

Newsletter

Edition 12 September 2011

Hi Folks,

My feeling is that the next **Transformational Bodywork Course** which starts **Sunday 11 September** **may be the last**. I may be moving on to other things. There are a couple of places left. **Book soon** as space is limited. **Full details** in the **Transformational Bodywork** attachment.

The "**Post 2012**" workshop at Moontree on **Saturday October 8** is **now booking**. Let me know if you are interested. Details below.

The **new website** is up with much additional information and many new features. Info is still being added to the site, also to the blog. The main site will now be www.thelightcentre.net.

Robert Gebka is giving a **Simplicity in Zen** evening on **Thursday September 8** at the Trouville Hotel in Bournemouth. He studied with Zen Masters in China. See attachment for details.

Sara Barford is launching her ebook on Amazon entitled "Meet & get to know our Magical Friends" on Tuesday 13 September. There are prizes to be won! See attachment for details.

Love and Light, Charmian

Last and final course starts Sunday September 11

Transformational Bodywork

A course for enlightenment

To prepare for the fifth dimension, are you ready to: -

- * Channel Masters and Angels?*
- * Attune to and transmit enlightenment energies?*
- * Sense and repair auras & chakras?*
- * Work inter-dimensionally?*
- * And much more*

To book your place, or for more details of this amazing opportunity contact Charmian Winsor at The Light Centre. Tel (01202 723696 / 07727 226814 email: info@thelightcentre.net or visit www.charmianwinsor.co.uk

Post 2012

4-hour workshop

Led by Charmian Winsor

At the run-up to December 2012, we are all eager to know what life will hold for us in ascension, or the 5th dimension. Participants will receive a **DNA activation and an attunement to an Ascended Master, Archangel, or higher level of self** (5th dimensional and upwards).

**Time, Travel, Time Travel?!
Rays, Chakras, Auras
Health, Wealth
... and much more!**

Our souls are coming through now to make a higher connection.

Information on the **New Children** and their gifts, **telepathy, higher chakras** and **higher dimensional opportunities!**

Cost: £35

Booking now!

Sat. Oct 8, 10.30-2.30 Moontree Gallery, 16 Sea Road, Boscombe, Bournemouth, Dorset, UK

****For other dates, venues and info contact Charmian**

01202 723696 / 07727 226814

Email: info@thelightcentre.net www.thelightcentre.net

****Would you like to organise a workshop in your area?**

Moontree Gallery and Therapy Centre

Beautiful Gifts:

Looking for that elusive, unusual, unique present?

Come along to Moontree and browse in our peaceful and welcoming centre.

In addition to our beautiful paintings, prints, sculptures and hand-crafted jewellery, you will find a selection of books, crystals, incense and more.

Gift Vouchers:

If you cannot choose – why not give one of our Gift Vouchers which are redeemable against any Artwork, Therapy Treatments or Readings.

Art Exhibition: Next exhibition with Linda Sale will open Saturday 8 October. Wine and jelly babies!

Encaustic Art Workshops: £25 inc materials & refreshments, with Sarah Faulkner. **Phone for dates: 07949 104689.** No previous experience necessary

Reiki I Workshop: with Benjamin Robinson. Please phone for dates

Reiki I Workshop: with Deborah Robinson. Please phone for dates

Reiki II Workshop: Sunday September 18, 10am – 6pm with Deborah Robinson.



Transformational Bodywork Course: starts 11 September with Charmian Winsler. See attachment.

New! Intuitive Healers Circle 4th Monday with Benjamin Robinson
Reiki Share every 2nd Tuesday 7-9pm with Deborah Robinson
Kundalini Yoga 1st & 3rd Tuesdays 7-8pm with Mike Edmondson
Breathwork Group Last Tuesday in month 6.30-9pm with Sarah Faulkner
Meditation Group 1st and 3rd Wednesdays at 7.30 with Deborah Robinson
Enlightenment Group 2nd and 4th Wednesdays 7.30-9.30pm with Charmian Winsler
The Goddess Project Sharing Circle, 7.00 - 9.00, 2nd Thursday each month with Julie Ann Horrox.

To receive info on exhibitions, workshops, groups and new stock, please ask to be put on the **mailing list**. Contact via info@moontree.org.uk or Ph: **01202 394949*** or drop in at **Moontree Gallery and Therapy Centre, 16 Sea Road, Boscombe, Bournemouth.** www.moontreearts.org.uk



The **Tibet Culture Trust Shop** in Royal Arcade, Boscombe, Bournemouth has **fantastic prices**. You can also find the same bargains online at www.tibetculturetrust.com: **ethnic clothes, Buddhist Thankas, Singing Bowls, vajras, jewellery, incense and much more!**

The Trust always needs **volunteers** to help in a variety of ways. You can email us at tibetculturetrust@yahoo.co.uk, or visit the website and the online shop to find out more, and perhaps even leave a **donation**.

You can also **sponsor a child** through the retail shop or by applying online.

The Trust has links to the **Sakya Thubten Ling**, a Tibetan Buddhist temple at 167 Shelbourne Road, Charminster, Bournemouth. Tel: 01202 538108

Silence

In the cacophony that often passes for our civilised society we can sometimes feel as though we are screaming for respite. Nowadays we have a plethora of retreat centres opening up to cater for our need for silence.

Some spiritual teachers teach in silence. Students are influenced until they are able to telepathically pick up thoughts, although the high spiritual teaching is designed to help the student go beyond the mind into silence.

Meditation is our prime way of reaching the silence within.

At first the mind is a constant whirl of activity. We feel that we will never have a peaceful, calm and centred mind. So many jobs come to mind that we need to do, thoughts and feelings from the day, memories from long ago.

Gradually little pockets of quiet come in. Then the mind goes astray again. We bring it back, gently but firmly, lengthening the time that we can keep focussed.

The rewards are great. We feel more peaceful. Our concentration on our outer tasks increases. We understand ourselves better. We may understand our loved ones better. Our mind is integrating, our turbulent feelings are calming down.

Another wonderful way of calming down and gaining the silence within is to go out in nature. After a walk through the woods or fields notice how your mind has quietened, notice how much more relaxed you are. Notice how content you feel. We have forgotten the age-old stand-by of doctors who used to send their patients into the country to recuperate. Trees and nature generally really are healing.

Meditation

Stay with this meditation for 10 minutes if you can, gradually extending the time to 30 minutes. Be patient with yourself: you are building mental muscles. The rewards are great. Remember how long it takes you to build up physical stamina. The mind is just the same. It may take months to unwind your busy mind.

1. Sit comfortably with back, neck and head straight, feet on the floor unless you are sitting cross-legged.
2. Take a few deep breaths.
3. As you settle into your body, become aware of your breath settling, shoulders relaxing, followed by face and neck muscles.
4. Continue relaxing down, re-settling any parts of the body that are still tight.
5. Observe your breath in any way that is appropriate to you. Each time that your mind strays bring it gently and firmly back to just observing your breath.
6. If your mind is whirling, say a mantra*, either out loud or silently.
7. Gradually come back to the room until you feel grounded. Notice how much calmer you feel.

*Suggested mantras: Om or Soham.

Sara Jane

E-mail Newsletter Interested in **what's on in the local area** regarding events, courses, workshops, shares and classes? Contact me to be added to the mailing list for a monthly newsletter, and if you are a practitioner and/or teacher and would like to include your information (it's Free) you can e-mail me on saraspiritoffreedom@hotmail.com

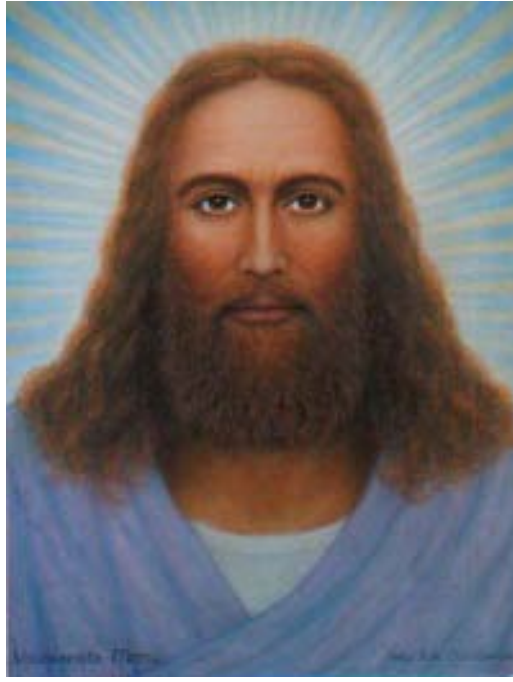
Sara Jane - Therapies at The Twin Oaks Therapy Rooms, Winton, Bournemouth. I am a Complementary Therapist offering a range of therapies and different **Courses, Workshops and Shares (including Reiki, Crystals, Angels, Sound, Magical Friends and Self Development)**. For more information on these and the **Messages from The Magical Realm**, please see my website www.sarajane-therapies.co.uk and www.ourmagicalfriends.co.uk which includes their monthly message.

**** New 10-week Development Course **** £8.50pw starting Monday 31 January 7.30-9.30pm at Twin Oaks, Winton

Love, Peace & Light To You All

Sara

Our Manu, Allah Gobi



This is another depiction of Peter Christiansen's; this time of Allah Gobi which is the name of our Manu. The office of Manu is responsible for looking after the root races on the planet, for instance, the yellow and red races. Allah Gobi also works with the Maha Chohan, St Germain, and Maitreya I am told. Allah Gobi almost always teaches in silence. This may be why he is not well known to many.

Reconnective Healing

This is **NEW!** This is **DIFFERENT!** This is **REAL!**
Globally Recognized
Reconnective Healing is a **NEW** level of Healing
utilizing the incredible frequencies of
Energy Light and information.

Each healing experience is unique.

"If you're fortunate your healing will come in the form you anticipate.
If you are **really fortunate** your healing will come in a form you haven't even dreamed of".

I have been trained in a number of different modalities,
all of which have been stepping stones leading me to
Dr. Eric Pearl's Reconnective Healing and The Reconnection.

Do give me a bell on 01935 864 007 – as I always consider the voice
to be ultra important and so much more seems to be clarified than on the email system.
But, if you don't like this idea, all the other means are listed below!

I am based on the A30 between Yeovil and Crewkerne
Jane Duggleby
01935 864 007

Email: reconnectivejane07@gmail.com
www.reconnectionpractitioners.co.uk

Stratford-on-Avon

Salus Natural Therapy Centre has an eclectic mix of therapies which include not only the usual Massages (Aromatherapy, Remedial, Indian Head, etc.) and Reflexology, but also Bowen and Dorn Method.

Salus also provides Hypnotherapy, Psychotherapy, Life Coaching and NLP.

Sara Hawkins who set up Salus is just completing her training as a **National Federation of Spiritual Healing Practitioner**. Reiki is also available. I provide **Transformational Bodywork** every three months.

There is a **Nutritionist** and a **Herbalist**, and the Centre stocks **Nutritional Supplements and Beauty Products**. You can even have a **perfume made especially for you!**

Contact Salus: 01789 204779, or 0845 217 9093, text or phone Sara direct on 07775 558859.

email:us@salusnaturaltherapy.co.uk

www.salusnaturaltherapies.co.uk

Salus is at the rear of 30/31 Henley St, Stratford-on-Avon

Andy
Angel, Unicorn
& Fairy Card Readings
** Card Reading Tuition**
5-week Spiritual Development Course
Also Course in Angels
Starting soon!
07923 508 225
morrellandym@aol.com
<http://ascensioninsights.weebly.com>

Book Club and Workshops

Exchange spiritual and self-help books!

Sarah Haywood on 01202 659413 sarah@maggiewills.com
or Jackie Deakin on 01202 828786 jackiedeakin@hotmail.com

Jackie also does a monthly Newsletter, and is a Soul Midwife.

See her website on www.enchantingsoul.com

01202 828786

11:11:11 Celebrations

For those of you tuned into 11:11 and wishing to take part in, or organise your own celebrations, you may like to contact:

Urtema Dolphin in Glastonbury 07896340495 urtema@hotmail.co.uk

Miscellaneous

“After silence, that which comes nearest to expressing the inexpressible is music.” Aldous Huxley



“Some people suffer in silence louder than others”

Groups, Events and Treatments: Charmian

New! “Post 2012” 4-hour Workshop:** Time, travel, health, wealth, new children, raising vibrations, higher chakras, attunements, DNA activation, Masters and Angels - and much more! £35

Already booking for Saturday 8 October 10.30am-2.30 pm at Moontree, 16 Sea Rd., Boscombe.

More dates coming!

**Would you like to organise a workshop in your area?

Transformational Bodywork: 1-Year Course. **Next course (September) is booking now.**

Be trained to do 7-level aura healing, raise vibrations in self and others, inter-dimensional work, space clearing, chakra re-balancing, channelling. **See website** for more info www.thelightcentre.net

Enlightenment Group: 7.30-9.30pm, 2nd and 4th Wednesdays, Moontree £7/5.

Meditations, discussion, levels of enlightenment, attunements to Masters and Archangels and much more. **See website** for more info

Private Sessions: Transformational Bodywork, Reiki, Space Clearing, Meditation, Spiritual Direction, auras, chakras, attunements, channelling. **See website** for more info

CHARMIAN WINSER, Parkstone, Poole: 01202 723696. Mob: 07727 226814

Email: info@thelightcentre.net

www.thelightcentre.net

Please let us know if you wish to unsubscribe to this newsletter