

Relaxation Centre of Queensland

**Paul
Spottiswood**



**Don't Leave a Mess
for Others P 6**
**Fear Anxiety and
Worry P 6 P 8**
**Speaking to Groups
P 7**

★ ★ ★
Bethan Burton



**Nature Journaling
and Self Care P 14**

Who Are YOU?

I've often thought when we meet babies for the first time, we should ask them "who are you?". Yes, **what has that little baby come to develop into**, what have they got to contribute to the world and gain from it.

So many people have been deeply touched by Kahlil Gibran's beautiful statement about our children. He says **your children are not your children. They are the sons and daughters of life's longing for itself** – Then he says, something so significant – **they come through you, but not from you!** And yet though they are with you, they belong not to you. You may give them your love, but not your thoughts.

"For they have their own thoughts. You may house their bodies but not their souls. **They dwell in the house of tomorrow.**" Such a powerful statement. And then he wrote "You are the bows from which your children, as living arrows are sent forth."

Yes, this is a statement reminding us of **our responsibility but not ownership**. Of nurturing, but not controlling, free of self-centred expectations. We are giving them freedom to unfold and be who they are destined to be. It's vital we recognise this also about our own relationship with our parents.

I've often looked on in awe at how **a child could be born with extraordinary, practical, musical and creative abilities**, however nobody in the family apparently had similar tendencies and gifts previously.

I remember knowing two parents both of whom were alcoholics. They had four children – two became alcoholics from an early age and the other two never wanted an alcoholic drink.

It's all too easy to blame this or that parent for who we are. But, look around you and see the huge differences often in several children from the same parents.

We are all individuals - we were born to live our unique selves – enough blaming – enough ownership. The greatest gift we can give each other is love and the freedom to be what they came to be. Only each one of us can discover this as we constantly explore this extraordinary gift of life – **Who we are, What we've come to be, What we can share with others and What we can contribute to life.**

— *Lionel Fifield*

**Mackayla
Chalmers**



**Women Sharing
Space P 14**
**What Makes Us As
We Are P 16**

★ ★ ★
**Andrew
Greentree**



**Growing Self
Compassion P 11**
**Gratitude in action
P 10**

Courses in Date Order Pages 3-4

Then you'll find

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

**Building Confidence/
Overcoming Fears &
Addictions**
On pages 6, 7, 8

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

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

**Supporting Kids &
Parents**
On page 12, 13

Courses/Information Pages 13-20

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

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

Singing & Chanting
On page 17

Film Sessions
On page 18

Late Inclusions
On page 18

**Books, CD's & DVD's
From Our Shop**
On page 19

More About Speakers
On page 20

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

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

The Centre will re-open after our annual holidays at 9am - 1pm Monday 30 January 2023. All other days as usual.

Phone 07 3856 3733 – Only in emergencies 0413 198 856

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



Welcome to All

One of the aspects of human beings that has always amazed me is their inner strength, their power, their resilience, their courage and their ability to keep going often against all odds.

We usually discover these in adverse times when we're trying to survive some huge adverse situations, keep our head above water, or face massive unexpected changes or issues in our relationships or health. That's life!

– We were not promised an easy journey, but we were promised an adventure and the chance to find answers, make totally unexpected discoveries in ourselves and attract assistance from others in perfect timing. Yes, that's the gift of our lives from birth to the day of our departure.

In my years of guiding the Relaxation Centre I watched on in awe at the extraordinary abilities and answers that people have found. I have met individuals who on one day were on their knees looking totally battered but then see them weeks or months later as a whole new person – yes, they look like a New Person who has found a treasure, smiling at me with a renewed sense of power, invincibility and confidence. — **Lionel Fifield**

Remember, Remember, Remember

We are in times where so many people are speaking of **expendable income getting less & less** because of rents, rising prices and an increase in mortgage repayments.

People have told us that they have **seen courses here that they would love to do but just don't have the money needed.**

Have you seen the centres guidelines written in 1974. One of these says **NOBODY would ever be denied a course through lack of money.** It's important to us that you call and book in and pay what you can. **Many people over the years have come here for no charge or a big reduction in the fee they paid.** Please, please, please just be honest about what is possible for you. It's important to us that you come and gain from our wonderful array of courses.

Yes It's Mine I'm Responsible

I was given a body

Told - this is yours for life

Sometimes I treated it kindly

Other times in strife

Bits of it were broken

Other bits badly hurt

Some bits punctured deeply

And from this the blood did spurt

The miracle I began to realise

Was the way it self repaired

But only as I got older

I told it I really cared

I began to feed it better

Exercise to keep fit and strong

I realised it was my responsibility

And embraced it in my song



Would You Like To Be a Volunteer?

We have a wonderful team of volunteers. Would you like to join us and spend time on reception, in the bookshop, or be involved in some other area?

You will see here Jeanette Munro (on the left) who has volunteered for many years but recently uses her excellent typing skills for this newsletter.

Also, Caterina Caderas who is with Jeanette on Thursdays on reception. In the last 3 months Caterina has produced the many brochures on courses you will see here.

If you would like to then come to one of **the following 1 hour meetings**, so you can hear more and ask whatever question you might have.

Thursday 3 November – 5.30pm

Tuesday 29 November – 12pm

Friday 9 December – 6pm



Many, Many New Courses

Never before in the past 48 years have we had the opportunity to bring in so many new courses from one programme to another.

Yes, lots of ideas for you to explore – come and enjoy them!

Those Little Thoughts Each Newsletter

Many people tell us they love the 'little thoughts' we put between courses and various spaces in our program.

Some have said they read these first and often save them and keep them.

Unless otherwise stated, these words of wisdom are all written by Lionel Fifield, including our Rufus (the dog) words of wisdom.

One of our volunteers told us recently that she cuts them out and puts them in a little box.

When friends come round, **she invites them to randomly pick out a thought and say what it triggered in them.** She then picks out one and does the same. She says these can be really meaningful and friends get to know each other and themselves more deeply – you might like to try it yourself.

Courses in Date Order

Ongoing Weekly Sessions

NOTE: Sessions not held on Public Holidays

Tuesdays

Tuesday Evening Course in Miracles	P 13
Feel Calm Yoga (Up to the 21st October)	P 9
Yoga for Beginners	P 9

Wednesdays

Deep Relaxation	P 5
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Thursdays

Freeing Yourself With Feldenkrais (Up to the 8th December)....	P 8
Women's Sharing Space (Starting 3 November)	P 14

Fridays

Deep Relaxation	P 5
Tai Chi for Vitality and Mobility	P 8
What is KiGong	P 9

Sundays

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

October

Tuesday 18 October

Homeopathy	
- One of the Most Used Medicines in the World	P 11

Wednesday 19 October

Qi Gong For a Healthy Body and Peaceful Mind (4 weeks) ...	P 9
Mantras/Chanting and Meditation	P 17

Friday 21 October

Amazing UFO Incidents in Australia, NZ and PNG	P 16
Film: Dying to have Known	P 18

Saturday 22 October

Autism, ADHD & ADD	
- Recovery is Possible - A Session Full of Hope	P 11
Journaling - A Key for Healthy Living	P 13

Sunday 23 October

Women's Healing Circle	P 10
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Thursday 27 October

You and Your Addictions - Who is the Boss?	P 7
Health and Wellbeing Support Group	P 11
Kids Can Parents Can	P 13
Film: The Biology of Parenting	P 18

Saturday 29 October

Success in Relationship and Partnership	P 7
Bones for Life	P 9
The Heart - Doorway to Health, Happiness and Love	P 12
Why do We Interact Well with Some People	
and the Opposite With Others?	P 15

Sunday 30 October

Sound Healing - Meditation Relaxation	P 6
Sound Healing - Meditation for Children with Parents	P 5

November

Wednesday 2 November

Feng Shui - Home Harmony	P 13
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Thursday 3 November

Interested in Volunteering Meeting.....	P 2
Women's Sharing Space (Beginning of weekly sessions)	P 14

Friday 4 November

Film: The Biology of Parenting	P 18
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Saturday 5 November

Fear, Anxiety & Worry	P 6
Gratitude in Action	P 10
The Horstmann Technique Talk.....	P 12

Thursday 10 November

Discovering Your Ability to Speak in Public	P 7
Health & Wellbeing Support Group	P 11
Film: The Entanglement	P 18

Friday 11 November

Getting to Sleep, Getting Back to Sleep	P 6
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Saturday 12 November

Stress: Its Impact on Brain Architecture	P 5
Calling All Perfectionists.....	P 8
Your Pelvic Power Reaches Widely	P 9
Oneironautic Lucid Dreaming.....	P 14
What Makes Us As We Are.....	P 16

Tuesday 15 November

How to Thrive in These Challenging Times	P 7
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Wednesday 16 November

Sound Healing/Meditation/Relaxation	P 6
Qi Gong For a Healthy Body and Peaceful Mind	P 9
Mantras/Chanting and Meditation	P 17

Thursday 17 November

Chinese Brush Painting	P 15
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Friday 18 November

Taming Fear Book Launch.....	P 6
Growing Self-Compassion	
- Putting Ourselves on the Gratitude List	P 11
Film: The Entanglement	P 18

Saturday 19 November

Sound Healing - Meditation for Children with Parents	P 5
Sound Healing - Meditation Relaxation	P 6
Your Inner Strength is Real	P 7
Writing Your Story	P 14
Love Has Many Faces	P 16
I Just Want to Sing	P 17

Sunday 20 November

Don't Leave a Mess	P 6
Women's Healing Circle	P 10
Planetary Connections.....	P 17

Tuesday 22 November

Christmas Can be a Challenge	P 14
Improve Intimate Areas of Communication	
A 4 Week Workshop Series.....	P 16

Wednesday 23 November

Insights and Overview of Compassionate Communication.....	P 15
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Thursday 24 November

You and Your Addictions - Who is the Boss?	P 7
Health and Wellbeing Support Group.....	P 11
Film: Future Dreaming.....	P 18

Saturday 26 November

Taming Anxiety and Stress.....	P 5
Stand Up and Speak Up	P 8
Self-Healing: A Metamorphosis	P 10
A Bridge to New Possibilities.....	P 10
Shine a Light on Your Life	P 11
Understanding Emotions.....	P 17

Continued on Page 4

Courses in Date Order (Continued)

Tuesday 29 November

Interested in Volunteering Meeting..... P 2
Why Words Matter..... P 16

December

Friday 2 December

Film: Future Dreaming..... P 18

Saturday 3 December

Sound Healing/Meditation/Relaxation P 6
Intergalactic Self-Healing P 10
Our Lives - A New Chapter Every 7 Years..... P 11
KISS Brings Answers - Keep It SUPER Simple..... P 13
Feng Shui - Home Harmony..... P 13
100 Keys to Love..... P 17

Tuesday 6 December

What We Know and Don't Know About What We Want and Don't Want P 16

Thursday 8 December

Freeing Yourself with Feldenkrais - Final Weekly Session..... P 8
Health and Wellbeing Support Group..... P 11
Film: One Man, One Cow, One Planet..... P 18

Friday 9 December

Interested in Volunteering Meeting..... P 2
The Fear of Flying P 8

Saturday 10 December

Exploring Hope..... P 5
Dowsing for Answers P 10
Nature Journaling for Connection and Self-Care P 14
Compassionate Communication (NVC Workshop)
- Making Connections P 15
Loving What is - The Work of Byron Katie P 15

Sunday 11 December

The Horstmann Technique Basics Workshop P 12
Compassionate Communication (NVC Workshop)
- Making Connections (Second Day) P 15
Free Yourself in Relationships - The Work of Byron Katie P 15

Monday 12 December

Rock and Water for Boys and Girls 8-12 Years P 12

Tuesday 13 December

The Most Difficult Task: Asking for What We Actually Want... P 17

Wednesday 14 December

Sound Healing/Meditation/Relaxation P 6

Thursday 15 December

Girl Talk (For Girls 12-20 years) P 8

Friday 16 December

Film: One Man, One Cow, One Planet..... P 18

Saturday 17 December

Sound Healing - Meditation for Children with Parents P 5
Sound Healing - Meditation Relaxation P 6
The Power Within Releasing P 7
Feldenkrais for Christmas P 9
Weaving your Own Mandala P 18

Sunday 18 December

Women's Healing Circle P 10

Tuesday 20 December

Christmas Party for Volunteers

Thursday 22 December

You and Your Addictions - Who is the Boss? P 7
Health and Wellbeing Support Group..... P 11
Film: Talking Story..... P 18

Friday 23 December

Film: Talking Story..... P 18

Saturday 24 December

Centre Closes at 1pm

Wednesday 28 December

Annual Clean Up Day 9.30am-3.00pm

ADHD

Recently there have been many talks and interviews on radio and television regarding ADHD. Don't forget we have a world specialists in ADHD and Autism speak here in various programs through the year.

See page 11 Dr Heather Way - Full of encouragement, insights and practical information.

Discounts Discounts

We wanted you to have an special opportunity to buy books and much more from our shop. Discounted by 20% from the 22nd October - 5th November & the 5th - 24th December. **Could be great gifts for Christmas.**

Annual Clean Up Day

Wednesday 28 December, 9.30am - 3pm.

Many people love adding their personal touch to getting the Centre ready for the New Year. Participants meet new friends and often tell us how much they've enjoyed this valuable day here.

Lunch is supplied, but in Relaxation Centre style, we always welcome any extra contributions. Also, although we have clean up equipment, if you have a favourite item, please bring it along.

Please call reception and say "I'll be there."

See you on the 28th of December!

Many people have talents

and abilities hidden

deeply within them.

We can each assist others to bring them out through encouragement, nurturing and appreciation of what we see within them.



Late Inclusion

We had one late inclusion in our program, see page 18 and not under the relevant headings.



October / November / December 2022 Programme

PLEASE NOTE:

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

Courses covering Stress, Anxiety, Sleep, Depression and Meditation



Taming Anxiety and Stress

Lionel Fifield & Tom Wixted

Stress and Anxiety can be like wild animals that snap and bite us and even seem to be incessantly chasing us. It is then our anxieties accelerate and

we may even start **suffering from extreme reactions such as panic attacks** and find it almost impossible to relax and rest.

The good news is there is so much we can do to **calm these reactions** and stop them jumping out at us when life around us begins to become overwhelming, foreboding or simply all too much. The fact is that in these times huge numbers of people feel **under pressure both at work and at home.**

How good when we can again feel in charge of our minds and our bodies and can move into response rather than habitual reactions – **empowerment rather than seeing ourselves as victims.**

Lionel and Tom have both needed to work through extensive times of high anxiety in their lives and look forward to **sharing ideas, insights and techniques with you** so we can turn those reactions around and use them to our advantage and benefit.

FEE: \$35. PLEASE BOOK.

SATURDAY 26 NOVEMBER, 1.00-5.00pm



Deep Relaxation

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

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



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

what these sessions can give us – although many people get benefits immediately.

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

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

WEDNESDAYS, 1.00-1.40pm

FRIDAYS, 1.00-1.40pm

EVERY WEEK. – Except on Public Holidays.

Exploring Hope – Overcoming Anxiety

Vicki Bennett



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

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

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

FEE: \$25. PLEASE BOOK.

SATURDAY 10 DECEMBER, 10.00am-12.30pm

Stress – Its Impact on Brain Architecture



Leanne Boyd

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

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

FEE: \$30. PLEASE BOOK

SATURDAY 12 NOVEMBER, 10:00am-1.00pm

Sound Healing - Meditation for Children with Parents

Elena Lymbery



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

FEE: \$5 per person. PLEASE BOOK.

SUNDAY 30 OCTOBER, 3.45-4.30pm

SATURDAY 19 NOVEMBER, 3.45-4.30pm

SATURDAY 17 DECEMBER, 3.45-4.30pm

Life constantly provides space so that
The New can come in – that's why everything
dies in its time and we are able to see the
beauty of young life emerging with the vitality
and curiosity that comes with it.

Sound Healing – Meditation Relaxation

Elena Lymbery



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

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

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

FEE: \$15. BOOKING ESSENTIAL.

MID-WEEK SESSIONS

WEDNESDAY 16 NOVEMBER, 6.30-7.45pm

WEDNESDAY 14 DECEMBER, 6.30-7.45pm

WEEKEND SESSIONS:

SUNDAY 30 OCTOBER, 2.00-3.15pm

SATURDAY 19 NOVEMBER, 2.00-3.15pm

SATURDAY 3 DECEMBER, 2.00-3.15pm

SUNDAY 17 DECEMBER, 2.00-3.15pm



Getting to Sleep – Getting Back to Sleep

Lionel Fifield

It is said that **more than half of the population in Australia have difficulty getting a full night's sleep** with all the repercussions that can come from this. Lionel went through many, many years of insomnia up to his thirties - this led him to explore all sorts of ideas other than sleeping tablets.

Since **his book on Sleep came out earlier this year**, he has been delighted with the feedback and appreciation received for it. For those of you who attend tonight the book will be discounted by 40% to \$15 – **come and gain many invaluable ideas**.

FEE: \$25. PLEASE BOOK.

FRIDAY 11 NOVEMBER, 5.30-7.30pm

Fear, Anxiety And Worry – Finding Answers

Paul Spottiswood



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

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

Participants love his talks and Paul loves sharing ideas, insights and techniques. Come and enjoy this little session that can bring big benefits as it has done for many people previously.

FEE: \$20. PLEASE BOOK

SATURDAY 5 NOVEMBER, 2.00-4.30pm

"We all laugh at different things."

Taming Fear – Book Launch

Dr Winfried Sedhoff



Dr Winfried says **fear unchecked dominates and ruins lives**.

So, here's an opportunity to hear him as he launches his new book.

Dr Sedhoff says **in today's world it is easy to fall a victim to fear**. In a society where after the onset of the COVID pandemic, fear levels surged sending global anxiety and stress levels to new highs. We wonder about how we'll get by and **we fear for the future**. But all hope is not lost, **you can overcome your fears and thrive**.

Dr Sedhoff shows how you can master your anxiety and take back control of your life. After experiencing his own personal crisis that forced him to face his own worst fears he now wishes to **share what he's learned so that you too can emerge stronger from the other side**. His book covers so much.

Dr Winfried says that whatever the cause of your fears and anxiety **you deserve a calm life** – as you'll learn we each have the power to resolve our fears and choose our future.

FEE: \$5. BOOKING ESSENTIAL.

FRIDAY 18 NOVEMBER, 6.00-7.30pm

Building Confidence and Determination – Overcoming Fears and Addictions

Don't Leave a Mess – for Others

Paul Spottiswood



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

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

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

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

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

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

FEE: \$20. PLEASE BOOK.

SATURDAY 20 NOVEMBER, 10.00am-12.30pm

A genuine relationship is one that is not dominated by the ego with its image making and self seeking. In a genuine relationship there is outward flow of open, alert attention toward the other person in which there is no wanting whatsoever
– Eckhart Tolle

How to thrive in these challenging times

Louisa Sgarbossa

Feeling like its all too much right now?

Looking for ways to **break through the barriers** that hold you back from flourishing?

We'll look no further. Come along to this workshop where Louisa will take you on a journey of uncovering the possibilities that could make a huge difference and show you a **new way of moving forward and embracing life so you can blossom.**

With new insights/perspectives and some simple practices that you can take home and **implement into your daily routine**, you will be feeling more equipped to face the challenges of these current times with renewed enthusiasm and vigour.

FEE: \$20. PLEASE BOOK.

TUESDAY 15 NOVEMBER, 6.00-8.00pm



You and Your Addictions – Who is the Boss?

Ian Ratcliffe

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

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

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

FEE: \$20. Just come along.

THURSDAY 27 OCTOBER, 12.00-1.30pm

THURSDAY 24 NOVEMBER, 12.00-1.30pm

THURSDAY 22 DECEMBER, 12.00-1.30pm



Success in Relationship and Partnership

Eliane Mathiuet

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

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

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

Ultimately this is all about trusting yourself.

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

SATURDAY 29 OCTOBER, 10.00am-1.00pm



The Power Within Releasing

Lionel Fifield

How often have you felt weighed down or held back? One of the greatest gifts we can give ourselves is **exploring the secrets of releasing and letting go** so we can

feel lighter and freer and more able to move on to all the possibilities that could be waiting for us.

When our mouths are full, we cannot take in any further food. When the brakes are on in our cars we cannot move – **when our thoughts are full of yesterday there is no room for really living now.**

Lionel has given talks to groups worldwide on this great topic for us to explore and discover the possibilities for ourselves.

Here we are coming towards Christmas and the New Year. So, **what better time to make room for the NEW and the NEW YOU.**

FEE: By Donation of your Choice. PLEASE BOOK.

SATURDAY 17 DECEMBER, 11.00am-1.00pm



Your Inner Strength Is Real

Tom Wixted

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

is still excited to see people discover this inner power for the first time. **Participants feel it. They know it is real.**

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

FEE: \$30. PLEASE BOOK.

SATURDAY 19 NOVEMBER, 1.00-5.00pm

Discovering your ability to speak to groups – Building your confidence



Paul Spottiswood

For so many people one of their biggest fears is the thought of **speaking to groups of people.**

Paul struggled with this fear for many, many years. **But now loves it.** And people often remark on his easy and relaxed style.

He's taught his technique very successfully to dozens of groups, both at the Relaxation Centre many years ago and also elsewhere.

For some years we've only offered the opportunity to come to a single evening, so we are delighted and excited to present this **four evening course.**

The first evening is free so you can come and test it out – then it's over to you to decide if you want to come and really **expand your abilities** in the next three weeks.

FEE: \$52. PLEASE BOOK.

(Payment At End Of First Meeting)

THURSDAY 10 NOVEMBER, 6.30-8.30pm (4 weeks)



The Fear of Flying

Paul Spottiswood

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

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

FEE: \$25. PLEASE BOOK.

FRIDAY 9 DECEMBER, 6.00-8.30pm

Girl talk (for girls 12-20 years)

Skye Fitzpatrick



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

Skye participated in similar workshops in her teenage years and has continued with this learning which she describes as valuable going forward. She's able to **bring awareness to the content as well as personal experience and relatability** to her students.

After Skye's presentation earlier this year she received many praising comments such as **"Skye made such an open, beautiful space where all experiences could be shared"** – "great discussion – extremely informative, will recommend this course to friends – great job Skye" "this was an amazing class – **I got the chance to understand my womanhood** – I would love to do it again" - "great to talk about a subject that is sometimes considered taboo" – "love this course, a **very eye opening experience that can be hard to find** – I also made lots of new friends"

FEE: \$10. PLEASE BOOK.

THURSDAY 15 DECEMBER, 9.30-11.30am



Stand up, Speak up

Rhonda Ohlson

Have you ever wanted to say stop, no more but didn't want to hurt someone's feelings or make someone angry or lose their love. So, you just put up and shut up.

Or maybe you did say 'No' but felt deeply guilty.

Maybe you even punished yourself afterwards.

Come along to this session and let Rhonda show you how to make a stop sign that comes from your pelvic power so that you can harness your voice to set healthy boundaries and can stand up and speak out for yourself.

FEE: \$25. PLEASE BOOK.

SATURDAY 26 NOVEMBER, 9.30am-12.30pm

Why should you be like anybody else.



Calling All Perfectionists

Hilda Brunckhorst

Are you a perfectionist or do others say you are a perfectionist? **Do you experience stress around trying to be perfect?** – find it stressful wanting to make everything perfect 24/7? Do

you feel or do others say you are pedantic, or a control-freak? **Do you feel you want to 'loosen up a little'** but still strongly hang onto your view of how things should be?

Do you often think 'I should...' or 'I shouldn't have...'?

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

FEE: \$30. BOOKING ESSENTIAL

SATURDAY 12 NOVEMBER, 1.30-4.30pm

Movement – Yoga – Qi Gong – Feldenkrais – Tai Chi



Tai Chi for Vitality and Mobility

Paul Jones

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

Why should I do it?

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

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

EVERY FRIDAY, 11.30am-12.30pm (Until 23 December)
Except Public Holidays.



Freeing Yourself With Feldenkrais

Rita Ryan

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

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

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

BOOKING ESSENTIAL.

FEE per session: \$14 or \$48 for 4 sessions.

Please bring a mat or towel to lie on.

EVERY THURSDAY, 10.00-11.00am (Until 8 December)

Life and each day offers us new opportunities to discover new things and see things from different angles. Life is full of endless miracles.

What is KiGong?

Paul Jones

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

Why should I do it?

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

FEE: \$14 per session (\$98 for 8 sessions). **PLEASE BOOK. EVERY FRIDAY, 12.35-1.35pm (Until 23 December) Except Public Holidays.**



Yoga for Beginners

Sally Waters

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

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

BOOKING ESSENTIAL.

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

EVERY TUESDAY, 11.15am-12.15pm (Until 23 December)

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 (Until 25 October)



Qi Gong for A Healthy Body and Peaceful Mind

Terri Kozak

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

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

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

WEDNESDAY 16 NOVEMBER, 10.00-11.15am (4 weeks)

The wonderful physical exploration through Feldenkrais should never be overlooked – These gentle movements can bring relaxation, flexibility and surprising new mobility in totally unique and unexpected ways.



Your Pelvic Power – Don't Underestimate its Effects

Rhonda Ohlson

Did you know that the strength to use your arms and hands well, comes from your pelvic power.

Too much sitting which many of us have done in these two past years of COVID lockdowns has blocked connection between our pelvis and arms and hands.

And – did you know that any injury in your arms and hands blocks the movement in your shoulders and hips and pelvis. A few months ago, Rhonda Ohlson broke her left forearm. Being unable to move her forearm, wrist and fingers and hands caused restriction of movement and pain in her shoulders and neck and whole body.

Come along to the session to share her pearls of wisdom about how she used her Feldenkrais practice to regulate the trauma response in her nervous system so that she could connect and integrate all the moving parts into one united whole moving from the heart.

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

SATURDAY 12 NOVEMBER, 9.30am-12.30pm



Feldenkrais for Christmas

Rita Ryan

Yes, **give yourself a special gift for Christmas** and come and enjoy one of these wonderful Feldenkrais sessions.

All the movements you do are so gentle yet the **results can be so remarkable** – to see people be able to return to active lives – **take up dancing and various sports again** and so much more.

The practice of Feldenkrais (we often call it the miracle of Feldenkrais) is mentioned in the book **The Brain that Changes Itself**.

Rita Ryan has been leading groups and assisting individuals for well over 25 years and has **never lost her enthusiasm and love for all she's seen possible**.

So come along – this could be the start of something new and very meaningful for you.

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

SATURDAY 17 DECEMBER, 10.00-11.15am



Bones For Life - Restore the Spring in your Step

Rhonda Ohlson

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

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

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

SATURDAY 29 OCTOBER, 9.30AM-12.30PM

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

Dowsing For Answers

Rod and Megan Middleton

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

FEE: \$25. **Just come along.**

SATURDAY 10 DECEMBER, 10.00am-12.30pm.



A Bridge to New Possibilities

Donna Thistlethwaite

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

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

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

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

WEDNESDAY 26 NOVEMBER, 10.00am-12.00pm



Gratitude In Action

Andrew Greentree

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

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

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

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

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

SATURDAY 5 NOVEMBER, 10.00am-12.30pm



Intergalactic Self-Healing

Robert Vicary

Our bodies are like galaxies with planets (our major organs) – stars (our trillions of cells) and numerous hidden secrets.

We need to **make contact with them** beyond the stresses and anxieties so common in our society. These block us from experiencing the miracle of self-healing.

Robert shows you how to use **myotherapy and reflexology, massage techniques** to release tight skin (fascia) around your muscles, neck, shoulders, back, hips, legs, organs and brain.

This physical calming session is especially designed to assist people to **connect their right brain with their heart**, feelings of empathy and higher sensitivity.

Come and experience this physical calming to once again embrace your own Intergalactic Self-Healing

Notes will be provided and no prior knowledge will be required – **just bring your open heart and mind.**

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

SATURDAY 3 DECEMBER, 1.30-4.30pm

Self-Healing: A Metamorphosis

Sonia Bailey

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

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

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

SATURDAY 26 NOVEMBER, 9.30am-1.00pm



Women's Healing Circle

Elena Lymbery and Carina Aloni

Come and join Elena and Carina for this new **exciting and meaningful course**. They thought that some of these words from Jeanette Leblanc were touching into the essence of this course: “A circle of women may just be the most powerful force known to humanity. **If you have one, embrace it. If you need one, seek it.** If you find one, for the love of all that is good then embrace it. Let them see you. The very fabric of your being will be altered by this”. The course includes yoga, sound healing and sharing time. Elena and Carina are looking forward to welcoming you.

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

SUNDAY 23 OCTOBER, 9.45am-1.00pm

SUNDAY 20 NOVEMBER, 9.45am-1.00pm

SUNDAY 18 DECEMBER, 9.45am-1.00pm



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

Eliane Mathiuet



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

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

FEE: \$35. PLEASE BOOK.

SATURDAY 3 DECEMBER, 10.00am-1.00pm

Health and Wellbeing Support Group

Elena Lymbery



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

FEE: \$12. PLEASE BOOK.

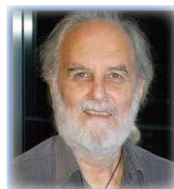
THURSDAY 27 OCTOBER, 11.00am-1.00pm

THURSDAYS 10 & 24 NOVEMBER, 11.00am-1.00pm

THURSDAYS 8 & 22 DECEMBER, 11.00am-1.00pm

Shine a Light on Your Life

Rod Smith



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

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

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

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

SATURDAY 26 NOVEMBER, 1.00-5.00pm



Growing Self Compassion – Putting Ourselves On The Gratitude List

Andrew Greentree

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

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

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

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

FEE: \$25. PLEASE BOOK.

FRIDAY 18 NOVEMBER, 6.00-8.00pm (2 weeks)



Autism - ADHD - 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 much more. She is the head researcher for a number of world-leading Genetics and Microbiome companies working on Autism particularly. Before Covid she regularly visiting other countries and interstate to speak at medical and scientific conferences. **She now includes addressing many groups by Zoom.**

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

FEE: \$25. PLEASE BOOK.

SATURDAY 22 OCTOBER, 2.00-5.00pm



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 18 OCTOBER, 6.30-8.00pm

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

The Heart - Doorway to Health, Happiness and Love

Tony Petcopoulos and Nicky Bassett



Would you like to improve your physical emotional, mental and spiritual wellbeing? In this workshop, Tony and Nicky will explore **the power and significance of the heart** and its capacity to activate the soul to achieve **higher states of consciousness**. They will share specific techniques that can lead to an expansion of intuition, joy, connectedness and oneness.

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

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

FEE: \$35. BOOKING ESSENTIAL.

SATURDAY 29 OCTOBER. 9.30am-1.00pm



The Horstmann Technique - Introductory Talk

Patti Barton

In this session Patti will outline the **Horstmann technique bodywork therapy** and give a brief demonstration.

This process can help with lower back or neck and shoulder pain and can also release the emotional or mental underlying causes of the body's aches and pains or misalignments.

If you would like to volunteer for a **short demonstration treatment you are welcome**. You remain fully clothed on a massage table and the process is pain free.

So here is a wonderful opportunity to find out about a process which Patti has found over many years to **bring great benefits to a lot of people**.

See also the workshop (Next Column).

FEE: \$10. PLEASE BOOK.

SATURDAY 5 NOVEMBER, 10.30am-12.30pm



It's always good to remember that nobody else can make **OUR** unique contribution to life.

Sometimes letting things go is an act of far greater power than defending or hanging on – Eckhart Tolle.



The Hortstmann Technique Basics Workshop

Patti Barton

During this **hands-on workshop** you'll learn a chakra balancing process and some of the (subtle energy) holding points on the hips and shoulders and **how to gently mobilise your friends bent knee or arm to relieve muscle holding patterns** that cause pain or structural misalignments of the body. Many of these have been caused by underlying emotional or mental stressors. This process can release these energy blockages to relieve pain and misalignment.

Anyone can learn and practice these simple basic techniques to help their family and friends.

If you can bring a massage table for the workshop, please let reception know.

Patti worked closely with the therapist Trish Trobridge who originated this technique (**see also the introduction to the Hortstmann Technique in previous column**).

FEE: \$55. ESSENTIAL TO BOOK.

SUNDAY 11 DECEMBER, 9.30am-3.30pm

Supporting Kids and Parents



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

Tom Wixted

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

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

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

FEE: \$25. PLEASE BOOK.

MONDAY 12 DECEMBER, 9.30am-12.30pm

If you are feeling lonely see what you're able to give to somebody else. It could be contacting them, making them a cake, sending a card of appreciation, buying them a gift or something unique from you. Thinking of them can mean to them more than you will perhaps ever realize.



Kids Can – Parents Can

Jack L'Estrange

Parents. Did you know?

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

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

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

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

FEE: \$35. PLEASE BOOK .

THURSDAY 27 OCTOBER, 10.00-11.30am (3 weeks)



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



A Course in Miracles

Discussion Group Members

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

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

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

FEE: \$5. BOOKING ESSENTIAL.

EVERY 2ND AND 4TH SUNDAY, 10.30am-12.30pm



Tuesday Evening Course in Miracles

Simon Jones

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

FEE: \$5. Just come along.

EVERY TUESDAY, 7.00-9.00pm

What strange things fears are. We spend huge amounts of valuable time getting stressed by fearing pictures in our minds - things that probably will rarely or never happen.



KISS Brings Answers – Keep It SUPER Simple

Virginie Fortin

Are you looking to have more time in your life? Do you feel something is missing? Do you feel frustrated, misunderstood? Are you doing everything for everybody except yourself?

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

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

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

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

FEE: \$25 PLEASE BOOK

FRIDAY 3 DECEMBER, 10.00am-12.15pm

Journaling – A Key for Healthy Living

Vicki Bennett

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

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

FEE: \$25. PLEASE BOOK.

SATURDAY 22 OCTOBER, 10.00am-12.30pm



Feng Shui – Home Harmony

Julia Ashfield

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

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

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

Julia will share much with you this morning.

FEE: \$15. PLEASE BOOK.

WEDNESDAY 2 NOVEMBER, 6.00-8.00pm

SATURDAY 3 DECEMBER, 2.00-4.00pm



It's not what you say that matters, it's what you are and how you live.



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: \$25. PLEASE BOOK.

SATURDAY 10 DECEMBER, 2.00-4.30pm

Writing YOUR Story

Vicki Bennett

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

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

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

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

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

SATURDAY 19 NOVEMBER, 10.00am-3.00pm



Women's Sharing Space

Mackayla Chalmers

Something beautiful happens when **women come together in a safe space** to share and listen to each other – we find that we are not alone.

We hold space for each other to speak what is truly important to us. **We listen without the need to fix or resolve**. Healing happens in the silence when we pause and take a breath. When we have compassion for self and others humanness.

FEE: \$10. PLEASE BOOK.

EVERY THURSDAY FROM 3 NOVEMBER, 1.30-3.00pm



Christmas - Can be a Challenge

Joan Wilson-Jones

Christmas isn't always a time of joy and happiness for many people. Maybe you are missing a special loved one – **maybe you are going through some family difficulties** – or maybe you just don't celebrate Christmas for personal, cultural or religious reasons.

It can be very hard to navigate December if you aren't feeling up to it, or don't want to participate in the festivities. So often **people find it hard to understand** and might try to lure you out of your safe hiding place with their expectations of what might be good for you (in their view).

If any of the above resonates with you come and join us for some **strategies, insights and ideas on how to protect your needs and sanity** through December.

Joan Wilson-Jones is well known to anybody who regularly attends the Relaxation Centre. We can promise you, you'll find some insights, ideas & strategies to support you to not just survive but to **thrive and to be ready for 2023**.

FEE: \$35. PLEASE BOOK.

SATURDAY 22 NOVEMBER, 6.30-9.30pm

Oneironautic Lucid Dreaming

Robert Vicary

A third of our life is spent asleep so let us remember the work we do during our dreaming state. **Dreams are used as a communication process from our subconscious mind to our conscious mind**. It often works out solutions for our everyday events that are causing us emotional stress.

Lucid dreaming connects us with our super conscious mind with an understanding of a bigger picture of our energy and Akashic records. Oneironautic is a conscious aware traveller in a lucid dream. Come and experience the **greater travel opportunities beyond the limitations of being an astronaut**.

We will show you how to start **recording and interpreting your dreams**. Come and change your life's directions through lucid dreaming as an oneironaut. Bring your dreams and nightmares for discussion.

FEE: \$25. PLEASE BOOK.

SUNDAY 12 NOVEMBER, 1.30-4.30pm



"Having down times and painful times can be a gift. They can make us more compassionate towards others and less arrogant."



"We each have a unique path to walk. We can never judge it as better or worse than others. Each path has a purpose."

Chinese brush painting

Jean Turnbull

Chinese brush painting can be rather like a meditation, as we do it the flowing and soothing energy of breath and movement facilitates spontaneous brush strokes.

Jean has a remarkable ability to both demonstrate and teach this form of creative painting. People often say they are amazed at what they learn from her in such a short time and how being with Jean is so calming and infectious. She brings out our inner qualities of being able to paint.

Many people tell us beforehand that they have never had any artistic ability or been able to paint a picture. They often say they were hopeless at painting when they were at school. Yet after this course they are often amazed and so proud of what they've achieved in a short time. Often, they can't wait to get home and show their friends and family. So come and surprise yourself.

In this one day, session Jean will teach you how to paint a beautiful picture of plum blossom.

FEE: \$45. PLEASE BOOK.

SUNDAY 17 NOVEMBER, 10.00am-3.30pm



Communication – Relationships – Connecting and Intuition



Insights and Overview of Compassionate Communication

Cate Crombie

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

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

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

FEE: \$25. PLEASE BOOK.

WEDNESDAY 23 NOVEMBER, 7.00-9.30pm



Free Yourself in Relationships – The Work of Byron Katie

Rosie Stave

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

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

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

SUNDAY 11 DECEMBER, 9.30am-5.00pm

Loving What Is – The Work of Byron Katie

Rosie Stave

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

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

FEE: \$25. PLEASE BOOK.

SATURDAY 10 DECEMBER, 2.30-5.00pm



Compassionate Communication (NVC Workshop) – making connections

Cate Crombie

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

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

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

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

SATURDAY 10 DECEMBER, 9.30am-5.00pm

SUNDAY 11 DECEMBER, 9.00am-4.30pm

Why Do we Interact Well With some People - and the opposite with others?

Dr Malgosia Zlobicki

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

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

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

SATURDAY 29 OCTOBER, 2.30-4.30pm





Love Has Many Faces – It's So Misunderstood

Rod and Megan Middleton

Love is the most used word universally.

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

FEE: \$25 Just come along.

SATURDAY 19 NOVEMBER, 10.00am-12.30pm

Amazing UFO incidents in Australia, NZ and PNG

Paul Spottiswood



In July 2001, the United States Government had finally admitted, what many around the world had long suspected, that UFO's (Unidentified Flying Objects) really **DO** exist! The Pentagon has admitted that they have no idea what they are, but they have stated, that they do not belong to the USA Government. An official investigation is now under way in the USA.

Paul Spottiswood, is a retired Commercial pilot, and feels very close to one of these incidents. **Paul flew the same aircraft that 20 years old Frederick Valentich disappeared in.** This was a most extraordinary UFO incident. Paul will **describe and discuss what happened**, plus many other very credible UFO sightings in Australia, NZ and PNG. Facts can be far stranger than fiction.

FEE: \$6. PLEASE BOOK.

FRIDAY 21 OCTOBER, 6.00-8.00pm



What Makes Us As We Are

Mackayla Chalmers

What a remarkable mixture of habits – addictions – oddities – and lovely ways we have.

As we get to know people (and ourselves) we begin to see (uncover) resentment, pride, vanity, lust, envy, sloth, avarice, fear, and gluttony.

Mackayla will share the background of these patterns from the **remarkably insightful Enneagram program.**

She says her interests lie in how we can **catch ourselves in the act and then hold ourselves in loving kindness** rather than keep dismissing these deep patterns and thus not owning them and moving on.

This is all about knowing ourselves – **freeing ourselves** and embracing our real power in our hearts.

FEE: \$35. PLEASE BOOK.

THURSDAY 12 NOVEMBER, 10.00am-4.00pm

Do you ever listen to the radio or watch television in awe at how every person is so different - in voice - in looks - in personality. Isn't it truly remarkable that in all the billions of people none of you humans are the same.



A Workshop Series To Improve Intimate Areas Of Communication

Dr Peter Howie

This **workshop series** is designed for **individuals and couples who would like to improve their communication**, particularly about the intimate areas of their lives. These areas can be very difficult to access easily, and many people become **tongue tied, embarrassed, or defensive when the subject is raised.** You are welcome to come to all the evenings as they will build on each other. You are also welcome to attend one or more of the single evenings as your fancy takes you. **Each session will include readings or exercises or both**

FEE: \$130 (All 4 Sessions) or \$40 (Individual Sessions)

Why Is It Just So Difficult To Talk About The Stuff That Goes On In The Bedroom?

Dr Peter Howie

Using a **playful and enjoyable approach**, Dr Peter will look at the deeply entrenched and widespread **cultural values, moral stories, assumptions, and default dilemmas we all end up in.** We will consider the prickly and sensitive area of sexual communication, an **area of communication only recently considered worthy of serious research and discussion.** We will distinguish sexual communication from regular interpersonal communication between individuals and couples. **(See introduction above)**

TUESDAY 22 NOVEMBER, 6.30-8.45pm

Why Words Matter: If We Cannot Talk About It, We Cannot Do Anything To Change The Situation

Dr Peter Howie

Using playfulness and group processes and exercises, Dr Peter will invite us to know more about what we don't already know but should. Where sex education failed us at school and we are unlikely to learn all by ourselves. We will have a romp through the forest of terms both Latin and slang, the euphemisms and diverting words that do nothing except avoid discomfort. Using language to talk about the real deal, will greatly empower participants to think, talk, and act in the area of sex and sexual communication with greater confidence. **(See introduction above)**

TUESDAY 29 NOVEMBER, 6.30-8.45pm

What We Know and Don't Know About What We Want and Don't Want: Exploring Consent And Obligation

Dr Peter Howie

With gentleness and playfulness, Dr Peter will work with us through a model of communication, Betty Martin's Wheel of Consent, specifically designed to help us to ask for things we want, say 'No' to things we don't want, and 'Yes' to things we do want. This is a very important step on the road to feeling autonomy and agency, self-reliance and freedom, to get our pleasure needs met in ways that work for us not just everyone else. **(See introduction above)**

TUESDAY 6 DECEMBER, 6.30-8.45pm

The Most Difficult Task: Asking For What We Actually Want While Dealing With Our Fears And Shame And The Opinions Of Others

In this workshop Dr Peter will have us all exploring what it means to ask for what we want and why we will or will never do that. It will mean looking playfully at where we hold ourselves back, where we gave up on our hopes and dreams, or where learned the 'shoulds, musts, and oughts' or expectations of how we are meant to act towards pleasure and erotic play if we are to be considered good people. **(See introducton, Dr Howie, Previous page)**

TUESDAY 13 DECEMBER, 6.30-8.45pm

Planetary Connections

Julia Chai

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

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

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

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

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

Please note this is not an Astrological workshop but a meaningful exploration.

FEE: \$35. PLEASE BOOK

SUNDAY 20 NOVEMBER, 1.30-4.00pm

100 Keys to Love - Exploring Authentic Relationships

Vicki Bennett

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

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

FEE: \$25. PLEASE BOOK

SATURDAY 3 DECEMBER, 10.00am-12.30pm

Really understanding gratitude can be a life changer.

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 **being in charge**.

Alexander will guide you through 7 aspects of understanding emotions and show you how you can **develop healthy coping strategies** to everyday occurrences.

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

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

SATURDAY 26 NOVEMBER, 2.00-4.30pm

Singing and Chanting

Mantras/Chanting and Meditation

Rob and Angela



Join Angela and Rob from **SpiritSong** for a **blissful evening**

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

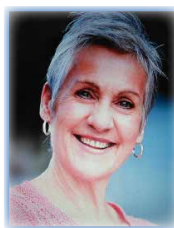
FEE: \$20. PLEASE BOOK.

WEDNESDAY 19 OCTOBER, 6.00-7.30pm

WEDNESDAY 16 NOVEMBER, 6.00-7.30pm

I Just Want To Sing

Maxine Chisholm



There are so many reasons why we avoid singing and don't attempt it and only one reason why we should - **THAT IT IS SO GOOD FOR US**. After these sessions people often look wonderfully alive, their

eyes bright, colour in their faces, they say they **feel full of energy** and they're telling other people how wonderful it was. Singing is so natural yet we as a society have, for some reason shut it down and suppressed it in too many of us. Many people say that when they were kids people told them they couldn't sing. Maxine believes **everyone who is vocal can sing** even if they've been told they can't. Today is about uncovering that voice and all importantly letting it out of the prison we have unwittingly put it in. Maxine says "**numerous previous participants have been amazed with their new found singing voices in such a short time**"

FEE: \$30. PLEASE BOOK

SATURDAY 19 NOVEMBER, 10.00am-1.00pm

Film Sessions Entry to Films \$5

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

Dying To Have Known

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

FRIDAY 21 OCTOBER, 6.00-7.30pm

The Biology of Parenting

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

THURSDAY 27 OCTOBER, 1.00-3.00pm

FRIDAY 4 NOVEMBER, 6.00-8.00pm

The Entanglement

The 'Entanglement' is a dramatic story in which a young man is aware of his twin brother's moment of great danger in a distant place, and learns about the matrix in which we are all connected. This film, one of the Tales of Everyday Magic made by Hay House, illustrates quantum physics theory. The film is followed by an interview with Gregg Braden in which he explains quantum physics. This interview has been well-received, as Gregg Braden makes quantum theory easy to understand as an everyday concept.

THURSDAY 10 NOVEMBER, 1.00-3.00pm

FRIDAY 18 NOVEMBER, 6.00-8.00pm

Future Dreaming

Renowned thinker Dr David E Martin discusses the past, present and future of humanity, the narratives that drive our economic, social and political thinking, and unpacks the assumptions that underlie those conditions. The industrial age brought a new way of thinking. It was the first time that nature was classified as having zero value and human beings were defined as a resource. Dr Martin asks "What would humanity look like if we stopped imposing our models upon nature, and instead, chose to follow the same playbook as the eco-system we find ourselves in?" For billions of years, the intelligence of the natural world created a sustainable and successful eco-system. This is a call to return to the essence of what it means to be human, a version of humanity that cares about its place in the world and the effect it has on the environment. We will also screen a short film: *Albert Lyrebird*.

THURSDAY 24 NOVEMBER, 1.00-3.00pm

FRIDAY 2 DECEMBER, 6.00-7.30pm

One Man, One Cow, One Planet

Globalization and the mantra of infinite growth in a finite world is exposed for what it really is: an environmental and human disaster. But across India, marginal farmers are fighting back. By reviving biodynamics - an arcane form of agriculture - they are saving their poisoned lands and exposing the bio-colonialism of multinational corporations. *One Man, One Cow, One Planet* tells their story through the teachings of an elderly New Zealander, Peter Proctor, who many are calling the new Gandhi. It is followed by a short film: *The Man Who Planted Trees*.

THURSDAY 8 DECEMBER, 1.00-3.00pm

FRIDAY 16 DECEMBER, 6.00-7.30pm

Talking Story

An immersive journey into indigenous traditions and wisdom, Talking Story chronicles the lives, rituals and wisdom of healers and spiritual leaders from diverse world cultures, using their personal journeys to humanize the fight for cultural preservation and the importance of maintaining the different ways each culture perceives the world. Here is a series of intimate portraits of healers and spiritual leaders as both human and divine. We are introduced to an expanded worldview and a deeper connection between modernity and ancient traditions.

THURSDAY 22 DECEMBER, 1.00-3.00pm

FRIDAY 23 DECEMBER, 6.00-7.45pm

Late Inclusions



Weaving Your Own Mandala

Anca Mitin

Mandalas are symbols that capture our minds in their unique way. **Its patterns can affect our psyche in a positive manner**, leading us to embrace oneness, peace, silence and self-power.

How would you like to weave your own mandala?

Anca has encouraged hundreds of people and watched with joy as they produced a huge variety of unique mandalas – so individual!

As you immerse yourself in this you will find it a **meditative experience linking you with your inner wisdom** and deepen your connection with your heart and practicing mindfulness with all the benefits that this can bring.

This session can put you in touch with so many of your spiritual qualities. **Creating mandalas is a nourishing and relaxing experience** using different yarns such as wool, cotton, synthetic yarns, wooden and bamboo sticks.

The sticks will all be provided by Anca. Bring whatever yarns you can.

FEE: \$20. PLEASE BOOK

SATURDAY 17 DECEMBER, 10.00am-12.30pm

So much of our lives is about relationships. Never underestimate the importance of the relationship with yourself. That is a life long exploration.



BOOKS – CD'S – DVD'S



To get you thinking and to give you answers.

One of the greatest secrets in life is recognising that you can never get an answer or a solution you are needing unless we are clear on the question. We all too often keep focusing on the problem often talking about it endlessly to others but we haven't clarified exactly what we need.

One of the greatest secrets is looking at a row of books, CD's, DVD's and listening to what item seems to attract you as this could well be where you will find the clue you are looking for.

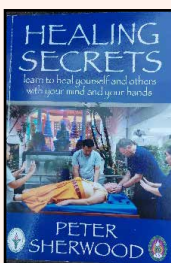
Happy searching and happy discovering.



Elena Lymbery is responsible for our Shop and keeps it stocked with so many relevant books and other items ideal for people seeking answers from here.

You will see that every two weeks Elena presents a session on Health and Wellbeing. In these she offers many wonderful and practical ideas to build your health. She also stocks a range of foods and supplements that seem to be very helpful to regain our health.

BOOK REVIEWS



Healing secrets

Author Dr Peter Sherwood.

Learn to heal yourself and others with your mind and your hands.

There may be no one more experienced or qualified than Dr Sherwood to write a book about healing. This book is designed to show readers new to this type of medicine the current and potential roles of psychic hand-healing. This is to assist people to commence their healing path. Dr Sherwood likes to help people change their physical, mental and emotional health.

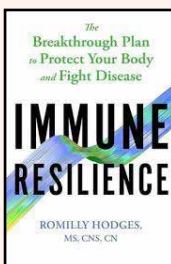
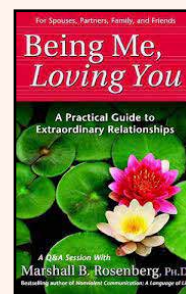
Dr Sherwood has been mentor to numerous students, who after one or two days working with Dr Peter were able to reduce or eliminate pain in patients. It is recommended by Dr Sherwood to read one page every day.

Being me, loving you.

Marshall B. Rosenberg, PhD.

A practical guide to extraordinary relationships

The desire to express and receive love are fundamental to the human experience, within this book Marshall suggests practical approaches to doing this. His belief is that love is an action, something we are able to do for the people around us and ourselves. This lovely little book is a wonderful introduction to a way to deepen your nonviolent communication knowledge. This book provides a short introduction to the Non-violent Communication framework as well as transcript excerpts from Marshall's live workshops and lectures, to see how real people would implement these tools into everyday life. So, if you're looking for a way to elevate your communication with the people around you, this book is a great place to start.



Immune Resilience

Romilly Hodges

This comprehensive guide to everything about the immune system is a must for anyone who thinks of their good health as an asset. It successfully explains the preventative measures people can take in their everyday lives, thinking of food as a form of medicine rather than simply for quenching appetite. It is an empowering read and gives greater power to the individual in relation to taking responsibility for one's own health and that of their loved ones. It also touches on supplementation, from factual science backed information through to myths and common misconceptions.

Ven. Robina Courtin on her recent visit spoke on Transforming Problems into Happiness.

Many people attended these two evenings and most said they found them extremely helpful. These were recorded and we have the 2 sessions available on DVD's and CDs for \$18 each.



20% Discounts Available In Our Shop: (See more on page 4)

Saturday 22 October to Saturday 5 November, Monday 5 to Saturday 24 December

Author of 33 Books – Vicki Bennett



What a fabulous, prolific writer is Vicki Bennett. She presents several wonderful courses here, one of her most popular ones is **YOUR story**. Just recently Vicki has completed a tour of France where **her book has been translated into French and received great acclaim**. She enjoyed much publicity in the press and gave talks to enthusiastic audiences in several cities and towns. Vicki always exudes **huge enthusiasm and gives great encouragement and wonderful ideas** to all who attend her courses. See "Writing Your Story" 19 November, **page 14**; "100 Keys To Love" 3 December, **page 17**; "Exploring Hope" 10 December, **page 5** and "Journaling for Healthy Living, **page 13**.

Intimate Areas Of Communication – Dr Peter Howie

Dr Howie is offering four weeks where he focuses on areas that many of us (perhaps the majority of us) find very difficult to communicate about. Yet **we deeply want to enjoy relationships that we can feel relaxed and safe in**. Unfortunately, in our growing up we have taken on numerous shoulds and shouldn'ts – acceptable and unacceptable – beliefs about what's right and wrong and of course all these bring stresses and anxiety in these intimate areas where we yearn to feel safe and loved for who we are. You will see Peter offers **different themes over the four evenings** and welcomes you to whichever attracts you. This course could open up many new possibilities for the years ahead whatever your age. See "A Workshop Series to Improve Intimate Areas of Communication" Tuesday 22 November **page 16-17**.



The Horstmann Technique - Patti Barton -



Here is a great opportunity to meet Patti Barton and find out all about **the Horstmann Technique**. Patti has been a practitioner for many years and seen the wonderful beneficial effects to be gained. This process can help with **lower back, neck and shoulder pain** and can also release the **emotional or mental underlying causes of our aches, pains and misalignments**. Come and find out all about it on Saturday 5 November. There is also an all day course on Sunday 11 December. **See page 12**

Our Dreams Can Reveal So Much – Robert Vicary

Come and enjoy an insightful afternoon with Robert as he **opens the door on lucid dreaming**. Here is an opportunity to see how we can connect with our super conscious mind and touch into the bigger picture. Robert calls this session Oneironautic Lucid Dreaming which is all about **becoming a conscious aware traveller within ourselves**, bringing you a lucid dream to unveil so much. See Saturday 12 November, **page 14**.



The Taming Of Fear – Dr Winfried Sedhoff



Dr Sedhoff will be launching his **new book 'Taming Fear'** on Friday 18 November. Many, many of you have attended his **wonderful and very insightful courses** on Depression – A Different and Human Approach. Winfried says that fear unchecked can dominate and ruin our lives. We can become so immersed in these fear filled thoughts that we look through eyes that colour all we see with danger. **We become a victim building fear on fear**. He said that after the onset of the COVID pandemic fear levels worldwide surged sending global anxiety and stress to new highs, and all importantly, how much we have been affected whether we can see it or not. **All is not lost as we can really recover, overcome our fears and step into our future with confidence**. This should be an excellent book launch bringing us so many invaluable insights. **See page 6**.

What Makes Us As We Are – Mackayla Chalmers

Do you often wonder where your habits came from – yes – aspects of ourselves such as resentment, pride, vanity, lust, envy, avarice, fear, gluttony and so many more. Also, when we think of them in our families why should many of them be so different to us, **why are some so difficult to get on with** and why, why, why.

Well, this is something that has fascinated Mackayla for many years, so if you are really interested in **knowing yourself and freeing yourself** and feeling the real power in your heart come and enjoy this day on Saturday 12 November, **page 16**. This is a course that can open many doors for you and bring many, many benefits.

