploring what lies at the heart of autism. Heather has now been able to work with hundreds of individuals with extreme autism limitations and assisted them remarkably in a huge range of ways. **Her presentations are full of stories that really are inspiring.**

Early in October Dr Way is launching her autism gene panel in the USA via Zoom.

The depth of Dr Way’s experience and insights are such a gift to all of us. So, whatever your questions or you are wanting to find out she will be here to respond. Her illustrated presentations say so much of what is possible. If you have a child or a grandchild on the spectrum book your seat now and we look forward to seeing you on Saturday 30 October – See page 10.

**The Enneagram – what an Eye-Opener**

In January this year we commenced our first opportunity here to participate in 10 weeks of gaining the extraordinary insights available to us from “The Enneagram”.

About 40 people participated and many people who attended talked of **being thrilled by all they discovered** about themselves and others they had various relationships with, whether it was at home or at work.

After years of wondering why we are like this, or reacting like that, or being attracted by that type of person or be so different to that one in our lives – we start to see why. It’s as if our blinkers have been taken off and a whole new understanding unfolds.

Our relationships with others are obviously such a huge part of our lives so come and see why these sessions can be so eye-opening. You are welcome to come to just the first session and then make up your mind about doing the rest. See page 16 commencing on 2 September.

**Moon Power – How is it affecting you?**

Come and see on **Saturday 21 August (yes, very soon after this Programme comes out)** how the moon touches each of our lives in many ways.

We’re individually like little cells in the universe and as such the moon can be a powerful influence on our lives. This is what Nicky Bassett aims to assist us with so we can consciously **manage much more effectively our emotions**, behaviour and needs. These can be invaluable insights and Nicky has an infectious way of presenting her courses. See page 15.

**Healing Touch – Robert Vicary**

Here is a course which we have been excited to have as part of our Programme for the past 4 years. Always the Comments sheets flow with gratitude for what the participants gained.

It’s one of those courses that are hard to explain and only by participating can you discover what makes it so special.

Robert loves his work and assists many hundreds of people each year. You will discover how generous and kind he is as he shares life-changing and health-improving techniques with you – come and see why. See page 11.

**Who Are You? – What Have You Done?**

Ever increasing numbers of people each year have the intention of writing their personal story down. For other people it’s a chapter of their lives that they particularly want to describe and share with others.

It seems some people have a story that’s been going round and round in their heads for years or there is something they particularly want to share about the family that they come from.

Some of these stories can be so interesting, so insightful and sometimes almost unbelievable. Vicky Bennett herself is an author of over 30 books and has assisted many others in getting their book/story written down. See page 15 – Writing YOUR Story.