

# Relaxation Centre of Queensland

## Courses in Date Order Pages 3-4

### Then you'll find

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

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

**Movement/Yoga/  
Qi Gong/Feldenkrais/  
Pilates**  
On pages 9, 10

**Motivation/  
Empowerment/ Health  
and Healing – Ageing**  
On pages 10, 11, 12, 13

**Supporting Kids &  
Parents**  
On page 13

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

**Communication/  
Relationships/  
Connecting/Intuition**  
On page 15, 16, 17

**Singing & Chanting**  
On page 17

**Film Sessions**  
On page 17,

**From Our Shop**  
On page 19

**Other Information**  
On page 20

**Late Inclusions to  
Programme**  
On page 18

## What is Really True – Yes Really True

**Who do you follow for the truth?** — Those who say something totally proven or those who tell you to seek it for yourself and test out what you can see, hear and experience. Over the past hundred years so many "absolute truths" have come from scientists and researchers and then been disproved in the following years.

I believe early in the last century top scientists from around the world came together to set out **the unchangeable truths of science** BUT by 1960 none of these remained - Oh dear - what happened? Science has brought us great benefits, however now we live in times when many things are said to be proved and with the influence of lots and lots of money it has become gospel and accepted by the masses, because it is said to have been proved by science. What happened to the other little voices that said - but - but. Oops **not loud enough and influential enough.**

Oh, what a wonderful thing it will be when more and more of us are brought up to **trust what we feel** - question - to test and to ask why should I believe that. Increasing numbers of people are questioning what they were taught to be true by various religions by exploring what was really said hundreds of years ago by the teachers before translations, changes of meaning of words and political influences.

Several people have told us recently that having sought advice from three professionals about a particular issue in their life, **they received totally different conflicting advice.** So which way should they go? It's in such times we need to remind ourselves that Einstein said that we were given our intuitive minds as our **greatest sacred gift.** We all have gut feelings, but all too often, let our intellects override them.

There is an old story telling of 3 sub-gods who were given the job of hiding the truth from human beings in case they become too powerful before they were ready to handle the power. One suggested putting it on top of the highest mountain and the second one suggested at the bottom of the deepest sea — BUT the third one said let's **hide the truth within them,** they will never think of looking there.

We are born with limitless curiosity - use it! We each came **with innate knowing and intuition** - awaken it! - You know much more and are much **more than you recognise** - **Seek Deeply!** — *Lionel Fifield*

### Many New Courses to Explore

Stress its impact on Brain Architecture - P 6  
Enhancing Our Love and Compassion Through Meditation - P 7  
Women's Healing Circle - P 11      Sound Healing for Kids with Parents - P 7  
Success is a Journey - Not a Destination - P 12  
KISS brings answers - Keep it Super Simple - P 14  
The Female Brain - Navigating It and Staying Sane - P 16  
Planetary Connections - P 16      100 Keys to Love - P 17

Relaxation Centre of Queensland Limited (by guarantee) – Est. 1974.

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

Phone 07 3856 3733 – Only in emergencies 0413 198 856

Email: [admin@relaxationcentreqld.org](mailto:admin@relaxationcentreqld.org) – Web: [www.relaxationcentreqld.org](http://www.relaxationcentreqld.org)

## New Presenters

### Dr Winfried Sedhoff



Depression - A  
Different Human  
Approach - P 5

### Motivating

### Leanne Boyd



Stress - Its  
Impact on Brain  
Architecture - P 6

### Empowering

### Alexander Robey



Quieting Your  
Busy Mind - P 6

### Uplifting

### Carina Aloni



Feel Calm Yoga  
P 9



## Welcome

**I always enjoy welcoming readers** to each of our programs. Even after 48 years of co-ordinating the Centre and the huge number of programs we have put on, I have never lost any of my enthusiasm for what we are able to present because everything is constantly evolving and we are continually embracing new approaches and renewed possibilities.

The Relaxation Centre is like a family – our volunteers are invaluable and develop wonderful friendships and mutual support. Visitors often comment on the beautiful **warm friendly atmosphere when they come in.**

You'll see on the front page really meaningful **new courses.** Also for a second time in the program you will see 'Don't Leave a Mess' (Great Advice) P 7. 'The Art of Mindful Eating' (Very Effective) P 12, 'Feng Shui - Home Harmony' (Full of Ideas) P 14, 'Love, Sex and Communication' (Could Bring You Much) P 15 – come and enjoy our Centre – And remember if money is an issue let's see what discount we can give you! We look forward to seeing you! — **Lionel Fifield**

Thank you for all your wonderful praising and appreciative comments, emails and notes from so many of you after attending courses here. **They mean so much to the presenters and is really heart warming** to our whole team of volunteers to know the benefits, inspirations, hopes and new directions participants are getting from coming here.

## Feel Free to Come and Go

Yes, for 48 years the Relaxation Centre has been promoting and living **the freedom to move, expand, explore,** know yourself and to come and go as you wish. When you come here you will never be asked to pay a subscription, become a financial member or commit to anything except gaining as much as you can from all we make available. Whilst we are here with our unique program, we simply ask you to **enjoy whatever appeals to you.** Come for as little or as much as you want to. It's your life and we sincerely hope **we can add to it in many ways.**

## Thank You! Thank You!

**A huge thank you to Patricia McKeogh** who for over 30 years meticulously set out the Relaxation Centre Newsletter and Programme ready for printing. There are so many hours involved in creating 20 pages for each issue pleasing to thousands of eyes each time. She then put the programme on the web and sent regular reminders. She also created countless brochures and much, much more.

**Patricia put so much of herself into her work** which she loved. She came to the centre for all those years from Ipswich. For somebody in a wheelchair, climbing in and out of her car and driving all the way to Brisbane several times a week must have been a huge commitment.

Patricia became unwell a few weeks ago and at the time of writing she is in hospital. **Her keen eye, her creativity and her typing skills have been so appreciated and deeply valued.** Thank you, Patricia.

## A Slip or Two Perhaps

As you will see above, Patricia unexpectedly left us recently and it was only a short time ago we recognised she would not be returning to complete this newsletter. We (Lionel in particular) found ourselves in a frenzy exploring new possibilities (yes stress and anxiety at the Relaxation Centre!!!). This program is 2 weeks later than we intended.

So, we've not been able to check everything as thoroughly as usual, but we've done our best – Enjoy any mistakes you find!!!



## Our Wonderful Veggies

Yes, the centre would not and could not be here offering our unique programmes often 7 days a week from 9am until late in the evening without **our wonderful team of volunteers.**

Here are 2 of our welcoming helpers – Vanessa Muir (left) and Nadya Meszes (right) adding

their lovely qualities to our team.

If you would like to know more about being a volunteer, **give us a call** and come to one of the following meetings which go for up to an hour.

**Thursday 23 June 5.30pm**

**Saturday 2 July 11am**

**Friday 29 July 11.30am**

**Saturday 20 August 1pm**



## Opening Our Minds

Our world – our universe is HUGE and we are just tiny specs within it BUT we are each part of it.

**The more we open our minds** and explore, the more wonders and gifts and insights and possibilities there are for us to embrace.

**That's what the wealth of courses in this program are inviting you to do.** It is only us – yes ourselves who put limits on who we are and how we see ourselves.

# Courses in Date Order

## Ongoing Weekly Sessions

**NOTE: Sessions not held on Public Holidays**

### Tuesdays

Tuesday Evening Course in Miracles .....	P 14
Cancer – A very supportive weekly session .....	P 10
Healing Meditation – Relax, Visualise and Heal .....	P 7
Feel Calm Yoga .....	P 9
Yoga for Beginners .....	P 9
Deep Relaxation From 28 June.....	P 5

### Wednesdays

Deep Relaxation .....	P 5
-----------------------	-----

### Thursdays

Freeing Yourself With Feldenkrais .....	P 9
---	-----

### Fridays

Deep Relaxation .....	P 5
What is Tai Chi .....	P 9
What is KiGong .....	P 9

### Sundays

Course in Miracles – Discussion Group	
Every 2 <sup>nd</sup> and 4 <sup>th</sup> Sunday of each month .....	P 14

## June

### Tuesday 21 June

Reclaim Your Life .....	P 12
-------------------------	------

### Wednesday 22 June

Qi Gong for a Healthy Body and Peaceful Mind .....	P 9
--	-----

### Thursday 23 June

Volunteer Introduction .....	P 2
------------------------------	-----

### Friday 24 June

Food Intolerances, Gut Health and More .....	P 11
--	------

### Saturday 25 June

Dowsing For Answers .....	P 10
Compassionate Communication (NVC workshop)	
- making connections .....	P 15

### Sunday 26 June

Compassionate Communication (NVC workshop)	
- making connections .....	P 15

### Monday 27

Modern Feng Shui - Home Harmony .....	P 14
---------------------------------------	------

### Tuesday 28 June

Book Launch - Super-Charged Freedom	
- Your Truth Will Set You Free .....	P 18

### Wednesday 29 June

Mantras, Chanting and Meditation .....	P 17
--	------

### Thursday 30 June

Health and Wellbeing Support Group .....	P 11
You and Your Addictions – Who is the Boss? .....	P 8
Bring Your Anxiety .....	P 7

## July

### Saturday 2 July

Write YOUR Story .....	P 15
Sound Healing: Meditation/Relaxation .....	P 7
Volunteers Introduction .....	P 2

### Wednesday 6 July

Sound Healing: Meditation/Relaxation .....	P 7
--	-----

### Thursday 7

Film: I Can See Clearly Now .....	P 17
-----------------------------------	------

### Saturday 9 July

Biodynamic Garden and Farming .....	P 13
Active Gratitude,	
- focusing on what really matters to you (2 weeks) .....	P 10
Boot Camp for Mental Fitness .....	P 5
Energy Self-Healing .....	P 11

### Tuesday 12 July

Stress - Its Impact on Brain Architecture .....	P 6
---	-----

### Thursday 14 July

Health and Wellbeing Support Group .....	P 11
Public Speaking - Building Confidence & Enjoying it .....	P 10

### Friday 15 July

Film: I Can See Clearly Now .....	P 17
-----------------------------------	------

### Saturday 16 July

Preview of Courses .....	P 5
Loving What Is - The Work of Byron Katie .....	P 16
Sound Healing: Meditation/Relaxation .....	P 7
Sound Healing: for Children and Parents .....	P 7
Getting to Sleep .....	P 6
100 Keys to Finding Love	
- Exploring Authentic Relationships .....	P 17

### Sunday 17 July

Free Yourself in Relationships - The Work of Byron Katie .....	P 16
Introduction to Reflexology .....	P 13

### Tuesday 19 July

Reclaim Your Life .....	P 12
-------------------------	------

### Wednesday 20 July

Qi Gong for a Healthy Body and Peaceful Mind (4 weeks) ...	P 9
--	-----

### Thursday 21 July

Acrylic Painting - Sail Boat on the Ocean (3 weeks) .....	P 18
Fear of Flying .....	P 8
Film: Transforming Suffering into Enlightenment .....	P 17

### Friday 22 July

Merged Essence: A Mixed Circle for Women and Men .....	P 16
KISS Brings Answers - Keep it Super Simple .....	P 14

### Saturday 23 July

Unlock Your Future - Feeling Free to Move on .....	P 13
Free-up and Open-up Your Voice .....	P 17
Quietenng A Busy Mind .....	P 6
Don't Leave a Mess .....	P 7
Planetary Connections .....	P 16

### Tuesday 26 July

Co-Dependency: The Mother of All Addictions .....	P 8
---	-----

### Wednesday 27 July

Mantras, Chanting and Meditation .....	P 17
--	------

### Thursday 28 July

Health and Wellbeing Support Group .....	P 11
Kids Can Parents Can (3 weeks) .....	P 13
You and Your Addictions - Who is the Boss? .....	P 8
Modern Feng Shui - Home Harmony .....	P 14

### Friday 29

Bridge to New Possibilities .....	P 10
Volunteer Introduction .....	P 2
Film: Transforming Suffering into Enlightenment .....	P 17
Fear and Worry - Finding Answers .....	P 6

Continued on Page 4

## Courses in Date Order (Continued)

### Saturday 30 July

Exploring Hope - Overcoming Anxiety .....	P 6
Sound Healing - Meditation/Relaxation .....	P 7
Navigating the Female Brain .....	P 16
Shine a Light .....	P 12

### Sunday 31 July

Women's Healing Circle .....	P 11
------------------------------	------

## August

### Tuesday 2 August

Success is a Journey, Not a Destination .....	P 12
---	------

### Thursday 4 August

Film: This Changes Everything .....	P 17
-------------------------------------	------

### Friday 5 August

Building Self-Compassion	
- Putting Ourselves on the Gratitude List .....	P 12

### Saturday 6 August

Success in Relationship and Partnership .....	P 8
Girl Talk - Girls 12 to 20 Years .....	P 11
Unlock the Power of your Pelvic Floor .....	P 10
Bring Your Anxiety .....	P 7

### Tuesday 9 August

Finding Renewed Joy in Your Life .....	P 8
--	-----

### Wednesday 10 August

Brisbane EKKa Day - Centre Closed

### Thursday 11 August

Health and Wellbeing Support Group .....	P 11
--	------

### Friday 12 August

Film: This Changes Everything .....	P 17
-------------------------------------	------

### Saturday 13 August

Challenges of Change	
- Using Adversity to Shift Old Patterns .....	P 15
Bones for Life - Restoring the Spring in Your Step .....	P 9
Sound Healing: Meditation/Relaxation .....	P 7
Sound Healing: for Children and Parents .....	P 7
Calling All Perfectionists .....	P 6

### Tuesday 16 August

Love Sex and Communication (4 weeks) .....	P 15
Homeopathy	
- One of the Most Used Medicines in the World .....	P 13

### Wednesday 17 August

Sound Healing: Meditation/Relaxation .....	P 7
--	-----

### Thursday 18 August

Film: The Mystery of Consciousness .....	P 17
The Art of Mindful Eating (3 weeks) .....	P 12

### Saturday 20 August

Love Has So Many Faces - Its so Misunderstood .....	P 16
Nature Journaling for Connection and Self-Care .....	P 14
A Bridge for New Possibilities .....	P 10
Volunteer Introduction .....	P 2
Enhancing Our Love & Compassion Through Meditation .....	P 7

### Wednesday 24 August

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

### Thursday 25 August

Health and Wellbeing Support Group .....	P 11
You and Your Addictions - Who is the Boss? .....	P 8

### Friday 26 August

Film: The Mystery of Consciousness .....	P 17
--	------

### Saturday 27 August

KISS Brings Answers - Keep it Super Simple .....	P 14
Journaling - A Key for Healthy Living .....	P 14
Sound Healing: Meditation/Relaxation .....	P 7
Self-Healing: A Metamorphosis .....	P 12

### Sunday 28 August

Women's Healing Circle .....	P 11
------------------------------	------

### Wednesday 31 August

Mantras, Chanting and Meditation .....	P 17
--	------

## September

### Thursday 1 September

Film: You Can Heal Your Life .....	P 17
------------------------------------	------

### Friday 9 September

Film: You Can Heal Your Life .....	P 17
------------------------------------	------

### Saturday 10 September

Your Inner Power and Strength is Real .....	P 8
Our Lives - A New Chapter Every 7 Years	
- Read Your Life Like A Book .....	P 11
Compassionate Communication (NVC Workshop)	
- Making Connections .....	P 15

### Sunday 11 September

Compassionate Communication (NVC Workshop) .....	P 15
Depression - A Different & Human Approach .....	P 5

### Monday 12 September

Freeing Yourself with Feldendrais (4 weeks) .....	P 9
---	-----

### Wednesday 14 September

Robina Courtin - Transforming Problems into Happiness .....	P 18
---	------

### Friday 16 September

Robina Courtin - Transforming Problems into Happiness .....	P 18
---	------

### Saturday 17 September

Dowsing For Answers .....	P 10
---------------------------	------

### Monday 19 September

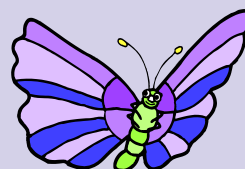
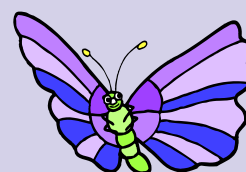
Rock and Water for Boys & Girls - (8 to 12yrs) .....	P 13
--	------

## Late Inclusions

We had three late inclusions in our program, see page 18 and not under the relevant headings. One is an overseas presenter, the second is our excellent painting teacher and the third is a new speaker with a book launch.



"We are each here to serve others with our unique gifts and our practical abilities.



"When we do so it's amazing how those gifts and abilities expand and we find more and more joy within us.



# June / July / August 2022 Programme

## PLEASE NOTE:

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

## Courses covering Stress, Anxiety, Sleep, Depression and Meditation



### Free Previews

**People tell us that they love our preview mornings.** These offer opportunities to listen to 12 of our presenters giving insights for a few minutes each on their courses. These can be so **insightful entertaining and motivational**. People say they go away with a pad full of notes which they can't wait to try out – Lionel Fifield loves welcoming you and introducing the speakers.

Come along – **there is no charge** and always at the Relaxation Centre nobody will ask you to enrol. We love that you can hear a range of speakers and choose whatever appeals to you in your own time.

It could be really helpful if you could call or email us and say you are coming. We look forward to seeing you. These sessions are normally offered only once a year.

Booking appreciated.

**SATURDAY 16 JULY, 9.30am-1.00pm**



### Boot Camp for Mental Fitness

**Hilda Brunckhorst**

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

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

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

**SATURDAY 9 JULY, 10.00am-1.00pm**

## DISCOUNT ~ DISCOUNT ~ DISCOUNT

Yes from Saturday 25 June - Saturday 16 July and Saturday 27 August - Saturday 10 September, 20% off All Books and all other New Items in our shop.



## Deep Relaxation

**Annette Henry** (Friday) & **Sandra Ballinger** (Wednesday)



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

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



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

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

**WEDNESDAY, 1.00-1.40pm**

**FRIDAYS, 1.00-1.40pm**

**Sessions run by Vanessa Muir and Lionel Fifield held on**

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

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

## Depression - A Different and Human Approach

**Dr Winfried Sedhoff**



Here is an outstanding session presented by a **medical doctor with a deep understanding** of not only depression but also what we can do to **break the grip** that depression can have over our lives, our energy and our relationships. Dr Sedhoff understands it because many years ago he suffered depression himself and brings you the **opportunity to empower yourself** without changing what you are currently relying on.

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

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

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

**SUNDAY 11 SEPTEMBER, 10.00am-1.00pm**

## More Courses Covering Stress, Anxiety, Sleep, Depression and Meditation over page.

Did you know that the Relaxation Centre launched in 1974, has never been owned by anybody? It has no major assets and is free to complete and close whenever our purpose has been achieved.

## Exploring Hope – Overcoming Anxiety

**Vicki Bennett**



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

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

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

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

**SATURDAY 30 JULY, 10.00am-12.30pm**



## Stress – Its Impact on Brain Architecture

**Leanne Boyd**

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

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

**See more on page 20.**

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

**TUESDAY 12 JULY, 6.30-9.00pm**



## Calling All Perfectionists

**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 13 AUGUST, 1.00-4.00pm**



## 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 unable to get back to sleep again **then here's the session for you.**

Lionel 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. PLEASE BOOK.**

**SATURDAY 16 JULY, 2.00-4.00pm**

## Fear And Worry – Finding Answers

**Paul Spottiswood**



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

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

Participants love his talks and Paul loves sharing ideas, insights and techniques.

Come and enjoy this little session that can bring big benefits as it has done for many people previously.

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

**FRIDAY 29 JULY, 6.30-9.00pm**

## Quieten Your Busy Mind

**Alexander Robey**



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

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

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

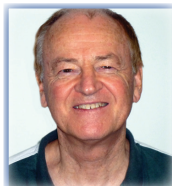
**SATURDAY 23 JULY, 6.30-9.00pm**

**More Courses Covering Stress, Anxiety, Sleep, Depression and Meditation over page.**

Each day do you assist others to feel better about themselves or feel worse. The power in our words is awesome

## 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, this is thirty minutes well spent to **lift your energy**, ease your mind, bring clarity and focus, a better functioning body and surprising healing – 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. Just come along.

**EVERY TUESDAY, 12.30-1.00pm**

## Bring Your Anxiety

**Lionel Fifield**



For many of us Anxiety has become an intrinsic part of us – almost like a family member and **something that goes with us – even on holidays**.

Like all types of panic and fears, anxiety needs to be looked at directly otherwise it is like a cruel monster that chases us day and night.

**So bring your anxiety today** – Lionel has had to learn so much himself about working with it and looks forward to assisting you to find new possibilities leading to relaxation and inner peace.

FEE: \$15

**THURSDAY 30 JUNE, 5.30-7.00pm**

**SATURDAY 6 AUGUST, 2.00-4.30pm**



## Enhancing Our Love and Compassion through Meditation

**Alan Carter**

**Alan believes real meaning and happiness in our lives comes from cherishing others**. Genuine love and compassion are attitudes that need to be practiced in order to get better at applying them and it starts with developing these for ourselves. In this class we will explore ways of **enhancing love and compassion** through meditation and how to overcome the obstacles to developing them. The course will provide you with some techniques that you can apply in daily life to **enhance your love and compassion**.

FEE: \$25 **BOOKING HELPFUL**

**SATURDAY 20 AUGUST, 9.30am-1.00pm**

Trying to look perfect does not usually make us more lovable. Does it perhaps achieve the opposite?

It's always good to remind ourselves that there are beautiful, kind people in every nation, in every religion and all political parties,



## Sound Healing – Meditation/Relaxation

**Elena Lymbery**



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

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

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

FEE: \$15. **BOOKING ESSENTIAL**. See more on page 20.

**MID-WEEK SESSIONS**

**WEDNESDAY 6 JULY, 6.30-7.45pm**

**WEDNESDAY 17 AUGUST, 6.30-7.45pm**

**WEEKEND SESSIONS:**

**SATURDAY 2, 16 & 30 JULY, 2.00-3.15pm**

**SATURDAY 13 & 27 AUGUST, 2.00-3.15pm**

## Sound Healing Meditation for Children with Parents

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

FEE: \$5 per person. **PLEASE BOOK**.

**SATURDAY 16 JULY, 3.45-4.30pm**

**SATURDAY 13 AUGUST, 3.45-4.30pm**

## Building Confidence and Determination – Overcoming Fears and Addictions

### Don't Leave a Mess – for Others

**Paul Spottiswood**



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

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

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

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

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

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

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

**SATURDAY 23 JULY, 10.00am-12.30pm**





## Your Inner Strength Is Real

*Tom Wixted*

In times of stress our brain freezes and we find it hard to solve our problems. Tom teaches a simple one-two-three process to unlock our inner power. After 18 years, he is still excited to see people discover

this inner power for the first time. **Participants feel it. They know it is real.**

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

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

**SATURDAY 10 SEPTEMBER, 1.00-5.00pm**

## You and Your Addictions – Who is the Boss?

*Ian Ratcliffe*

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

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

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

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

**THURSDAY 30 JUNE, 12.00-1.30pm**

**THURSDAY 28 JULY, 12.00-1.30pm**

**THURSDAY 25 AUGUST, 12.00-1.30pm**



## Success in Relationship and Partnership

*Eliane Mathiuet*

Values, Trust, Clarity, Directions, and all importantly defining ourselves and our individuality is important for defining our

direction and recognising who we are and **what success in relationships mean to us in our lives.**

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

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

**Ultimately this is all about trusting yourself.**

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

**SATURDAY 6 AUGUST, 10.00am-1.00pm**

Holding onto things will never give us a sense of freedom, whatever our minds tell us.

## Finding Renewed Joy in Your Life

*Louisa Sgarbossa*

Are you living the life you want to live?

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

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

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

**TUESDAY 9 AUGUST, 6.00-8.00pm**



## The Fear of Flying

*Paul Spottiswood*

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

**airlines.**

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

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

**THURSDAY 21 JULY, 6.30-9.00pm**

## 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. She explains in this insightful workshop what co-dependency is, how prevalent it is in society today and how to take healthy steps towards recovery.

**FEE: \$20. BOOKING ESSENTIAL**

**TUESDAY 26 JULY, 6.30-8.30pm**



I Always forgive human beings when they are nasty to me because they seem trapped in a lot of mental conditioning which they picked up in their early years and struggle to let go of.

My heart goes out to them and I give them lots of love, licks and tail wags. They just want to feel special!





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

### What is Tai Chi?

**Paul Jones**

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

**Why should I do it?**

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

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

**EVERY FRIDAY, 11.30am-12.30pm**

**Except Public Holidays.**



### Freeing Yourself With Feldenkrais

**Rita Ryan**

**Dr Moshe Feldenkrais** was a great pioneer and researcher who developed many **remarkably simple, gentle movements** to benefit those who could not bend or move with ease. This is something you need to experience yourself. This wonderful process has brought about quite miraculous changes for numerous people.

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

**BOOKING ESSENTIAL.**

**FEE per session:** \$14 or \$48 for 4 sessions. **Please bring a mat or towel to lie on.**

**EVERY THURSDAY, 10.00-11.00am**

### What is KiGong?

**Paul Jones**

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

**Why should I do it?**

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

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

**EVERY FRIDAY, 12.35-1.35pm**

**Except Public Holidays.**



### Yoga for Beginners

**Sally Waters**



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

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

**BOOKING ESSENTIAL.**

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

**EVERY TUESDAY, 11.15am-12.15pm**

### Freeing Yourself With Feldenkrais – 4-week course

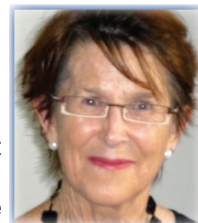
**Rita Ryan**

**Dr Moshe Feldenkrais** was a great pioneer and researcher who developed many **remarkably simple, gentle movements** to benefit those who could not bend or move with ease. **This is something you need to experience yourself.**

This wonderful process has brought about quite miraculous changes for numerous people. **Rita Ryan** is a teacher with many years of experience working with individuals and groups.

**FEE:** \$55 or \$14 per session. **PLEASE BOOK.**

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



### Feel Calm Yoga

**Carina Aloni**

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

**BOOKING ESSENTIAL.**

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

**EVERY TUESDAY, 5.45-6.55pm**



### 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 13 AUGUST, 9.30AM-12.30PM**



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

**Terri Kozak**

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

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

**WEDNESDAY 22 JUNE, 10.00-11.15am (4 weeks)**

**WEDNESDAY 20 JULY, 10.00-11.15am (4 weeks)**

**WEDNESDAY 24 AUGUST, 10.00-11.15am (4 weeks)**





## 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 6 AUGUST, 9.30am-12.30pm**

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



## Public Speaking, Building Confidence and Enjoying it

**Gavin Blakey**

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

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

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

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

**THURSDAY 14 JULY, 6.00-8.00pm**

## Dowsing For Answers

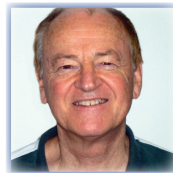
**Rod and Megan Middleton**

**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. PLEASE BOOK.**

**SATURDAY 25 JUNE, 10.00am-12.30pm.**

**SATURDAY 17 SEPTEMBER, 10.00am-12.30pm.**



## 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**.

**FEE per session: \$12 (\$18 couple). PLEASE BOOK.**

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



## A Bridge to New Possibilities

**Donna Thistlethwaite**

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

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

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

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

**FRIDAY 29 JULY, 10.00am-12.00pm**

**SATURDAY 20 AUGUST, 2.00-4.00pm**

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

**Andrew Greentree**

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

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

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

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

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

**SATURDAY 9 JULY, 10.00am-12.30pm (2 weeks)**







## Energy Self-Healing

**Robert Vicary**

Here is a very **self-empowering session**. Most of us have been taught to look to other people to give us what we need and not to **recognise what we can do for ourselves**.

Robert Vicary is a myotherapy masseur with a fascination for the connectedness of our bodies, the effect of one area on another and **the remarkable possibilities that exist** for all of us who seek answers.

Robert will **show you a range of self-massaging techniques** so we can give ourselves free treatments whenever we wish. Come **discover and enjoy the power of your touch**. Participants say they gain so much from this empowering session and come away amazed at all they find they can do for themselves.

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

**SATURDAY 9 JULY, 1.30-4.30pm**



## Women's Healing Circle

**Elena Lymbery and Carina Aloni**

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

Jeanette Leblanc were touching into the essence of this course: "A circle of women may just be the most powerful force known to humanity. **If you have one, embrace it. If you need one, seek it.** If you find one, for the love of all that is good then embrace it. Let them see you. The very fabric of your being will be altered by this". This session includes seasonal yoga, breathwork and sound healing.

**FEE: \$35. PLEASE BOOK. See more on page 20.**

**SUNDAY 31 JULY, 9.45am-1.00pm**

**SUNDAY 28 AUGUST, 9.45am-1.00pm**



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

**Eliane Mathiuet**

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

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

Join Eliane and **gain a new respect and understanding of yourself**.

**FEE: \$35. PLEASE BOOK.**

**SATURDAY 10 SEPTEMBER, 10.00am-1.00pm**



## Food Intolerances, Gut Health and More

**Margaret Bridgeford**

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

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

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

**FRIDAY 24 JUNE, 6.00-8.30pm**



## Girl Talk (for girls 12-20years)

**Skye Fitzpatrick**

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

Skye has participated in similar workshops during her teenage years as well as continued learning, which she described as invaluable going forward. She is able to bring awareness of the content as well as personal experience and relatability to her students.

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

**SATURDAY 6 AUGUST, 9.30-11.30am**

## Health and Wellbeing Support Group

**Elena Lymbery**

Do you feel overwhelmed with so much contradictory advice on food and diet being given these days? Here is an opportunity to look at your health and wellbeing in small easily digestible chunks. Great results can come from consistent, smaller steps, seeing how they work for you. In these sessions you also have Elena to talk things over with. Elena has many years of interest and study in healthy lifestyles and says, "Making changes comes much **easier with the help** of a similar-minded and **very supportive group of people**." There will be a **demonstration, short films, health tips and discussions**. We regularly demonstrate the value and making of fermented foods. A nutrition-filled delicious smoothie is included! **Everyone is welcome**.

**FEE: \$12. PLEASE BOOK. See more on page 20.**

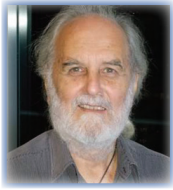
**THURSDAYS 30 JUNE, 11.00am-1.00pm**

**THURSDAYS 14 & 28 JULY, 11.00am-1.00pm**

**THURSDAYS 11 & 25 AUGUST, 11.00am-1.00pm**







## Shine a Light on Your Life

**Rod Smith**

Use the **Transformation Game** as a tool to **shed light** on the way you **play your life**. Streamline your life and get your **energy moving** as you allow the game to **assist you in highlighting strengths**, identifying blind spots and bringing **fresh perspectives** to current challenges.

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

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

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

**SATURDAY 30 JULY, 1.00-5.00pm**

## Self-Healing: A Metamorphosis

**Sonia Bailey**



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

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

**FEE: \$55. PLEASE BOOK.**

**SATURDAY 27 AUGUST, 9.30am-1.30pm**



## Building Self Compassion – Putting ourselves on the Gratitude List

**Andrew Greentree**

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

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

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

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

**FEE: \$15. PLEASE BOOK.**

**FRIDAY 5 AUGUST, 6.00-8.30pm**

## Reclaim Your Life

**Joan Wilson-Jones**



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

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

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

Feedback on Joan's 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. PLEASE BOOK.**

**TUESDAY 21 JUNE, 6.15-9.15pm**

**TUESDAY 19 JULY, 6.15-9.15pm**



## Success is a Journey Not a Destination

**Brett Scott**

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

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

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

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

Come and hear what Brett has to offer today;

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

**THURSDAY 2 AUGUST, 6.30-9.00pm**

## The Art of Mindful Eating

**Desley Murphy**



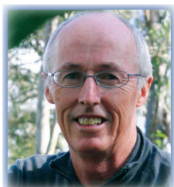
Do you want to curb your sugar cravings? Are you stuck in the same old cycle of emotional eating? Would you like to tap into a more **mindful way of eating and have a healthier relationship with food?**

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

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

**FEE: \$65. PLEASE BOOK.**

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



## 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.

**See more on page 20.**

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

**SATURDAY 9 JULY, 6.30-8.30pm**

## Introduction to Reflexology

**Sonia Bailey**

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

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

**FEE: \$55. PLEASE BOOK.**

**SUNDAY 17 JULY, 9.30-1.00pm**



## Unlock Your Future – Feeling free to move on

**Rod and Megan Middleton**

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

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

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

**SATURDAY 23 JULY, 10.00am-12.30pm**



## Homeopathy – One of the most used medicines in the world

**ilma Hynson**

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

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

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

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

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

**TUESDAY 16 AUGUST, 6.00-7.30pm**

## Supporting Kids and Parents



## Kids Can – Parents Can

**Jack L'Estrange**

Parents. Did you know?

**Kids Can** write, spell, read, and lots more. This message is for all parents, including those who see their kids struggling at school or those children with learning difficulties.

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

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

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

**FEE: \$35. PLEASE BOOK.**

**THURSDAY 28 JULY, 10.00-11.30am (3 weeks)**



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

**Tom Wixted**

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

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

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

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

**MONDAY 19 SEPTEMBER, 9.30am-12.30pm**

I used to think I was just a dog and I always looked up to humans as being so amazing.

But then I heard that we dogs have 50 times greater sense of smell and 40 times larger brain to

analyse smells, I realised we were pretty special!

Many humans are now walking up to our qualities. Actually they are beginning to wake up to lots of other things as well!





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



### A Course in Miracles

#### Discussion Group Members

More and more people are asking what this Course in Miracles is all about. It's a **remarkable home-study book now in many languages** published by Penguin and

claimed by many to have opened them to some **remarkable new personal and valuable insights**.

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

**FEE: \$5. BOOKING ESSENTIAL.**

**EVERY 2<sup>ND</sup> AND 4<sup>TH</sup> SUNDAY, 10.30am-12.30pm**



### Tuesday Evening Course in Miracles

#### Simon Jones

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

**FEE: \$5. Just come along.**

**EVERY TUESDAY, 7.00-9.00pm**



### KISS Brings Answers – Keep it SUPER Simple

#### Virginie Fortin

Are you looking to have more time in your life? Do you feel something is missing? Do you feel frustrated, misunderstood? Are you

doing everything for everybody except yourself?

If so, come along today and let's go back to 'Basics' together. I will introduce you to simple tools and tips to assist you to connect with yourself.

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

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

Here is a great opportunity to start anew, refreshed, revitalised and on the starting blocks for the rest of your life. See more on page 20.

**FEE: \$25 PLEASE BOOK**

**FRIDAY 22 JULY, 6.30-8.45pm**

**SATURDAY 27 AUGUST, 10.00am-12.15pm**

It's good to train our minds to see all crisis as good crisis offering us opportunities to discover new talents and new insights and expanded abilities.

## Journaling – A Key for Healthy Living

#### Vicki Bennett



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

Participants will walk away with an understanding of when, how and what journaling can be for them. They will learn about the many different types of journaling and **start practising their own style of journaling. See also page 20.**

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

**SATURDAY 27 AUGUST, 10.00am-12.30pm**

### Feng Shui – Home Harmony

#### Julia Ashfield



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

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

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

Julia will share much with you this morning.

**FEE: \$15. PLEASE BOOK.**

**MONDAY 27 JUNE, 10.00am-12.00pm**

**THURSDAY 28 JULY, 6.30-8.30pm**



### Nature Journaling for Connection and Self-Care

#### Bethan Burton

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

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

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

**SATURDAY 20 AUGUST, 2.00-4.30pm**

"When you first look in the mirror each day - do you smile or look for changes? It's a good idea to smile first."



## Challenges of Change – Using Adversity to Shift Old Patterns

**Vicki Bennett**



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

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

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

**SATURDAY 13 AUGUST, 10.00am-12.30pm**

## Writing YOUR Story

**Vicki Bennett**



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

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

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

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

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

**SATURDAY 2 JULY, 10.00am-3.00pm**

"When we give with joy and consistency, we may be surprised by all that is given to us by others but not necessarily and often not from those who we give to.

"Do you wake up in the morning excited by the thoughts of who you can help, cheer up, do something nice for or give hope to?

"We are here each day of our lives to explore and discover till the day we move on to explore other levels waiting for us.

## Communication – Relationships – Connecting and Intuition



### Insights and Overview of Compassionate Communication

**Cate Crombie**

**Don't underestimate this evening**; it is more than simply an introduction.

This valuable session will give you an understanding of a life and relationship-changing concept using ideas and approaches which are now **bringing profound benefits** to people in many countries.

Enjoy this evening and definitely read about the **Compassionate Communication weekend below**.

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

**WEDNESDAY 24 AUGUST, 7.00-9.30pm**



### Compassionate Communication (NVC Workshop) – making connections

**Cate Crombie**

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

**equally valued**.

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

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

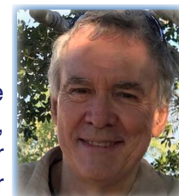
**FEE: \$195. BOOKING ESSENTIAL** with full fee.

**SATURDAY 25 & SUNDAY 26 JUNE, 9.30am-5.00pm**

**SATURDAY 10 & SUNDAY 11 SEPTEMBER, 9.30am-5.00pm**

## Love, Sex and Communication

**Dr Peter Howie**



This workshop is for people who would like to develop their capacity to discuss sex, pleasure and their erotic health with their significant others. It will make it possible for you to **engage in ongoing constructive and loving dialogues** that are, in most cases, long overdue.

It suits couples and individuals who would like to become proficient at discussing sex, eroticism, desire, yearning, touch, preferences, consent. The focus is not on how to have sex, but on how to have better conversations about sex, like the ones we use to discuss our day, our meals, our holidays, and the news.

**FEE: \$130. PLEASE BOOK.**

**TUESDAY 16 AUGUST, 6.30-8.45pm (4 week course)**

**More Communication – Relationships – Connecting and Intuition over page.**

"In the beginning the Maker said "let there be light" - Never forget you are one of those sparks of light! - Edgar Cayce

## Planetary Connections

*Julia Chai*

Chinese and Japanese tradition hold the human body as a micro universe which mirrors all the nine planets and the sun. Each planet is related directly to a function within our body, mind and emotional makeup. In Greek mythology the archetypes of the humans types are represented by the different planets.

Our mind **was born of the stars** our molecules contain star dust and each of us has a special affinity and perhaps a buried memory of living in different planetary realms.

Even though we are now here on Earth, we can use our cosmic interconnectivity to calibrate into the planets, frequencies and consciousness.

Doing so can possibly affect your energy levels and support you on your spiritual quest.

In this workshop Julia will take you through processes to **deepen your connection and experience of the planet**.

Please note this is not an Astrological workshop but a meaningful exploration. **See more on page 20.**

**FEE: \$35 PLEASE BOOK**

**SATURDAY 23 JULY, 2.00-5.00pm**



## 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. PLEASE BOOK.**

**SATURDAY 16 JULY, 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. PLEASE BOOK with a deposit of \$25.**

**SUNDAY 17 JULY, 9.30am-5.00pm**



## Merged Essence: A Mixed Circle for Women and Men

*Alexander Robey*

What a great opportunity to develop deeper listening, heartfelt authentic communication while being heard in an unique and profound way that so many that have **previously attended said they have not experienced before.**

A Circle is a space with meditation, connection and personal sharing around a set theme; facilitated to be authentic, emotionally safe and heart-felt. A mixed circle offers women a place to be heard by men without being fixed, dismissed or hurried. **It also offers a place to hear how men speak of their inner world.** For men, they share without the pretense of role of fixer, know it all or rescuer. It offers men the **opportunity to speak and be listened to.**

Facilitated by Alexander who combines his unique facilitation skills with men and women, to merge together a circle that is **respectful and loving with open communication.**

**FEE: By donation. PLEASE BOOK.**

**FRIDAY 22 JULY, 6.30-8.45pm**



## Love Has Many Faces – It's So Misunderstood

*Rod and Megan Middleton*

Love is the most used word universally.

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

**FEE: \$25 PLEASE BOOK**

**SATURDAY 20 AUGUST, 6.30-8.45pm**

## The Female Brain Navigating It and Staying Sane

*Leanne Boyd*

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

When women are overwhelmed anxious and emotionally bankrupt, they feel like crap.... And usually so does everyone else around them.

Leanne will explain this "mind" field so women can **easily understand themselves better** down to the cellular and epigenetic level and realise that are NOT going insane and "losing it".

This talk is also **great for every man** who wants to communicate better and understand the "puzzling" woman in his life. **See more on page 20.**

**FEE: \$35 PLEASE BOOK**

**SATURDAY 30 JULY, 10.00am-1.00pm**



"We have all been told not to get our knickers in a knot - But be kind and patient with yourselves. We can hear these words but it takes a lot of practice to keep those knickers unknotted. It's all about becoming increasingly more conscious each moment."

## 100 Keys to Love – Exploring Authentic Relationships

**Vicki Bennett**

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

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

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

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



## Singing and Chanting



### Mantras/Chanting and Meditation

**Rob and Angela**

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

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

**WEDNESDAY 29 JUNE, 6.00-7.30pm**

**WEDNESDAY 27 JULY, 6.00-7.30pm**

**WEDNESDAY 31 AUGUST, 6.00-7.30pm**

## Free Up and Open Up Your Voice - and really sing

**Rhonda Ohlson**

Would you like to **develop the confidence to stand up and speak out and sing out of yourself**? Are you held back by old fears and beliefs and can't seem to break free?

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

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

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

**SATURDAY 23 JULY, 9.30am-12.30pm**



## Film Sessions Entry to Films \$5

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

### I Can See Clearly Now

Dr Wayne Dwyer shares events from his life when he was a little boy in Detroit. The film provides an intimate glance at the life of an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers insight into how we can recognise the hand of the divine steering our individual course, helping us accomplish the mission we came here to fulfil.

**THURSDAY 7 JULY, 1.00-3.00pm.**

**FRIDAY 15 JULY, 6.00-8.00pm**

### Transforming Suffering Into Enlightenment

Dr Ian Gawler is well known for his books on Conquering Cancer and Meditation. In his 20s, Dr Gawler had his leg amputated because of cancer – then he developed cancer in several other parts of his body. He was told he had days to live. He made a remarkable recovery and has now inspired hundreds of thousands of people with his insight into our minds and bodies.

**THURSDAY 21 JULY, 1.00-3.30pm**

**FRIDAY 29 JULY, 6.00-8.35pm**

### This Changes Everything

Inspired by Naomi Klein's international non-fiction bestseller. Filmed over 211 days in nine countries and five continents over four years, **THIS CHANGES EVERYTHING** is an epic attempt to re-imagine the vast challenge of climate change. Interwoven with these stories of struggle is Klein's narration, connecting the carbon in the air with the economic system that put it there. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.

**THURSDAY 4 AUGUST, 1.00-2.30pm**

**FRIDAY 12 AUGUST, 6.00-7.45pm**

### The Mystery Of Consciousness

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

**THURSDAY 18 AUGUST, 1.00-2.30**

**FRIDAY 26 AUGUST, 6.00-7.30**

### You Can Heal Your Life

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

**THURSDAY 1 SEPTEMBER, 1.00-3.00pm**

**FRIDAY 9 SEPTEMBER, 6.00-8.00pm**



## Late Inclusions to Programme



### Book Launch – Super-Charged Freedom

#### Your Truth Will Set You Free

**Brett Scott**

Come and meet Brett Scott and be part of the launching of his great new book before he heads off to the USA to launch it there.

Brett is already an award winning, best selling author and mind set coach, a TEDx talk speaker and has helped hundreds of people turn their own dreams into reality, winning awards such as Emmy's, Rookie of the Year, Hollywood Music and Media and many more. Brett so loves knowing that he is making a difference in the world and it all started with himself.

Tonight, he will share many ideas and could well open new doors for you tonight as he tells you about his book.

**FEE: \$5. PLEASE BOOK - See also page 12**

**TUESDAY 28 JUNE, 7.00-8.30pm**



### Transforming Problems into Happiness

**Ven. Robina Courtin**

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

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

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

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

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

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

**FEE: \$30 for evening or \$50 for both sessions. BOOKING RECOMMENDED. See more on page 20.**

**WEDNESDAY 14 SEPTEMBER, 6.30-8.45pm**

**FRIDAY 16 SEPTEMBER, 6.30-8.45pm**

What an accommodating thing this thing called love can be - kindness, compassion, genuine forgiveness, giving support, encouragement, friendship and much more. Remember that love comes from the heart and so does courage.



### Painting With Acrylics - Sail Boat on the Ocean

**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 21 JULY, 10.00am-12.30pm (3 weeks)**



### My Rhythm

I was born with rhythm  
The right one for me

Those around had other thoughts  
And I began to be off key.

Now it wasn't really their fault  
They had parents too  
So as for knowing my rhythm  
They didn't have a clue.



So you see within me  
I truly have a beat  
It's not one you hear clearly  
But where all aspects of me meet.



People keep telling me  
How I should really be  
It's like putting me in a prison  
Instead of saying "You're free".

I've struggled all my life  
With anxiety, stress and fear  
Now with relaxation and listening  
My rhythm's coming clear.

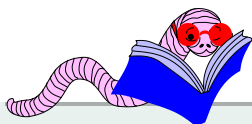
I'm hearing who I am  
Not some odd robot man  
But a living, loving human  
I hope you understand.



I now can hear my purpose  
Not what they told me I should be  
I'm getting clear direction  
My rhythm's set me free.

Lionel Fifield

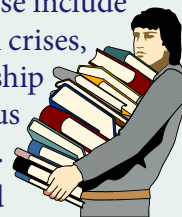
# Books – Books – and More Books – And More Welcome to our Shop



## What Wonderful Friends these Books can be

So many books are now being published as it seems that ever increasing numbers of people are reaching out to others and telling their stories of what they needed to work through themselves. These include loneliness, extreme fears, looking for meaning, feeling of having no value, insomnia, health crises, eating issues, loss of confidence, challenges with kids, ongoing sense of failure, relationship challenges and struggles with communication. - Yes, all these and dozens more aspects of us human beings on our journey through life with all its twists and turns and ups and downs.

We have many, many books here and always new ones coming in. Come in and browse and have a cuppa whilst you are here. There are times when we discount our stock by of 20% (see below). Don't forget too for those of you who still love CD's and DVD's we have many of these as well plus a great range of beautiful greeting cards, various products for good health and many lovely gifts.

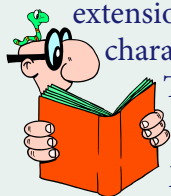


### Stress Relief for Men - *Jed Diamond, PhD*

This ground breaking practical guide for men and the women who love them offers dynamic solutions for treating common stress related conditions including depression, fatigue, chronic pain, sexual dysfunction, anger, irritability and marital conflict. Based on both ancient wisdom and cutting-edge science this book helps readers neutralise toxic stress and regain inner strength and inner power in their lives without talk therapy or drugs. According to preminent heart surgeon and author Mehmet Oz, MD, "the next big frontier in medicine is energy medicine." This book offers the most scientifically sound tools for energy medicine and applies them for the most pressing problems confronting men today.

### Love as a Way of Life - *Gary Chapman*

From the author of "The five love languages" this book explores the seven essential characteristics if you want to live a life of love - kindness, patience, forgiveness, humility, courtesy, giving and honesty. Each characteristic is delved into in its own chapter. At the beginning of each chapter is a personal quiz to self-assess how developed you are in the upcoming characteristic. This provides a wonderful opportunity to reflect on your personal relationship with these characteristics. At the end of each chapter there are extension personal reflection questions that you can use to deepen your understanding of the characteristic within yourself. This is followed by usable tips to employ these traits in your life. This is a wonderful, applicable book for cultivating more love within your life.



### Quiet the Mind - An illustrated guide on how to meditate - *Matthew Johnstone*

Matthew Johnstone's new book, a follow up to his best-selling Black Dog series is a simple, accessible step by step guide on how to meditate, stripping back the mystical concepts that often puts meditation in the too hard basket for many of us. This book utilises stunning illustrations to make meditation as easy as sitting down and simply focusing on the breath.

This beautiful guide will help you find the space and peace for a relaxing meditation. Practise every day **by doing nothing.**

### Manhood - *Steve Biddulph*

This is a great starting point for people wanting to dip their toe into the self-help world. A book written to the New Age man but beneficial to all genders as an exploration of relationships, friendships and how we show up in the world. The book centres around Mens Movement, the complementary other half of the womens' liberation movement, demonstrating the importance of empowering all people to be full, eauthentic beings. The book highlights the path to this is through strong role models and ocmunity.

## Discounts – Discounts – Discounts

Saturday 25 June to Saturday 16 July and Saturday 27 August to Saturday 10 September.  
20% Off all New Stock

## Health and Wellbeing – Elena Lymbery

We are so fortunate to have Elena playing a major role in several areas here at the Relaxation Centre. She has **so many beautiful personal qualities** and holds a **Master's Degree in Science**. Elena presents the very popular Sound Healing Course on Wednesdays and Saturdays and also now Women's Healing Circle plus Sound Healing for Kids and Parents.



She also presents every 2 weeks Health and Wellbeing group where she **shares valuable insights** into various life enhancing foods – foods that can be invaluable in our diet.

In each session there is a **group discussion**, participants watch a short video and **enjoy a highly nutritional smoothie** – See more pages 7 and 11

## Biodynamic Gardening and Farming – Is it our Future?



Have you heard of Biodynamic Gardening and Farming? Surprisingly large areas of Australia are now using this **quite extraordinary method** that requires **no chemicals, no fertilizers, no pesticides**. Yet the results can be quite astonishing.

When Peter Kearney presents his introductory session on Biodynamics, he shows a film made in India which highlights what a **miracle this method of growing can be**. As with other consciousness opening approaches, we as human beings are being led to new frontiers appropriate to this new era where we learn to **work with nature and the environment** rather than try to dominate it.

Peter is a leader in Biodynamics in Australia, having practiced it for many years himself and has taught thousands of others – come and find out so much more. **See more on Page 13.**

## Navigating the Female Brain – Leanne Boyd



We welcome Leanne Boyd for her **first talks here at the Relaxation Centre**. Leanne says her own journey of “deep internal struggle and stress” has led her to take charge of her own life, and help her to **motivate as many**

**women as possible**, showing them how their own unique female brilliance and inner wisdom, are keys to embracing confidence and personal fulfillment on the path of **success, freedom and happiness**.

Leanne will be presenting Staying Sane Navigating the Female Brain and she will also be offering another course **Stress and its Impact on Brain Architecture** see Page 16.

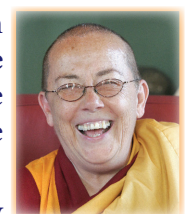
## Planetary Connections Workshop – Julia Chai



We are excited to have this brand new session at the Relaxation Centre highlighting our deep connection with the Planets in our Solar system. Apparently, Chinese and Japanese traditions hold **the human body as a micro universe** which mirrors all the nine planets and the sun. Each planet is related directly to a function within our body, mind and emotional makeup. In Greek mythology, the archetypes of the human psyche are represented by different planets. This is not an astrological workshop but more of an investigation into participants “**individual connection** and history with a specific planet”. **See more on Page 16.**

## Transforming Problems into Happiness – Ven Robina Courtin

Ven Robina Courtin is a must to come and hear. She was brought up in Melbourne and in her twenties she turned over every pebble in a search for what would give her a **true sense of peace and happiness**. Robina is so honest, and when she says **she has tried everything** she certainly did try everything!! But nothing gave her what she was looking for until she met the Buddhist teacher who became her mentor/guru.



Now Ven Robina is one of the most popular teachers in the Western World, and is Internationally known for her **remarkable energy, humour, directness, honesty and clarity**. She says we need to start with ourselves and delve deep into our hearts and become accountable for everything.

She will be with us on the 14th and 16th of September **see more Page 18.**