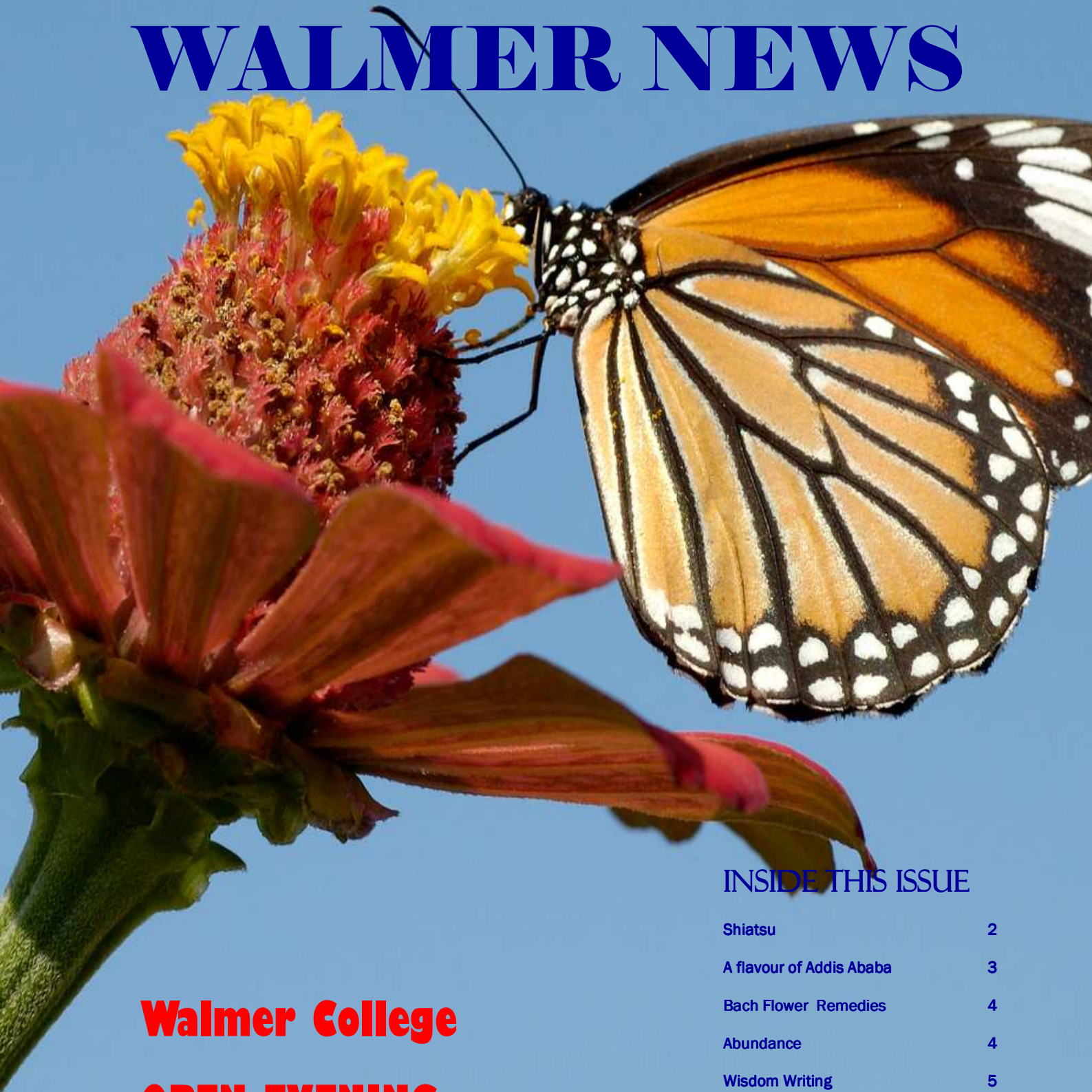


WALMER NEWS



Walmer College
OPEN EVENING
Monday
18th August 08
ALL WELCOME !

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Thank You from Rita

Hi All, Rita here. I'm delighted to let you all know that I'm making a good recovery and I wanted to express my sincere thanks for all your lovely cards, messages, gifts, mass cards and for all your prayers and good wishes.

Hope you are all keeping well. Thinking of you all often and miss yez loads.
Lots of Love,
Rita.

Shiatsu by Claire Baker

A NEW COURSE STARTING AT WALMER COLLEGE THIS SEPTEMBER

The word SHIATSU is Japanese and means pressure ("ATSU") with fingers ("SHI")

What is Shiatsu?

Over 5000 years ago India and China placed emphasis on massage using hands for therapeutic purposes. Shiatsu is based on ancient Chinese medical practices and very similar to acupuncture in that acupressure points are stimulated, but instead of needles being used thumbs are applied. The therapist may also use palms, elbows or knees to apply comfortable, sustained pressure to the body. Oils are not used and loose comfortable clothing is worn during the treatment.



How does Shiatsu work?

The goal of oriental healing therapies is to restore harmony and balance to the individual, stimulate the body's own natural healing powers to relieve symptoms and increase body strength so that vitality is restored.

Oriental medicine describes the body in terms of energy or "Qi". Qi is the vital energy of life and we are in good health as long as it is flowing smoothly and is bountiful. Symptoms of ill health begin to appear in our body and mind when we don't have enough Qi, or if it is not flowing smoothly. In western terms, Shiatsu calms the over-active sympathetic nervous system and promotes the healing, restful state of the parasympathetic nervous system. Circulation improves, stiff muscles loosen, and tension fades.

What happens during a Shiatsu treatment?



During a shiatsu treatment the therapist applies pressure to the areas where the Qi is insufficient, or its flow is distorted or stagnated. When the right amount of holding pressure is applied the flow returns to normal, and the excess or blocked energy is dispersed. Deep relaxation and balance can be experienced, stimulating the body's own natural healing process.

A Shiatsu therapist does not name a disease. Rather, by palpating, questioning, and observing, the therapist identifies areas where Qi is distorted, stagnated or deficient. The client's "pattern of imbalance" shows as various signs and symptoms. These are the areas that will be treated appropriately, helping to restore balance and thus relieving symptoms.



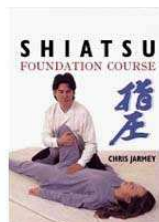
What Conditions are helped by Shiatsu?

- Neck and shoulder pain
- Tiredness/fatigue
- Back pain
- Muscular stiffness/ spasm
- Recovery from injuries
- Migraine/ headache
- Stress
- Insomnia
- Pain from arthritis
- Poor digestion
- Constipation
- Respiratory and Circulatory problems
- Irritability/ depression
- Asthma
- Menstrual syndromes
- Sciatica
- Pregnancy related conditions

Foundation Shiatsu course at Walmer College

The course will run over 12 weeks starting 22nd September 2008, and every Monday evening from 7pm-9.30pm. The price for the course is 300 euro. Your teacher is Claire Baker, a qualified Shiatsu therapist for the last 3 years. See our workshop section for more details.

This book is a very useful guide for the duration of the foundation course. The cost is £14.50. If you would like a copy before the course commences please email shiatsuclaire@gmail.com.



Walmer is Expanding

In our 20th year, we are delighted to announce that Walmer College & Holistic Centre is expanding to Dublin Docklands. We are maintaining the heart and healing of the Raheny Centre, while we expand the more funky side of Walmer into the area of Spa Therapies, Beauty and Skin Treatments and Corporate Events. This expansion embraces a new custom built premises at Dublin's Docklands in the heart of Dublin City.

The Point Village & Dockland area is a huge new development - the new gateway to Dublin. THE NEW Walmer College, Walmer Spa Area & Luxury Treatment Rooms, Walmer Sports & bodywork Clinic, Walmer Dermalogica Skin Bar & Skin Clinic and Walmer Corporate Events will all come under the name of **WALMER EMPORIUM**.

The new building will also house a restaurant, coffee shop, performing arts studio, creche, shopping centre, pub, & residential apartments.

We are excited about this change in our business and are delighted to be expanding our range of services. We will keep you posted !!!

Congratulations Laura !!!!

We would like to take this opportunity to congratulate Laura Hilliard-Brady, (Director and Owner of Walmer College for many years) on her new appointment as ITEC Examiner.

Laura was recently asked to join the ITEC Examination team and is delighted with her new challenge.

Many of you will know all about Laura's passion and constant love for Massage. She continues to teach Holistic Massage at Walmer College and has been doing so for 15 years. She has an endless supply of knowledge and experience on this subject.

Laura, we wish you all the best with your new role. We can't think of anybody more deserving. If you give it 1% of the energy and enthusiasm that you bring to work every day, you will do great.

Lots of love,

Walmer Team
Xxx

A Flavour of Addis Ababa

by Beverly McGovern

Well you may have noticed the brown, collection bucket in the Walmer reception area for the past few weeks. I put it there in the hope of raising some money for an orphanage in Addis Ababa in Ethiopia. Generous Walmer clients and staff donated €428 in a very few short weeks. I had buckets placed in other places also and ended up with a grand total of €5,032! I split the money between 2 orphanages in Ethiopia.



The money from Walmer was used to buy formula milk for the babies (which is extremely expensive in Ethiopia), disposable nappies (which are used during the rainy season as cloth nappies can't be dried quick enough) and a huge bag of lollipops (which were a great success!). I was very surprised to find out how expensive the formula milk is in Ethiopia. It is about €7 for a small tin and each baby goes through 2-3 tins a week.

With some of the other money that I had, we managed to buy a truck full of sacks of grains, beans, lentils and chic peas. All these will be used for making a warm stew for the winter months for the children. We also bought washing powder, salt, candles and rope for the washing lines. The staff were very grateful. Up to now they had been using barbed wire to hang out the sheets to dry them. The children's climbing frame doubles as a washing line too! Currently in Ethiopia, there are power cuts up to 40% of the time and the staff relies on candles



EVERY day. Candles have doubled in price recently as they are becoming scarce.

I don't know how to portray the children to you. My words will not do them justice. It was an amazing experience to see children with so

little, some don't have shoes and those that do they are usually too big or odd pairs. Many had holes in their clothes. Living in what we would consider unacceptable conditions. But the one thing that shone out of them was their spirits. They smiled and laughed and played. They were so happy! As I walked up the drive to the orphanage, they all crowded around. Some wanted to hold my hand or kiss it. Some wanted a Hi five. Some wanted just for me to give them a smile. They all just wanted a scrap of attention that acknowledged them!

When we arrived with the aid in the truck, the children were so excited! They all crowded around the truck, singing and unloaded everything. Carrying everything on their heads of course! The excitement was unreal.

Anyway, I hope to leave the collection box in the reception for another while and what I am hoping to get money for is a mini bus for the orphanage. I asked the director of the orphanage what did she need most and this is what she asked for. She has no way of trans-

porting the children when they are sick to the hospital. Especially at night when there is no other form of transportation. Bear in mind a large portion of the children at this orphanage, which holds 150 children, are HIV positive and need medical attention regularly. So if you think you would like to help, please donate what you can. Many thanks to those that have already helped. Every single cent goes directly to the orphanage!



NEUROMUSCULAR THERAPY

SPECIALISING IN MUSCLE & NERVE INJURIES

SCIATICA, WHIPLASH, BACK PAIN, TENDONITIS, FROZEN SHOULDER, TENNIS & GOLFERS ELBOW, FIBROMYALGIA, GENERAL MUSCLE PAIN, SHIN SPLINTS, HIP PAIN, KNEE & FOOT PAIN.

OTHER BENEFITS

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- RELIEVES ACHES AND PAINS OF THE DAY
- RELIEVES MIGRAINES AND HEADACHES
- BETTER CIRCULATION OF BOTH BLOOD AND LYMPH FLUIDS
- IMPROVES POSTURE
- IMPROVES RANGE OF MOTION
- DEACTIVATES TRIGGER POINTS
- REDUCES PAIN AND FORMATION OF SCAR TISSUE FOLLOWING INJURY
- FASTER RECOVERY FROM TRAINING AND SPORTS EVENTS
- HELPFUL NUTRITIONAL ADVISE

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1 HOUR TREATMENT €60

WEDNESDAY EVENINGS ONLY

8329645/8329648

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1ST FLOOR,
RIVER HOUSE,
RAHENY SHOPPING CENTRE,
RAHENY.

WWW.WALMER.IE

The Bach Original Flower Remedies by Carmel Clarke

Empty Nest

The last of my children has flown and is now independent of the family home and me. It was a big step for her to take and I think it is an even bigger one for me. I always knew that this would happen but it was always somewhere in the future. It was a shock for me when the realisation dawned that the future is here. I was prepared but also unprepared for the feelings that surfaced from somewhere deep in my being. I am now utterly alone in the family home. I was blessed with three wonderful, now adult children who are all now living independent and productive lives of their own. It is part of life's progression and it is to be welcomed.

It can however be quite daunting, fearful, lonely, anxious and a terrifying change. The house and home that was once so full of talk, laughter, arguments, debates and sharing of space every day for such a long time is now silent. I can now walk through the relatively small semi detached with the feeling that I am in a manor house rattling about undisturbed. It appears too big. I have thoughts like will I put the house up for sale and move somewhere to a smaller house? Will I manage financially as my income will be less? I even thought will I be on my own at holiday times like Christmas and become a victim? I have even thought will I 'say I am ill' to keep clinging to them and not let go? Will I be very nostalgic? These are unhealthy thoughts and very negative. We are all emotional and feeling beings. It is important to be aware of the feelings and to help find a sense of calm with whatever is happening so that going forward can be more positive.



I have turned to the **Bach Original Flower Remedies** to support me through this huge time of change. The remedies I have prescribed for myself are:

Star of Bethlehem for shock and for sadness

Mimulus for the fear and anxiety of being on my own

Walnut to help with the change

Rock Rose for panicky feelings

Chicory for wanting to be clingy like a 'mother hen'

Willow for the victim feelings

Honeysuckle to help me with feelings of nostalgia

The change to my life will be an opportunity to do things I have always wanted to do with only myself to think about on the home front. It is an

opportunity for personal growth and to build grown up relationships with my family.

The **Bach Original Flower Remedies** are a simple, natural and effective system of medicine. Dr. Edward Bach, a noted doctor, homeopath, bacteriologist and immunologist believing that a healthy mind is the key to recovery from ill health, developed them in the 1930's.

To learn how to use the **Bach Original Flower Remedies** for everyday use with family, friends and

pets, contact Walmer **College & Holistic Centre, Tel. 01 8329645**. The next introduction course is on

the 9th-10th August. There is more information at the back of this newsletter.

Carmel is a registered practitioner who can be contacted at 01 8672076 for a one to one consultation which includes a bottle of remedies, talks or to have a blend of remedies made up for you.

Abundance by Mildred Ryan

Let's look at something that is really important to us right now – everything is increasing in price, and our main household and fuel bills are sky-rocketing. There is an overwhelming feeling that things are more difficult recently, and will continue for a while.

We often only associate Abundance with cash flow and wealth, but abundance involves all other areas of our lives including love, happiness, joy, success, health and vitality. True abundance is a feeling that all our needs are met, and will continue to be met from an overflowing source. It is important to nurture and hold abundant thoughts as these are powerful seeds of creation that create even more Abundance.

Being grateful is another Golden Key to Abundance. Gratitude opens our hearts and brings even more good to us. It's helpful to give thanks regularly for all the good in our lives, starting the day by giving thanks for our comfortable bed, the brightness of a new day, lovely breakfast, our work and colleagues, anticipating all the good of the day ahead. Developing an 'attitude of gratitude' brings more joy and happiness into our lives.

I believe that this is an important time of transformation - lots of important issues are being looked at, and through necessity, new ways will now be brought forward to fuel our cars and heat our homes. And never before has there been so much awareness of bringing balance and taking care of those in the world who have so little.

But we are affected by so much talk about 'recession', and not having enough, and it is easy to go down this road. It is so important to stay positive, knowing that positive thoughts sent out gather momentum, and ultimately create our reality.

A wonderful way of tuning into abundance and drawing even more to you is to draw an Abundance Balloon. This is something that you can really enjoy. (You can also do this with your children and family, but do it for yourself first.)

Get a large sheet of paper and draw your abundance balloon using lots of colours. First put into it all the good things you already have in your life, everything you are grateful for. Write them or draw symbols for them. You will start to feel lightness and joy filling you to the brim. Enjoy all you put into your balloon.



Now add in all that you would like to bring into your life, how much you wish to earn, where you wish to live, anything that is important to you. You can ask your Angels or

guides to help you with this if you wish.

Always add – 'this or something better now manifests for the highest good of all'. This connects your vision to the Spiritual Laws of the Universe, where only the best can happen for everyone's highest good.

Enjoy drawing your balloon and when you are finished, notice how light and happy you now feel.

Close your eyes and visualise yourself holding your abundance balloon by a string. Let go the string and let your abundance balloon sail away over the countryside, up into the sky, attracting the attention of the Universe.

You will now feel very satisfied, knowing how abundant you already are, and that you have set things in motion to bring even more good to you.

Expect the best – knowing you deserve the best.

*Mildred is a Master Teacher of the Diana Cooper School and runs Angel Days, Transformational Workshops and Teacher Training Courses in Walmer. Abundance is the theme of the next 2 workshops. An Angel day – **Angel Recipe for Love, Joy and Abundance** is on Sunday 2nd November, and the next Transformational day to **boost Confidence, Self-Esteem, Happiness and Abundance** is on Saturday 8th November. **Teacher Training courses on Angels and Ascension, and Transform Your Life** are starting in September – see workshops and other diploma courses section for full details*

Wisdom Writing

by Alison Barker

In 2004 I attended a writing workshop in Lough Gill, Co Sligo. It was my first experience of writing in a group and I was amazed. Amazed at where the writing took me, the memories evoked in me and most of all the experience of hearing myself read my own work aloud to complete strangers. The facilitator of this workshop, Orfhlaith Ni Chonail, had used a method called the Amherst Writers & Artists Method developed by Pat Schneider in the USA in the 1980s.

I felt completely at home with this method, I wanted to learn more. The following year Pat Schneider visited Ireland and I took part in her two day writing workshop in the Irish Writers Centre. I was blown away. At that workshop, Pat spoke about the possibility of holding the facilitator training in Ireland. Rather meekly, I asked her "but can anybody do this training? Do you think I could do it?" Without hesitation she said "yes, you can". Those words and affirmation brought me on an incredible journey across America on my own in November 2005 to an 18th century farmhouse in a town called Litchfield, Connecticut. For five days, I lived and trained with a group of people who were also inspired by Pat Schneider. I returned to Ireland full of enthusiasm and belief in this method. In January 2006 I began facilitating workshops and the response has been wonderful.

The affirmations of the Amherst Writers and Artists Method are that

Everyone has a strong unique voice

Everyone is born with creative genius.

Writing as an art form belongs to all people regardless of economic class or education.

The teaching of craft can be done without damage to a writer's original voice or artistic self-esteem.

A writer is someone who writes.

At a Wisdom Writing Workshop, which is limited to ten people, I offer a series of prompts and exercises throughout the day. A set time is given to write to each exercise. Writers are then invited to read their work. We have a term in the AWA called "new born writing". All writing undertaken in the group is new born writing and therefore responses to the writing focus on what is strong and memorable in the writing. No critical suggestion or question is offered at this time.

As leader, I write with the group and read my work aloud. In other words, I take the same risks as all members of the group. The other important aspect of a Wisdom Writing Workshop is that all writing is treated as fiction.

A Wisdom Writing Workshop is for those who wish to explore writing in a safe and encouraging environment. Whether you are an experienced writer or new to writing, this workshop will suit you.

In October 2007 I returned to the USA to complete a writing retreat in Pat Schneider's home in Amherst. Again, I came away affirmed in my belief in this work.

At present I run workshops in Walmer College and in Swords. I am planning further weekly workshops on the northside in September.

On **Sunday 24th August**, I will facilitate a one day introductory workshop in Walmer College from 10.30 a.m. to 5.00 p.m.

On **Sunday 5th October**, I will facilitate a one day workshop for those who have attended a workshop previously.

Places will be limited to ten people on each day and bookings can be made through Walmer College or directly through me at wisdomwritingworkshops@gmail.com. If you have any questions about the workshops, please contact me at 087 9607180.

You might like to check out the following websites: www.patschneider.com or www.amherstwriters.com.

Previous participants commented:

"I enjoyed your easy facilitation style and how you also participated in each exercise"

"I got a great sense of achievement from the feedback after I had read a piece".

"I thought I couldn't write and this had made me see that I can – thank you very much"

Remember a writer is someone who writes and you have a unique story to tell.

Alison Barker

Affiliate of Amherst Writers & Artists, Massachusetts, USA

"Cosmetic procedures now available. Dr Brenda Maguire is now performing muscle relaxing injections and dermal filler injections for the treatment of fine lines and wrinkles. Safe, effective and clinically proven techniques. Treatments take approximately 30 minutes. Rapid results with minimal discomfort. Brenda is a local GP trained in cosmetic procedures. For written information or to discuss the procedures with Brenda please contact reception."

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Lose a stone in 8 weeks...

For Men & Women

No fads or gimmicks – be taken through the 8 week course step by step with qualified professional . for further information www.bodysculpture.ie
Starting Thursday 21st August

CALL JANINE ON: 087 8509246 TO REGISTER

COST: €130

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Hair removal Red facial veins
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This revolutionary new system will remove unwanted hair, vascular lesions red broken capillaries around the cheeks, nose, and chin etc: it will also remove sun damage .and reproduce collagen,

How (IPL) works

IPL works through heat by placing the laser tip on the skins surface be it the hair or lesion we then flash the area, the light will attach itself to the pigment and then break the vessel down without harming the skins surface layers, lesions will then gradually disappear through the system much like a bruise would fade ,

3-6 treatments may be required,

Hair removal—with hair removal the light will attach itself onto the pigment in the hair the light will then pass down the hair shaft and destroy the bulb for maximum results hair must be mid brown /black, 6-8 treatments may be required www.crystalclearclinic.com

Patch test and consultation is required prior to treatment cost €25 this price will then be taken off the price of treatment,

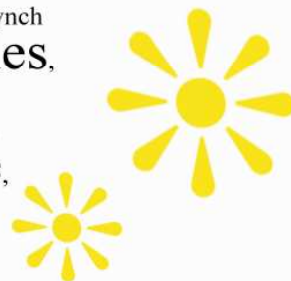
Treat yourself ✨ BOOK NOW

☀️ Style & Confidence Clinic @ Walmer, Raheny

Sunday 21st September, 10.30am - 2.30pm, €75 p/p



In this practical, hands on Style workshop with Maria Lynch from MJL you will learn about the main **style rules**, how to dress for your **Body Shape** and Body Scale, what parts of your body to camouflage and what to enhance, how to **accessorize**, how to make the most of your face shape and how to dress for your personality and lifestyle. You will also learn how to be a savvy buyer.



The Style clinic will finish with a section on Life coaching tips to help **carry yourself with confidence** looking and feeling fabulous!

To secure your place: leave your name at Walmer reception or contact 01-8329648. Or contact Maria Lynch directly. Maria J. Lynch BA Business, MscMP, MLBCAI, IICI(assoc) Professional Life, Career & Confidence Coach. Image Consultant, Motivational Speaker. (M) 087-2794346



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Oxygen therapy is the natural alternative to botox and fillers,

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This is an amazing treatment that gives results that last.

Treatment time 90mins cost €125

www.crystalclearclinic.com

“On your Doorstep – Association Membership and Practitioner Insurance easily arranged”

Did you know that here in Ireland the Association of Registered Complementary Health Therapists of Ireland (ARCHTI) has been providing membership for Complementary Health Therapists now for almost 9 years?

They have members all over Ireland – North and South - and they have a most competitively priced group insurance scheme with Balens. ARCHTI is a totally voluntary totally Irish organization set up to help self-regulate the complementary health industry in this country and at a time when insurance premiums were sky high and indemnity cover low they set about negotiating a better deal for Irish Therapists. They achieved this in 2005 and since then have grown rapidly and they now have one of the best Practitioner Insurance policies for complementary health therapists available in Ireland today with about 200 therapies covered at standard rates. You get free website listings for the therapies you have registered with them as well as a quarterly Newsletter and free Magazine.

You can get an Information Pack from Walmer College or you can ring ARCHTI directly at 053-9383734 for one or you can go to their website at www.irishtherapists.ie and download one. It tells you all about ARCHTI and has membership forms and insurance information too.

Walmer College has some staff and many Graduates members of ARCHTI and we support the work being done by them and wish them continued success



Healing Angels Class

A special class with Integrated Energy Therapy®,
IET Master Instructor, Deborah Gorman

YOU CAN NOW MEET AND WORK WITH THE HEALING ANGELS OF THE ENERGY FIELD
(INTEGRATED ENERGY THERAPY®, IET)

*Ariel, Raphael, Gabriel, Celestina, Faith,
Tussiel, Daniel, Sarah and Michael.*

Learn how to call on the above angels whenever you need healing support. If you support others in their self healing through energy therapies like Integrated Energy Therapy®, Reiki, Therapeutic Touch Massage or others, the healing angels can add a special spiritual dimension to your sessions.

This course will enable you to join with other students, learning how to use an angelic heart link to connect with the angels' energy. You will discover the special healing gifts that each angel brings and you will invite each of the healing angels to support you in your physical, emotional, mental and spiritual healing journey. It is wonderful for enhancing the angelic dimension to Integrated Energy Therapy® sessions as a follow on class for those who have IET Classes. An Ideal class for people who love angels.

Date: Starting September 16th for 5 weeks on Tuesday Evenings from 7pm to 9pm **Cost:** €100.00 (Including workbook) No prior energy therapy experience is required. **To register for this special class contact Deborah at 8417645**



The Next Level... to Heal with the Energy of Angels® Integrated Energy Therapy® Classes

With Master-Instructor Deborah Gorman

For further information or to register contact Deborah at 01 8417645

In the tradition of Caroline Myss's "Energy Anatomy" IET is one of the next generation-hands on-power energy systems that gets the "issues out of your tissues" for good.

Our IET training classes are each powerful days of self-healing and energy therapy certificate training. In each class you will be attuned to a powerful angelic energy ray that activates your 12 strand spiritual DNA. You will then learn how to heartlink to the energy of your angels and use their energy for healing. You will learn how each primary human emotion is correlated to a specific physical region of the body, as well as how to use the IET integration power points to clear them. Fully illustrated training guide and certificate provided with each class.

No prior energy therapy experience needed. You can be an energy intuitive, and through these IET classes, you will be thought how to feel and interperate energy flow, clear energy patterns in yourself and others, and unlock your souls purpose.

<p>Basic Level IET Date: November 1st 10.00am – 6.00pm</p> <p>Our basic training class is a one day class that provides you with an:</p> <p>Attunement to the Basic IET energy ray that will activate the first and second DNA pairs and will empower you to energise and integrate cellular memory blocks</p> <p>Location and use of the IET energy integration power points</p> <p>Introduction to energy anatomy and the cellular memory map</p> <p>Increase in your ability to be an energy intuitive and "read" energy</p>	<p>Intermediate Level IET Date: November 2nd 10.00am – 6.00pm</p> <p>Our intermediate training is a one day class that provides you with an:</p> <p>Attunement to intermediate IET energy ray that will activate the third and fourth DNA pairs and will empower you to pull energy imprints out of the human energy field</p> <p>Learn to clear energy imprints resulting from past life Karma</p> <p>Methods to "esoterically dowse" and interperate the blockages in the human energy field</p>	<p>Advanced Level IET Date: November 22nd 10.00am – 6.00pm</p> <p>Our advanced training is a one day class that provides you with an:</p> <p>Attunement to advanced IET energy ray which unlocks the fifth DNA pair and activates the energy of your souls purpose</p> <p>Ability to do a "Soul Star" clearing to activate your souls purpose</p> <p>Use of the Heartnet process to manifest your dream</p> <p>Use of the powerful energy wave technique to clear resistance</p> <p>Build Heartbeams to anchor angelic energy into the earth</p>
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Basic and Intermediate Levels combined €350 Advanced Level IET €200 For further information about IET please visit www.LearnIET.com

Akashic Record Readings

by Aingéal Rose O'Grady

The akashic records (akasha is a Sanskrit word meaning "sky", "space" or "aether") is a term used in theosophy to describe a compendium of mystical knowledge encoded in a non-physical plane of existence. These records are described to contain all knowledge of human experience and the history of the cosmos. They are metaphorically described as a library and other analogues commonly found in discourse on the subject include a 'universal computer' and the 'Mind of God'. Descriptions of the records assert that they are constantly updated and that they can be accessed through astral projection. The concept originated in the theosophical New Age discourse.



Description and explanation

A theosophical term referring to a universal filing system which records every occurring thought, word, and action. The records are impressed on a subtle substance called akasha (or soniferous ether). In Hindu mysticism this akasha is thought to be the primary principle of nature from which the other four natural principles, fire, air, earth, and water, are created. These five principles also represent the five senses of the human being. The records have been referred to by different names including the cosmic mind, the universal mind, the collective unconscious, or the collective subconscious. Others think the akashic records make clairvoyance and psychic perception possible.

It is believed by philosophists, trained psychics, mystics, and Reiki practitioners that the events recorded upon that akasha can be ascertained or read in certain states of consciousness. Such states of consciousness can be induced by certain stages of sleep, weakness, illness, drugs, and meditation so not only mystics but ordinary people can and do perceive the akashic records. Some mystics claim to be able to reanimate their contents like they were turning on a celestial television set. Yogis also believe that these records can be perceived in certain psychic states.

An example of one who many claimed to have successfully read the akashic records is the late American mystic Edgar Cayce. Cayce did his readings in a sleep state or trance. Cayce's method was described by Dr. Wesley H. Ketchum who for several years used Cayce as an adjunct for his medical practice. "Cayce's subconscious...is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all knowledge possessed by endless millions of other subconscious minds." Apparently Cayce was interpreting the collective subconscious mind long be-

fore the psychiatrist Carl Gustav Jung postulated his concept of the collective unconscious.

Believers in the existence of the akashic records assert that they were accessed by ancient people of various cultures throughout history. Despite this claim, there are not any direct references to the akasha to be found in any of the historical documentation of the aforementioned groups. The term akasha itself, along with the concept of an aetheric library, originated with Indian philosophy and was incorporated into the 19th century theosophy.

Individuals who claimed to have consciously used the akashic records include: Charles Webster Leadbeater, Annie Besant, Alice Bailey, Samael Aun Weor, William Lilly, Manly P. Hall, Lilian Treemont, Dion Fortune, George Hunt Williamson, Rudolf Steiner, Max Heindel, Madam Helena Petrovna Blavatsky and Edgar Cayce.

According to believers, the akasha are the library of all events and responses concerning consciousness in all realities. Every life-form therefore contributes and has access to the akashic records. Any human can become the physical medium for accessing the records, and that various techniques and spiritual disciplines (e.g., yoga, pranayama, meditation, prayer, visualization) can be employed to achieve the focused state necessary to access the records.

Just as conventional specialty libraries exist (e.g., medical, law), adherents describe the existence of various akashic records (e.g., human, animal, plant, mineral, etc.) that in their summation encompass all possible knowledge. Most writings refer to the akashic records in the area of human experience but adherents believe that all phenomenal experience as well as transcendental knowledge is encoded therein.

Specific accounts of the akashic records

C.W. Leadbeater, who claimed to be clairvoyant, conducted research into the akashic records which he said he inspected at the Theosophical Society headquarters in Adyar (Tamil Nadu), India during the summer of 1910 and recorded the results in his book *Man: How, Whence, and Whither?* The book records the history of Atlantis and other civilizations and even the future society of Earth in the 27th century.

The akashic records are referred to by Edgar Cayce, who stated that each person is held to account after life and 'confronted' with their personal akashic record of what they have or have not done in life in a karmic sense. The idea is comparable to the biblical Book of Life which is consulted to see whether or not the dead are admitted to heaven.

Ervin Laszlo in his books *Science and the Akashic Field* and *Science and the Reenchantment of the Cosmos* zero-point energy, which he equates with akasha—cosmic mind, universal consciousness, and the field that unifies all things. brings the latest new science of the A-Field and its function as the

source of all manifestation and interconnectedness, flowing out and in via the Vacuum field or Jane Roberts in the Seth books describes a different version of a similar idea when Seth asserts that the fundamental stuff of the universe is ideas and consciousness, and that an idea once conceived exists forever. Seth argued that all ideas and knowledge are in principle accessible by "direct cognition". Direct cognition shares semantic congruency with intuition and allows for the possibility of direct knowing without time elapsing and without knowledge needing to be transferred e.g. in speech or text. This is similar to what Robert Monroe refers to as *rotos* in his out-of-body book trilogy.

According to Max Heindel's Rosicrucian writings, the Memory of Nature (akashic records) may be read in three different inner worlds. In the reflecting ether of the etheric region there are pictures of all that has happened in the world - at least several hundred years back, or much more in some cases - and they appear almost as the pictures on a screen, with the difference that the scene shifts backward. The Memory of Nature may be read, in an entirely different manner covering the essence of a whole life or event, in a higher world, in the highest subdivision of the Region of Concrete Thought of the World of Thought, and, last, it may be read in the World of Life Spirit, covering events from the earliest dawn of our present manifestation, but only spiritual adepts, spiritual entities and through grace is access to the records granted.

The Urantia Book asserts validity and reality of these "living records" in several accounts. In Paper 25 is found the statement-"The recording angels of the inhabited planets are the source of all individual records. Throughout the universes other recorders function regarding both formal records and living records. From Urantia to Paradise, both recordings are encountered: in a local universe, more of the written records and less of the living; on Paradise, more of the living and less of the formal; on Uversa, both are equally available."

And in Paper 28: "The Memory of Mercy is a living trial balance, a current statement of your account with the supernatural forces of the realms. These are the living records of mercy ministration which are read into the testimony of the courts of Uversa when each individual's right to unending life comes up for adjudication, when "thrones are cast up and the Ancients of Days are seated. The broadcasts of Uversa issue and come forth from before them; thousands upon thousands minister to them, and ten thousand times ten thousand stand before them. The judgment is set, and the books are opened." And the books which are opened on such a momentous occasion are the living records of the tertiary seconaphim

of the superuniverses. The formal records are on file to corroborate the testimony of the Memories of Mercy if they are required. "

In The Law of One, Book I, a book purported to contain conversations with a channeled "social memory complex" known to humans as "Ra," when the questioner asks where Edgar Cayce received his information, the answer received is, "We have explained before that the intelligent infinity is brought into intelligent energy from eighth density or octave. The one sound vibratory complex called Edgar used this gateway to view the present, which is not the continuum you experience but the potential social memory complex of this planetary sphere. The term your peoples have used for this is the "Akashic Record" or the "Hall of Records."

Most of the above article referenced from Wikipedia.com and collated by Aingeal Rose O'Grady. Aingeal Rose is a reader of the Akashic Records and can be contacted on 087-6177925 or by email to aingealrose@o-grady.com.



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- Discounts, monthly lottery and much, much more.



Kevin & Aingeal Rose O'Grady founded Holistic Ireland in 1993. They each have over 30 years experience as spiritual teachers and practitioners. Aingeal Rose is a specialist in Akashic Record Readings and Physic Laser Therapy while Kevin sells his Spirit Art worldwide under the spiritual pseudonym of Ah-Hon-U.

Web: www.holistic.ie **Email:** sales@holistic.ie **Tel:** 087-6177925

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Maria Lynch
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Your Planetary Pathway

by Shirley Johnson

- AUGUST 08 -

August 1st is Lughnasad, the fourth great Celtic Fire Festival, celebrating the harvest and the cutting of the first corn at the waning moon. The first loaf baked from this corn was offered to the Goddess in thanksgiving. This festival marks the summer's end and the season of abundance and fruitfulness. The Celtic god Lugh was both the sun king and the corn king, he who dies and will live again. Lughnasad was later Christianised as Lammas (Loaf Mass) or Harvest Festival, when the first loaf from the new harvest is placed on the altar, with other fruits of the season.

In ancient times, Lughnasad was celebrated with fires lit on sacred hills, accompanied by much feasting and frolicking, continuing for days. The annual Croagh Patrick pilgrimage, on the last Sunday in July, was part of the Lughnasad celebrations.

At this site, on 24th August, St. Bartholomew's Day, the setting sun appears to roll down the side of Croagh Patrick, as viewed from St Patrick's Chair (a large carved stone on the pilgrimage route from Ballintubber Abbey) confirming the link between this sacred mountain and the worship of the sun. Celtic carvings often show the sun as a wheel.

15th August is the feast day of the Virgin Mary, when traditionally a special Lammas bannock was baked, a pagan custom adopted by the Christians. The family would share the bannock, then circle sun-wise around a fire.



August 10th is the Jewish Day of Mourning, when the destruction of the Second Temple in Jerusalem is remembered.

August 15th marks the Hindu festival for brothers and sisters, who exchange gifts on this day.

August 18th is the Islamic Night of Forgiveness, when Allah examines our deeds and decides our fate for the coming year.

August 24th is Lord Krishna's birthday and August 31st marks the Night Journey of the prophet Muhammad from Mecca to Jerusalem.

August begins dramatically, with a New Moon in Leo at 10.14 am and a solar eclipse! (From Ireland, you may see about one quarter of the Sun's disc obscured.) Make new resolutions concerning your personal goals, your search for healthy self-esteem, your quest for proper recognition in your career

and your encouragement of children or young people around you.

The Sun, Mercury and Venus all in Leo make early August a time for fun, romance and self-indulgence - though lions never forget their cubs! Schedule some pampering, holidays, entertaining and beautifying yourself and your home.



Mars in Virgo for half the month will ensure that your personal care programme is geared towards health and wellbeing and that all your projects are well organized, with much attention to detail.

When Venus enters Virgo on the 6th, your frivolity takes a more serious turn. You're more likely, after that, to be improving your mind by attending lectures, workshops and exhibitions, than downing tequila shots with your mates.

Shortly afterwards, on the 10th, Mercury too trips into Virgo. This begins a perfect time to sign up for a course of study, learn more about health and healing, attend a quiz night, or spend an evening in playing scrabble.

On the 16th, the Full Moon in Aquarius at 9.18 pm with a lunar eclipse marks an important and dramatic time in your life. (The Moon will rise already partially eclipsed and will be almost entirely eclipsed just after 10 pm.)

On the 19th, Mars floats into harmonious Libra. Forget your bid for independence - during the rest of the month, seek companions for everything you do. Grab your gal pal and sign up for belly dancing, yoga or interior design classes. You'll want everything you do to be harmonious, happy, sociable, pleasant - and either lucrative or life-enhancing.

On the 22nd, The Sun transits out of queenly Leo and into conscientious Virgo. All those things you've been meaning to do will suddenly assume giant proportions, but don't worry, your conscience will ensure you tackle everything on your list. Good time to join a gym, overhaul your diet, whittle your wardrobe and knock the garden into shape. On the 29th, communicative Mercury nips into laid-back Libra. Time to relax, think

beautiful thoughts and spend time with those you love. Gregarious Venus too slips into Libra as the month ends, bidding you to start making time for friends, family and lovers.

There is a second New Moon in August, on the 30th at 7.59 pm, in Virgo, giving the impetus to study, to organize, to tidy, file and sort.

Jupiter continues retrograde in Jupiter, so continue planning for interesting, liberating and exciting things, as they will eventually happen, so don't despair.

Saturn remains in Virgo, giving Virgos a lot of grief and the other Earth signs something similar. Try to look upon it as a lesson to be learned. Be stern with yourself about your health regime.

Uranus is still in Pisces retrograde, opposite all the planetary activity in Virgo, causing sudden upsets to your schedule. Try to go with the flow!

Neptune remains retrograde in Aquarius, opposite the planetary activity in Leo. Your best laid plans could be foiled by forgetfulness, uncertainty or even deception. Use your intuition.

Pluto is still loitering retrograde in Sagittarius, offering another chance to tidy up the messes we've made over the past twelve years, before we move on to pastures new.

August comes in like a queen and goes out like a business executive! Enjoy your month!

SHIRLEY JOHNSON is an astrologer and past life regression therapist of many years experience.

You can make an appointment with her by ringing 086-3854811, by contacting Walmer, or by e-mailing Shirley direct at astroquest@hotmail.com

Her one-day workshop "Exploring Past Lives" takes place on 17th August 2008.

SUZIES STARS

AUGUST brings us closer to those around us as friendships both new and old become more important. Your natural counselor skills come into play as you tune in to a wonderful higher consciousness that is now available to you. An opportunity for a short break away arrives and this gives you time to replenish your energy levels, renew your creative centre and to pay special attention to a certain loving person!

Suzie does readings in Walmer using a variety of different cards. Appointments can be made by phoning 8329645. Find out what the next six months has in store for you!



Leo – Jul 24 – Aug 23

Lucky Leos are breaking free from a certain way of life and emerging into something very exciting indeed. This change has been a long time coming! Great abundance and satisfaction are here for you this month as an opportunity to start a project close to your heart unexpectedly arrives. Romance plays a major role now!

Virgo – Aug 24 – Sept 23

August is a month of healing, hard work and harmony for Virgos. It's a busy work related month and you may find yourself grumbling a bit about this but you are doing a splendid job and this is being noticed!!! Special healing energy surrounds you now so take a little time out to relax and meditate. You will truly find peace and harmony entering your life now.

Libra – Sept 24 – Oct 23

Libras have some big decisions to make this month which you may find difficult. It's all about taking that big step forward. Remember to honor your true feelings and to trust your heart! There is a solution around the obstacle that is standing in your way! With the correct intention you are capable of great things and great love this August – Go Libra!

Scorpio – Oct 24 – Nov 22

Pay attention to the thoughts and ideas that come to you this month as there are many answers for you now. An unexpected hitch at work lets you see who you can trust or not!! A romantic partner plays a bigger part in your life now. Do remember to spend some time pampering yourself as your body needs some rest and TLC! Go on - you deserve it!!

Sagittarius Nov 23 – Dec 21

August is all about self acceptance for Sagittarius. Remember your health and get enough sleep and exercise this month. You are doing great and once you see and recognize this, your financial flow just increases and increases. It seems you can do no wrong!! Good news comes your way and a celebration is in store! Enjoy!

Capricorn Dec 22 – Jan 20

All is well for Capricorns this month. You are being divinely guided now and everything will happen as it is supposed to in the right time, you can't force it. Remember to stand your ground on an issue close to your heart. A new job offer is on the table! Your Finances start to increase. This month is all about timing.

Aquarius – Jan 21 – Feb 19

August is all about new cycles, change, endings and new opportunities for Aquarius. Change can be a little difficult at the time but is always good. Your prayers are answered this month as you receive many gifts from your angels now. Be sure that you are open to receive. A new location is on the cards for you, so start packing!!!!

Pisces – Feb 20 – Mar 20

It is important for Pisces to get out into nature this month. By getting yourself involved in current environmental awareness and issues, this will bring you greater gifts that you can imagine. August is a month of being both the teacher and pupil, so get studying! Abundance, satisfaction and well being are here for you now.

Aries – Mar 21 – Apr 20

Why are you being so hard on yourself Aries? Its time now to break free of restricting beliefs and to keep an open mind. Start by focusing on new ideas and then pass on or teach these wonderful thoughts to others. August sees you celebrating a great event so get out there and make merry!!

Taurus – Apr 21 – May 21

August is all about tranquility and peace. A break away does you the world of good and enables you to tune into your creative and artistic side. New love arrives and certainly livens things up. Home is also in the spotlight now. August sees your dreams coming true so stay upbeat and positive

Gemini – May 22 – June 22

August is an eventful month for Geminis. Opportunities for change arrive unexpectedly. In order to resolve a problem allow nature to help! Do not be pressurized into a decision by a self obsessed person. Pregnancy is possible if that is what you want. All the hard work you have been doing in the past now pays off!! Enjoy spending it!!

Cancer – June 23 – Jul 23

You will find yourself waiting on something this month and you are not too happy about it!! Just surrender to it as you can't force this decision. Remain positive and allow yourself to plan for the future. Remember, compassion at all times. Just trust your intuition and you will never go wrong. It will all work out in the end!!

Walmer College & Holistic Centre

ITEC DIPLOMA COURSES INTERNATIONALLY RECOGNISED



AUGUST 08

ITEC Onsite Massage
ITEC Stone Massage Therapy
ITEC Indian Head Massage
OPEN EVENING 18th

**OPEN EVENING
MONDAY 18th August 08
6:30pm–8:30pm
ALL WELCOME**

SEPT 08 ITEC Holsitic Massage /
Anatomy & Physiology / Onsite (Raheny
& Julianstown) morning and evening and
weekend courses available

**Anatomy & Physiology only (Raheny &
Julianstown) morning and evening
courses available**

ITEC Beauty Specialist
ITEC Facial Only Certificate
ITEC Stone Therapy Massage
ITEC Thai Massage
ITEC 1 year Full Time Massage Specialist
ITEC 1year Full Time Massage & Beauty

Friday 27th June was a big exam day at Walmer with students doing Holistic Massage, Indian Head Massage and Stone Massage Therapy. Well done guys. Exam Day is always a buzz for us here at Walmer, bringing us back to our core and our purpose within the industry.

**OCTOBER MID-TERM BREAK
MESSAGE & BEAUTY CAMP**

OCT 08

ITEC Sports Massage ITEC Indian Head Massage
ITEC Diet & Nutrition ITEC Aromatherapy
ITEC Diploma in Lecturing Full time 2 wk intensive Holistic Massage
Mid-Term Break Massage & Beauty Camp

NOV 08

ITEC Holsitic Massage / Anatomy & Physiology / Onsite (Docklands)
ITEC Stone Therapy Massage (Docklands)

**Call for College Prospectus TODAY !!!
OR VISIT US ONLINE at www.walmer.ie**

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher

25/26 SEPT 10:30am—6pm. During this workshop you will receive attunements which open you permanently to the universal ray we call Reiki. These enable you to channel Reiki through your hands for yourself and for others. You will learn: The history of Reiki, The basic healing patterns and hand positions, How to give yourself a full Reiki treatment, The functions and importance of the chakras. **Cost : €250 (includes 2 support group meetings 2nd and 9th Oct (7pm—9:30pm))**

Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher

30 / 31 OCT 10:30am - 6pm At this workshop you will receive attunements that will further open you to the Reiki Energy. These attunements will enable you channel a higher voltage of Reiki Energy through your hands for yourself and others. You will learn:- Sacred Symbols (each symbol has a specific purpose that is empowered by Reiki 2 Initiations), Distance Healing and Recap Reiki 1. **Cost : €350 (includes 2 support group meetings, 13th & 20th Nov) 7pm—9:30pm)**

Reiki 3—The Master

Level With Catriona Doyle Reiki Master /Teacher **NEXT DATE TBC 10:30am—6pm €450** At this Reiki 3 workshop you will Receive your Master Level attunement, review everything from Reiki 1 and 2, receive the Master symbol and learn the attunement process for Reiki 1. This level completes the learning from Reiki 1 and 2 and grounds the energy firmly within you. Collectively Reiki brings you home to yourself, your spirituality and your place in God. Complete Integration. I look forward to your company.

Follow Up meetings

Reiki Student Support & Exchange Next Date TBC

7pm—9:30pm Cost : €25 This evening gives past pupils who have trained with us regardless of what level an opportunity to get in some practice, have a chat, feel supported on their Reiki path and give and receive a healing.

Integrated Energy Therapy ®Class with Deborah Gorman

Basic and Intermediate combined

1st & 2nd November 2008 €350

Advanced Level 22nd Nov €200

Our IET training classes are each powerful days of self-healing and energy therapy training. In each class you will be attuned to a powerful angelic energy. You will then learn how to heartlink to the energy of your angels and use their energy for healing. You will learn how each primary human emotion is correlated to a specific physical region of the body, as well as how to use the IET integration power points to clear them. Fully illustrated training guide and certificate provided with each class. No prior energy therapy experience needed. For further information, please contact **Master Instructor Deborah Gorman on 01 8417645.**

Diana Cooper School of Angels & Ascension

TEACHER TRAINING COURSE

Course Tutor: Mildred Ryan, Master Teacher

Do you want to lead your own workshops and teach others about Angels or Ascension? Do you want to be a light going out into the world? Then this is your opportunity to manifest your dreams ...

You will be empowered with the **knowledge, skills and confidence** to facilitate workshops and talks, and spread the Light of Angels and Ascension in your own creative way, either through leading your own groups and workshops, or spreading the Light among your family and friends, within your workplace or community.

This is a journey of spiritual growth, expansion and empowerment – a step into your full potential, becoming all you can be.

Next Course starts September 2008

September 19-21, October 18-19, November 15-16, December 13-14, January 17-18, February 7-8, March 21-22,

This Teacher Training Course is facilitated in Ireland at Walmer College by Mildred Ryan, Angel, Ascension and Golden Atlantis Master Teacher of the Diana Cooper School.

Full course information can be viewed on website: www.mildredryan.com.

For further information, course prospectus and application form contact Mildred at 01-4935035, email: mildred@mildredryan.com

Diana Cooper School TRANSFORM YOUR LIFE TEACHER TRAINING COURSE

Course Tutors: Mildred Ryan and Elizabeth Ann Morris, Master Teachers

This exciting Teacher Training Programme is based on two of Diana Cooper's books – 'Transform Your Life' and 'A Little Light on the Spiritual Laws'. Together they form the basis of this amazing personal and spiritual development programme.

If you feel inspired to help others on their pathway, working in a holistic way as you guide people in fulfilling their soul's purpose, then this Teacher Training Programme will empower you to develop and run your own Transformational Workshops and one to one support sessions.

Everything we experience in life is a gift for learning. When we understand, accept and work with this 'gift', we can let go of conflict and struggle and start **living in love, light and harmony**. As we do this our future becomes filled with hope and inspiration – **a future where anything is possible – this is the true power of transformation.**

In training to become a Transformational Teacher, you will change the course of your life and that of many others.

Elizabeth Ann Morris, founder of the course with Diana Cooper, will be coming to Ireland to present this programme along with Mildred Ryan.

Next course starts in September:
5-7 September, 3-5 October, 9-11 January.

Full course information can be viewed on website: www.mildredryan.com.

For further information, course prospectus and application form contact Mildred at 01-4935035, email: mildred@mildredryan.com.

Hawaiian Lomi Lomi Massage

Course Tutors: Trish Bowler and Ketih Tapp.

Level 1—Heartworks
Friday Evening—Sunday 3-5 OCT
Learn a full body massage incorporating the Spirit of Aloha. Learn long flowing strokes using hula movements.

Level 2—Temple Style
31OCT—2 NOV
Learn how to use the forearms on the whole body. Learn Hawaiian technique of flying.

Level 3—Temple Nui (Advanced)
31 NOV—2 DEC
Learn the fabulous technique of underbody work. More shamanic trainging and energy work.

For further information, call Trish on 087 4125126, visit www.celtickahuna.com or email trish@celtickahuna.com

WORKSHOPS

Aura Soma Introductory

Day, "The Mirror of the Soul" with

Maeve Murran, Next Date TBC **Cost: €90**
Do you love Colour? Do you believe that you are all that you can truly be? Do you wish to bring the healing power and benefits of colour into every aspect of your life? Do you wish to understand the personal messages that colour can hold for you?

Aura-Soma is a Colour Care System that supports us in becoming all that we can be. The Equilibrium Bottles are at the heart of Aura-Soma and contain the living energies of herbs, essential oils, gems and crystals. Our choice of colour mirrors who we are at a very deep level and can lead to a greater awareness of our own self-healing and development. When applied to the skin, these oils are colour coded and assist in harmonising and balancing the very essence of our being.

The Aura Soma Introductory Days are specially designed for those who love colour and light and who wish to know more about these beautiful jewel like Oils and how they can support one's soul journey. The primary aim of these Days is to provide information on the tools offered within the Aura Soma range and to give a brief insight into this wonderful science of colour and light. It is a wonderful opportunity for self-reflection, meditation, relaxation and personal growth.

To book a place please phone Walmer on 01-8329645.

PROFESSIONAL GEL NAIL CERTIFICATE COURSE

with Advanced Institute of Nail Technology 4 Day Nail Course. 08th 09th 16th & 23rd Sept 10am - 4pm **COST €600**

This 20 hour course held over 4 days is designed for participants to develop professional skills in the art of Nail Extensions. It is geared towards the novice, no experience is necessary. A model is required so bring a friend. Students earn €50 per full set of gel nail extensions. Working only 25 hours per week can lead to weekly earnings of up to an astonishing €250. Cost €400 This fee covers a full professional kit, 36 watt UV curing lamp, course manuals, examination and certification. This course is facilitated by the Advanced Institute of Nail Technology, who awards a certification on completion. Full details can be found on our website

Exploring Past Lives

An Exciting One-Day Workshop With Past Life Regression Therapist, **Shirley Johnson** (MA, Cert. Denise Linn, Cert. IICH) Sunday 17th August 2008. 10.00am - 5.00 pm. Cost €150.

In this one day workshop you will learn about many aspects of reincarnation and begin to unlock the secrets of your own past. Through meditation, teaching, readings and a series of different techniques, you will discover many clues to your past lives and begin to put together the puzzle of your many-faceted existence. Were you a princess or a pauper? A priestess or a courtesan? Or all four? The day will include a full past life regression, during which you will remember all the details of a specific long ago life and experience a deep and cleansing healing of this memory. Wear comfortable clothing and bring a pillow and blanket. Contact Shirley Johnson on 086-3854811 or at astroquest@hotmail.com

Expand your Strokes

with Laura Hilliard-Brady & Mary Rice. Saturday 23rd August 2008 Cost: €75

A fantastic day of learning for past students and qualified therapists. Learn how to expand your strokes to include deep tissue technique and regain confidence in your posture. Mary will also go through the 'hands of light' healing routine. A great day if you are looking to brush up on your massage, would like to re enter the Holistic field after time away or time out for you as you will receive a 2hour massage.

MINK Professional Eyelash Extension Certificate

Course Sunday 31st August 08

10am - 5pm **COST €350**

This 1 day course is designed to allow participants develop professional skills in the art of Permanent Eyelash

Extension Application. Mink eyelash extensions are super volume up and 0.2mm thicker, which makes our lashes a revolutionary method of creating that super star look. Eyelash extensions are the hottest beauty trend to sweep the world today. The stars do not leave home without them..... Eyelash extensions look naturally glamorous without the need for mascara ever again. They are affordable, durable and they last up to 6-8 weeks or more. A model is required so bring a friend. It costs you approximately €7.50 to complete a full set of lashes, the profit to be made on your kit is €3,700. Students earn €100 per full set of eyelash extensions as mobile therapists. Working only 25 hour per month can lead to monthly earnings of up to an astonishing

€2500 . Cost €300 This fee covers tuition, a professional kit, course manuals, examination and certification. Full details can be found on our website in the Beauty Section at www.walmer.ie/collegeofhealing

Tarot (Beginners) Workshop

Sunday August 24th 10:30am-4:30pm
Cost €100

In this one-day **Beginners TAROT** workshop you will learn the history of the cards, detailed meanings of the cards and how to do a reading with various spreads. The day will include time for lots of practice with numerous spreads. This day will be enlightening and fun! **Must bring your own Tarot Deck.** This beginners Tarot course is run by Aingal Rose O'Grady who has over 30 years experience as a Tarot Reader.

Wisdom Writing Workshop

with Alison Barker, Affiliate of Amherst Writers & Artists (AWA), USA

Sunday 24 August 2008, 10.30 a.m. to 5 p.m. Cost €75 (Introductory)

Sunday 5 October 2008, 10.20 a.m. to 5 p.m. Cost €75 (Part 2)

During this one day workshop, through a series of writing exercises, Alison will offer you the opportunity to explore your creativity and find your own unique voice in a safe and encouraging environment. If you have often thought "I have a story to tell" - this is your opportunity.

The Amherst Writers & Artists method affirms that : Everyone has a strong unique voice, Everyone is born with creative genius, Writing as an art form belongs to people regardless of economic class or education, The teaching of craft can be done without damage to a writer's original voice or artistic self-esteem. A writer is someone who writes. This workshop is suitable for those who are experienced writers or those who are writing creatively for the first time. For further information, please contact Alison at 087 9607180 or email wisdom-writingworkshops@gmail.com. Further information about the AWA is available on their website at www.amherstwriters.com

Introduction to Massage

With Laura Hilliard-Brady

24th August 10.30am-4.30pm **Cost €70**

This is a 1 day workshop where you will learn massage strokes for use on family and friends to include: Back massage, Neck & Shoulders & foot massage. You will learn the strokes and practice during the week-end as well as receive a massage. This course is suitable for those who have an interest in the therapies or considering a diploma course. A pampering day without a doubt. (Please bring 2 large bath towels

with you) €40 Deposit required to secure your place

How to tell a Twin Flame from a Soul Mate

with Aingeal Rose and Kevin O'Grady
Friday August 29th 7.00 - 9:30pm €30

Can you tell the difference between a twin flame and a soul mate? Are soul mate relationships meant to last? Why are twin flames meeting in this time period? Why is there such a high rate of separations and divorces? In this interactive evening, we will be discussing all aspects of twin flame and soul mate relationships Types, attractions, problems, what to do if your twin/soul partner does not recognize you? How to bring your true twin/soul partner into your life? Sacred contracts, responsibilities, joys, sorrows and more.

This Friday evening is run by Aingeal Rose and Kevin O'Grady who are twin flames and have over 30 years experience as spiritual teachers. Aingeal Rose and Kevin founded www.Holistic.ie in 1993 and is today regarded as the focal point of online holistic health for Ireland. Contact Kevin@o-grady.com 087-6177925

Psychic Laser Therapy for Practitioners

with Aingeal Rose and Kevin O'Grady
Saturday August 30th 10.30am - 6pm
€200

Psychic Laser Therapy is an energy therapy in which the practitioner removes and repairs trauma and damage in the auric layers surrounding the body using a thin, but powerful stream of light coming from the practitioner's fingertips. It has been seen that the subconscious record, or KARMA is held within the auric layers. Things removed include: past lives, tears in the magnetic web, implants, entities, deceased people, abuse, old conditioning. Results include: chakra repair, a feeling of being light and clean, increased energy flow, greater ability to manifest, clarity, emotional balance, centeredness, greater sense of positive direction. By removing these obstructions and repairing damage from past lifetimes, magnetic tears, chakra damage, entities, implants, weaponry, armor, electrical aberrations and more - a person is allowing the Law of Forgiveness and Grace, bringing them more into the PRESENT moment and allowing them to go forward without the burden of the past. Further information can be got from <http://holistic.ie> and <http://aingealrose.com> or by email from aingealrose@o-grady.com. Tel: 087-6177925

This 2-day course for practitioners is run by Aingeal Rose and Kevin O'Grady who have over 30 years experience as spiritual teachers. Aingeal Rose and Kevin founded www.Holistic.ie in 1993 and is today regarded as the focal point of online holistic

health for Ireland. Class size is limited so reserve your seat now.

Emotional Freedom Technique "Change your mind with EFT"

Level 1 - Saturday 30th August
9:45am - 4:30pm Investment : €135

Our workshops are very hands-on with plenty of time to work on your own issues. This easy to learn, self help one-day workshop provides comprehensive information that gives you the power to instantly transform your health, your well-being and your life! Our EFT workshops are life-changing and guide you on how to use on your self, with friends and family, gaining confidence and experience to proceed to level 2 of training if you wish. Our Workshops consist of lecture, live demonstrations, DVD, PowerPoint, actual supervised practice & time for questions & discussion. You will receive a copy of the material presented, a Level 1 Certificate - required for level 2. You will learn how to release whatever has been holding you back.

Contact Details for further information:

Aisling Killoran & Ray Manning
Mob: 086 1352122, Tel: 01 2986507
Email: info@accomplishchange.com
Web: <http://www.accomplishchange.com>

Spirit Art Class

with Aingeal Rose and Kevin O'Grady
Sunday August 31st 10.30am - 4.30pm
€100 (includes class materials)

What is Spirit Art? Spirit Art is the drawing or painting of your own or another's past lives, spirit guides, power shields or the resolving of an issue through art. YOU DO NOT HAVE TO HAVE ANY ART EXPERIENCE AT ALL TO TAKE THIS CLASS. This class is powerfully healing and fun. Mediums used (no pun intended) will be watercolors and pastels and all materials will be provided.

This Saturday class is run by Aingeal Rose and Kevin O'Grady who are twin flames and have over 30 years experience as spiritual teachers. Kevin sells his Spirit Art world-wide under the spiritual pseudonym of Ah-Hon-U. More information can be found on www.holistic.ie. Contact Kevin@o-grady.com 087-6177925

Energy Awareness Day

Sunday 31st August 2008. 9.45 AM - 4.30 pm— Investment: €135

The universe is made up of energy. It surrounds us and flows through us. Developing and using our intuition can help us to sense and feel energy. Having awareness of energy around us can give us insights to our emotional, physical and spiritual aspects, which can help create balance in our lives. This workshop is for anyone wishing to increase their awareness for a more joyful life for themselves, or if you are a

practitioner or massage therapist, to create a more meaningful practice. **The workshop is experiential.**

- Exercises to raise your Vibrational energy levels.
- Learn to feel energy
- Food that increases your energy
- How colors enhance your energy in different ways and what they mean.
- Acupressure points for boosting energy
- Learn about auras and how to sense them
- Experience meditations and processes to increase your awareness

We invite you to join us for this exciting opportunity to experience the universal energy and to understand how it can lessen daily challenges, improve relationships, establish balance, restore energy, retain power and open the doors to your unlimited potential.

Contact Details for further information:

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Web: <http://www.accomplishchange.com>

Foundation Shiatsu course

With Cliare Baker
Monday Evenings Starting 22 Sept 7pm—
9:30pm Cost €300

This foundation course provides good grounding in the healing art of Shiatsu for qualified massage therapists who wish to incorporate new techniques into their practice and for beginners who seek basic skills in Shiatsu for use amongst family and friends. It is a complete elementary course in its own right and upon completion you can then embark on a one year Shiatsu Bodywork course which is insurable and can be practiced professionally. If you are still fascinated by the depth of Shiatsu you can go onto study a 3 year part-time diploma in Shiatsu Therapy.

You will learn - Full Body Routine - how to give a simple safe Shiatsu to family and friends, Principles of Shiatsu Technique, Introduction to the Classical Meridian System, Introduction to pressure points and how to treat common ailments, Do-in - Japanese exercises and self-shiatsu techniques, Qi Gong

Professional Gel Nail Certificate Course

with Advanced Institute of Nail Technology
4 Day Nail Course. 8th / 9th / 16th / 24th
Sept 10am - 4pm each day COST €600

This 20 hour course held over 4 days is designed for participants to develop professional skills in the art of Nail Extensions. It is geared towards the novice, no experi-

ence is necessary. A model is required so bring a friend. Students earn €50 per full set of gel nail extensions. Working only 25 hours per week can lead to weekly earnings of up to an astonishing €2250. Cost €400 This fee covers a full professional kit, 36 watt UV curing lamp, course manuals, examination and certification. This course is facilitated by the Advanced Institute of Nail Technology, who awards a certification on completion.

Style Clinic Workshop

with Maria Lynch, BAbusi-ness, MScMP, MLBCAI, IICI (assoc). Sunday 21st Sept 10:30am - 2:30pm €75 per participant

Theme: Style & Confidence -Autumn/Winter Trends

Treat yourself to this practical, fun and inspirational talk on Image, Style & Life Tips with Maria Lynch from MJL- 'Motivated Joyful Living. Everyone has the right and the potential to be stylish and knowledge is everything in the style stake. The more you know the less mistakes you made, the less you need and the easier it is to look and feel great.

In this practical, hands on workshop you will know about the main style rules, how to accessorize, how to dress for your Body shape and Body Scale, how to make the most of your face shape and how to dress for your personality and lifestyle. You will also learn how to be a savvy buyer. The style clinic will finish with a section on Life coaching tips to help carry yourself with confidence looking and feeling fabulous! This is the kind of workshop you do with your best friend :)

Due to the popularity of this workshop a deposit of €30 will be required to secure your place. Contact Walmer reception or Maria directly at 087-2794346 or e-mail maria@motivatedjoyfulliving.ie Maria Lynch B.A Business, MScMP, MLBCAI, iici (assoc) www.mjli.ie www.motivatedjoyfulliving.ie

Ear Candling

one day CThA approved course Saturday October 18th 10am - 6pm Cost: €150

This course offers therapists the opportunity to add a gentle, non-invasive therapy to their range of treatments. After the course you will be able to offer an ear candling treatment combined with a specialised massage of the face, ears, neck and scalp.

The course covers the history of ear candling, how ear candles work, benefits, contraindications, anatomy & physiology of the ear, nose and throat, a look at various types of ear candles, safety issues and a massage sequence to relieve sinus problems and encourage lymphatic drain-

age. You will have the opportunity to give and receive a full treatment.

The course is approved by the CThA/ Embody and the CMA.

For an application form & further details contact: Mary Dagleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Natural Facial

one day CThA approved course Sunday October 19th 10am - 6pm Cost: €165 (includes product kit)

This unique one day course has been specially designed for therapists who wish to extend their skills and learn a facial treatment using natural products. A natural facial consists of cleansing the neck and face with a gentle plant based cream (made on the course), toning with flower waters, using a warm compress, making and applying face packs, massaging the neck and face with plant oils (a variety of suitable facial oils will be discussed), making and applying eye treatments. It can be offered as a treatment in its own right or as an add-on to other treatments. A Natural Facial will leave your clients with a vibrant radiant appearance and have them coming back for more!

The course is approved by the CThA/ Embody and the CMA.

For an application form & further details contact: Mary Dagleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Facial Rejuvenation 4-day Diploma Course

October 24th-27th inclusive 10am - 6pm Cost: €600

Also called Natural Face Lift Massage, this treatment which is based on ancient Indian techniques is truly 'holistic'. It is performed without oils or creams and is a combination of massage, energy balancing and facial exercises. The aim of the course is to provide a comprehensive grounding in the theory and practice of Natural Face Lift Massage. In order to qualify, students will need to do case studies and home study before taking a written and practical examination (date to be confirmed). Once qualified, students will obtain a Diploma from the London Centre of Indian Champissage International, which is affiliated with the CMA and recognised by the major insurance companies. For an application form & further details contact: Mary Dagleish on 0044 20 88749047 (www.head2toemassage.co.uk)

Angel recipe for Love, Joy and Abundance.

With Mildred Ryan, Angel and Ascension Teacher and Teacher Trainer of the Diana Cooper School, Sunday 02nd November 10:45am - 5pm Cost €80

The Angels are wonderful beings of Light, Love and Joy who are ready and willing to help us in every area of our lives. Abundance means flowing with all the good of life - money and prosperity, love, happiness, joy, success, health and vitality.

Today we will work with gentle exercises, meditations and Angel Cards, relaxing in the company of the Angels as they guide us gently through any challenges and help us create more Love, Joy and Abundance in our lives.

For more information, please contact Mildred at 01-4935035, or visit website www.mildredryan.com. To book a place, please phone Walmer on 01-4935035.

Transform your life

With Mildred Ryan, Transform Your Life Teacher and Teacher Trainer of the Diana Cooper School, Sunday 08th November 08:10:45am - 5pm Cost €80
A one-day workshop to boost CONFIDENCE - SELF-ESTEEM - HAPPINESS AND ABUNDANCE

Through gentle guided exercises and looking inward - you will: Find your true potential - your gifts, talents, abilities
Increase your energy and vitality, fun and joy of life
Replace doubt and fear with Trust, Optimism and Confidence
Explore who you really are
Understand how your beliefs create your reality
Uncover old patterns and beliefs that are holding you back, allowing you step into the driving seat of your life
Nurture and heal your inner child
Create a life full of Abundance on every level
Set goals - plan actions - for your positive future

For more information, please contact Mildred at 01-4935035, or visit website www.mildredryan.com. To book a place, please phone Walmer on 01-4935035.

Bach Flower Remedy System of Healing *With Carmel Clarke*

08th / 09th Nov 10am – 5:30pm

Cost: €190 INTRODUCTORY - LEVEL 1
2-DAY COURSE "Our work is to steadfastly adhere to the simplicity and purity of the method of healing" From the Original Writings, Dr. Edward Bach. This 2-day Seminar will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is the foundation to Level 2 and Level 3 of the Professional Bach Flower Remedy Practitioner Training. You will become familiar with all 38 Bach Flower Remedies, learn how and when to use the remedies in daily life, become familiar with Rescue Remedy, Cream and Spray, and gain an insight into the history and philosophy of Dr. Bach. Each participant will receive certification recognised

EFT Emotional Freedom Techniques Level 2

Saturday 8th & Sunday 9th Nov 2008.
9.45 AM – 5.00pm PM

Investment: €365 Licenced Certification available

Expand your EFT skills & knowledge! 8th & 9th November 2008 This Advanced 2 day EFT approved training course is designed to advance your skills in EFT to a significantly higher level and it will prepare you to practice EFT with confidence and incredible success. This course meets the training criteria recommended by Gary Craig, the developer of EFT, and is accredited with the AMT (Association for Meridian Energy Therapies). Delegates completing this EFT training course and submitting a home based exam and case studies will receive an a certificate in Meridian Energy Therapies through the AMT. We also provide a support network FREE from Licensed AMT Trainer's, for 12 weeks from your training date.

Contact Details for further information:

Aisling Killooran & Ray Manning

Mob: 086 1352122

Tel: 01 2986507

Email: info@accomplishchange.com

Web: <http://www.accomplishchange.com>

Tap Into YOUR Dreams ~ Let Them Speak

Uncover Their True Meaning!
Sunday 16th November 10am – 4.30pm
€100 per person

Learn a user-friendly, practical approach to analysis the meaning of YOUR dreams. You will learn how to use the "6 Magic Questions" and the "Colour Questionnaire" to discover and explore the power of YOUR dreams.

This one day workshop will allow you learn, uncover & discover:

The true meaning of YOUR dreams

The significance of colour in dreams to reveal your hidden feelings

A new way to use YOUR dreams to change your life

How your dreaming brain creates a language of its own

How YOUR dream language is an expression of your waking life

Tips on how to help yourself dream and journaling

The true meaning of recurring dreams and nightmares

The answers to frequently asked questions
Discover the "6 magic questions" that reveal your inner beliefs & conflicts from your dreams.

To Book your place please call Aisling or Ray 01 - 2986507 Or Book your place at reception in Walmer 01 - 8329645

Email: info@accomplishchange.com Web: <http://www.accomplishchange.com>

"Cherish YOUR Dreams As They Are The Children Of Your Soul"

Please, feel free to start writing YOUR dreams and bring YOUR dreams with you to the workshop. See our tip section for dream recall in the Walmer news under Dream catchers

EVENING CLASSES

Healing Angels Class *With Deborah Gorman, IET Master. Starting 16th September (Tuesday Evenings) 7pm – 9pm for 5 weeks Cost : €100 inclusive of manual* Learn how to call on the Angels whenever you need healing and support. If you support others in their self healing through energy therapies like Integrated Energy Therapy, Reiki, Therapeutic Touch Massage or others, the healing angels can add a special spiritual dimension to your sessions. This course will enable you to join with other students, learning how to use the angelic heart link to connect with the angels' energy. You will discover the special healing gifts that each angel brings and you will invite each of the healing angels to support you in your physical, emotional, mental and spiritual healing journey.

Weight Loss Clinic for Men and Women. Take the 8 week Challenge. Lose up to a stone in 8 weeks **Next Date TBC** 7pm – 8pm. **COST: €120 for 8 week** course in Weight-Loss & Toning—1 hour per week. Look & feel better than ever!

Weekly Nutrition & Exercise plans tailored for you to follow. Neuro-Linguistic Programming techniques. Motivation & Goal Setting. No fads or gimmicks — be taken through the 8 week course, step by step with qualified professional.

PHONE 087 850 9246

FOR FURTHER INFORMATION

Yoga Evening Class Hatha & Raga

with Tara Ivory – Russell Starts Tues September 09th (7pm-8.15pm Beginners) (8.30pm-9.45pm continuous)

8 weeks Cost €120 This 8 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques. Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! **(Deposit required to secure a place)** Payment by Cash and Cheque only (payable to Tara Ivory) fees for the course must be paid in full at least one week before class starts

Raise your Vibration with Colour & Crystals

With Michelle Burke Delaney, 6 week course Thursday Evenings Next Course starts August 21st Cost: €120 (Cost includes free chakra set).

We all know that colour affects our moods. We find some colours are uplifting and inspiring while others not so much. We often use terms like, 'feeling blue' or 'seeing red', without really thinking of the meaning behind the words. Colour vibrations nourish not only the physical cells and organs but have a powerful influence on our emotional, mental and spiritual well-being. Discover how to obtain a balance of energy from the seven spectrum colours

Crystals embody pure light energy. As white light passes through a crystal, certain wavelengths may be filtered out. Those that survive the passage give the stone its colour. The stone embodies the power of the colour it reflects. Crystals are splendid symbols of the earth element. They can create, store and release energy.

Join us on a this six week course where you will be introduced to the wonderful world of colour and crystals and explore the following:- Auric Colours and Chakras, Colour Visualisations and Breathing, Healing qualities, Fragrance, Music and Colour, Colour Psychology – What colour are you?, Why we are attracted to certain people and relationships, The Colour we wear and the colour in our Home, Therapeutic use of Colour, Mineral Kingdom and Subtle Energy, Acquiring, Cleansing and programming Crystals, Polarity of the Body, Crystal Meditations & Colour/Crystal Healing Treatments
www.soulbalance.com

Yoga Evening Class Hatha

Flow with Mags Dunne

6.30- 7.45 for beginners

intermediate 8.00- 9.15.

Thursday Evening Starting 11th Sept 10 weeks €130

This 6 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques.

Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! (Deposit required to secure a place) Fees for the course must be paid in full at least one week before class starts

MORNING CLASSES

Yoga Morning / Lunchtime Class Hatha Flow

with Mags Dunne Starts 10th September— Wednesday morning 11am—12:15pm— ALL LEVELS 1pm—2pm LUNCHTIME CLASS ALL LEVELS 10 weeks €130

This 10 week course covers all aspects of the ancient art of Yoga, including Yoga Pos-

tures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques.

Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! (Deposit required to secure a place) Fees for the course must be paid in full at least one week before class starts

Yoga Over 55's Class Hatha Flow

with Mags Dunne Starts 08th September— Monday morning 10am—11am ALL LEVELS A Social morning with Tea and Scones served from 11am—12pm Special Offer Price 10 weeks €100 (normally €130)

This 10 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques. Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! (Deposit required to secure a place)

Fees for the course must be paid in full at least one week before class starts

Pregnancy Yoga

with Mags Dunne

Sunday 14th September

10:30am—11:45am 6 weeks €100

Pregnancy is a most extraordinary time in a woman's life. Yoga provides a calm sanctuary where she can experience a peaceful loving union with her baby. Yogas primary gifts of increasing flexibility and decreasing tension are perfectly compatible with the needs of a pregnant woman. In the class you will find postures which open and relax the pelvic area, strengthen muscle tone and release back tension together with deep breathing and meditative focus to enhance your experience of the life growing within you

Deposit required to secure a place, all fees must be paid in full one week before class begins.

Start date	Time	Class	Cost
Mon 8 th Sept 2008	10.00-11.15am Tea & Scones after!!	Over 55's Gentle yoga	10 classes special offer €100 or €15 per class
Weds 10 th Sept	11-12.15am	Hatha flow General class	10 classes €130 or €15 per class
Thurs 11 th Sept	6.30-7.45pm 8pm-9.15pm	Beginners Hatha flow General class	10 classes €130 or €15 per class
Sunday 14 th Sept	10.30-11.45am	Pregnancy	6 classes €100 Or €20 per class

Call to book a place or

Join into a class at any

time if there is space!

Things you need to know.

Mats. bring one along, or purchase one from reception.

Clothes. loose and comfortable, **Food.** try not to eat at

least 2hrs before class.

Prompt. try to arrive 10mins before class. Advise teacher if you have any injuries

Student rates. 12euros per class for students.

www.walmer.ie, check for weekend workshops and new classes!!