

WALMER NEWS



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*Love is
in the
Air ...*

**I.T.E.C Diploma Courses,
Workshops, Morning &
Evening Classes**

Editor's Note

Welcome to February Newsletter. This month is jammed packed with fantastic articles to keep you reading your way to Valentines Day and beyond.

There is a lot to get through, I wont keep you a minute more ... Enjoy !!!

Michelle Burke Delaney

Healing with the Angels

by Mildred Ryan

Archangel Raphael oversees the Angels of Healing. They have enormous compassion and when you ask them for healing, your prayer is always heard and they do whatever they can for your highest good. You can ask for healing for yourself, and the Angels are also delighted to work with you to help you heal other people, places and situations. They will dissolve any old stuck energy or emotions which are causing dis-ease, and they help to strengthen your positive qualities and bring out the best in yourself and others.

My Experience of Angel Healing. My own journey with the Angels started after I had read about Archangel Raphael and the Angels of Healing. I called on Archangel Raphael for help during a meditation, and was amazed by the energy and healing which I felt. I was totally supported and surrounded by a cocoon of healing light and I knew that something big had happened. Since then my connection with the Angels has deepened and I have received incredible healing and guidance which has opened up my life in many ways.

Asking the Angels for Healing. It's wonderful to take some nurturing time for yourself and allow the Angels of Healing to bathe you in their wonderful light. Find a quiet time and space for yourself, wrap up in a warm blanket, light a candle and put on some soft music. Then ask Archangel Raphael and the Angels of Healing to surround you with their healing light. All you have to do is ask, and they are there.

On each in-breath visualise this healing energy flowing into your body, bringing new Light and healing to every cell of your body. You can also ask the Angels to send healing anywhere that needs extra attention.



You may be aware of being surrounded by the emerald green light of the Angels, or of feelings of love and peace, or find that wise thoughts and inspiration about how to solve a problem may be flowing through your mind. Just allow yourself rest and feel the warmth, comfort and safety as you spend some quiet time resting in the arms of the Angels.

Angels of Abundance – Archangel Raphael is also the **Angel of Abundance** – you can ask him to help you increase the abundance in all areas of your life, not only your wealth, but also happiness, friendship, peace, love and success.

Mildred runs Angel Workshops in Walmer and facilitates the Diana Cooper Teacher Training Courses on Angels, Ascension, and Golden Atlantis.

The next Angel Day is on Sunday 2nd March, working with gentle exercises and meditations, relaxing in the company of the Angels, as they gently and lovingly guide us to create more Love, Joy and Abundance in our lives.

www.mildredryan.com

“The Great Secret of Life is the law of attraction” ; The Secret

Love & The Law of Attraction

by Anita Stapleton–Mirolo

Many of our shops are already brimming with St. Valentine's Day cards, cuddly teddy bears and stocking up on flowers! Around this time, when we think of the word "attraction" we think in terms of romantic encounters. However, there is a lot more to the meaning of the word "attraction" in this wonderful universe of ours.

The book entitled "The Secret", by Rhonda Byrne, has been making waves all across the world. As those who are familiar to the book already know, the "secret" is not in fact a secret at all. Many great thinkers from the past such as Einstein, Plato and Beethoven were very much acquainted with it. The "secret" is in fact the "law of attraction" which states, in very simple terms, like attracts like, or, that which is like unto itself is drawn.

The law of attraction is referred to over and over by many of today's well known spiritual teachers and authors, such as Louise L. Hay, Abraham-Hicks and Dr Wayne Dyer (to name but a few). Abraham-Hicks say that it is a universal law that exists whether or not we believe it to be true. So for example, if we don't believe in the law of gravity, but hold a book in the air and let it go, it will fall to the ground, regardless of our disbelief.

This law permeates each and every part of our life experience. When we are kind to

someone, we receive kindness back in some other way. When we are helpful, we receive help at some stage later when we need it. When we give a gift, even the gift of a compliment, we receive some sort of gift in return.

At a deeper level, we attract people to ourselves who are similar to us. Did you ever notice how people you know who are in a relationship for a while tend to have similar levels of self esteem? Did you ever notice how you usually have many things in common with your closest friends, and that as your life changes, the people around you change too?

The law of attraction operates not only in terms of behaviour, but also through our minds and emotions. Thoughts are magnetic. Have you ever thought of someone or a song you haven't heard of in a long time, and then later heard from that person or heard the song on the radio shortly after? By the law of attraction, what we think about most, we create. And often when we hold a pure thought in our mind for a certain period of time, we see it manifest very quickly.

What we think of ourselves is reflected back to us in the people around us. Therefore, if we are interested in meeting Mr or Ms Right, the best way to start is to begin liking and respecting ourselves more. For the more we care about ourselves, the more chance we have of attracting a mate to us who feels this same way about us. What's more, people who really love themselves at a deep level (and not in a vain or arrogant way, as this is something very different) are very attractive to others. Another effective technique can be by using a positive affirmation such as "I deserve and attract a loving relationship" and then sit back and allow the universe to work out the details. Happy St. Valentine's Day!

Anita Stapleton-Mirolo

Louise Hay Instructor,
Life Coach & Meditation Teacher.

"Heal Your Life" workshop – 2nd March 2008 www.asm-healing.com

If you would like to submit an article to the Walmer News or would like to comment on any articles we have published so far, please do not hesitate to email us at

news@walmer.ie

Thank You.

Thai massage – what is it? It is an ancient system of bodywork still in use today in Thailand and now spreading rapidly in the west.

How is it different? Thai massage is a unique form of giving and receiving between the therapist and client as each benefit from the experience. It is described as “lazy man’s yoga” in Chiang Mai where several of our therapists went to learn the therapy in 2006.

It is performed on the floor – so it is similar to shiatsu. The client wears loose comfortable clothing – so it does not feel too revealing for those who have “wobbly bits”.



photo by Anna Isaak-Ross

“The best full body massage you will ever get.”

The therapist uses his/her body weight to apply pressure to every area of the body using palms of the hands, fingers, thumbs, elbows, knees and feet.

The treatment begins traditionally on the feet, using reflexology type moves to relax the body, moves into the legs and then inverted poses.

The body is then turned on one side then the other and the legs are worked again.

The therapist stretches the body into yoga asanas or poses and facilitates the stretch – at no time will the therapist stretch the body beyond its capabilities – although sometimes it might feel like it.

Then the abdomen, upper body, arms and hands, the final moves are done on the back and finishes with some lovely work on the head and face.

The therapist and client should try to attain a meditative state, gain a positive state of mind and feel refreshed after the experience.

The client experiences a deep relaxation that comes usually after an intensive work out. Breathing and tension levels change dramatically during the session.

Most clients feel refreshed and energised and “loose” after a session of Thai massage.

Your flexibility will be assessed as the treatment progresses and at no stage will you be tied in knots or feel compromised physically.

The whole experience can be enriched with the use of herbal compresses – an introduction of heat via a compress made of cotton material containing some specially chosen herbs to facilitate healing of specific conditions.

So why not try a session – one and half hours of total care in a relaxing environment – and see how you feel afterwards.



Stone tablets at Wat Pho temple in Bangkok showing sen lines and points.

Walmer brings a new course for 2008.

If you are qualified therapist why not add a new dimension to your skills.

The course includes elements of developing greater flexibility of both mind and body incorporating an element of yoga and meditation.

Thai massage – like acupuncture – uses knowledge of sen lines and points on those lines to restore the balance of energy. Combined the use of compression techniques Thai massage encourages the body to attain a really deep state of relaxation.

This relaxed state allows the use of facilitated stretches (yoga asanas) to encourage the muscles to return to their correct length and optimum state. As a result the client feels deeply refreshed as after an intensive workout, at the same time, breathing is used to attain a meditative state – so the mind and spirit feel renewed.

Some of you may have learned techniques using hot stones. Thai massage can also use a thermal element – the use of hot herbal compresses. A deeply aromatic experience of herbal compresses heated to above body heat and applied to points on the sen lines to facilitate the movement of energy.

The course is completed over a four month period with weekly classes held on a Friday night. What a nice way to end the week.

So why not extend your skills – stretch your mind – and your body and learn a new way of working.

This is a new ITEC course – designed as a postgraduate diploma – for those who have already attained an ITEC qualification, this has to include anatomy and physiology and unit 22 – the business, professionalism and ethics.

Your teacher will be Terry Kenny. Terry has been associated with Walmer since 1993 and has trained in many therapies – including Massage, Aromatherapy, Reflexology, Thai Massage, Bowen Technique, Thermo Auricular therapy, and Reiki (level one).

She has a long history of visiting Thailand and two years ago brought a group of therapists to Chiang Mai to learn the ancient art of Nuad Bo Rarn (Ancient massage).

Heart and Mind

Many Eastern philosophies make no distinction between heart and mind. If you are temperamentally inclined toward one this month explore the opposite—the wisdom side of love, say, or the compassionate face of reason. Instead of nursing your feelings, examine your motivations. All of these steps will stabilize your relationships. Bring warmth and humour to your decision-making and you can help to ease any tensions at work. The marriage of sense and sensibility produces an exquisite equilibrium.

Affirmation

I infuse my decisions with heart and my relationships with wisdom. I am tender or reflective as the situation requires.

Practice : Filling the world with love.

Loving and being loved are simple decisions to open your heart. Close your eyes and picture someone you care for seated opposite you. As you inhale, feel their love flow through your body, filling every cell. Bask in its warmth. As you exhale, send out love to the other person until it fills their whole being. With each in and out breath, imagine the field of love gradually expanding until it embraces everyone, everywhere.

Project: Re-mind yourself, An active mind is the best defence against ageing—and very good for your health. Give yourself an assignment this month; enrol in a course, read up on a specific topic, or join a book group and enjoy the stimulation of exchanging ideas and opinions. Even entertainment can be an education if you stick to plays, movies, concerts and TV shows with social or spiritual value.

Taken from
Mind Body & Spirit, Book of Days 2008

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A personal Journey with Walmer by Gillian Smith

Most people thought I was crazy – I was leaving my job after nearly 8 years with the company. I'd worked my way up from being a Telesales Agent to Sales Team Leader, then to my newest position as an Operations Manager. I had a great salary, got on really well with my colleagues, and there was room to progress even further. But something was missing. Commuting into the city every day, the train seemed full of grey suits and gloomy faces like mine, and I felt fed up before I even got to work. I wanted a new beginning, a job I loved going to everyday, where I was making a difference. Was I being naïve, unrealistic or just hormonal?? I'd never been what you'd call reckless or spontaneous, so when I actually handed in my notice, it was as much as a shock to me as it was to everyone else! But I knew it was the right move.

I'd never heard of Walmer College before, but it sounded like the perfect choice for me – **One Year Course in Complementary Therapies**. In one year, I'd qualify in Holistic Massage, Diet & Nutrition, Aromatherapy and Indian Head Massage. The course would be taught over 2 days every week, for a full year. Four diplomas in one year really appealed to me. At 27, I was ten years out of school, so I was looking forward to seeing how well my brain would cope.

On our first day of college, our tutor Laura Hilliard Brady (owner and director of Walmer) gave us a demonstration of the **Holistic Massage** we would learn. It was like watching a blend of tai chi, ballet and yoga. The massage looked so relaxing, I was amazed but doubted I'd ever be able to do it justice.

Every week, we had at least 3 hours of practical massage class, where we paired up and practiced on each other. In the second half of the year, practical massage was taught twice a week. So every week at college, I was getting at least one free massage; that's reason enough to do the course, believe me. I felt calmer, had more energy and was in better health than ever.

Everyone's in the same boat, nervous and awkward at first. But because class size is kept small, the tutors gave plenty of feedback and by the end of the year, it was like second nature to us. Along with Holistic Massage, we studied **Anatomy & Physiology**. This was vital to understand the effects of massage on the physical body. It also detailed the illnesses or diseases that may make massage inappropriate. It's not an easy subject, but very enjoyable despite the big words!

Diet & Nutrition class was such an eye-opener, so comprehensive and well-taught. It highlighted for me how badly we

sometimes feed ourselves, how little attention we pay to the food we buy, and how much impact our diet has on not only our physical, but mental and emotional health too. Each student completes case studies on 5 people, making recommendations for them based on their diet, lifestyle and physical and mental health. (And among our discussions of vitamin deficiencies or essential fatty acids, we managed to have the best laugh in this class every Tuesday).

Aromatherapy was so much more than I thought it would be. It is a powerful therapy, using natural essential oils sourced from flowers, trees, grasses, herbs and fruits. Each oil has many benefits, depending on its chemical make-up. In every class, we sampled and discussed the aromas, then studied each of the 42 oils in detail. We then practiced using different blends of the oils in our aromatherapy massage class. Nowadays I use aromatherapy all the time. I have blends I use for tired muscles, cellulite, dry skin, PMT, etc. Plus, it's a really popular treatment with my clients.

Indian Head Massage was our final therapy to learn, and was so different to the holistic and aromatherapy massage. It's a brisk, invigorating but relaxing massage of the upper back, neck, head and face. It took me a while to get used to giving a massage when the client is seated, but it's makes the therapy so handy to bring to friends and family. All you need is a chair and you're ready to go.

Amidst all of this, we were given a 2-day workshop with Rita Kelly, called Mind Body Spirit. We explored meditation, chakras, subtle anatomy and exercises to bring all of this together. It really makes you look at yourself and your life in a new light. At the same time, it highlights how our intention as therapists needs to be one of utmost caring and support – our clients are more than 'bodies'; our massage works on subtle levels as well as physical.

At the end of the year, after the syllabus was taught, we were given extracurricular classes in Thai Massage with Terry Kenny. This was so much fun, and great exercise as we took our clients through various yoga postures as part of this massage. Well, tried to anyhow! It really rounded the year off well.

Going to Walmer College becomes a huge part of your life. Between study, practice, case studies and classes, the year flew by. Looking back now at myself on Day 1, I hardly recognise myself. I know it sounds cliched, but it really did change my life. The friends I've met at college are lifelong for sure. I'm working as a therapist now, and I love it. For anyone wishing they had a better, more exciting, more worthwhile job – this could be what you're looking for.

Allow yourself to energetically align for success in 08 by Aisling & Ray, Accomplish Change

Aisling & Ray of Accomplish Change Clinic are running weekend workshops in Walmer commencing 2nd Feb, 19th April in EFT Emotional Freedom Techniques and 26th April in Energy Awareness. Please visit the workshop section in the newsletter.

We invite you to treat your selves by setting yourself a contract of success through energetic alignment for your body, mind, and soul.

Read the following out loud or silently to your self.

Sacred contract to align with success

I, _____,

make a commitment this day,

____/____/____

At a soul level, to heal my misperceptions (delusions, errors of thought) regarding success and prosperity.

At this moment, I ask for support holding to the remembrance that I am a Spiritual Being having a human experience. In doing so, I will rediscover the true Source of my abundance.

I remember and align myself energetically with the following truths:

- € Success is my natural birthright.
- € I create my success from the inside out.
- € There is more than enough of everything - time, money and opportunities.
- € I live a life free of effort, struggle, and limitations.
- € My life unfolds as a series of predictable miracles
- € I am aligned - Body, Mind, and Soul - with the experience of true success.

I partner with all positive, physical and non-physical energy sponsors

To make these shifts permanently, on a cellular level, for the highest good of all concerned. The Universe will handle the details. My job is to listen, trust, and take guided action.

I am in alignment with the powerful energetic truth of this document and allow the abundance to flow. So be it!

Signature _____

Date _____

Author unknown: re-edited and adapted by Ray Manning & Aisling Killoran of Accomplish Change Clinic.

Please feel free to cut this out and pin it up so that you can re-visit this contract.

The 14th of February, Valentines Day 2008 marks the 10th anniversary of the day I first came to Walmer and I would like to share my special journey with you.

For most, Valentines is about Love. For me it is not just about the romantic love I share with my husband Ray, but also the love and light Walmer has brought into my life and literally left me on **Cloud Nine**.

My journey began in Holistic Massage with Laura and Mary who through their teaching and personalities inspired me and helped me to get in touch with my spiritual and Holistic Self. A self I now trust and believe in. Christine Page our Body Mind Spirit lecturer opened me to the concept that we all need to be able to exist outside of our partners which did wobble that romantic love I mentioned earlier. But thankfully 18 years and three kids later we are still celebrating 14th Feb. I went on to study Aromatherapy and then thought my next step would be Indian Head, and twice enrolled on the course and twice discovered I was pregnant and couldn't do the course. I never enrolled on I.H again just in case.

Very quickly I realised I wanted to teach and again Laura provided me the wonderful opportunity firstly teaching Introduction to Massage and then the Diploma in Holistic Massage adding another layer of fabulous experience to my journey. Over the last eight years I have been involved in teaching hundreds of students and I hope I have inspired and touched them not just through my teaching but also in a deep and spiritual way as indeed they have taught and touched me. Love and Light to you all.

Two years ago I founded my own company called **Cloud Nine** providing Holistic on site massage to the corporate sector, in the workplace, at corporate events and exhibitions bringing all of my experience to the client outside the clinic. On site massage is a 15-20 minute carried out on fully clothed client while seated in specially designed ergonomic chairs making it an accessible non intrusive form of therapy. The events we have done are vast and varied from a garden party to Trade Shows and every thing in between. The work is very social and rewarding to both clients and the **Cloud Nine** team which is made up of special friends, Walmer therapists and past students of mine, creating another employment opportunity for Walmer trained people.

In the last 10 years I have become a Massage therapist, an Aroma therapist, a Tutor, a Mother of 3 and a Company director. Not bad for a decade. Coming into Walmer is not just about learning massage skills but also a journey of self development and discovery which leads to all types of success.

Many beautiful people have shared my journey over the past ten years and made

positive contributions to who I have become and what I have achieved and if you are thinking of starting a Walmer journey DO IT you wont regret it, wherever it takes you. And while my head is on **Cloud Nine** my feet are firmly rooted in Walmer. Happy Valentines Day xxx

www.cloud-nine.ie

Motivated Joyful Living

by Maria Lynch (New to Walmer every Thurs)

IMAGE, COLOUR & STYLE Consultations

The way we look and feel can influence so much in our lives, happiness and confidence.

Do you want to know what colour, make-up and clothing styles will favour your looks and get you more compliments? Have you just had a baby and need a boost? Are you facing a landmark birthday and want to look amazing? Are you starting a new job and want to look stylish easily and effortlessly?

If the answer is yes, then Treat Yourself to a Colour and Style consultation. The beauty of these one to one sessions is that they are educational and there is no repeat purchase. Your treat is a once off investment that will cost less than your last wardrobe mistake.

In a **Colour consultation** you will know what colours are in harmony with your own complexion and how to coordinate colours to enhance your outfit, make up and hair colouring. Wearing the right colours will soften lines, minimise shadows and make you look healthy, glowing and even younger! Maria will use professional colour drapes to determine your main colour characteristics and your season. She will give you tips in how to wear black and your not so good colours and to adapt the colour fashion trends of the upcoming season to suit your complexion. Your personal colour palette is included as part of the cost of the session. You will also benefit from Maria's Life coaching background in the form of Life tips to carry the new you.

How many times we look at our wardrobe every morning and say 'I have nothing to wear'. Remember knowledge is power in the style stakes.

In a **Style consultation** you will know how to dress for your body shape and scale, what clothes to use to enhance or camouflage parts of your body, what hairstyles and accessories work best for you. You will also benefit from Maria's Life coaching background in the form of Life tips to carry the new you.

Treat yourself to this once in a lifetime educational and practical consultations:

1 hour one to one Colour consultation including your individual colour palette €140.

1 hour one to one Style Consultation €140.

EXCLUSIVE TO WALMER: 2 hour session covering both aspects of Colour & Style €220.-

Individual consultations are an Ideal birthday present. Gift vouchers are available.

LIFE COACHING

At this time of the year Spring is in the air and there is hope for new beginnings. However, sometimes things might not be going our way and these get the best out of us.

Coaching can help if any of these statements apply to you: Are you stuck in a rut? Do you hate your job but don't know a way out? Are you scared to go back into the work force? Do you want a fresh start but feel your qualifications are holding you back? Do you dread getting up every Monday to go to work? Does your life seem like the same old song but don't know how to change the tune? Do your dreams seem like a distant memory? Do you live for work and forgot what is it to enjoy life?

If yes, then Coaching can help you regain passion and enthusiasm for your life and motivate you to take action towards what you really want in a safe, confidential and empowering environment. A few sessions with Maria can make a positive impact in your life.

1 hour session €95. Module of 4 x1 hour sessions €370.-

EXCLUSIVE TO WALMER Module of 6 x1 hour sessions pre-paid €470.-

Maria Lynch

BBusAdm, MscMP, MLBCAI, iici(assoc).

Maria Lynch holds a Bachelor Degree in Business and Administration together with a Master of Science in Marketing practice. She has a Diploma in Life & Executive coaching accredited with LBCAI and is a professional image consultant associate with iici. Maria has extensive experience working for Blue Chip companies such as Unilever, Nestle and Inbev having worked for 14 years in Ireland and abroad. She embarked on a career transition to start **MJL, Motivated Joyful Living**. She is originally from Chile, South America and has been living and working in Ireland for the last ten years. She brings a fresh, creative and energetic approach to her work. Contact Maria 0872794346 or visit www.mjli.ie, www.motivatedjoyfulliving.ie



Walmer Practice runs every Thursday.

To make an appointment with Maria for any of the sessions mentioned in this Article, please contact Reception 01 8329645 or contact Maria directly.

Self Massage—A students prospective by Lena Doherty

As students of massage, we're all aware of the benefits of massage. But, do we as massage therapists practice what we preach?

With today's hectic lifestyle we put in full days at the office, perhaps a long commute to and from work, juggle family commitments and somehow manage to socialise as well! As students we have the added labour of love that is our weekly class and the assignments and case studies that go with it. It's hard to imagine where to fit in some relaxation time, which is why our down-time is often the first thing we drop from our schedules.

As the exams grow ever closer and the case studies deadline hangs above us like a dark cloud – don't despair! It's massage to the rescue.

Self massage is something each of us can fit into our daily lives - it just takes a little effort and some lateral thinking. For those of us with office jobs, massage your hands arms and shoulders at work. For those who stand for most of the day, treat yourself to a self massage on your feet, ankles and legs just before you go to bed or just after you hop out of the shower in the morning, to prepare your body for the day ahead. With some simple effleurage (stroking), petrissage (kneading) and frictions (thumb work) you'll soon start to feel the benefits of your training. We all know how wonderful it feels to have a full treatment, but when time holds us back, there's no reason we can't have just a snippet of massage to get us through the day. Think about your daily routine and see if you can find just five minutes to indulge yourself.

As students of massage, incorporating self massage into our daily lives has the added advantage of aiding with our studies. Stress-relief and relaxation aside, there are also some real practical advantages to the regular practicing of self massage. It's not often possible to find people to practice on at times that are convenient. However, through simple self massage we can become more aware of our massage techniques, making them smoother, more rhythmical and we become more attuned to the pressure being applied.

In addition to adding finesse to our techniques, our palpatory skills stand to develop through self massage. Through regular contact with muscles and connective tissue we become adept at noticing the nuances of problem areas. The more practice we have in massaging in all situations, not just fatigued or tight muscles (which is usually when people volunteer their limbs for us to practice on!), the more complete our understanding of our work area will become.

When it comes to self massage, the piece de resistance for me is not honing our massage techniques, developing palpatory skills or even the benefits of relaxation. Instead, the greatest benefit of self massage is that it is a study tool when learning about the muscles in our bodies. This aspect of our studies is often cited as the toughest obstacle to overcome. Learning the names, origins, insertions and actions of some 50+ muscles can seem an insurmountable task. Self massage lends another dimension to our learning.

Through palpating the muscles as we learn, we are reinforcing our knowledge. Simply finding the muscle in our own bodies, performing the action and locating the origin and insertion we are more likely to remember the facts when called upon in an exam situation. Of course, possibly the best part of all of this is that while we may not be able to bring our books into the exam, we can certainly bring our own bodies with us! Isn't it lucky that all the muscles on our syllabus can be found in there? Now it's just a matter of remembering where...

Lena Doherty

Sports Massage Class 2007-08

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news@walmer.ie

Thank You.



Holistic or Sports Massage, that is the Question

by Martin Russell

Is this a new concept?

What's the difference in holistic or sports massage?

Who can do it for me?

How is it conducted?

When should I not have a massage?

Am I too masculine to get a massage?

These are many questions that people unfamiliar with a massage treatment will ask and rightly so. So let's throw a little bit of light on the subject.

Massage is dated back to 3000 b.c. in the middle east. It was one of the worlds lost effective therapies which is finding its way back into our lives today.

What's the difference between holistic and sports massage?

Well Holistic massage is for those of us who are stressed out and want some relaxation in our lives. When conducted correctly it can give us a sense of well being and may even improve certain aspects of our lives. It works on all different levels of spiritual, emotional and physical in harmony with all the systems of the body.

Sports massage is not just for those in which the title suggests. It can be by referral from a doctor following a diagnosis, or after a definitive sports injury. You may have hurt yourself in work or at home. It does not have to be in the sporting arena. The qualified sports therapist will help you with domestic, work related or sports injury and give you some advice to help speed up the recovery process.

If you are to visit either a sports or holistic massage therapist ensure they have the necessary qualification. I.T.E.C. would be a good example. They will also ensure that you complete a medical questionnaire before treatment commences to ensure they design a treatment for you and you don't have any contraindications that could make you feel worse.

Both treatments are conducted in professional environments with strict hygiene and towel procedures to ensure the highest standards of Safety and modesty.

Massage is suitable for almost everybody both male and female young and old.

So go on , give it a try , what have you got to lose?

Martin Russell

Dip:Hm,Sm,Ap,

For the First Time in Ireland
The Point of Essence Process

Pro-claiming the Truth of Who You Are for
Indigo Adults

Facilitated by Siobhan Wilcox

Are You an Indigo Adult? Are You One of
the Children of Spirit?

There is controversy around when Indigo's first started to be born. Dr Wayne Dosick says that 5% began appearing after the time of the 2nd World War. While Nancy Ann Tappe says she hasn't seen an Indigo older than 48 to date. But whatever the exact timing of the first appearance was, the fact is that Indigos are here today. It is said that now 80% of children being born are Indigos.

So where did the name Indigo come from? Nancy Tappe coined the phrase back in the 80's, when studying for her PhD in San Diego State University. She went to the local maternity hospital and began to see children being born with an indigo aura. She says that in the beginning many did not survive because the environment was too harsh for them. What this means is that the contrast between the vibration of being with God and the vibration of this earth plane is very different. This is why when a baby is born they sleep a lot. They are adjusting to the contrast between Heaven and Earth. Indigos are by their nature very sensitive, so this contrast, for some, was too great for them to adjust too.

Dr Wayne Dosick calls the Indigos 'Children of Spirit'. He says "Indigos come to the Earth retaining eternal knowledge remembering the secrets from the Other Side; holding the God-vision of a perfect world." They are the system busters. They can look at how things are being done and say 'There is an easier/better way, why not try this?'

"The Point of Essence Process- Pro-claiming the Truth of Who You Are" is for Indigo Adults aged 17 and older. This is the first time, that this Process of Spiritual Healing for Indigo Adults, has taken place in Ireland. The four-hour workshop on Sunday will involve gentle yoga and relaxation for centering (please bring large towels and /yoga mat). We will then explore the '17 Spiritual Wounds' that can affect Indigos. These '17 Spiritual Wounds' are unique to the Indigo Vibration, and releasing them helps to re-connect the 'You-ness of You'. Then we will do the Sacred Process as a group, which involves ritual, prayer and movement. We will then have time for quiet reflection and close with open discussion. This Process is powerful. It was channeled from Source by Ellen Kaufman Dosick and Rabbi Wayne Dosick PhD, to help Indigo Adults and Children of this Earth.

The Point of Essence Process, Pro-Claiming
the Truth of Who You Are

Unblocks your Lifetime's constraints, re-
straints and soul-suppressions;

Reconnects the 'You-ness of You' with the
Divine;

Affirms the full truth of Your Self and the
full Expression of Your Being;

Allows you to reclaim your soul-purpose and
your soul mission on Earth;

Helps to renew your vision of a perfect
world.

As an Indigo Adult when I partook in this powerful healing session it was like my wings had been opened, I felt focused and energized. It is different for everyone that takes this workshop. Some sense an instant change while others find it is a slower process where over the course of a few weeks things just change and begin to flow smoother.

Are you feeling drawn to this process? Have you always felt different? Were You one of the first Indigos? Have you felt the Pain of the dissonance between Your Knowing and the Everyday Reality of the World?

Many lightworkers hold an essence of Indigo energy within their being. Even if they are not 100% Indigo. So if you wish to take this workshop on Sunday 29th June and are unsure if you are an Indigo Adult then please email Siobhan Wilcox at [Sio-
bhan@siobhanwilcox.com](mailto:Siobhan@siobhanwilcox.com) and she will help to confirm this for you.

Facilitator: Siobhan Wilcox is an Indigo Adult, parenting two Indigo boys 4 & 6. Siobhan is a Certified Facilitator of 'Spiritual Healing for Indigos', having been trained by Dr Wayne Dosick, internationally renowned author and originator of this healing modality. She has taken workshops with Nancy Ann Tappe who coined the original phrase 'Indigo'. She also holds further qualifications in Colour Therapy, Massage, Stress Management, Reiki, Soul Memory Discovery, Doreen Virtue's Angel Therapy and is a Gentle and Children's Yoga Teacher. Originally from Ireland she now lives in San Diego where she runs www.KidsYogaNetwork.com, facilitates workshops and offers spiritual readings.

Investment: Point of Essence Process: 78
Euro

Bach Flower Remedies

by Carmel Clarke

Dr. Edward Bach was a medical doctor and lived in London in the 1930's. He discovered a system of healing called the **Bach Original Flower Remedies**. He found 37 remedies from trees and wild flowers and one remedy is made from a fresh water spring. Many of these remedies can be found in Ireland.

We are at the start of the New Year and thankfully there is a little more light every day. At this time we often decide to make New Year resolutions or changes. Did you decide to give up smoking, take more exercise, to be more patient, cut down on white sugar or to take up a course in Walmer Holistic College? Any change can cause stress, as we all know because it can be difficult for us and for the people around us too. Be gentle with yourself, take some **Bach Original Flower Remedies** to stay on track, to be positive in thoughts and feel better in your body. The following remedies are recommended:

Walnut is the remedy to take for any change in life. "For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences." - Dr. Edward Bach



Gentian is the remedy to take for disappointment, discouragement and despondency if things do not quite go the way you would like them too. "Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them." - Dr. Edward Bach



Impatiens is the remedy to take if you are impatient with yourself because things are progressing slower than you would like

"Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed." - Dr. Edward Bach



Rock Water is the remedy if you are hard on yourself and if you want perfection. "Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything, which they believe will keep them so. They hope to be examples, which will appeal to others who may then follow their ideas and be better as a result." - Dr. Edward Bach



The remedies are perfectly safe, do not have any side effects and will not interfere with any prescribed medication or supplements. If you are worried it is important to talk to your doctor.

Continued on next page

Take the remedies by diluting 2 drops in a glass of water and sip at intervals. You can also apply directly to the skin, by rubbing onto the lips, behind the ears, or on the temples and wrists. You can use them in the bath too.

Continued from previous page ...

A mixing bottle can be used when you wish to combine the **Bach Original Flower Remedies**. According to Dr Bach you can combine up to 7 flower remedies in a mixing bottle.

I wish you the all the very best with what ever change you have decided to make. Don't make it hard by doing too much. Often one thing at a time is better than taking on too much.

If you are interested in the **Bach Original Flower Remedy** practitioner training the next Level 1 Training will take place on:

17th-18th May 2008 in Walmer College & Holistic Centre, Tel. 01 8329645

There is more information at the back of this newsletter.

For a private consultation, information about part time course options, themed workshops, talks or to have a blend of remedies made up for you, contact Carmel at 01 8672076.

It's a time for joining classes and groups and for studying. The **New Moon and Solar Eclipse in Aquarius** on the 7th at 3.46am is particularly good for beginning these enterprises. This is a perfect time for women's groups and meditations.

From the 19th, the **Sun in Pisces** sharpens our psychic awareness and helps us to make progress on our own particular spiritual journey.

The **Full Moon and Lunar Eclipse in Virgo** on the 21st at 3.32am signals a critical time for healing. Our challenges or diseases may come to a head at this time and must be faced. Women's affairs will reach a crisis, or a particular female (or Virgo) in your life will experience life-changing events.

Mercury turns retrograde in **Aquarius** as the month begins, playing havoc with all forms of communications. We'll have traffic jams, phone and computer malfunctions, car breakdowns, bicycle punctures and twisted ankles. We'll mislay vital letters, fail to pick up messages, wait on the wrong corner for our friends, buy the wrong car and sign the wrong documents. Plus, the groups of which we're a part may have some big adjustments to make! However, it's a great time for research and from the 19th, it's All Systems Go once more.

our wisdom and show our concern for our planet.

Saturn in Virgo bids us study the human condition and learn about health, whether physical, mental, emotional or spiritual. It helps us to search for the pure and the worthwhile elements in life.

Uranus in Pisces urges us to explore the unknown, while **Neptune in Aquarius** helps us accept the strange and the other-worldly.



Pluto, newly arrived in **Capricorn** (since 26th January) and preparing for a long stay, has us purging our lives of non-essentials, vowing to live like hermits and to recycle everything possible. We're detoxing, rethinking, vowing to move to the country, planting vegetables in our window-boxes and buying hens to supply us with fresh eggs.

Allow the energy of the planets to gently guide you throughout February and teach you the lessons the universe has chosen.

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.

Your Planetary Pathway

by Shirley Johnson

- FEBRUARY 08 -

February brings the second Fire Festival of the Celtic Year, the feast of Imbolc, meaning "ewe's milk", as this is the time when lambs are born and spring sowing begins. The Celtic springtime has begun. February 1st is St. Bridget's Day, but St Bridget herself is a representation of the ancient goddess. On the eve of her day, 31st January, she walks the countryside with her white cow at her side, blessing homes and livestock. Cakes and bread were once put out for her, with a sheaf of corn for her cow. Even today we make St. Bridget's crosses, the *crois Bride*, and in older times, the cross was blessed and hung above the door, as a sign of protection and abundance for the year ahead.

The charm put by Bride the beneficent, On her goats, on her sheep, on her kine, On her horses, on her chargers, on her herds, Early and late going home, and from home.
(From the Carmina Gadelica)

The 2nd February is the feast of Candlemas, when the Christian Church celebrates the purification of the Virgin Mary and the presentation of Christ in the temple at Jerusalem.

The **Sun in Aquarius** until the 18th makes this a time for social events and for offering help to others, although with **Venus in Capricorn**, we'll feel strangely isolated and lonely.



Venus in Capricorn until the 17th helps us to go within and to meditate on our state of being, while **Venus in Aquarius** from the 18th brings us back into group consciousness.

Mars in Gemini all month – no longer retrograde – bids us to be more active, both mentally and physically, as we shrug off the ailments and viruses from which we've suffered since November last.

Jupiter in Capricorn helps us increase

If you would like to submit an article to the Walmer News or would like to comment on any articles we have published so far, please do not hesitate to email us at

news@walmer.ie

Thank You.

SUZIES STARS

February brings a new loving energy, a realization that love is so very important in our lives, love in its many guises but most of all a love of life. It is a new dawn, you will know what it is you want; you have made the plans now it's just working out how to achieve it. This is a month of golden opportunities. Open your hearts and truly believe in you, in your capability and most of all believe in love.



Suzie does readings in Walmer Holistic center using a variety of different cards, appointments can be made by phoning 8329645. Find out what's in store for you!

Aquarius – Jan 21 – Feb 19

HAPPY BIRTHDAY Aquarius. Make sure you celebrate this month as it's important that you make time to play. February is a month of decisions, new starts, trying something new and exciting and for standing up for you. Others around you will not understand your need to change or try something new so there may be a little resistance but not for long as your enthusiasm is contagious!!.

Pisces – Feb 20 – Mar 20

February sees Pisceans making some big changes. You will decide to simplify things and that includes clearing the clutter from both your home and work life! You will decide enough is enough and you will certainly have the opportunity to close a door or chapter in your life. As you start to look to the future and plan, a small opportunity with great possibilities arrives!

Aries – Mar 21 – Apr 20

Something is bothering you this month. You feel sad at times about the way things happened in the past. You feel that you have loved and lost. There is a fear issue which arises now which must be dealt with. Its time to leave the past alone and move on as now is the perfect time to jump in, take a chance on someone or something.... Are you ready??.

Taurus – Apr 21 – May 21

Taureans may feel a little dissatisfied this month or perhaps even a little bored with a feeling of "is that all there is?" You are much more powerful now than you realize. Look at the bigger picture and you will understand that there is so much more going on. A new opportunity arrives this month that will get the creative juices going.

Gemini – May 22 – June 22

February is a month which sees Gemini's more emotional than usual. News comes that changes your views on a certain topic. There is still a little hurt to do with past issues. Its time to move on this month. You become more assertive and start to use the word no with a few people. It's a new you, a stronger you and a more passionate you. Go Gemini!

Cancer – June 23 – Jul 23

February is a busy month, which sees you juggling your schedule in order to do all that you want. The thing is you are doing too much and you will realize just how important rest is. You may decide to take a short break away. Romance this month is excellent with an admirer close by, this person is the slow and steady type and is just waiting for the opportunity to whisk you off your feet!!!!

Leo – Jul 24 – Aug 23

February is a very magical month for Leos. Anything can happen! Anything is possible! A great opportunity is here for you to be truly happy, fulfilled and surrounded by love. It's a month were your dreams could come true. Again just leave the mishaps in the past and focus on the amazing times here for you now

Virgo – Aug 24 – Sept 23

February sees you doing some study or calculations. You are feeling stronger now and more confident. You start looking at the bigger picture this month which is great as this is a lucky time for you right now, every plan works out and you can do no wrong. Don't forget your romantic side, it s time to celebrate!

Libra – Sept 24 – Oct 23

What a lovely, lucky and exciting month it is for Libra. You re-assess your current situation and decide to de-stress and take some quiet time just for you. Something you have been wishing for or dreaming about arrives. Now more than ever you are ready to take that big step forward.

Scorpio – Oct 24 – Nov 22

New romance with a spiritual basis is here for you now. Stop hesitating and dithering, just make a decision. It's an exciting month with new opportunities to start something that makes your enthusiasm and passion return. You know exactly what you want, it's how to go about getting it, is the problem!!!!

Sagittarius Nov 23 – Dec 21

You are in a good position to give solid advice and help this month. What you don't realize is that someone really wants to help you but wont step in, offer or interfere without being asked first. A plan or idea may not work out the way you had hoped but this doesn't stop you or put you off in the slightest!!!! Family is important and lots of time will be spent enjoying their company.

Capricorn Dec 22 – Jan 20

February is a big month for Capricorn. A month when you finally move on and leave the past behind, when you face your fears and make a decision that will change your life for ever! A possible pregnancy is on the cards. You are looking great. An older stern man gives you good advice, listen as he knows what he is talking about!

Walmer College & Holistic Centre



I.T.E.C Diploma Courses

I.T.E.C Holistic Massage / Anatomy & Physiology (Raheny, Dublin 5.
Julianstown, Co. Meath & Dundalk, Co. Louth) (MAY 08)

I.T.E.C Indian Head Massage (Mar 08)

I.T.E.C Aromatherapy (Apr 08)

I.T.E.C Diet & Nutrition

I.T.E.C Sports Massage

I.T.E.C / AOR Reflexology

I.T.E.C Diploma in Lecturing (Mar 08)

I T.E.C On Site Massage (May 08)

I.T.E.C Stone Therapy Massage (May 08)

I.T.E.C Thai Massage (April 08)

**INTERNATIONALLY
RECOGNISED DIPLOMA
COURSES**

INTRODUCTION TO MASSAGE—DUNDALK—01st March (see page 12)

MID TERM BREAK STUDENT WEEK FOR TEENAGERS

“Discover the True You” Explore Holistic Massage, Aromatherapy, Skin Analysis, Numerology, Crystals and much more.

Visit us online for full course schedule

www.walmer.ie

Call for College Prospectus TODAY !!!

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher

Thurs / Fri 27/28 Mar. 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 10th and 17th April (7pm—9:30pm))**

Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher

Next Date TBC 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, 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 Receiver 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 28th February 08.

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 Ther-

apy ®Class with Deborah Gorman

Basic and Intermediate combined Next Date TBC €350,

Advanced Level €200.00, TBC

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

Course Tutor: Mildred Ryan

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 stand in your own Light** and spread the Light of Angels and Ascension in your own creative way through leading your own groups and workshops, or spreading the Light within your family, friends, workplace or community. We will be covering all the topics listed within the course description, but this course is much more – it is a **journey of empowerment** - a step into your full potential, **becoming all you can be.**

NEXT COURSE : April 2008

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

Touch for Health Kinesiology Date: TBC

Foundation Course 4 Module—1 weekend over month for 4 months. Learn to muscle test and balance using reflex points, nutrition, meridians, goal balances, release stress, pain relief and more. International Certification.

Contact Jackie Lysaght 086 823 7714 www.harmonyholistics.com

Systematic Kinesiology

Beginners course

Course Tutor: Elma Murphy

Four weekend course starting November - March. Wonderful opportunity for practitioners and non-practitioners alike. Fun filled classes. Emotional stress relief, food testing, learn how to muscle test and balance the body naturally. Feel great! Diploma also available at Walmer - starts June 2008.

Contact Siobhan Guthrie on 087 271 9863 or visit: www.kinesiology.ie for dates and a free information pack.

Diana Cooper School Golden Atlantis Teacher Training Course Starting Date TBC

The Golden Atlantis Teacher Training Course has been set up to explore the time in Golden Atlantis when the spiritual frequency was the highest it has ever been on the planet.

The aim of this course is to reclaim the wisdom, spiritual power and knowledge from Golden Atlantis to enhance our lives today, and to empower people to develop and run their own Golden Atlantis workshops, and spread the knowledge to others, so we can all move forward together.

You will learn techniques for raising your frequency and reactivating your higher chakras and dormant strands of DNA, and reclaiming your psychic and spiritual gifts. You will be connecting with the higher light, wisdom and joy of the Angels of Atlantis, Unicorns and Dolphins, and will be exploring healing with Crystals, Colour and Sound. The prophecies and higher energies of 2012 will also be clearly explained.

This Golden Atlantis Teacher Training Programme is based on Diana Cooper's book 'Discover Atlantis', and is facilitated in Ireland at Walmer College by Mildred Ryan, Angel, Ascension and Golden Atlantis Master Teacher of the Diana Cooper of School.

Course dates:

Full course prospectus from Mildred at 01-4935035 www.mildredryan.com

WORKSHOPS

Natural Facial February 16th 08

Cost: €165 (includes product kit)

This new one-day course is approved by the CThA/Embody and the CMA. It has been designed specially for massage therapists who wish to extend their skills and learn a facial treatment using natural products. A Natural Facial consists of a cleanse, tone, warm compress, mask, and a massage of the face and neck. It can be used as a treatment in its own right or as an add-on to another treatment. A Natural Facial will leave your clients with a vibrant, radiant appearance and have them coming back for more! For an application form & further details contact: Mary Dalglish on 0044 20 88749047 (www.head2toemassage.co.uk)

Ear Candling 17th February 08

10am – 6pm Cost: €150

This one day 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 your clients an ear candling treatment combined with a specialised massage of the face, ears, neck and scalp. This Course is recognised by the CThA/Embody and the CMA. For an application form & further details contact: Mary Dalglish on 0044 20 88749047 (www.head2toemassage.co.uk)

MID TERM BREAK STUDENT WEEK A Special Holistic week to 'Discover the True You'

FEBRUARY 08 During this week, you will explore Holistic Massage, Aromatherapy, Skin Analysis and Skin Care, Diet & Nutrition, Meditation, Numerology, Crystals and much more. Special Student price **€150 per student**

Golden Atlantis Weekend

With Mildred Ryan 23/24 Feb 2008 11.00 am – 5.00 pm Saturday, 10.00 am – 4.30 pm Sunday **Cost: €180**

Over this weekend you will:

Learn about Golden Atlantis, a time when the spiritual frequency was the highest it has ever been on the planet.

Understand the new higher energies of 2012 and the opportunities and benefits which are available to us NOW.

Prepare for this transition, creating Heaven on Earth, as you explore the keys and tools for raising your frequency and building your

light body so as to move into the higher frequency of the 5th dimension.

Learn to activate the transpersonal charkas – Earth Star, Causal, Soul Star and Stellar Gateway.

Reactivate dormant strands of DNA, re-claiming your psychic and spiritual gifts.

Take a magical journey as you connect with Unicorns and Dolphins.

Connect with the healing gifts of the Angels of Atlantis, exploring healing with

Crystals, Colour and Sound.

Reclaim sacred wisdom, power and knowledge from the time of Golden Atlantis.

Help bring balance and harmony to our beautiful planet Earth.

A more advanced Teacher Training course will be starting in the Spring and is suitable for anyone who would like to help raise the consciousness of the planet through developing their own workshops and bring wisdom, power and enlightenment into their own life and the lives of others.

Facilitated by Mildred Ryan - Angel, Ascension and Golden Atlantis Teacher of the Diana Cooper School

For further information contact Mildred at 01-4935035 or visit website www.mildredryan.com

Introduction to Massage (DUNDALK)

With Laura Hilliard-Brady & Mary Rice Sat 01st March 10.30am-4.30pm **Cost €75**

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 weekend 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 weekend without a doubt. (Please bring 2 large bath towels with you) €40 Deposit required to secure your place

A Day with the Angels

with Mildred Ryan. Angel & Ascension Teacher of the Diana Cooper School. Sunday 02nd March 10:45am–5pm **Cost: €80**

Getting to know the Angels in your Life, and how to call on their help, is the start of a life enhancing Adventure.

During this day you will experience your own connection with the Angels and the amazing ways they can help you.

The Angels will also help you become aware of any old patterns that are holding you back, helping you become clear, so you are free to continue on your life's adventure and manifest your dreams.

We will be working with gentle exercises, meditations, and Angel cards, while we relax in the company of the Angels, as they gently and lovingly guide us to create more Love, Joy and Abundance in our Lives.

Heal Your Life Workshop

with Anita Stapleton-Mirolo, Sunday 02nd March 08 10am–5pm **Cost €95**

A life changing workshop based on the philosophy of Louise Hay.

Experience this powerful one day workshop which has been attended by thousands of people worldwide.

- * Understand your family dynamics and barriers to Love.

- * Learn to bring affirmations into your body and not just In your mind.

- * Learn to love yourself and others more Fully and Deeply.

- * Work with body, mind, emotions and spirit to Transform your Life.

- * Release negative emotions blocking you from living Joyfully and Creatively.

Suggested reading before the workshop:

- * You Can Heal Your Life by Louise Hay

- * Creative Visualisation by Shakti Gawai

www.asm-healing.com

Silent Meditation Day,

with Mary Rice, Holistic Therapist & IET Instructor Sunday 30th March 08 10:30am–5pm **Cost: €65**

In the Silence, hear the voice of the Soul. An invitation to take a day out of your busy life. Resting in the gentle arms of 'Silence', with guided meditations, begin to be aware, in mindfulness of the beautiful gift ... the subtle and gentle voice at the heart of your life ... The Voice of the Soul. Please wear comfortable clothing.

Style Clinic Workshop with

Maria Lynch, BA Business, MScMP, MLBCA, iici (assoc)

Sunday 13th April 10am - 2pm Special introduction price: €55 per participant

Theme: Style Workshop

Treat yourself to this practical 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.

In this practical, hands on workshop you will learn about the main Style Rules, how to accessorize, how to dress for your Body shape and scale, how to make the most of your face shape and how to dress for your personality and lifestyle. Knowledge is everything in the style stakes: the more you know the less mistakes you make, the less you need to spend and the easier it is to look and feel great. 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 workshop will be practical and fun. This is the kind of workshop you do with your best friend :)

Please book in advance to secure your place. Contact Walmer reception or Maria directly at 087-2794346 or e-mail maria@motivatedjoyfulliving.ie

www.mjli.ie
www.motivatedjoyfulliving.ie

Emotional Freedom Technique

Level 1, 1 Day workshop
Cost €135 Saturday 19th April, Registration 9.45am Course 10.00am-4.30pm
Level 2, 2 Day Workshop **Cost €365**
Sat/Sun 14th & 15th June

EFT (Emotional Freedom Technique) is a simple, easy to learn, powerful, self-help, healing technique that gives you the power to instantly transform your health, your well-being and your life!

It quickly empowers you with the means to help your family, your friends, your Clients and yourself, to: Heal trauma, and Post Traumatic Stress, Overcome loss and problematic relationships, Release fears and anxieties, Remove phobias, Relieve and remove physical pain, Relieve and remove emotional pain, Reduce genetic and inher-

ited weaknesses, Relieve allergic reactions & dissolve deeply held negative beliefs.

This powerful Energy Psychology healing technique is based on a form of "psychological acupuncture" - except that we don't use needles. By tapping on a set of points around the body, these points open up a flow of energy that allows the brain to rapidly process and release "stuck" information, thought patterns and beliefs. This tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing circumstance. Once balanced, the upset is usually resolved - the memory stays but the emotional charge is gone. Typically the result is lasting and is also accompanied by positive changes in thinking. To secure your place, please book direct either with Aisling or Ray as soon as possible, as places will be registered on a First-Come First-Served basis.

www.accomplishchange.com

Energy Awareness Day,

Saturday 26th April 2008,
9.45 AM - 4.30 PM **Cost €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.

Acupuncture 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:

Aisling Killoran & Ray Manning

Mob: 086 1352122

Tel: 01 2986507

Email: info@accomplishchange.com

<http://www.accomplishchange.com>

Bach Flower Remedy System of Healing

With Carmel Clarke 17th / 18th May 2008

10am - 5:30pm **Cost : €190** INTRO-

DUCTORY - 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 by the Bach Centre.

Indigo Children,

-Our Hope and Our Future- with Siobhan Wilcox Friday June 27th 7-9 & Saturday June 28th 10-5

Investment : Full Workshop €113, Friday only €30

Indigo's are named after the aura colour which predominately surrounds them. This workshop is designed to give you an understanding of the characteristics of "Indigos". You will also gain tools and techniques to help parent or educate them. If your child is: wise beyond their years, seems easily distracted, headstrong or opinionated, having difficulty in school with rote learning, sensitive to noise, chemicals, or have food intolerances, you more than likely have an Indigo on your hands. 80% of children under 7 are now Indigo.

Early booking is advised

EVENING CLASSES

Weight Loss Clinic for Men and Women. Take the 8 week Challenge. Lose up to a stone in 8 weeks Next Start 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

Pilates With Tara Marlborough, Chartered Physiotherapist

8 Week course Next Date TBC **Cost : €155**
6pm—7pm Beginners
7pm—8pm Continuous

Learn the key concepts and principles of Pilates and how to incorporate them into your everyday life. Improve key muscles, postural alignment & Strengthen deeper abdominal muscles.

Yoga Evening Class

Hatha & Raga with Tara Ivory – Russell Starts Tuesday 12th Feb. (7pm-8.15pm Beginners) (8.30pm-9.45pm continuous) 10 weeks Cost €150 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)** 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

Tai Chi

Next Date TBC 8pm—9:15pm
(8weeks) **Cost: €130**

The gentle, graceful movements of Tai Chi help us release tension and stress and renew our vitality and health, bringing peace and well-being into our lives. Lunch-time Class also available (see 'Morning Classes')

Meditation & Inner Peace

With Eddy Grant Next Date TBC 7pm–8pm (8wks) **€100** Meditation is the art of quieting the mind and letting go of stress and negative thinking. It helps us to attain peace of mind and activate our natural healing process, bringing a renewed zest for life.

Pregnancy Yoga

with Tara Russell
Dip. Yoga IHCA . Tuesday 05th Feb 6pm—7pm . 6 weeks **€90**

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

Pregnancy is a most extraordinary time in a womans 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, strenghten muscle tone and release back tension together with deep breathing and meditative focus to enhance your experience of the life growing within you.

MORNING CLASSES

Tai Chi

With Eddy Grant Thursday 31st Jan 11am - 12:15pm (8weeks) Cost: €130

Relax, and let go of stress and tension from your mind and body, through the graceful movements of tai chi. Create a sense of peace and wellbeing in your life.

Meditation & Inner Peace

With Eddy Grant Thursday 31st Jan 1pm - 2pm (8wks) €100

Relax, and create a sense of wellbeing and peace, by using the breath to bridge the gap between mind and body.

Baby Massage—Learn how to massage your baby with Victoria Monkhouse, Certified Infant Massage Instructor

Morn Course 11am–12:30pm 4 wks Next Date TBC **€200** This course is open to all parents and their babies under 1 year. Following the structure of the International Association of Infant Massage, the classes provide a wonderful way to enhance the bonding process and keep in touch with your growing child. Babies with special needs are welcome. Contact Victora Monkhouse on 086 8730319 **BUPA and VHI covers part of cost – see your Insurance provider for details**

MID TERM BREAK STUDENT WEEK A Special Holistic week to 'Discover the True

You' FEBRUARY 2008 During this week, you will explore Holistic Massage, Aromatherapy, Skin Analysis and Skin Care, Diet & Nutrition, Meditation, Numerology, Crystals and much more. Special Student price **€150 per student**