

# 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 8, 9, 10

**Motivation/  
Empowerment/ Health  
and Healing – Ageing**

On pages 10 - 13

**Supporting Kids &  
Parents**

On page 13, 14

**Creativity/Expressing  
From Within You/  
Nurturing Yourself/  
Opening New  
Possibilities**

On pages 14, 15, 16

**Communication/  
Relationships/  
Connecting/Intuition**

On page 16, 17

**Singing & Chanting**

On page 18

**Film Sessions**

On page 18

**From Our Shop**

On page 19

**Other Information**

On page 20

## Finding Freedom In Vulnerability

From early in our lives, **we learn to put up defences**. Many of these we have learnt from our parents or inherited them in some other way. We feel the importance of **defending ourselves and make sure we protect ourselves** as much as we can.

So much of this is natural, as with any other creature. We move into fight/flight or freeze. We do not want others **to see our weaknesses or our fears**. We want to appear to be in charge of the situation and in many ways within our families not to let the side down.

We're often told **we should appear this way or that way**, we should be nice or be strong. Our lives gradually become an accumulation of shoulds and oughts, false façades but we become so practiced we do it without even realising **how false they are**, and all importantly how much we are cutting ourselves off from our true self with all its innate qualities, uniqueness, truth, strength and so much more.

**Making ourselves vulnerable** or allowing ourselves to be vulnerable is no easy matter because we want to feel safe, not wrong, judged or thought to be less than the masks we have lived behind.

It's interesting that in the early days of theatre actors used to hold up face masks **depicting the face of the character they were acting out**. The mask was known as the persona. It is from this that the word 'personality' arose. It's so good to reflect on our mask and who we are, **who are the actors behind it**.

Is your persona **depicting a person of power**, of fear, of one who's honest and all importantly all-together? Or is your mask indicating powerlessness, being hard done by or not understood? Is it one who has it tougher than anybody else despite all you believe you've done for others?

What a **relief if we can begin to put those masks down** and begin to allow the light in to who we really are. The more we let that light in the more we can be in touch with our true self, our intuitive wisdom. We don't have to put so much energy into performing and acting out a part or proving ourselves constantly. What is there to prove? This is truly letting in the light and feeling lighter. Of course, this is all about stepping through a doorway into new levels of freedom, and even what some people call being reborn. However old we are each day can become a new adventure to be looked forward to, full of exploration and wide-ranging possibilities.

I always think it's good to remember that we were born, **I believe, to express who we are**. Unfortunately, all too early we can be conditioned to suppress, repress and depress. No wonder so many of us have trouble saying what we feel, speaking up for ourselves, being honest about our fears or our negative comparisons or simply particularly for men being able to cry.

**So onwards to renewed freedom**, onwards to being able to embrace who each of us are, and **onwards to embracing vulnerability** and so increasingly we can live more fully in each and **every moment of our lives**.

— *Lionel Fifield*

### Roslyn Saunders



**Freedom From  
Co-Dependency, P 7**

### Tom Wixted



**Your Inner Strength,  
P 8  
Anxiety & Stress, P 5**

### Skye Fitzpatrick



**Girl Talk (8-15yrs),  
P 14**

### Gavin Blakey



**Gaining Confidence  
in The New Year, P 7**

### Margo Knox



**The Ageing Process –  
All the Possibilities,  
P 11**

**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. Our courses are offered 7 days a week. Times vary according to our programme of events. Apart from public holidays we are open for your calls and visits from 9am-1.00pm on Mondays and from 9am-7.30pm on Tuesday to Friday and 9am-5pm on Saturday – for other times telephone us before coming.

**The Centre will re-open after our annual holidays at 9am Tuesday 25 January 2022.**

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)



## Always Welcome

**D**are I wish you a Happy New Year? What would that like for you?

Some of you are struggling with health, some with family situations, some of you have lost your jobs recently, and some of you may be wondering how you can make it through 2022.

On the other hand, many things may be going well for you – at home, at work, health regained, and things are looking good.

Life is full of ups and downs, challenges, changes to embrace and always things to learn from. We have seen many people over the years quite miraculously re-embrace their lives in new ways that may never have seemed possible before.

**Often as we search for answers, we see things from new perspectives.** Our outer lives tend to reflect what is happening inside. Sometimes we have to push through our fears and comforts and embrace new levels of courage, strength and power. **Often this means letting go and opening up our minds and hearts in new ways.**

We hope in 2022 you discover much of true significance, meaning and fulfillment for you.

*Lionel Fifield*

## Autism, ADHD and ADD

**W**hen Dr Heather Way comes to the Relaxation Centre, we want to shout it from the roof tops. Autism, ADHD and ADD seem to be steeply on the rise and here in Brisbane we have a world leader in the treatment of people with these disabilities. What Dr Heather offers can be relevant for people of all ages. So much of her work is with young people, but for instance, she also advises a home for adult people with Autism in the USA.

We hope Dr Way can continue to come to us from time to time but the calls on her time for speaking to medical groups around the world grows continually. See more on page 10.



## Our Team of Volunteers

**M**any of you who are regulars to the Relaxation Centre will know of our wonderful team of friendly welcoming volunteers in Reception, Shop and every other area. They are volunteers of all ages from early 20s to well into retirement years.

It always has been and is now a wonderful team – great friendships, a lot of mutual support and sharing of ideas, information and life-skills.

If you'd like to know more then come to one of the following Information Sessions. Please call and book yourself in. Dates as follows.

**Saturday 29 January, 2.00pm; Tuesday 15 February, 6.30pm; Tuesday 15 March, 1.00pm; Saturday 2 April, 12.00noon.**

## Enjoy Our Programme

We hope you like our Programme  
Put together with love and care  
Ideas to inspire you  
Some of our courses quite rare.

Getting to the date of printing  
Can be days full of stress  
Making sure all is in place  
And we're here doing our best.

Lots of thoughts are added  
Popped in here and there  
All to have you questioning  
And perhaps to share elsewhere.

About 250 editions have been printed  
Opening possibilities and minds  
Much better than hiding true gems  
It's time to pull up the blinds.



## What's in These Courses?

### A Very Special Morning

**L**ionel – once a year loves welcoming you to a **special free morning** to come and hear from twelve of our presenters speaking of their courses and **giving all sorts of ideas and interesting insights** into their areas of expertise.

Participants often say they go away with sheets and sheets of notes, lots to think about and definitely have the names of the speakers they really want to hear more from.

And it's all free – please call and let us know you're coming. **These are wonderful mornings** so don't miss this one as it won't be repeated again in 2022.

**SATURDAY 5 FEBRUARY, 10.00am-1.30pm**

## How to Meet Your Needs from Within – Using words, colour, sound, imagery

**W**e welcome Susanne Engelhard for her first presentation here at the Relaxation Centre. This course offers so much and can open many doors. You will discover for yourself how transformational her creative ideas can be. See page 15, Saturday 2 April. This is an all-day course.



They say you can't  
teach an old  
dog new tricks!  
You would be  
amazed at some  
of the things  
I've discovered.  
there are no  
limits on this old dog Teh  
Heh!



## Where Are We?

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



# Courses in Date Order

## Ongoing Weekly Sessions

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

### Mondays

Deep Relaxation ..... P 5

### Tuesdays

Tuesday Evening Course in Miracles..... P 14

Pilates For Everyone ..... P 9

Cancer – A very supportive weekly session ..... P10

Healing Meditation – Relax, Visualise and Heal ..... P 6

Feel Calm Yoga ..... P 9

Yoga for Beginners ..... P 9

Tai Chi and KiGong - A Gentle Introduction ..... P 9

### Wednesdays

Precision Yoga and Pranayama ..... P 9

Deep Relaxation ..... P 5

### Thursdays

Freeing Yourself With Feldenkrais ..... P 8

### Fridays

Deep Relaxation ..... P 5

What is Tai Chi ..... P 8

What is KiGong ..... P 8

### Sundays

Course in Miracles – Discussion Group

Every 2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month ..... P 14

## January

### Thursday 27 January

You and Your Addictions – Who is the Boss? ..... P 8

Film: A New Earth – Awakening to Your Life's Purpose (2) ..... P 18

### Friday 28 January

Film: A New Earth – Awakening to Your Life's Purpose (2) ..... P 18

### Saturday 29 January

Unlock Your Future – Feeling free to move on ..... P 13

Volunteer Information Session ..... P 2

## February

### Tuesday 1 February

Resetting Myself ..... P 6

### Wednesday 2 February

Qi Gong for a Healthy Body and Peaceful Mind ..... P 10

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

### Thursday 3 February

Film: Marshall Rosenberg (NVC) An Interview ..... P 18

The Enneagram – Introduction ..... P 16

### Friday 4 February

Film: Marshall Rosenberg (NVC) An Interview ..... P 18

### Saturday 5 February

Building Children's Emotional Resilience ..... P 13

Preview of Courses – A very special morning ..... P 2

Writing YOUR Story ..... P 16

### Tuesday 8 February

Insights and Overview of Compassionate Communication ... P 17

### Thursday 10 February

Health and Wellbeing Support Group ..... P 12

Film: Proven: Healing Breakthroughs **Episode 3** ..... P 18

Getting to Sleep Staying Asleep ..... P 6

The Enneagram – Invaluable Personality Insights (9 weeks) ... P 16

### Friday 11 February

Proven: Healing Breakthroughs Episode 3 ..... P 18

Gaining Confidence in the New Year ..... P 7

### Saturday 12 February

Success in Relationship and Partnership ..... P 8

Boot Camp for Mental Fitness ..... P 5

Nature Journaling for Connection and Self-Care ..... P 16

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

Dyslexia, Depression and Vibrational Medicine ..... P 11

### Sunday 13 February

Meditation and Sound Healing ..... P 6

### Tuesday 15 February

Volunteer Information Session ..... P 2

Co-Dependency – The Mother of All Addictions ..... P 7

### Wednesday 16 February

Shine Your Light ..... P 7

### Thursday 17 February

Film: The Healing Field–Exploring Energy Consciousness .... P 18

Mindset – May the Forces in Your Life be Balanced ..... P 15

The Art of Mindful Eating ..... P 13

### Friday 18 February

Film: The Healing Field–Exploring Energy Consciousness .... P 18

Intuition, Gut Feeling and My Inner Voice ..... P 15

### Saturday 19 February

Self-Healing: A Metamorphosis..... P 12

Challenges of Change – Using Adversity to Shift Old Patterns P 16

Love in Action – What Is It? ..... P 17

Shine A Light on Your Life ..... P 12

Living Authentically ..... P 8

### Wednesday 23 February

Biodynamic Farming and Gardening–A Way for the Future .. P 11

Mantras, Chanting and Meditation ..... P 18

### Thursday 24 February

Health and Wellbeing Support Group ..... P 12

You and Your Addictions – Who Is The Boss? ..... P 8

Chinese Brush Painting ..... P 14

Film: Seven Spiritual Laws of Success ..... P 18

### Friday 25 February

Film: Seven Spiritual Laws of Success ..... P 18

Merged Essence: A Mixed Circle for Women and Men ..... P 17

### Saturday 26

Compassionate Communication (NVC weekend workshop) . P 17

The Secrets of Breathing – Opening Many Doors ..... P 6

Anxiety and Stress – Finding answers ..... P 5

Flourish At Work ..... P 7

## March

### Wednesday 2 March

Qi Gong for a Healthy Body and Peaceful Mind ..... P 10

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

### Thursday 3 March

Kids Can – Parents Can ..... P 14

Film: A New Earth: Awakening to Your Life's Purpose **Episode 3** .... P 18

### Friday 4 March

Active Gratitude – focusing on what really matters to you .... P 10

Film: A New Earth: Awakening to Your Life's Purpose **Episode 3** .... P 18

### Saturday 5 March

Exploring Hope – Overcoming Anxiety ..... P 6

Loving What Is – The Work of Byron Katie ..... P 17

Energy Self-Healing ..... P 11

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

### Sunday 6 March

A Bridge to New Possibilities ..... P 10

Free Yourself in Relationships – Work of Byron Katie ..... P 17

**Continued on Page 4**

## Courses in Date Order (Continued)

### Monday 7 March

Free Yourself With Feldenkrais 4-Week Course ..... P 9

### Tuesday 8 March

Food Intolerances, Gut Health and More ..... P 12

### Thursday 10 March

Health and Wellbeing Support Group ..... P 12

Film: Proven Healing Breakthroughs **Episode 4** ..... P 18

### Friday 11 March

Film: Proven Healing Breakthroughs **Episode 4** ..... P 18

### Saturday 12 March

Introduction to Reflexology ..... P 12

Calling All Perfectionists ..... P 5

Autism-ADHD and ADD – Recovery is Possible ..... P 10

### Tuesday 15 March

Volunteer Information Session ..... P 2

### Wednesday 16 March

Shine Your Light ..... P 7

### Thursday 17 March

The Ageing Process – Exploring the Possibilities ..... P 11

Film: The Power of Intent ..... P 18

### Friday 18 March

Film: The Power of Intent ..... P 18

50 Years of Helping Thousands to Heal ..... P 10

### Saturday 19 March

Journaling – A Key for Healthy Living ..... P 15

The Heart – Doorway to our Deepest Qualities ..... P 12

Your Inner Power and Strength is Real ..... P 8

### Wednesday 23 March

Mantras, Chanting and Meditation ..... P 18

### Thursday 24 March

Health and Wellbeing Support Group ..... P 12

### Saturday 26 March

Dowsing For Answers ..... P 11

Girl Talk (for girls 8-15years) ..... P 14

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

### Sunday 27 March

Depression – A Different and Human Approach ..... P 5

Meditation and Sound Healing ..... P 6

### Tuesday 29 March

Homeopathy – One of the most used medicines ..... P 11

### Wednesday 30 March

Qi Gong for a Healthy Body and Peaceful Mind ..... P 10

### Thursday 31 March

You and Your Addictions – Who is the Boss? ..... P 8

Film: You Can Heal Your Life ..... P 18

## April

### Friday 1 April

Film: You Can Heal Your Life ..... P 18

### Saturday 2 April

How to Meet Your Needs From Within ..... P 15

Our Lives – A New Chapter Every 7 Years ..... P 13

Volunteer Information Session ..... P 2

### Monday 4 April

Rock and Water for boys and girls (8-12years) ..... P 14

### Tuesday 5 April

It's Now Time For YOU to Step Up ..... P 8

### Wednesday 6 April

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

### Thursday 7 April

Health and Wellbeing Support Group ..... P 7

Picture Planning ..... P 15

Film: A New Earth – Awakening to Your Life Purpose **Episode 4** ... P 18

### Friday 8 April

Film: A New Earth – Awakening to Your Life Purpose **Episode 4** ... P 18

### Saturday 9 April

Nature Journaling for Connection and Self-Care ..... P 16

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

### Thursday 14 April

Film: Hope For Humanity **Parts 1 and 2** ..... P 18

### Friday 15 April to Monday 18 April

Closed for Easter

### Tuesday 19 April

Reclaim Your Life ..... P 13

### Wednesday 20 April

Mantras, Chanting and Meditation ..... P 18

Shine Your Light ..... P 7

### Thursday 21 April

Health and Wellbeing Support Group ..... P 12

### Saturday 23 April

Introduction to Astrology ..... P 15

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

### Sunday 24 April

Meditation and Sound Healing ..... P 6

### Monday 25

Closed for ANZAC Day

### Thursday 28 April

You and Your Addictions – Who is the Boss? ..... P 8

## Sneaky Thing: This Thing Called Fear!

What an incredible relief when we can get to the point where we really don't care what others think because we genuinely feel good about ourselves and are inwardly secure of who we are. Could that be actually loving ourselves and approving of ourselves?

I wonder how many people get to that happy relaxed state of mind in our society? Unfortunately, behind so many of our façades and hopes and reactions are fears of what we might lose. But does it all come back to what we are unconsciously holding on to for our security of mind. When we actually look into this with true honesty with ourselves, it's scary how many things jump out at us and we become more aware of. So is letting go the ultimate thing we need to work on? Which comes first, courage or letting go, or is it embracing inner security and self-esteem and letting go of fears? Here at the Relaxation Centre so many of our wonderful courses are coming from all sorts of angles discovered by or developed by the presenters to help us back to our core strength and our true self – and our inner sense of safety. Being US and content with us and really feeling at home with us is perhaps the essence of all true spiritual paths based on love and truth.



# January/February/March/early April 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

### Anxiety and Stress – Finding Answers

Lionel Fifield (left) and Tom Wixted (below)



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

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

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

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

**SATURDAY 26 FEBRUARY, 1.00-5.00pm**



### Boot Camp for Mental Fitness

Hilda Brunckhorst



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

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

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

**SATURDAY 12 FEBRUARY 10.00am-1.00pm**

Treasure all the gifts of freedom, expression, movement and creativity you have. Life is full of stories about how quickly these can change. But whatever happens there are always gifts to be explored. Changes are often ways of getting to know ourselves in a different and often deeper way. We're still here so even live more in each moment.

### 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 12 MARCH, 1.00-4.00pm**

### Depression – A Different and Human Approach

Dr Winfried Sedhoff



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

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

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

FEE: \$45 (Repeaters \$25). **BOOKING ESSENTIAL.**

**SUNDAY 27 MARCH, 10.00am-1.00pm**

### Deep Relaxation

Annette Henry, Sandra Ballinger and Monnie Hooper



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

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

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

**BOOKING ESSENTIAL.**

**MONDAYS, 1-1.40pm from 31/1/22**

**WEDNESDAYS, 1-1.40pm from 2/2/22**

**FRIDAYS, 1-1.40pm from 28/1/22**

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

More Stress  
Anxiety,  
Depression,  
Meditation  
over page.

## 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. **See also page 20.**

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

**SATURDAY 5 MARCH, 10.00am-12.30pm**

## Getting to Sleep – Staying Asleep

**Lionel Fifield**



**What a gift to give yourself.** Whether you find yourself unable to sleep when you go to bed, or going to sleep quickly, but waking at 1 or 2am and 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. BOOKING ESSENTIAL.**

**THURSDAY 10 FEBRUARY, 5.30-7.30pm**

## Sleep Book Launch

Yes, it's here – Lionel Fifield's book entitled *How to Get to Sleep – How to Get Back to Sleep*

Lionel will be giving a great range of ideas in regard to sleep this evening and officially launching his new book **packed with ideas, techniques and encouragement**.

Tonight, you can buy the book for a discounted price of \$15.

## The Secrets of Breathing – Opening Many Doors

**Julia Chai**



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

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

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

**SATURDAY 26 FEBRUARY, 9.30am-12.30pm**

Every day our minds can think odd thoughts and even thoughts that seem crazy to us. Remember they are simply thoughts and it's the odd ones that show us that we are simply human beings.

## 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. BOOKING ESSENTIAL.**

**EVERY TUESDAY, 12.30-1.00pm**

## Meditation and Sound Healing

**Jeffrey Hodges and Elena Lymbery**



Many people struggle with methods of meditation that often may not be the right ones for them or suit them. **Come and find out and test out a range of approaches with Jeffrey and Elena.**

These include Yoga Asanas, Breathing, Chanting, Mindfulness, Chi Gong, Stillness, Silence, Sound and Surrender. Here is an opportunity to quieten the internal chatter and feel the peace of 'Being'.

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

**SUNDAY 13 FEBRUARY, 9.45-1.00pm**

**SUNDAY 27 MARCH, 9.45-1.00pm**

**SUNDAY 24 APRIL, 9.45-1.00pm**

## Resetting Myself

**Alexander Robey**



Do you need to reset yourself? **Do you need to set yourself ...** for the endless possibilities, with purposeful vision and all the challenges the year in front can hold?

Don't wait for people or circumstances to change, set in motion **a path that is clear and meaningful for you**. To evaluate what and whom is important for me? What is happening for me? What do I yearn for? What healthy practice can I install in my everyday life?

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

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

**TUESDAY 1 FEBRUARY, 6.30-8.45pm**

**More Stress Anxiety, Depression, Meditation over page.**

In an era, such as now, when we're hearing Covid news being pounded out day after day, hour after hour, our challenges are clear – we need to retain an open mind and not become dogmatic for or against other people being vaccinated.

As with anything we need to honour and respect other people's decisions and choices. A divided society can be self-destructive and full of fear and insecurity, feelings of rejection, loneliness and huge anxiety.



## Sound Healing – Meditation/Relaxation

*Elena Lymbery*

Come and **experience the wonders of sound**. People have been **using sound in many ways for centuries**. Every culture has

its own instrument and a particular kind of song.

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

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

**FEE: \$15. BOOKING ESSENTIAL.**

### MID-WEEK SESSIONS

**WEDNESDAY 2 FEBRUARY**, 6.30-7.45pm

**WEDNESDAY 2 MARCH**, 6.30-7.45pm

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

### WEEKEND SESSIONS:

**SATURDAY 12 FEBRUARY**, 2.00-3.15pm

**SATURDAY 5 MARCH**, 2.00-3.15pm

**SATURDAY 26 MARCH**, 2.00-3.15pm

**SATURDAY 9 APRIL**, 2.00-3.15pm

**SATURDAY 23 APRIL**, 2.00-3.15pm

## Shine Your Light

*Jeffrey Hodges and Elena Lymbery*

Researchers at the university of Kassel have shown that an average person emits 20 photons of light per second, but someone who meditates on their heart center and sends love and light to others emits an amazing 100,000 photons per second. When these photons are **infused with loving and healing intent**, their frequency and vibration increase to the point where they can literally **change matter, heal disease, and transform negative events**.

Join Jeffrey and Elena to shine your light with **an hour of light yoga and meditation** and concluding with **50 minutes of sound healing**.

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

**WEDNESDAY 16 FEBRUARY**, 6.45-8.45pm

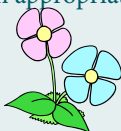
**WEDNESDAY 16 MARCH**, 6.45-8.45pm

**WEDNESDAY 20 APRIL**, 6.45-8.45pm



## Being Listened To and Encouraged

If you're going through a stressful time Lionel Fifield is always happy to take your call or organise a time to see you when possible. This may be to gain some ideas on what might help you and could include suggestions of which course or courses may be most suitable for you. Equally if you wish to participate in a course but the fee is currently out of your reach tell Lionel and he will organise an appropriate fee for you. Call Lionel on 07 3856 3733.



## Building Confidence and Determination – Overcoming Fears and Addictions

### 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 15 FEBRUARY**, 6.30-8.00pm (**3 weeks**) with option for further 3 weeks)



### Flourish At Work

*Paula Wilson*

There are a myriad of things that **get in the way of us flourishing at work** – and it can cause us enormous stress and take a huge toll on our mind, body and emotions, breaking

down health and wellbeing at all levels.

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

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

**FEE: \$45. PLEASE BOOK.**

**SATURDAY 26 FEBRUARY**, 1.30-5.00pm

### Gaining Confidence in This New Year

*Gavin Blakey*



We often intend to do something but don't quite get there.

What a tremendous benefit it is to build our confidence in a range of areas. How good to reduce these fears that can be so eroding.

Gavin Blakey has assisted many hundreds of people to face those fears of standing up in front of groups of people and sharing their thoughts, their humour, their passions and their experiences. This can be a huge part of building our confidence as it extends in many areas of our lives.

So come along this evening – take some very positive small steps in that right direction where the benefits can often be much, much more than we can ever imagine.

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

**FRIDAY 11 FEBRUARY**, 6.00-8.00pm

**Building Confidence and Determination – Overcoming Fears and Addictions continued over page.**

What's new about the New Year if you don't change anything about you from the previous year?



## Living Authentically

**Alexander Robey**

Are you being yourself without pretence or apology, saying what you mean and doing what you say? Are you caught in an exhausting role that just isn't you anymore and **pulls you away from living your best life?** Are you placating to the needs of others, giving lip service, resentful doing more and guilty doing less; yet unappreciated and lacking acknowledgement? Can you confidently speak for yourself, or make concessions to be heard, or pretend about how you are really feeling: Could this be you?

Delve into what it means for you to be authentic. This workshop offers **insights and strategies to assist regain your zest for life and authentic self.**

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

**SATURDAY 19 FEBRUARY, 2.00-4.30pm**



## Success in Relationship and Partnership

**Eliane Mathiuet**

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

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

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

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

**FEE: \$35 (all materials supplied). BOOKING ESSENTIAL.**

**SATURDAY 12 FEBRUARY, 10.00am-1.00pm**

## It's Now Time for YOU to Step Up

**Louisa Sgarbossa**

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

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

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

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

**TUESDAY 5 APRIL, 6.00-8.00pm**



## Your Inner Power and Strength Is Real

**Tom Wixted**

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

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

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

**SATURDAY 19 MARCH, 1.00-5.00pm**

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

**Ian Ratcliffe**

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

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

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

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

**THURSDAY 27 JANUARY, 12.00-1.30pm**

**THURSDAY 24 FEBRUARY, 12.00-1.30pm**

**THURSDAY 31 MARCH, 12.00-1.30pm**

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



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



## Freeing Yourself With Feldenkrais

**Rita Ryan**

**Dr Moshe Feldenkrais** was a great pioneer and researcher who developed many **remarkably simple, gentle movements** to benefit those who could not bend or move

with ease. This is something you need to experience yourself. This wonderful process has brought about quite miraculous changes for numerous people.

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

**BOOKING ESSENTIAL.**

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

**EVERY THURSDAY, 10.00-11.00am from 27 January 2022**

**More Movement, Yoga, KiGong, Tai Chi, etc. over page.**

One of the greatest gifts to yourself and to so many others is being able to observe and reflect to other people the qualities you see in them. A great little phrase to remember is praise increases and condemnation decreases.

Everything in life comes and goes. Nothing stays the same.



## 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.

**BOOKING ESSENTIAL. FEE:** \$14 per session (\$98 for 8 sessions).

**EVERY FRIDAY FROM 28 JANUARY, 11.30am-12.30pm**

**Except Public Holidays.**



## What is KiGong?

**Paul Jones** (see above and below)

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.

**BOOKING ESSENTIAL.**

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

**EVERY FRIDAY FROM 28 JANUARY, 12.35-1.35pm**

**Except on Public Holidays.**

## 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 7 MARCH, 10.00-11.00am (4 weeks)**



## Tai Chi and KiGong – A gentle Introduction

**Paul Jones**

Paul is offering a rare combination of two of his great skills, Tai Chi and KiGong.

Here is an opportunity to gently stretch your body and build functional mobility. You will be assisting your immune system and circulation and feel greater inner strength.

Paul will include breathing techniques and meditation. Yes, here is a lovely session to **feel more peaceful within yourself.**

**FEE:** \$14. **PLEASE BOOK.**

**EVERY TUESDAY from 25 JANUARY, 7.00-8.15pm**



The best relationships in life are a very, very good friends.

## 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 from 25 JANUARY, 11.15am-12.15pm**



## Precision Yoga & Pranayama

**Jeffrey Hodges**

Jeffrey will lead a moderate level yoga session with a flowing sequence of precise asanas to mobilise and activate your body; pranayama techniques to train your breath and energise your life force; and meditation

to calm and focus your mind and emotions.

Personal tuition with precise attention to detail. Participants **MUST** bring their own water bottle, yoga mat, cushion and blanket. **LATE COMERS WILL NOT BE ADMITTED** after the class has started.

**FEE:** \$12. **PLEASE BOOK.**

**EVERY WEDNESDAY, 9.20-10.20am from 2 FEBRUARY**

## 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 from 1 FEBRUARY, 5.45-6.55pm**



## Pilates for Everyone

**Lorraine Datson**

"How would you like to stand taller, **feel stronger, feel fitter?** Come and join me for 50 minutes of Pilates – **the perfect way to start the day.**" Lorraine is a **Certified Pilates instructor**. She is very passionate about Pilates and loves nothing more than to share her knowledge and experience with others.

Our Pilates classes are **suitable for all age groups and fitness levels**. The classes start with a gentle warm-up and become more challenging as the class progresses. Participants are shown different options for each exercise to enable them to work at their own level whether **experienced or a beginner**. You will leave the class feeling wonderfully mentally and physically challenged and, at the same time, totally relaxed.

**Please bring mat or towel to lie on.**

**BOOKING ESSENTIAL.**

**FEE:** \$12 per session or \$44 for 4 sessions.

**EVERY TUESDAY, 8.00-8.50am from 1 FEBRUARY**

More Movement  
classes over  
page.

## **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 2 FEBRUARY, 10.00-11.15am (4 weeks)**

**WEDNESDAY 2 MARCH, 10.00-11.15am (4 weeks)**

**WEDNESDAY 30 MARCH, 10.00-11.15am (4 weeks)**

**FEE:** \$12. **PLEASE BOOK.**

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

### **Autism – ADHD and ADD – Recovery is Possible – A session full of hope**

**Dr Heather Way**

Autism rates are **skyrocketing**. Dr Way has two children of her own on the autism spectrum who have **recovered using her own science-based protocol**. We know that autism is caused by genetic predispositions combined with environmental triggers.



Dr Way works with many, many children with autism, ADHD and ADD and much more. She is the head researcher for a number of world-leading Genetics and Microbiome companies working on autism particularly. Before Covid she often went overseas and interstate to speak at medical and scientific conferences. **For the past year she has been addressing such groups by Zoom.**

Dr Way has some **invaluable advice and insights** and is certainly **inspirational to listen to**. So come and **hear what can be done** to help your child reach their full potential.

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

**SATURDAY 12 MARCH, 2.00-5.00pm**

### **Cancer – A very supportive weekly session**

**Michael Dunn**

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



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

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

**FEE per session:** \$12 (\$18 couple). **BOOKING ESSENTIAL.**

**EVERY TUESDAY, 10.45am-12.00pm from 8 FEBRUARY**

## **50 Years of Helping Thousands to Heal**

**Dr John and Jeanie Ryan**

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



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

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

Dr John comes from a family of doctors and has just retired after 50 of practice. Jeanie has a lifetime of health service as a nurse and a dietitian. **Don't miss this great opportunity.**

The book packed with information will be available to those who come tonight at a discounted price of \$30.

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

**FRIDAY 18 MARCH, 6.30-8.45pm**

### **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. **BOOKING ESSENTIAL.**

**SUNDAY 6 MARCH, 2.30-4.30pm**

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

**Andrew Greentree**



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

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

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

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

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

**FRIDAY 4 MARCH, 6.00-8.00pm (2 weeks)**

More Motivation,  
Health, Healing,  
Ageing, etc. over  
page.





## The Ageing Process – Exploring the Possibilities.

*Margo Knox*

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

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

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

**THURSDAY 17 MARCH, 10.00am-1.30pm**

## Dowsing For Answers

*Rod and Megan Middleton*

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

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

**SATURDAY 26 MARCH, 10.00am-12.30pm.**



## 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. BOOKING ESSENTIAL.**

**SATURDAY 5 MARCH, 1.30-4.30pm**

Enjoy rude people as an opportunity to explore your reactions. As with all aspects of our human journeys we need to keep exploring and keep finding and discovering everything we can do to find ultimate freedom from reaction.

## Biodynamic Gardening and Farming – A Way For The Future

*Peter Kearney*



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

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

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

**WEDNESDAY 23 FEBRUARY, 7.00-9.00pm**



## 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 29 MARCH, 6.00-7.30pm**

## Dyslexia, Depression and Vibrational Medicine

*Margaret Bridgeford*



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

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

**Join Margaret Bridgeford**, a teacher and practitioner of vibrational medicine and learn how the **gentle use of sound frequencies** can improve or reverse the dyslexic condition. Also, it can **release locked up energy** from old thought patterns or experiences **to relieve depression** and improve concentration and decision making. Margaret is the author of 'Eat ... Think ... Heal...'. **See also page 20.**

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

**SATURDAY 12 FEBRUARY, 2.00-4.30pm**

More Motivation,  
Health, Healing, etc.  
over page.

## Discounts – Discounts – Discounts

Yes, 20% discount off all new items in our Shop, but not off our very low price, often wonderful range of second-hand books. **Tuesday 25 January to Wednesday 16 February and Saturday 19 March to Good Friday.**





## Food Intolerances, Gut Health and More

**Margaret Bridgeford**

Food intolerances, gut health, environmental triggers and illness is the full theme of today's insightful session. 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.

**See more on page 20.**

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

**TUESDAY 8 MARCH, 6.00-8.30pm**

## 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. BOOKING ESSENTIAL.**

**SATURDAY 12 MARCH, 9.30-1.00pm**



## Health and Wellbeing Support Group

**Elena Lymbery**

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

**FEE: \$12. BOOKING ESSENTIAL.**

**SESSIONS: 11.00am-1.00pm**

**THURSDAYS – 10 and 24 FEBRUARY – 10 and 24 MARCH – 7 and 21 APRIL.**

I have learnt a lot about humans – there are some you can't make laugh or stop sulking. I think this is the way they try to keep control. What is lacking in them that they would want to have control? Very sad too, that it becomes such a habit that they can't even see what they are doing.



## The Heart – Doorway to Health and Higher Consciousness



**Tony Petcopoulos and Nicky Bassett**

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

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

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

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

**FEE: \$35. BOOKING ESSENTIAL. Bring own lunch.**

**SATURDAY 19 MARCH, 10.00am-3.00pm**

## 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 session with Rod is always appreciative of the experience.

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

**SATURDAY 19 FEBRUARY, 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. BOOKING ESSENTIAL.**

**SATURDAY 19 FEBRUARY, 9.30am-1.30pm**



**More Motivation, Health etc. over page.**

To finish a job with all the satisfaction that this brings – we must start.

## 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 of Emotional Freedom Techniques (aka tapping), **a highly effective evidenced 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. **See also page 20.**

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

**THURSDAY 17 FEBRUARY, 6.00-8.15pm (3 weeks)**



## 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

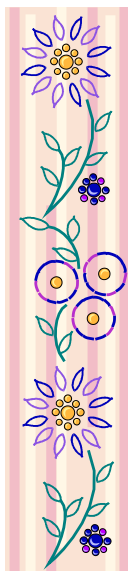
why this is all happening to us.

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

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

**SATURDAY 2 APRIL, 10.00am-1.00pm**



We came into life  
Journey unknown  
We aim to make sense  
Who can we phone?  
  
Do we really know more?  
Are we prepared and ready?  
The ship seems to be rocking  
But inside we're steady.  
  
Confusion all round us  
Lots of opinions shared  
It's not words we want  
It's love freely shared.  
  
So do we spend years  
Unveiling our story?  
Exploring what's inside us  
Being fulfilled and not sorry.



## Unlock Your Future – Feeling free to move on

**Rod and Megan Middleton**

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

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

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

**29 JANUARY, 10.00am-12.30pm**



## Reclaim Your Life

**Joan Wilson-Jones**

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

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

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

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

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

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



## Supporting Kids and Parents

## Building Children's Emotional Resilience

**Alexander Robey**

This is a workshop for parents and those who work with children; to **strengthen and enhance** a child's emotional resilience through a framework that guides this important developmental area. If a child is struggling to express emotions, or is expressing in reactive outbursts, is withdrawn, doesn't understand why they feel a particular way, or perhaps unsure in their interaction with others, **be confident to guide your child and offer strategies from this workshop** offered by Alexander. It can support you to understand your child's emotional position and how to bring about wellbeing, confidence, a feeling of calm and a sense of control.

Alexander will guide you through 7 aspects of understanding emotions, develop healthy coping strategies to everyday occurrences and provide approaches to prevent adverse reactions to others, situations and the inner chatter.

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

**SATURDAY 5 FEBRUARY, 2.00-4.30pm**

**More Supporting Kids & Parents over page.**



What complicated little creatures we are. Our minds, emotions, our spirit, personality, beliefs and opinions.





## 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. BOOKING ESSENTIAL.**

**THURSDAY 3 MARCH, 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. BOOKING ESSENTIAL.**

**MONDAY 4 APRIL, 9.30am-12.30pm**



## Girl Talk (for girls 8 to 15years)

**Skye Fitzpatrick**

An invitation for young girls to come home to themselves and their bodies as they **evolve into womanhood.** This will be a supportive session where we will delve into

what it means to possess the magic of a menstrual cycle. The intention of this time is to connect and cultivate community with like-hearted people where we are able to explore the **awesomeness and realness of being a girl.** We will discover rituals that will aid you in deepening your relationship with yourself as well as making connections to the world around us. **Come and join in the empowerment of all girls,** knowing that it begins within each of us.

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

**SATURDAY 26 MARCH, 9.30-11.30am**

Do you like being criticised? Then follow what you feel and step away from criticising others. Finding the good qualities in them can be affirming to ourselves and all those we interact with.

## 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

**Kay Woodall and Simon Jones**

You will see above *A Course in Miracles* fortnightly session which

is proving increasingly popular. These have been happening for over two years.

Kay and Simon have now decided to offer a weekly opportunity on Tuesday evenings.

**FEE: \$5. PRIOR BOOKING APPRECIATED.**

**EVERY TUESDAY FROM 25 JANUARY, 7.00-9.00pm**



### Chinese Brush Painting

**Jean Turnbull**

Chinese Brush Painting is **essentially a meditation.** The flowing and soothing energy of **breath and movement facilitates spontaneous brush strokes.**

People often comment on the remarkable capacity Jean has as a teacher of this art.

Many people tell us beforehand that they have never had any artistic ability or been able to paint a picture – yet they are often so proud and amazed at what they've achieved. **So, come and surprise yourself.**

Over 3 Thursday morning sessions Jean will teach you how to **paint a beautiful picture of bamboo.**

**FEE: \$75. BOOKING ESSENTIAL.** (includes materials)

**THURSDAY 24 FEBRUARY, 11.00am-1.30pm (3 weeks)**

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

To have friends, you need to be friendly. To have love, you need to give love to others. To have patience, manifest the same in your own relationships – remember like creates like. It's good to reflect that it's not what you say that matters, it's what you are and how you live. It is good to remember that words are cheap and easily roll off our tongues but actions and examples are remarkably powerful and can bring profound changes.





## How to Meet Your Needs from Within using Words – Colour– Sound – Imagery

**Susanne Engelhard**

Here is an opportunity using needs-based language plus colour, sound and imagery – in this one-day workshop Susanne will assist you to **connect with your deepest needs** using a feelings-needs-body method. Then you will learn 4 powerful ways to care for these needs within you using **creative inner processes that involve colour, sound and imagery**.

**This is a practical and hands-on course** – not just theory. You will have the opportunity to work through a situation in your own life and to see for yourself how transformational these creative methods are. At the end of the course, you will have a toolkit of strategies that you can apply in your life immediately. All art materials are supplied.

It is suitable for people completely new to needs based communication. It will also be appreciated by people who have explored a language approach such as NVC before as this approach adds a new dimension of connecting with your body, and using creative processes to heal from within.

**FEE: \$95. PLEASE BOOK. Bring own lunch.**

**SATURDAY 2 APRIL, 9.30am-4.30pm**

## Intuition, Gut Feeling and My Inner Voice

**Alexander Robey**

**Do you listen to that inner voice** and intuitive feeling of yours, or do you question, suppress or ignore it?

Perhaps when you do hear your inner voice there's a companion with a barrage of inner questioning? Why do I feel that? How do I know? What does this mean? **Do you find confusion between what is my real intuition** and what is my reactive emotional self? How do I quieten all the internal self-talk that often feels opposing and untrue to determine what is the clear message?

This is a **gentle and informative workshop** to harness those resources within, tuning in with your inner self and **enhancing those gifts** that have already served you well.

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

**FRIDAY 18 FEBRUARY, 6.30-8.45pm**



## Introduction to Astrology

**Nicky Bassett**

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

Optional: Bring your own natal chart to gain additional **insights into your potential**.

Nicky's easy-to-understand teaching style and stories, together with her years of experience as a practising astrologer and group facilitator guarantees a very enjoyable and memorable experience.

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

**SATURDAY 23 APRIL, 9.30am -1.00pm**

## 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 19 MARCH, 10.00am-1.00pm**

## Mindset: May the Forces in your Life be Balanced

**John Bligh Nutting**



Living life means you're **facing different forces**, at every step, every day, every hour.

Key: A force never exists alone. Each of them is a set of paired opposites. How well you live your life depends on **how well you handle** those opposite forces, the things they are doing to you and how well each pair are balanced.

**Power and Control are two key forces** especially if they are out of balance. Balancing them brings major benefits.

There is an ancient law of nature that opposites work best when both sides are held in a flexible balance. There are other forces out there who don't want you to see this. Governments, Politics, Law, Education, Sport and many more **all want you to pick one side and reject the other**. Which disempowers you and adds to their control over you.

These sessions **get right to the basics**. An inventory of the forces in your life. Stacks of hands-on tools and skills, easy ways to balance power, control and many other forces as well, improve your life and **achieve success, find more love and joy**.

**FEE: \$80 (plus \$35 book). PLEASE BOOK.**

**THURSDAY 17 FEBRUARY, 6.45-9.00pm (4 weeks)**

## Picture Planning

**Jean Turnbull**



Come for a fun morning creating your own beautiful, vibrant picture board. See how what you create can **bring you happiness, gratitude, joy, feelings of hope and ever-increasing health and energy**. Now we're into the routine of 2022 it is so good to give ourselves a boost from the power of our minds and spirits **joining in harmony**.

Here is a beautiful experience with Jean who loves these sessions. She has seen numerous participants in previous groups go out of the classes **full of excitement and delight** with what they are taking home. One child free with parents, more than 1 child 50% for each child. All materials supplied.

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

**THURSDAY 7 APRIL, 10.00am-12.30pm**

More Creativity, Expressing etc. over page.



## 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 12 FEBRUARY, 2.00-4.30pm**

**SATURDAY 9 APRIL, 2.00-4.30pm**

It's always good to remember that any pain we feel is within us and not external to us so making contact with that pain and understanding more about that pain is always definitely possible. Fighting pain will always make it more painful.

## 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. **See also page 20.**

**FEE: \$35. BOOKING ESSENTIAL** with full payment.

**SATURDAY 19 FEBRUARY, 10.00am-1.00pm**

Many of us are brought up in families where we were told to 'Be careful' as you parted from them, or perhaps even more common, 'Take care'. This is like a hidden meaning behind 'be careful' and 'take care'. What's lurking around the corner? It's time to really update these old habits. How wonderful it would be to say, 'be mindful'. Each moment comes but once – see it as the treasure it is. Yes, that's a really positive statement that many of us are aiming to embrace in these times, in all aspects of our lives, relationships, work, sport and how we function within ourselves. Being mindful is a powerful reminder.



## Writing YOUR Story

**Vicki Bennett**

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

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

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

You may think there isn't anything special about your life but someday your children's children, or their children will search out **the stories of those who came before**. Writing your story offers the breadcrumbs for them and can assist you to make sense of **your own personal journey**. You may be surprised at how your simple story can enrich others. Join Vicki Bennett (author of 30 books) to help you get started in writing your story.

**FEE: \$65. BOOKING ESSENTIAL** with full payment.

**SATURDAY 5 FEBRUARY, 10.00am-3.00pm**



## Communication – Relationships – Connecting and Intuition

### The Enneagram – Invaluable Personality Insights

**David Burke**

The Enneagram is an **ancient spiritual system** that describes 9 personality types. **It is astonishingly accurate** at predicting both observable unconscious behaviours and their hidden underlying motivations that trigger the habitual response. Further it predicts our behaviour will change under stress or change or alternatively when safe and secure.

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

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

**FEE:** Non-members \$10 per session or \$90 for all sessions. (**AIES members** \$5 per session or \$35 for all sessions). **BOOKING ESSENTIAL.**

**\*\*THURSDAY 3 FEBRUARY – Introduction Evening, 7.00-9.00pm**

**FEE: \$10 (AIES members \$5.)**

**\*\*THURSDAY 10 FEBRUARY – The Enneagram – The start of 9 weeks of focusing on each of the 9 personality types, 7.00-9.00pm**

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

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



**Communication – Relationships – Connecting continued over page.**

## 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. BOOKING ESSENTIAL.**

**TUESDAY 8 FEBRUARY, 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 26 & SUNDAY 27 FEBRUARY, 9.30am-5.00pm**

## Love In Action – What Is It?

**Rod and Megan Middleton**

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

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

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

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

**SATURDAY 19 FEBRUARY, 10.00am-12.30pm**



Focusing on what you do have rather than on what you don't have is a recipe for building true inner contentment.

Look for good in others and you will find it. Search for it and you will find it's like a pearl of great value.

In the beginning the maker said, "Let there be light" – never forget you are one of those sparks of light – Edgar Cayce.

## Loving What Is – *The Work of Byron Katie*

**Rosie Stave**

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

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

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

**SATURDAY 5 MARCH, 2.30-5.00pm**



## Free Yourself in Relationships – *The Work of Byron Katie*

**Rosie Stave**

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

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

**FEE: \$85. BOOKING ESSENTIAL** with a deposit of \$25.

**SUNDAY 6 MARCH, 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 25 FEBRUARY, 6.30-8.45pm**



Human beings must be our planet's most dangerous experiment ever!



## 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. BOOKING ESSENTIAL.**

**WEDNESDAY 23 FEBRUARY, 6.00-7.30pm**

**WEDNESDAY 23 MARCH, 6.00-7.30pm**

**WEDNESDAY 20 APRIL, 6.00-7.30pm**

## Film Sessions

### Entry to Films \$5 – Booking Essential

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

### A New Earth: Awakening to Your Life's Purpose - Episode 2

Eckhart Tolle discusses his book "A New Earth: Awakening to Your Life's Purpose" with Oprah Winfrey. **This is the second of 10 interviews** recorded for Oprah's web series, Super Soul Sunday.

**THURSDAY 27 JANUARY, 1.00-3.00pm**

**FRIDAY 28 JANUARY, 6.00-7.30pm**

### Marshall Rosenberg (NVC) An Interview

Lionel Fifiield interviews Marshall Rosenberg, founder of Non-Violent Communication, a method taught in more than 30 countries. This work assists people to really connect with each other. Also a preview of Cate Crombie's Compassionate Communication (NVC). Plus **Grow Your Own Drugs (Natural Therapies Episode 1)**.

**THURSDAY 3 FEBRUARY, 1.00-3.00pm**

**FRIDAY 4 FEBRUARY, 6.00-7.30pm**

### Proven: Healing Breakthroughs, Backed by Science – Episode 3

Powerful new data on neuroplasticity (the ability of our brains to keep making new connections) and the new medicines to keep your brain sharp and improve your ability to think. Plus **Grow Your Own Drugs (Natural Therapies Episode 2)**.

**THURSDAY 10 FEBRUARY, 1.00-3.00pm**

**FRIDAY 11 FEBRUARY, 6.00-7.30pm**

### The Healing Field – Exploring Energy Consciousness

Breakthroughs in quantum physics, genetics, energy medicine, and mind-body techniques discussed by Bruce Lipton (cell biologist), Lynne McTaggart (consciousness expert), Candace Pert (neuroscientist) and Hyla Cass (integrative medicine).

**THURSDAY 17 FEBRUARY, 1.00-3.00pm**

**FRIDAY 18 FEBRUARY, 6.00-7.30pm**

## Seven Spiritual Laws of Success

Deepak Chopra explores more of the mind-body-spirit connection based on his best-selling book. Through this philosophy, Chopra offers insight into attaining one's goals and enjoying life to the fullest. Plus **Grow Your Own Drugs Episode 3**.

**THURSDAY 24 FEBRUARY, 1.00-3.00pm**

**FRIDAY 25 FEBRUARY, 6.00-7.45pm**

### A New Earth: Awakening to Your Life's Purpose – Episode 3.

Eckhart Tolle discusses his book "A New Earth: Awakening to Your Life's Purpose" with Oprah Winfrey. **This is the third of 10 interviews** recorded for Oprah's web series, Super Soul Sunday.

**THURSDAY 3 MARCH, 1.00-3.00pm**

**FRIDAY 4 MARCH, 6.00-7.30pm**

### Proven: Healing Breakthroughs, Backed by Science – Episode 4

This session focuses on solving fatigue and insomnia and talks about the importance of movement and exercise, particularly Qi Gong; the value of muscle density in providing energy, combined with the calming and steadying effect of practising Qi Gong to co-ordinate eyes, mind, body and breath and so much more. Plus **Grow Your Own Drugs (Natural Therapies) Episode 4**.

**THURSDAY 10 MARCH, 1.00-3.00pm**

**FRIDAY 11 MARCH, 6.00-7.45pm**

### The Power of Intent – Healing With Your Thoughts and Feelings

Do your thoughts really matter when it comes to getting well? Yes they do! In this fascinating presentation, Graeme Sait explores the impact of consciousness and spirituality on your health. Discover how simple it is to supercharge your food, water and supplements. These free healing tools may change the way you approach life. Also another film, **What kids need from their Dads**.

**THURSDAY 17 MARCH, 1.00-3.00pm**

**FRIDAY 18 MARCH, 6.00-8.00pm**

### You Can Heal Your Life

**Louise Hay** offers profound insight into the relationship between the mind and the body. Exploring the way that limiting thoughts and ideas control and constrict us. She offers us a powerful key to understanding the root of our physical diseases and discomforts.

**THURSDAY 31 MARCH, 1.00-3.00pm**

**FRIDAY 1 APRIL, 6.00-8.00pm**

### A New Earth: Awakening to Your Life's Purpose – Episode 4

Eckhart Tolle discusses his book "A New Earth: Awakening to Your Life's Purpose" with Oprah Winfrey. **This is the Fourth of 10 interviews** recorded for Oprah's web series, Super Soul Sunday.

**THURSDAY 7 APRIL, 1.00-3.00pm**

**FRIDAY 8 APRIL, 6.00-7.30pm**

### Hope For Humanity Parts 1 and 2

Gifted children, being born with remarkable abilities, are said to be souls wanting to come back to make a difference. They need conscious parents with great integrity. We need to validate intuitive children, not medicate them. Networks created to support such parents are growing in many countries.

**THURSDAY 14 APRIL, 1.00-3.00pm**

# Books – Books – and More Books – And Lots More!



We often see volunteers reading a book on sale here, and then hear them say something like, “Wow that’s full of wonderful information – how inspiring – or I’m really delighted I looked at that one – it’s opened my mind to all sorts of possibilities – or sometimes they’ll say, “I feel really motivated by what I have just read”.

They are the sorts of comments that Elena, who organises our Shop, purchases the books as well as all the other lovely items in our Shop loves to hear. Some books really hit the mark and can touch people deeply.

For each of these Programmes we ask several of our volunteers to write something about a book or two that has really appealed to them. You will see the reviews and comments below.

## **Oneness With All Life– Eckhart Tolle**

Deepak Chopra has called this book one of the best to come along in years. He says that every sentence rings with truth and power – “The power to bring you into the gap, the space between our thoughts, where we find, as Eckhart so beautifully puts it, deep serenity, stillness and a sacred Presence”.

This is a book to read with post-it notes or a pen to make notes when something resonates with the reader. Eckhart Tolle has again provided a **valuable tool to navigate through our lives**.

## **The Subtle Art of Not Giving a F\*ck – Mark Manson**

This New York Times Bestseller provides a modern, no nonsense take on self-help. Written for a millennial audience this book cuts through the positivity myth and delves into living a practical and balanced life. Mark is a popular blogger whose casual writing style lends itself to resembling a personal conversation with the reader through easily digestible chapters and anecdotes. The essence of the book is to help redirect focus to what really matters in our lives and to stop worrying about the things we cannot change.

## **Dodging Energy Vampires – An empath’s guide to Evading Relationships that Drain You and Restoring Your Health and Power – Christiane Northrup, M.D.**

Highly sensitive people are empaths and see life through the eyes of compassion and caring. They were born that way. They carry a tremendous amount of inner light but they are also the favoured prey of “vampires” who feed off the empath’s energy and disrupt their lives on every level – physical, emotional and financial. In these pages Dr Northrup opens up a toolbox full of techniques that you can use to leave these harmful relationships behind. In the end you may find yourself healthier, happier, wealthier and more vibrant than you could ever believed possible.

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

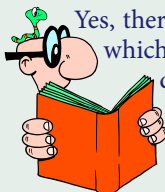
This book has been flying off our shelves and I can see why. A great modern resource for managing health risks. Discover different ideas and approaches that are of great value. This holistic guide will energise your living and longevity. A wonderful book for your health and wellbeing.



## **CDs and DVDs**

There are many people who still love their CDs and DVDs. There’s that friend, who, with the flick of a switch, can **give you wonderful guidance and direction** about movements: **Our Feldenkrais CDs** have sold in their hundreds – low-priced, high value. Some of you will remember Adrian Rice who, in his early 60s was told he would very soon be in a wheel chair – every day he put on his Feldenkrais CDs and kept wonderfully active as a leading gardener, a remarkable contributor, a runner and a walker. He died not long ago at 97.

Many of you love **Michael Dunn’s** beautiful **Healing Meditations** on Tuesdays at 12.30pm. Michael has produced a range of CDs available here at the Relaxation Centre.



Yes, there are so many more – one purchase can be a friend for life. **Many people tell us that the CDs of Bert Weir**, which they bought back in the 1990s or earlier have been played and played and often as inspiration on their daily drive to work. After so many years we hear that the tapes have finally worn out and we get a pleading call, “Can I replace them?” and usually we say, “Yes, of course you can”. So, those above and many, many others are available from outstanding speakers, such as **Louise Hay, Ian Gawler, Eckhart Tolle**, and so it goes on.

## **Discounts – Discounts – Discounts**

Yes, 20% discount off all new items in our Shop, but not off our very low price, often wonderful range of second-hand books. **Tuesday 25 January to Wednesday 16 February** and **Saturday 19 March to Good Friday**.

Words can be powerful. We inwardly respond to words that indicate they understand our fears, our challenges and our sadnesses

It is such a relief to feel embraced as a member of the human race and not a mistake.

How uplifting it seems when others have been through what we are going through and they have survived and come out stronger, clearer, healthier and freer.

## Don't Miss – Don't Miss – Don't Miss



Once a year – Don't miss them – Such **marvellous insights into our Courses!**

Yes, does this sound like an article full of promotion? – Good, because it is.

On **Saturday 5 February**, 9.45am-1.30pm we offer our once-a-year a chance to come and hear usually about 12 of our presenters speaking for 10-12 minutes about the course or courses they offer here.

You may well be surprised by all they share. Some participants have said that what they heard gave them enough encouragement and ideas for the whole year ahead.

Please book your seat because these mornings can be very popular. There is no charge. **See page 2.**

## Food Intolerances, Gut Health and More – Margaret Bridgeford

Increasingly people are discovering that food intolerances and the reactions to what they are eating are causing significant problems to their health and wellbeing.

We're also becoming aware of the **profound importance of good gut health**, both physically and mentally. Only recently did we realise that **mental issues often have their roots in our gut**. Margaret Bridgeford is the author of *Eat... Think... Heal...* one of the best-selling books in our Shop and brings to her talks a profound personal history and study of what brings good health. She has given many talks on gut health but has never focused as much on food intolerances and sensitivity to various foods. These few hours could change your life and the lives of those close to you. **See page 12 – Tuesday 9 March.**



## A Real Health Crisis – Dr John and Jeanie Ryan



On 25 November 2021 we advertised this course as 50 years as a medical doctor and appropriately 50 people came along. Jeanie has been a nurse and dietician working holistically

What a fantastic evening it was. The Real Health Crisis – Managing Health Risks in a Modern World is the title of their book written by our speakers this evening.

Many people who already had the book of the same title said the talk expanded so beautifully on what they had already gleaned from the book.

Participants tonight can buy the book for a discounted price of \$30. The November talk attracted doctors and health professionals as well as many other participants eager to learn. So here is another great evening guaranteed from John and Jeanie on **Friday 18 March – See page 10.**

## Free Yourself From Co-Dependency



When we offered this course over several weeks in September, we never expected it would be so popular.

**Roslyn Saunders** herself struggled through co-dependency for many years but was determined to truly understand it and overcome it. She presents the course with so much insight and humour

and participants love every minute of it and couldn't wait for the following week.

So, grab the opportunity and come along **Tuesday 15 February** (3 weeks) plus option for another 3 weeks to follow on. **See page 7.**

## The Art of Mindful Eating

We welcome **Desley Murphy** to our Programme. Desley is well

known for her great talents and abilities to inspire and inform others. She is joining us to present a 3-week course that could bring profound changes for those who are keen to take charge of their eating habits. You will see that Desley has been able to assist numerous other people to achieve the art of Mindful Eating. What a breakthrough this can be. Desley will be with us for 3 evenings starting **Thursday 17 February. See page 13.**



## Vicki Bennett – A Woman of so Many Talents



Vicki has written over 30 books so who better to teach about Writing YOUR Book or Your Story. She has opened the door and assisted numerous people to get writing and getting that book out for others to read, page 16.

Vicki is also well-known and greatly appreciated for her course on facing the Challenges of Change – so valuable in these times of great change as perhaps never before. One of Vicki's books is also about Hope and Overcoming Anxiety. **See page 6 for this encouraging course.**

In this Newsletter Vicki is introducing Journaling – A Key to Healthy Living, page 15. Many people have found journaling of huge value and a constant in their lives – so plenty to come and enjoy with Vicki.

## Friday Evenings

For several years we've only put on films on Friday evenings but a lot of people have said they'd love to come to other events on Fridays, so this time you will see a range of possibilities – See Alexander Robey, Andrew Greentree, Gavin Blakey and Dr John and Jeanie Ryan. **Make these Fridays memorable evenings out.**