

# Relaxation Centre of Queensland

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Sleep/Depression &  
Meditation**

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## Let The Lightness In

When we've been carrying heavy bags it's such a joy and a relief to **put them down** – Oh, so good not to have to keep holding on and being responsible for taking them with us here and there.

I often wonder **how much more we're carrying** with us day after day. Heavy thoughts, heavy emotions, heavy self-criticism, heavy judgements, heavy beliefs and a multitude of opinions on what we think is wrong.

**Wouldn't it be wonderful** to put them down and let them all go? To know that we don't have to ever pick them up again and **we are free to move** – free to think anew – free to listen to our feelings and intuition rather than the heaviness of so much we have picked up from others on our way through.

**The joy of living lightly**, the **joy of simplicity**, the joy of a mind free to listen like a young child and be curious again. Always asking questions, exploring what seems to be true to you with an open receptive mind.

We often wish people a Happy New Year – but how much of the old year and all the years before are we taking into the New Year with us? What are you known by – is it what you've done in the past or what you are doing NOW – **is the past a weight around your neck** – is it an impediment or do we imagine it's where we get our fuel from?

Most of us have had to survive times which have not been easy to do – do you often talk about them even if they were a long, long time ago? If you're talking about them, then they are still weights **being carried day after day**.

In just the same way many of us seek to impress others with our more recent problems, challenges and all that has gone wrong in recent days. Then we repeat these stories to everybody we meet so this is like reinforcing them a rather like negative affirmations. Yes, we can keep on living these problems many times over but do we realise how much energy we use up for every repeat performance – **How quickly can we put those bags down and not pick them up again?**

So, if you wish to be kind to yourself, be supportive of yourself and truly be your friend then every day as you wake up it's so good to say with encouragement — **Be kind to yourself today**.

Yes, put down those unconscious bags which are like sand bags of weights – these are not weights that strengthen you but they are weights that exhaust you – **and you certainly don't deserve that**.

**This is perhaps true en-LIGHTEN-ment.**

– *Lionel Fifield*

Alexander Robey



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Hilda Brunckhorst



People Pleasers, P, 6  
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Margaret Bridgeford



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John Nutting



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

15 South Pine Road Alderley (between Alderley Avenue and Wakefield Street) 4051 – Postal address, PO Box 21 Alderley, 4051. 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 closes for Annual Holidays at 6pm on Friday 24 December and will re-open at 9am Tuesday 25 January 2022.**

Phone 07 3856 3733 – Only in emergencies 0413 198 856

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## Life and Living Today

Many of you reading this will have experienced in these past few months a range of emotions or a depth of emotions that you haven't probably done before.

Each day can bring changes announced in the morning that can come as a complete surprise and change all you have planned or wanted to do. Inevitably we can become more and more on edge, full of uncertainty.

I know this vividly myself as I put together programmes of courses and descriptions which I realise that for the first time ever that whole sections of this programme could be annihilated by lock-downs or by some new regulation regarding what we can or can't do. Various courses that are held over several weeks I feel I need to allow another two or three weeks extra at the end in case of lock-downs, so we have space up our sleeve if needed.

Most of us like routines, feeling certain of dates and arrangements ahead, for functions we're planning. Never have we needed to live more HERE NOW in and on this date, and being accepting of our vulnerability and preparedness for change. This is a time to be able to practise embracing change and readjusting. Yes, we need to feel compassion for ourselves but never feel sorry for ourselves. Let's be open to creatively being able to shift to other alternatives even at the last moment.

Unfortunately, we can so easily get caught up with 'should's and ought to's i.e. 'I should do this or I ought to be different' – I find it definitely helpful to say to myself, 'Lionel- you're just a human being.' I sometimes say to myself also, 'Nobody is perfect'. Yes, remember we are all uniquely different and that's how we were meant to be. When we take pressures off ourselves and avoid negatively judging ourselves then we've used the current situation to expand inwardly and outwardly. That's what personal or spiritual growth is all about.

All over the world now and throughout history people have had to face challenges and often terrifying situations. There is always something in these experiences for us to grow from. So, be kind to yourself – come here to the Centre – there are many courses and events that can bring great comfort, hope and feelings of safety. And of course, lots of other human beings and potential friendships. — *Lionel Fifield*

## Let Go – Let Go

Let go – let go

A wise person said  
You must release  
Free your head.

Yes, so easily

We get stuck  
Can't move or think  
And out of luck.

Our purpose is freedom

From the past.  
Be here now  
Long to last.

When we hold on

We put on the brakes  
How can we fly  
For goodness sakes?

Is it fear

That gets in the way?  
Do we grip on  
And lose our way.

When we let go

We give ourselves space.  
We are then home  
On a solid base.

So, let go

Bit by bit  
Enjoy your freedom  
Your energy lit.



## Our Team of Volunteers

People often comment on the lovely welcoming atmosphere of the Relaxation Centre. One of the reasons is, we are entirely staffed by volunteers **who want to be here** and have the opportunity **to welcome visitors** and make sure all they need is made available. Most importantly too, the speakers are welcomed and supported so they can come in and do what they do so well.

Here is **Nadia Meszes** who you will see on our Reception/Bookings desk each Tuesday. She brings many beautiful qualities to all she does here.

Yes, for the volunteers this is not just a job but a place they look forward to coming to once, twice or three times a week. Many friendships are established and there is often lots of laughter and much shared between them.

If you'd like to know more, then come to one of our 1-hour Volunteer Information Sessions (dates below). **Please call and register your name beforehand.**

**Friday 15 October, 5.30pm – Saturday 6 November, 12.00pm – Thursday 25 November, 11am – Tuesday 7 December, 5.30pm.**

## Thank You – Thank You – Thank You

As written above in the main article on this page it's been a challenging time for running such a course-oriented organisation but we're nearly there to the end of year two of Covid.

As an old saying says, "It couldn't happen to nicer people!!!"

I think of all the articles that have been written and courses given on dealing with change, rising to challenges and dealing with uncertainty. What a great practice run we've been on.

From your lovely comments in person and by letter or email it seems we've been able to assist very many of you – so wonderful to hear and to receive such lovely feedback. Thank you also for your very kind donations, some anonymous and others with notes. During such times these have been particularly invaluable. Let's focus on a much easier flowing year in 2022



## Where Are We?

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



# Courses in Date Order

## Ongoing Weekly Sessions

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

### Mondays

Wu Style Tai Chi .....	P 8
Building Energy Through QiGong .....	P 8

### Tuesdays

Tuesday Evening Course in Miracles (from 19 October) .....	P 14
Pilates For Everyone .....	P 9
Cancer – A very supportive weekly session .....	P 10
Healing Meditation – Relax, Visualise and Heal .....	P 6
Feel Calm Yoga .....	P 9
Yoga for Beginners .....	P 9

### Wednesdays

Precision Yoga and Pranayama .....	P 9
Deep Relaxation .....	P 5

### Thursdays

Freeing Yourself With Feldenkrais .....	P 8
Relaxation and Tranquility (starts 4 November) .....	P 6

### Fridays

Deep Relaxation .....	P 5
Wu Style Tai Chi (until 10 December) .....	P 8
Building Energy Through KiGong (until 10 December) .....	P 8

### Sundays

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

## October

### Wednesday 13 October

Sound Healing – Meditation/Relaxation .....	P 7
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### Thursday 14 October

Vision Board – Adventure and Fun .....	P 15
Health and Wellbeing Support Group .....	P 12
Film: The Life of Mother Theresa .....	P 17

### Friday 15 October

Volunteer Information Session .....	P 2
Film: The Life of Mother Theresa .....	P 17

### Saturday 16 October

Unlock Your Future – Feeling Free to Move On .....	P 13
Introduction to Reflexology .....	P 12
Anxiety and Stress – Finding answers .....	P 5

### Wednesday 20 October

Qi Gong for a Healthy Body and Peaceful Mind .....	P 9
Mantras/Chanting and Meditation .....	P 17

### Thursday 21 October

Film: The Shadow Effect .....	P 17
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### Friday 22 October

Film: The Shadow Effect .....	P 17
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### Saturday 23 October

Investigate Your Security Guard .....	P 6
Opening Your Heart to Love Part 1 .....	P 12
Sound Healing - Meditation/Relaxation .....	P 7
Nature Journaling for Connection and Self Care .....	P 15

### Sunday 24 October

Meditation and 'Sound Healing' .....	P 6
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### Tuesday 26 October

Reclaim Your Life .....	P 13
Biodynamic Gardening and Farming – Way for the future ....	P 11

### Thursday 28 October

You and Your Addictions – Who is the Boss? .....	P 7
Health and Wellbeing Support Group .....	P 12
Film: A New Earth – Awakening to Your Life's Purpose .....	P 17

**Friday 29 October** Closed for Public Holiday

### Saturday 30 October

Compassionate Communication (NVC weekend workshop) ..	P 16
Self-Healing: A Metamorphosis .....	P 13
Autism – ADD/ADHD – Recovery is Possible – Session full of hope.	P 10

## November

### Thursday 4 November

Chinese Brush Painting – Bamboo .....	P 15
Great Techniques for Kids AND Parents .....	P 14
Film: Proven: Healing Breakthroughs Backed by Science .....	P 17

### Friday 5 November

Film: Proven: Healing Breakthroughs Backed by Science .....	P 17
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### Saturday 6 November

Success in Relationships and Partnership .....	P 8
Volunteer Information Session .....	P 2
Sound Healing: Meditation/Relaxation .....	P 7
Why Do We Interact Well With Some People... ..	P 16
Understanding Emotions .....	P 7

### Sunday 7 November

Meditation and Sound Healing .....	P 6
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### Tuesday 9 November

Reclaim Your Life .....	P 13
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### Wednesday 10 November

Sound Healing: Meditation/Relaxation .....	P 7
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### Thursday 11 November

Health and Wellbeing Support Group .....	P 12
Film: The Plan .....	P 17

### Friday 12 November

Film: The Plan .....	P 17
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### Saturday 13 November

Gut Health – So Vital .....	P 12
Energy Self-Healing .....	P 11
Free Up and Open Up Your Voice and Really Sing .....	P 17
Writing YOUR Story .....	P 15

### Tuesday 16 November

Homeopathy – One of the most used medicines in the world .	P 11
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### Wednesday 17 November

Qi Gong for a Healthy Body and Peaceful Mind .....	P 9
Mantras/Chanting and Meditation .....	P 17
A Bridge to New Possibilities .....	P 10

### Thursday 18 November

Film: The Planet .....	P 17
Advanced Core Belief Balancing .....	P 14
The Ageing Process – Exploring the Possibilities .....	P 11

### Friday 19 November

Film: the Planet .....	P 17
Active Gratitude – focusing on what really matters to you ....	P 10

### Saturday 20 November

Opening Your Heart to Love Part 2 .....	P 12
Dowsing For Answers .....	P 11
Exploring Hope – Overcoming Anxiety .....	P 5
Sound Healing: Meditation/Relaxation .....	P 7
People Pleasers – This is For YOU .....	P 6
Your Inner Power and Strength is Real .....	P 7

### Tuesday 23 November

That Fear of Speaking to Groups .....	P 13
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### Wednesday 24 November

Shine Your Light .....	P 7
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## Courses in Date Order (Continued)

### Thursday 25 November

50 Years of Helping Thousands to Heal .....	P 10
Health and Wellbeing Support Group .....	P 12
Volunteer Information Session .....	P 2
You and Your Addictions – who's the boss? .....	P 7
Film: Microbirth .....	P 18

### Saturday 27 November

Unlock the Power of Your Pelvic Floor .....	P 9
Introduction to Reflexology .....	P 12
Quietenng a Busy Mind .....	P 18
The Secrets of Breathing – Opening Many Doors .....	P 5

### Tuesday 30 November

Dyslexia, Depression and Vibrational Medicine .....	P 11
Resetting Myself .....	P 6

## December

### Thursday 2 December

Vision Board – Adventuring into the New Year .....	P 15
Film: Love, Medicine and Miracles .....	P 18

### Friday 3 December

Film: Love, Medicine and Miracles .....	P 18
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### Saturday 4 December

Vaccines and Your Body – Friend AND Foe .....	P 13
Challenges of Changes – Using Adversity to Shift Old Patterns .....	P 15
Loving What Is – <i>Work of Byron Katie</i> .....	P 16
Sound Healing: Meditation/Relaxation .....	P 7

### Sunday 5 December

Free Yourself in Relationships – <i>Work of Byron Katie</i> .....	P 16
Meditation and Sound Healing .....	P 6

### Tuesday 7 December

Volunteer Information Session .....	P 2
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### Wednesday 8 December

Sound Healing: Meditation/Relaxation .....	P 7
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### Thursday 9 December

Health and Wellbeing Support Group .....	P 12
Release and Let Go .....	P 12
Film: The Economics of Happiness .....	P 18

### Friday 10 December

Film: A New Earth: Awakening to Your Life's Purpose .....	P 18
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### Saturday 11 December

Love Energy .....	P 16
Bones For Life – Restore the Spring in Your Step .....	P 8
Our Lives – A new chapter every 7 years .....	P 13
Getting to Sleep Staying Asleep .....	P 6
Nature Journalling for Connection and Self-Care .....	P 15

### Sunday 12 December

Don't Be Nice, Be Real – Balancing Passion for Self .....	P 16
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### Monday 13 December

Rock and Water for Boys and Girls (8-12yrs) .....	P 14
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### Tuesday 14 December

The New Year – Let's See What's Possible .....	P 8
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### Wednesday 15 December

Qi Gong for Healthy Body & Peaceful Mind Extra Session .....	P 9
Shine Your Light .....	P 7

### Thursday 16 December

Film: Proven – Healing Breakthroughs Backed by Science ....	P 18
Girl Talk for girls (8-15years) .....	P 14

### Friday 17 December

Film: Proven – Healing Breakthroughs Backed by Science ....	P 18
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### Saturday 18 December

Anxiety and Stress – Finding Answers .....	P 5
Sound Healing: Relaxation/Meditation .....	P 7

### Tuesday 21 December

Centre closes at 6pm

### Wednesday 22 December

Shine Your Light at Christmas .....	P 7
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### Thursday 23 December

Health and Wellbeing Support Group .....	P 12
You and Your Addictions – who's the boss? .....	P 7
Film: A Small Act .....	P 18

### Friday 24 December

Relaxation and Meditation .....	P 5
Centre closes at 6pm for Annual Holidays - See front page.	

## He had half the world in his hands

There is a story I heard many years ago of Alexander the Great who by **the age of 32 had conquered half the known world.** Despite all his remarkable successes he lay there dying, knowing that he'd been poisoned. He summoned his most trusted leaders around him and ordered that when he died, he be put in a coffin without a lid and have his arms over the side. He then told them he wanted his coffin carried through his thronging soldiers so that they could all see that even the great Alexander left this world with nothing in his hands. **Isn't that a remarkable story?** Especially to us in our twenty-first century lives where there is such an emphasis and focus on gaining, having and holding.

Whenever we speak to others of **releasing and letting go** we find most peoples' minds tend to think first and foremost of material things, money, possessions and investments. However, we hold on to so much more in many, many ways.

For instance, is your mind a holder-on of **opinions, beliefs, judgements, how others should be?** Can you forgive – Can you let go, – Can you set free? How free is your mind? How versatile is your thinking?

An old wise Chinese teacher said to a follower, “Don't worry about all this enlightenment stuff, just see **how many opinions you can let go of**”.

The moment we are born we take a breath in and then we let it go out. We take in food and liquid and then that leaves us. Every seven years all the trillions of cells in our bodies die and are replaced and nothing do we hold on to naturally – even our skin changes every 30 days.

Is the secret of life then simplicity? Yes, the simple recognition that for us to enjoy peace and happiness then letting go is the key.

**Our world is in a remarkable period of change right now** and so much of the old is dying, but all importantly, you are here NOW – with the future in our collective hands.

**A New World is Evolving!**

— *Lionel Fifield*

# October / November / December 2021 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 16 OCTOBER, 1.00-5.00pm**

**SATURDAY 18 DECEMBER, 1.00-5.00pm**



### 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 27 NOVEMBER, 2.00-5.00pm**

### 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.



### Deep Relaxation

*Sandra Ballinger, Monnie Hooper*



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

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

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

**BOOKING ESSENTIAL.**

**WEDNESDAYS, 1-1.40pm**

**FRIDAYS, 1-1.40pm**

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



### Relaxation and Meditation

*Lionel Fifield and Monnie Hooper*

**Christmas brings out such a wide range of emotions** from excitement to sadness, from feeling overwhelmed to loneliness and anxiety in such a wide range of ways.

Whatever our emotions or whatever we are going through **there is a sanctuary inside each of us** available to enter and release the pressures.

Here is an opportunity on Christmas Eve to **have a gentle break from that external world** (often crazy world) around us. This includes 30 minutes of Deep Relaxation.

**FEE:** \$8. **PLEASE BOOK.**

**FRIDAY 24 DECEMBER, 12.30-1.30pm**

### Exploring Hope – Overcoming Anxiety

*Vicki Bennett*



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

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

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

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

**SATURDAY 20 NOVEMBER, 10.00am-1.00pm**

**More Stress Anxiety, Depression, Meditation 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.



## 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.**

**SATURDAY 11 DECEMBER, 2.30-4.45pm**

## 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**



## Investigate Your Security Guard

Hilda Brunckhorst

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

**FEE: \$45. PLEASE BOOK. See also page 20.**

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



## Relaxation and Tranquillity

Brenda Wells

During these uncertain and unchanging times **do you often struggle to trust yourself and your judgement?** Do you become increasingly fearful? Brenda uses a variety of **meditation techniques to assist you to overcome anxiety and restore calm** into your life. She compassionately facilitates her blend of meditation, connection to the earth and her blend of ancestral wisdom so you can transform your life and **become less overwhelmed about your future.**

**FEE: \$10 (Pensioners \$5). PLEASE BOOK.**

**EVERY THURSDAY FROM 4 NOVEMBER -16 DECEMBER, 6.00-6.40pm**



## 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 24 OCTOBER, 9.45-1.00pm**

**SUNDAY 7 NOVEMBER, 9.45-1.00pm**

**SUNDAY 5 DECEMBER, 9.45-1.00pm**

## People Pleasers – This is For YOU

Hilda Brunckhorst



Always there for others and putting yourself last? **Being a 'people pleaser' can create quite some stress in your life.** You might have difficulty setting boundaries, or not even know how to support yourself while looking after everybody else. Taking a moment for yourself might feel selfish when others need you. Are you keen on finding a way to be there for others with less stress involved? Would you like to **learn how to prioritise yourself more?** – Are you craving a balance?

In this course you find out what is holding you back and how to start changing that. Hilda helps you understand what drives you as a 'people pleaser' and explains how you can shift to being comfortable with supporting yourself as well.

Booking this course is your **first step towards supporting yourself and reducing your stress.** We are looking forward to seeing you. **See also page 20.**

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

**SATURDAY 20 NOVEMBER, 10.00am,-1.00pm**



## Resetting Myself

Alexander Robey

What an **incredible time for us to be living** – so many pressures, so many changes around the world and within ourselves. The challenge is **how do we respond better** externally and internally. Rather than waiting for things and people to change, is it time to reset yourself? **To evaluate what and whom is important for me?** What is happening for me? What am I yearning for? How and what can be my healthy practice?

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

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

**TUESDAY 30 NOVEMBER, 6.30-8.45pm**

More Stress Anxiety, Depression, Meditation over page.

## Shop Discounts

From Tuesday 12 October to Sunday 31 October and from

Tuesday 7 December to Friday 24 December.

## Sound Healing – Meditation/Relaxation

*Elena Lymbery*

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



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

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

**FEE: \$10. BOOKING ESSENTIAL.**

### MID-WEEK SESSIONS:

**WEDNESDAY 13 OCTOBER, 6.30-7.45pm**

**WEDNESDAY 10 NOVEMBER, 6.30-7.45pm**

**WEDNESDAY 8 DECEMBER, 6.30-7.45pm**

### WEEKEND SESSIONS:

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

**SATURDAY 6 NOVEMBER, 2.00-3.15pm**

**SATURDAY 20 NOVEMBER, 2.00-3.15pm**

**SATURDAYS 4 DECEMBER, 2.00-3.15pm**

**SATURDAY 18 DECEMBER, 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 24 NOVEMBER, 6.45-8.45pm**

**WEDNESDAY 15 DECEMBER, 6.45-8.45pm**

## Shine Your Light at Christmas

*Jeffrey Hodges and Elena Lymbery*

Join Jeffrey and Elena to extend a loving and healing intent, raise your vibration, and activate and uplift your consciousness at this special time. Shine your light with an hour of light yoga and meditation and concluding with 50 minutes of sound healing. **Please bring a yoga mat and blanket**. See above, Wednesday 24 November for more information on this session.

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

**WEDNESDAY 22 DECEMBER, 6.45-8.45pm**

Are you a person who consciously or unconsciously guides your life and lives your relationships using the power of love or is it the love of power? It's so good when we can become aware of which one it is.

## Building Confidence and Determination – Overcoming Fears and Addictions

### 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 20 NOVEMBER, 1.15-5.15pm**



### Understanding Emotions

*Alexander Robey*

If your emotions have a life of their own and drag you down and leave you with a sense of overwhelm with the busyness of the day, feeling swamped and reactive to other people, then **this is an ideal workshop**

to attend. Imagine how great it would be if you were able to **cope better** by feeling calm, unflurried and then having that **wonderful feeling of being in charge**.

Alexander will guide you through 7 aspects of understanding emotions, show you how you can **develop healthy coping strategies** to everyday occurrences and provide approaches to prevent adverse reactions to others, and that inner chatter that can be so sabotaging to ourselves.

**Alexander brings years of experience** of assisting people in a huge range of ways.

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

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

### 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 28 OCTOBER, 12.00-1.30pm**

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

**THURSDAY 23 DECEMBER, 12.00-1.30pm**

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

If you have a really good friend, you are wealthy.

## Success in Relationships and Partnership

**Eliane Mathiuet**



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

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

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

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

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

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



## The New Year – Let's See What Is Possible

**Louisa Sgarbossa**

You may have **dreams and aspirations for the New Year**, but what is it that can so often hold you back? If we can see and embrace

this hurdle, **a whole new future can open up for you.** Louisa invites you to start this coming year with your mind and heart full of hope and **the knowing that you can achieve them.** Join Louisa tonight to begin bringing these dreams into fruition.

Louisa's two previous talks here have been met with great **enthusiasm and appreciation** for all she was able to give participants in two short hours.

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

**TUESDAY 14 DECEMBER, 6.00-8.00pm**

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



## Freeing Yourself With Feldenkrais

**Rita Ryan**

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

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

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

**BOOKING ESSENTIAL.**

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

**EVERY THURSDAY, 10.00-11.00am**

Being prepared to and able to let go is a vital part of living and moving.



## Bones For Life – Restore the Spring in your Step

**Rhonda Ohlson**

This is a program to develop **suppleness and vitality**, stimulate **bone strength** and **improve posture**, balance and walking.

It can also assist those **recovering from skeletal injuries** and/or loss of bone density. Those with chronic pain report **increased flexibility and strength.** It can also **bring ease to those who perform repetitive movements at work** or sit for long hours without much movement.

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

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

**SATURDAY 11 DECEMBER, 9.30am-12.30pm**

## Wu Style Tai Chi

**Paul Jones**



Paul has been teaching Wu Style Tai Chi for many years and practicing Tai Chi for over 20 years.

He teaches **this form of Tai Chi** which is **suitable for all ages** and focuses on what could be called "moving yoga".

This Tai Chi **emphasizes the gentle opening and closing of the joints** and rotation of the waist in order to **bring circulation to the organs** and increased mobility to the body. Paul has found that Tai Chi has helped many people from all walks of life improve their health, decrease stress, sleep better and keep their functional mobility at a higher level than before.

In his own life it has allowed him to stay playing at a top level (1st division) in the sport he loves without major injuries or restrictions right up to the present.

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

**EVERY MONDAY to 6 DECEMBER, 11.30am-12.30pm**

**EVERY FRIDAY to 10 DECEMBER, 11.30am-12.30pm**

**Except Public Holidays.**

## Building Energy Through KiGong

**Paul Jones**



Here is a course offering so many benefits – it's about building and balancing our core strength and becoming more and more alive within us.

Also, **when you can move the Ki with your mind** all of your Kigong, Tai Chi, Yoga and Meditation practices **become more alive. enjoyable and of benefit to you.**

Paul brings years of practice and learning from Masters to what he presents in this empowering course.

**BOOKING ESSENTIAL.**

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

**EVERY MONDAY to 6 DECEMBER, 12.35-1.35pm**

**EVERY FRIDAY to 10 DECEMBER, 12.35-1.35pm**

**Except on Public Holidays.**

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

If we can truly listen to one another without reaction and if we can find common ground it is then we can truly connect with others, and strangely enough, with ourselves as well.

## Yoga for Beginners

**Sally Waters**

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

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

**BOOKING ESSENTIAL.**

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

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



## Feel Calm Yoga

**Carina Aloni**

Carina is an Okido and Yin trained certified Yoga teacher.

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

**BOOKING ESSENTIAL.**

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

**EVERY TUESDAY, 5.45-6.55pm**



## 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**



## 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.**

## Unlock The Power of Your Pelvic Floor



**Rhonda Ohlson**

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

If your pelvic floor doesn't support you strongly, you may have a "wee" problem.

You may feel like your prolapsed organs are weighing you down especially if you run or jump or lift something heavy. Or perhaps you are experiencing sexual difficulties? Or maybe you are feeling anxious, feeling like a rug is being pulled out from underneath you?

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

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

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

**SATURDAY 27 NOVEMBER, 9.30am-12.30pm**

Humans keep telling me how they look into these Newsletters to read my comments.

They say how great it is to get a different point of view from a down-to-earth, paws on the ground dog like me rather than all the other airy-fairy stuff in this Programme.

Thanks everybody. Have a Wow-wow Christmas and may 2022 be full of tail wags for you.



## Qi Gong for A Healthy Body and Peaceful Mind

**Julia Chai**

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

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

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

**WEDNESDAY 17 NOVEMBER, 10.45am-12.00pm (4 weeks)**

**\*\*\* PLEASE NOTE:** An extra Session will be held on **WEDNESDAY 15 DECEMBER, 10.45am-12.00pm.**

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



Dreams are wonderful things to have, but if they are dreamed of but not brought into reality then you and the world around misses out. Sometimes it can take a lot of faith to start but start small and go step by step. You may well amaze yourself. Like a jig-saw puzzle the picture becomes clearer and the pieces fit together more easily. You will find you will have increasing energy for your dream.

## 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. See also on page 20.

FEE: \$25. PLEASE BOOK.

SATURDAY 30 OCTOBER, 2.00-5.00pm



### 50 Years of Helping Thousands to Heal

*Dr John and Jeanie Ryan*

We welcome Dr John and Jeanie Ryan for an evening of insights and hope. They are the authors of what is rapidly

becoming a best-selling book – **The Real Health Crisis**.

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

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

Dr John comes from a family of doctors and has just retired after 50 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.

THURSDAY 25 NOVEMBER, 6.30-8.45pm

## Welcome – Welcome

If you haven't been here to the Relaxation Centre before come in and have a look around.

You will never be pressured to buy anything or participate in a course.

Since 1974 we have been offering a Centre of care and kindness encouraging people to be true to themselves.

There is always a cup of tea or coffee available to you.



## 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.

WEDNESDAY 17 NOVEMBER, 6.30-8.30pm



## 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.

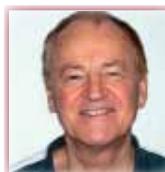
He described himself for many years, as a loner, but his life has now opened into something that brings him great joy and fulfilment. He now sees himself as a privileged person living the life he loves.

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? This should be a really valuable and insightful session.

FEE: \$10. PLEASE BOOK.

FRIDAY 19 NOVEMBER, 6.00-8.00pm



## 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

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

Isn't it remarkable the power that one thought can have on our bodies, our energy, our ability to sleep, and indeed, our overall lives?



## 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 18 NOVEMBER, 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 20 NOVEMBER, 2.00-4.30pm.**



## 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.

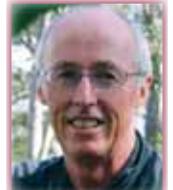
**FEE: \$25. BOOKING ESSENTIAL.**

**SATURDAY 13 NOVEMBER, 1.30-4.00pm**

The truth shall set you free – unfortunately it's in short supply. It takes a lifetime of searching into ourselves and outside. Whereas we might value truth we often don't want or even find ourselves able to see it, as it is hidden un-der many layers of deep conditioning,

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

*Peter Kearney*



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

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

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

**TUESDAY 26 OCTOBER, 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 16 NOVEMBER, 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...'*.

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

**TUESDAY 30 NOVEMBER, 6.00-8.30pm**

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

In times like this we need to be increasingly aware of ourselves and not become fanatical. Otherwise, we can block our great gift of intuition and inner feeling for what is appropriate for us.



## Gut Health – So Vital

*Margaret Bridgeford*

So many people these days have some sort of digestive issue. Many others are living with a chronic condition that they don't realise is related to their gut health **such as eczema and many auto-immune diseases.**

Much is being discovered also at this time about how **our gut and brain are remarkably linked.** Researchers are finding that problems they thought were mental **actually come from our gut.** It seems **a new world of possibilities** has opened up.

Margaret will lift the lid on how poor gut health causes these prevalent health issues and **offer some simple suggestions for you to take home and try.** Margaret is author of *Eat... Think... Heal...*

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

**SATURDAY 13 NOVEMBER, 1.30-4.00pm**

## 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 16 OCTOBER, 9.30am-1.00pm**

**SATURDAY 27 NOVEMBER, 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 – 14 and 28 OCTOBER – 11 and 25 NOVEMBER – 9 and 23 DECEMBER**



## Release and Let Go

*Lionel Fifield*

One of the **greatest secrets of happiness** is being able to let go.

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

**FEE:** Donation of your choice. **PLEASE BOOK.**

**THURSDAY 9 DECEMBER, 11.00am-1.00pm**



## Opening Your Heart to Love – Part 1

*Tony Petcopoulos and Nicky Bassett*

Come and enjoy Tony and Nicky as they show you how to **harness the power of love** and discover how this **enriches your physical, emotional, mental and spiritual wellbeing.** This is all about learning specific and **life-enhancing techniques** such as heart centering, and heart listening. Find out about and embrace the **physiological impact your positive and negative emotions and thoughts** have on your ageing process, your immune system and very importantly, your hormones. The qualities of love, such as compassion, forgiveness, gratitude, kindness, non-judgment and giving will be explored and **bring a deeper meaning** to all the participants. Nicky is an inspirational presenter with 25 years' experience and known to many at the Relaxation Centre. Tony has been presenting workshops on how to open the heart for over 30 years. **These are outstanding sessions.**

**PLEASE NOTE:** Also see below.

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

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

## Opening Your Heart to Love – Part 2

*Tony Petcopoulos and Nicky Bassett* (See above)

**Here is a second session of the course above.** This will include a review of the first session, a chance to gain any clarity needed as well as **a range of additional concepts** and techniques.

If you have participated in any of Nicky and Tony's courses you are welcome to participate in this excellent expansion of what they have shared with you previously.

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

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

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

It's so good to remember that every person we meet could be going through really difficult personal issues – Give them a smile – it could be invaluable.

You all could learn a lot about love from us dogs. Sometimes my people are really snappy as they rush around early and hurry off. When they come home, I give them so much love and they really respond, especially if others in the family have not forgotten what was said in the morning. I wish I could tell them that love is love – it's not resenting, it's not holding on to grudges but it's seeing what we can give to each other. Anyhow I live it and demonstrate it – you humans think too much and hold on to too much. There is so much love in you and our world needs it right now.



## 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 30 OCTOBER, 9.30am-1.30pm**

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



**Eliane Mathiuet**

Our lives are not level playing fields. They are in fact a series of mountains and gullies, comforts and discomforts.

Every cycle in our life **has its purpose** but often when we are deeply in them, **we may be struggling just to survive** and wondering why this is all happening to us.

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

Join Eliane 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 11 DECEMBER, 10.00am-1.00pm**

## That Fear of Speaking to Groups

**Gavin Blakey**



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

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

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

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

**TUESDAY 23 NOVEMBER, 7.00-9.00pm**

Our greatest joy and satisfaction can come from serving others – but this does not mean seeing ourselves as a servant, but in giving all we can, to assist others from our hearts.

## Unlock Your Future – Feeling free to move on

**Rod and Megan Middleton**



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

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

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

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

## Vaccines and your body – friend AND foe

**Margaret Bridgeford**



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

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

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

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

**SATURDAY 4 DECEMBER, 10.00am-1.00pm**

## 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 26 OCTOBER, 6.30-9.30pm**

**TUESDAY 9 NOVEMBER, 6.30-9.30pm**

The vast majority of us have been brought up to pretend, to say the right things, make the family proud and look good. It's not surprising that when things get difficult and we're struggling inside ourselves we look for external substances to make us feel better and suppress the pain.

## Supporting Kids and Parents



### Great Techniques for Kids AND Parents

*Jack L'Estrange*

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

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

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

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

**THURSDAY 4 NOVEMBER, 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 13 DECEMBER, 9.30am-12.30pm**

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



*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. See also on page 20.**

**THURSDAY 16 DECEMBER, 9.30-11.30am**

What an extraordinary journey and adventure life is trying to find out who we are whilst living surrounded by so many shoulds and oughts and expectations from others.

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

### Advanced Core Belief Balancing

*John Bligh Nutting*



John Nutting is well known for the variety of his courses. He has helped many people to **break free** from the past and to **embrace the endless possibilities within them.**

Some of us are troubled by thoughts and feelings like "I'm not good enough because...", – "I am a failure", – "I'm a mistake".

If this happens you are not alone and Core Belief Balancing is the solution. **It's not therapy, just energy balancing.**

Right from the start you will **experience positive outcomes and improvements** that are waiting for you in your life for work, your relationships and **your joy for living.**

Here is a chance to release the brakes which are holding you back.

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

**THURSDAY 18 NOVEMBER, 6.45-9.00pm (4 weeks)**

### 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 19 OCTOBER TO 14 DECEMBER, 7.00-9.00pm**



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

We all have beliefs and opinions and of course ways of reacting. None of us are all right or all wrong – our challenge is to listen to others without hasty reactions.

Listening and really hearing and discussing is vital. It takes us to another level of living and is an important part of helping humanity on its next level of evolution.



## 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 4 NOVEMBER, 10.00am-12.30pm (3 weeks)**

## Vision Board

*Jean Turnbull*

Come for a fun morning creating your own beautiful, vibrant picture board. See how what you create can **bring you happiness, gratitude, joy, feelings of hope and ever-increasing health and energy.** Now we're into the routine of 2021 it is so good to give ourselves a boost from the power of our minds and spirits **joining in harmony.**



Here is a beautiful experience with Jean who loves these sessions. She has seen numerous participants in previous groups go out of the classes **full of excitement and delight** with what they are taking home.

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

**THURSDAY 14 OCTOBER, – Adventure and Fun**

**THURSDAY 2 DECEMBER, – Adventuring Into the New Year (both sessions 10.00am-12.30pm)**

## Nature Journaling for Connection and Self-Care



*Bethan Burton*

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

on paper using a combination of words, pictures and numbers.

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

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

**SATURDAY 23 OCTOBER, 2.00-4.30pm**

**SATURDAY 11 DECEMBER, 2.00-4.30pm**

We do not own our children or our parents. Love is giving freedom and encouraging individuality.



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

*Vicki Bennett (left) and Rhonda Ohlson (below)*

Are you looking for a way to redefine your life? You may recently have had **big changes in your life:** been separated from a partner, someone close to you may have died; you may be **experiencing fear, anxiety and pain** from the past and crave a new way of thinking and living. **If you are looking for answers, this workshop will help you fill the gap and expand your vision** of what you are capable of becoming. **Vicki Bennett** is a Corporate Trainer, author of nearly 30 books, and the latest being ***The Book of Hope – an Antidote for Anxiety.***

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



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

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

**SATURDAY 4 DECEMBER, 10.00am-1.00pm**



## Writing YOUR Story

*Vicki Bennett*

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

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

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

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

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

**SATURDAY 13 NOVEMBER, 10.00am-3.00pm**

One of the most exciting and meaningful signs of humanity moving into a new era is hearing people such as top sports people, popular singers and actors speaking openly about their mental illnesses or their addictions and their fears, and of course their personal struggles.

We have lived in a society that for too long has caused us to be ashamed of these aspects of being a human being and caused us to experience all the repercussions that come from suppressing and hiding.

## Communication – Relationships – Connecting and Intuition

### 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 30 & SUNDAY 31 OCTOBER, 9.30am-5.00pm**

### Don't Be Nice , Be Real – Balancing Passion for Self with Compassion for Others

**Cate Crombie**



Don't Be Nice, Be Real! is a lively, **light approach** to a deadly **serious subject**; **our lives**. This one-day workshop combines humour and radical wisdom in teaching Nonviolent Compassionate Communication (NVC) to **cure "Niceitis", a hereditary dis-ease**.

'Don't Be Nice, Be Real' takes us from behind the wall of culturally conditioned niceness, **providing us with the tools we need** for self-responsible, non-judgemental, clear and conscious honesty. Learn how to say 'no' powerfully and compassionately and discover how to shift from 'giving in to giving to'. Also, learn a process to **transform and release** your "have to's" and "shoulds". **Suited to people who have experience with and those new to NVC**.

**FEE:** \$98. **BOOKING ESSENTIAL**. See also on page 20.

**SUNDAY 12 DECEMBER, 9.30am-5.00pm**

### Love Energy

**Rod and Megan Middleton**



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

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

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

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

**SATURDAY 11 DECEMBER, 10.00am-12.30pm**

When others tell you stories of things that have happened to them do you immediately come back with your story? A great awareness exercise is being able to stay with the other person's story and show interest and ask questions.



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

**Rosie Stave**

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

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

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

**SATURDAY 4 DECEMBER, 2.30-5.00pm**

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

**Rosie Stave**



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

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

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

**SUNDAY 5 DECEMBER, 9.30am-5.00pm**

### Why Do We Interact Well With Some People – and the opposite with others?

**Dr Malgosia Zlobicki**



This presentation aims to **explain how trust, control, power and intimacy affect everyone's interactions** with family, friends, acquaintances or strangers. Particularly the process that determines which interactions progress from minor social exchanges to significant relationships.

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

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

**SATURDAY 6 NOVEMBER, 2.30-4.45pm**

The greatest challenge in our lives is FEAR – it's the biggest hurdle – our most formidable opponent and our largest impediment AND it comes with so many faces.

## Singing and Chanting

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

Rhonda Ohlson

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

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

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

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

**SATURDAY 13 NOVEMBER, 9.30am-12.30pm**



### Mantras/Chanting and Meditation



Rob and Angela

Join Angela and Rob from *SpiritSong* for a **blissful evening of mantras, chanting and meditation**. When we sing **mantras** we invoke the **stillness of the heart** which is the presence that

lives within us all. It is a **simple and easy practice** that helps quiet the mind and lead us to **inner peace**. No experience is necessary and **everyone is welcome**. Participants tell us they feel wonderful during and after these sessions. **Please arrive early so we can all start together**. If you would like to enjoy a beautiful, memorable session come along, **relax and bask in the lovely sounds of this evening**.

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

**WEDNESDAY 20 OCTOBER, 7.00-8.30pm**

**WEDNESDAY 17 NOVEMBER, 7.00-8.30pm**

### Film Sessions

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

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

### The Life of Mother Theresa

Born in Macedonia, Mother Theresa joined the Sisters of Loreto, and was sent to Calcutta to teach geography and catechism. Soon afterward, she started a school in the Indian slums. She learned basic medicine and went into the homes of the sick to treat them. In 1950, she established the Missionaries of Charity, who educate the children of the slums, nurse those rejected by hospitals, and care for the beggars on the streets.

Can her legacy of compassion, humility, and love inspire us in our own daily lives? Mother Theresa received a number of honours, including the Nobel Peace Prize (1979). She became a canonized saint of the Catholic Church in 2016.

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

**FRIDAY 15 OCTOBER, 6.00-7.45pm**



The greatest gift we can give others is to encourage them to make their own decisions, and importantly, to trust those decisions. We all grow through making mistakes, that's an integral part of life.

## The Shadow Effect

This cutting-edge documentary inspires us to step out of the self that we've known and break free of bonds of the past. Deepak Chopra and Marianne Williamson join Debbie Ford to reveal the transformative power of your shadow – the parts of yourself that you dislike and disown – and step into the next evolution of yourself.

**THURSDAY 21 OCTOBER, 1.00-3.00pm**

**FRIDAY 22 OCTOBER, 6.00-7.30pm**

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

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

**THURSDAY 28 OCTOBER, 1.00-3.00pm**

**FRIDAY 10 DECEMBER, 6.00-7.45pm**

## Proven: Healing Breakthroughs, Backed by Science Episode 1

A new documentary series on the power of complimentary and alternative medicines to heal diseases of our time. **Episode 1. The Root Cause Of All Disease – How to Rise Above Stress, Anxiety and Mood Illnesses** with powerful herbs and supplements that are proven to out-perform antidepressants without side effects; an ancient practice that coordinates, eyes, mind, body and breath to balance your mood and energise you, in minutes, and a new breakthrough in stress relief – and why doctors aren't taught about this in medical school.

**THURSDAY 4 NOVEMBER, 1.00-3.00pm**

**FRIDAY 5 NOVEMBER, 6.00-7.30pm**

## The Plan

The planet is threatened with destruction. Time is short but we still have a choice. We are heading towards a profound change. We can deal with it and produce the change we want or we can let that change force itself upon us. In *The Plan* we see that more and more people are becoming aware of these challenges and engaging plans and initiatives to drive this development forward.

**THURSDAY 11 NOVEMBER, 1.00-3.00pm**

**FRIDAY 12 NOVEMBER, 6.00-7.30pm**

## The Planet

This far-reaching documentary goes beyond global warming to examine our entire planet and the climatic, geographical and anthropological changes we are experiencing now.

Addressing the ultimate issue of how to cope with the future of our world, *The Planet* is a wake-up call to the world while there is still time to act.

**THURSDAY 18 NOVEMBER, 1.00-3.00pm**

**FRIDAY 19 NOVEMBER, 6.00-7.30pm**

**Film Session continued on page 18.**

Many of these films are outstanding with people saying they wish their friends had been with them. They offer inspiring and uplifting ideas. The presenters are men and women who have influenced millions of people worldwide. Many of the names you will immediately recognise. Take time each week to come along and enjoy. The feedback we hear from participants can be so enthusiastic.

## Microbirth

Only 10% of our body is mammalia – our own cells. An ecosystem of microbes makes up 90% and is called *microbiome*. The relationship between bacteria and our human cells is based on collaboration. Microscopic events during childbirth could hold the key to the future of humanity. This interesting and important documentary was the winner at Life Sciences Film Festival in Prague, 2014.

**THURSDAY 25 NOVEMBER, 1.00-3.00pm**

## Love Medicine and Miracles

Dr Bernie Siegel, is a paediatric surgeon and pioneer of the groundbreaking work *Exceptional Cancer Patients*. In this film he shares from over 30 years of medical practice and tells amazing stories, anecdotes, insights and strategies that will wonderfully touch your heart and powerfully uplift your spirit.

**THURSDAY 2 DECEMBER, 1.00-3.00pm**

**FRIDAY 3 DECEMBER, 6.00-7.45pm**

## The Economics of Happiness

Here is an outstanding, thought-provoking film that needs to be seen to be understood. It contains some remarkable stories, fascinating and revealing information and you will hear input from some very insightful people who have a rare view of many things happening in our world today.

**THURSDAY 9 DECEMBER, 1.00-3.00pm**

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

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

**FRIDAY 10 DECEMBER, 6.00-7.45pm**

## Proven: Healing Breakthroughs, Backed by Science Episode 2

A new documentary series on the power of complimentary and alternative medicines to heal diseases of our time. **Episode 2. How to balance your microbiome, reduce inflammation, heal digestive issues and overcome autoimmune disorders.** An evidence-based approach to repairing leaky gut, leaky skin and leaky brain. What you need to know about the community of microorganisms that live in your stomach – which ones help you and which ones hurt you. Fantastic fungi – 3 medicinal mushrooms that are proven to balance your immune function and reverse auto-immune disease conditions like irritable bowel, rheumatoid arthritis and multiple sclerosis. Five exquisite herbs that will help you digest your food and better absorb their nutrients.

**THURSDAY 16 DECEMBER, 1.00-3.00pm**

**FRIDAY 17 DECEMBER, 6.00-7.30pm**

## A Small Act

The tiniest actions can change entire lives. Heartwarming documentary about the way our financial contribution to a third-world child helps their family and village.

**THURSDAY 23 DECEMBER, 1.00-3.00pm**

To finish a job with all the satisfaction that this brings – we must get started and go step-by-step.



## Late Inclusion to Our Programme

### Quieten a Busy Mind

**Alexander Robey**



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

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

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

**SATURDAY 27 NOVEMBER, 2.00-4.30pm**

### 2022 – Just Letting You Know

Many of you have been asking when these two courses will be on again so here you are.



### Depression – A Different and Human Approach

led by **Dr Winfried Sedhoff**. Winfried is giving himself a space to write a book with the working title of Taming Fears For Beginners. He will present his next course on Sunday 27 March, 10am-1pm.



### Feldenkrais – 4-week course with Rita Ryan.

Yes, on Monday 7 March, 10am-11am Rita will present her next four-week course, Freeing Yourself With Feldenkrais. Rita is an outstanding presenter and has made a huge difference to many hundreds of people, giving back their freedom of movement, release of pain and numerous other wonderful gifts that come from Feldenkrais movement which is gentle yet so remarkably effective.

### Deep Wisdom

An old friend of mine, a doctor/therapist, often told a story of a man whose few words had touched him deeply.

Apparently, this man had been referred to him after his wife died following 55 years of happy married life together working closely on the land, farming and bringing up the family. The doctor was intrigued how this man didn't say a great deal but whatever he did say seemed to have a lot of deep thought behind the words and they were few and measured.

As they got towards the end of their time together my friend said, “This has been a great privilege for me to talk to you today and I certainly wouldn't be charging you for your visit”. He said, “You have learnt a lot of wisdom in your life.”

There was a long silence and then the man said, “In my life there have been many long droughts – and there have been floods.” He got up shook my friend's hand and walked out the door. A great reminder!

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



**B**ooks for many people must be their best friends, advisors, lifters of spirit, encouragers, mentors and entertainers.

Yes, they are there when we are struggling with a relationship, having divisions in our work life, going through times of sickness, and when we feel lonely, rejected or alienated. They are there as a comforter when we wake up and can't sleep AND are like a best friend. They are always there wherever we are and when you need them – also when we meet them for the first time during a painful period – how exciting – like you have been embraced again into the human race.

Then some of you say just the same and feel the same about CDs, DVDs, you might have. We often have people call us and say, "I bought a tape or a CD from you 25 years ago – I've used it so much and it's finally worn out – can I get another one?" We usually can delve into our archives and find what people want, to their delight.

So come and enjoy our huge and ever-changing range of books, browse and find new friends.

Below are some reviews by some of our volunteers.

## **A New Earth: Awakening to Your Life's Purpose – Eckhart Tolle**

This book, a follow up to the highly successful book "The Power of Now" was recommended by a colleague as the most influential book she had read. It is not an easy read, perhaps due to the style of writing, however I found sections were worthy of re-reading and they were particularly relevant. Eckhart Tolle explains how looking beyond our ego-based state of consciousness is essential to personal happiness and perhaps **key to ending suffering and injustices in our world**. To be fully present to life as life is now Tolle says, "When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world". Eckhart Tolle.

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**.

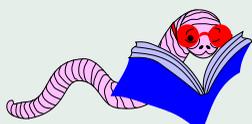
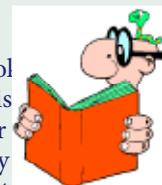
## **Nonviolent Communication – Marshall B Rosenberg, Ph.D.**

**Communication is the basis of human life**; it filters into every activity with great influence on the outcome. Thus, Marshall's book is relevant across all of the human experience. This revolutionary concept counters a society which encourages judgement over self-responsibility. Throughout the book Marshall lays out an **easy-to-follow framework for communicating** our needs to others. Expressing needs is the foundation of Nonviolent Communication as Marshall claims that they underlie all of our thoughts and actions. To be in touch with your needs and those of the people around you allows you to tap into "our common humanity" in which **empathy leads the way to harmony**.

## **Loving What Is – Byron Katie**

Four questions that can change your life. No truer statement has ever been said. If I had to choose just one book from the many I have read over the years that has helped me the most, this book would be the one. From this book I have been using Byron Katie's simple method of self-inquiry, which she refers to as "The Work" for many years. In Loving What Is, Byron Katie shares with you her own experiences with self-enquiry and many dialogues and examples of people, just like you and me, doing the work and questioning their painful thoughts.

You'll see how these people came to **find a way out of their suffering** and perhaps through them and the **practical insights** on the pages you'll find a way out of your own.



## **Whole Brain Living – Jill Bolte-Taylor**

Jill Bolte-Taylor is a Neuroanatomist, who had a massive cerebral haemorrhage with the left side of her brain completely shut down so she could not walk, talk, read, write or recall any of her life.

During that period which went on for many, many months she was able see herself and her brain from another level and able to detect the blocks and mis-functioning.

After a long period of **therapy and recovery** she was able to give other scientists **insights into the brain** that they were seeking.

In her latest book on Whole Brain Living, she helps us to understand more about our brain anatomy and she talks about the four characters of our brain, left thinking, right thinking, left emotional and right emotional. She said we are more empowered then to choose how we react in every moment. She says **how we respond to our own thoughts reflects and enables us to enrich relationships with each other**.

## **Think Like a Monk – Jay Shetty**

Jay is very much a teacher of these times. Here is a fascinating book full of wisdom and things to **get you thinking, reflecting and questioning**. Jay says monks concentrate on questions not on answers – yes, **life is a constant journey of seeking**.

He also says when showing gratitude, make your thanks specific, "for each of you, gratitude comes from realising that someone has invested in you – it's a feed-back loop of love".

This book has a sub title, **Train Your Mind for Peace and Purpose Every Day**.

## **Discounts – Discounts – Discounts**

Yes, 20% off everything from Tuesday 12 October to Sunday 31 October., and From Tuesday 7 December to Friday 24 December.

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



The sub-title of this book is **Managing Health Risks In A Modern World** – a wholistic guide to energised living and longevity

Several people connected with the Relaxation Centre heard **Dr John and Jeanie Ryan** speaking and respond to questions at an authors club meeting recently and described what was shared in two hours as **outstanding, practical and so insightful**.

We haven't got room here to describe as much as we would like to but you will see on page 10 they will be with us on November 25. Dr John has just retired after **50 years of working holistically** with thousands of people. Jeanie has been a nurse, originally from Ireland, and for many years a dietician. Together they make a powerful team **with much to share** and are very happy to respond to any questions you may have. Their new book will be available at a special price for attendees – see page 10.

## Dr Heather Way – Speaking Internationally on Autism



When able to travel Dr Way regularly addressed major conferences in other states and overseas. She recently addressed the **Medical Academy of Paediatricians and Special Needs Conference in America**. We're so fortunate to have inspiring sessions presented here by **Dr Heather Way**, a world expert on the new Autism treatments as well as, ADD, ADHD and much more.

The wonderful gift that Dr Heather brings is while she gives the most detailed scientific information to those who are trained to understand it she speaks to people here in ways **we all understand** and feel inspired and informed by. With Autism increasing greatly within our society we cannot recommend too highly coming to hear Dr Heather Way on Saturday 30 October – see page 10.

## Girl Talk (for Girls 8-15years)



A new course which is truly a first for the Centre in 47 years is being presented by **Skye Fitzpatrick**.

Skye says as a teenager she participated in a similar workshop and has found the information invaluable going forward. She has embraced several courses in feminine wisdom and awareness of our hormones. Skye has a passion for working with young people and loves doing practical work with them. She is now completing her degree in Education. This will be without any doubt a great gift for several young girls to attend – see page 14.

## Are You a People Pleaser?

**Hilda Brunckhorst** has introduced and focused on some wonderful themes here. This one is about being a people pleaser.

Many of us are habitual people pleasers and we don't realise how quickly we roll over and **give ourselves away**. Of course we don't want to upset people, we don't want to be unpopular and of course we don't want people to dislike us – but when we go against what we know to be right for us we can unknowingly cause ourselves **huge amounts of stress and inner discomfort**.

So, we need to find ways of living, both to be supportive of others and **be true to ourselves**. These changes can often be more significant and vital to our health than immediately recognised. Hilda has much to offer – see page 6.



## Don't Be Nice – Be Real – Cate Crombie



**Cate Crombie** has spent decades exploring insights into communication. Unfortunately, in difficult times of disharmony and differences we can automatically react and cause the very opposite outcomes to what we needed, causing huge discomforts, stress and sleepless nights and even intensify the negative outcomes. That's why Cate loves offering her major course **Compassionate Communication** as well as this one-day session on **Don't Be Nice – Be Real**.

When we've practised being nice for most of our lives it's not easy to change. Many people may have told you how much they love your niceness and for being so easy to get on with BUT underneath all this we can lose **US – lock down our truth** – suppress our ability to speak up and not make our own unique contribution. Come for this very freeing session. See page 16.

## Bones for Life – Rhonda Ohlson



Have a look on page 8 **at all the benefits you can gain** from this range of gentle easy-to-do movements.

Not only do people tell us how much they love these sessions but often say they received so much more than they **were ever expecting**. It is surprising how many bones are broken each year and we regularly see the ongoing effects for many months. These bones of ours are so vital for happy living, yet our way of living in 2021 is often not what we could call being supportive of our bodies. The great thing is we can do **so much to assist ourselves** and be more flexible using some very simple movements. Rhonda has been sharing this work for many decades now **with huge success**.

## Tai Chi and KiGong – Great News

**Yes, Paul Jones** is now able to present again his popular sessions of Wu Style Tai Chi and Building Energy Through KiGong **on Fridays**. Also, he will be here **on Mondays** at the same times. So, anybody who really wants to gain maximum advantages from his great skills can **do two sessions in a week**.

Paul says people report they build better health, decrease stress, sleep better and **improve their functional mobility**. See page 8.

