

# WALMER

# NEWS

# Another Year Dawns!



Happy  
2008

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**OPEN EVE 29th Jan 6pm**

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

## Editor's Note

There are times in the year when we decide to start something new. New Year being the main one. This time of year turns our attention to fresh starts and new projects. Its an exciting time as the energy of the new event propels us on to the next stage. While it is nice to make new year resolutions and start new projects, its also nice to realise that we can embrace these new beginnings any time of the year. In any moment we can decide that something that is not working for us can be started again. The shift initially takes place in the mind and allows us to see with new eyes.

To help us with these new starts, it is most powerful when we place our attention on what it is we are creating. Resistance can be removed by merely taking the focus from where we are now and the situation that needs changing. Stay focused on where we want to go. Remember that it takes time to become accustomed to something new, no matter how much we want it, so be good to ourselves during these times of change. Go easy on ourselves if we don't reach our goals instantly. Acknowledge that we are moving forward and give ourselves a big pat on the back for having the courage to grow and learn.

Every time we choose to start anew we give ourselves the wonderful gift of becoming the best we can be.

Thank you for taking the time to read the Newsletter and we look forward to bringing you some interesting articles in the coming year. I wish you all a wonderfully happy 2008.

Michelle Burke Delaney

news@walmer.ie

## Angel Light by Mildred Ryan

The Angels are high and beautiful Beings of Light – who are willing to help us in every way possible. They have a light and joyful energy, and their mission is to serve us and help us awaken to our own Angelic qualities of Joy, Love, Abundance and Fulfilment, and to the huge potential and Light which is within each and every one of us. Our lives then flow so much smoother and we are able to share our love and joy with others.



There are many Archangels, each with different qualities, which we can call upon to assist us in our day to day lives. Each month we will explore the qualities of one of these Angels of Light and the assistance which is so readily available to us.

We are at the start of another wonderful year – where new beginnings are possible. 2008 in numerology terms is a number 1 – the number of leadership, new beginnings and possibilities.

*Therefore it is really appropriate to focus this month on Archangel Michael – the Angel of Courage, Strength, Leadership and Protection.*

Archangel Michael will help you find courage and strength within yourself, and will help you develop your own leadership qualities. If you have difficulty with communicating, he will help you find your voice and speak your truth.

He will also stand by you and guard you so that you will come to no harm. You can ask him to protect you in any situation and he will place his deep blue cloak of protection around you. You can ask him for protection for others also, your family, children, friends or pets, or for protection for your home or car.

Archangel Michael will help you move forward into new beginnings. He will cut-the-ties and help you let go of anything that is blocking you or holding you back. You can ask him for his help to bring out the best in you and to clear away negative clutter and old patterns and ties. He will dissolve the old hurts, angers, painful memories and negative feelings, and any attachments to people or situations which are keeping you tied to the past.

You will be aware of a new lightness and freedom when the clutter is released and see the brightness of new possibilities as Archangel Michael dissolves these old attachments in his blue healing light.

All you have to do is ask him, and be willing to let go and move forward into a bright and joyful 2008.

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 2<sup>nd</sup> 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](http://www.mildredryan.com)

## Craniosacral Therapy

by Geraldine Nolan

### TMJ SYNDROME

R. came for his first visit on 7<sup>th</sup> September 2007. He had been in acute pain for 11 years from his TMJ (Temporomandibular Joint/Jaw). He'd given up all hope, having visited specialists, doctors, dentists, had mouth splints and he was on high doses of pain killers.

The final straw came when he'd had surgery last May to relieve the pain. The surgeon cut around the ear, reconstructed and reshaped the TMJ. Four months later, last September, there was still no reduction in pain. After some mouth-work, and five CST sessions later, R. is smiling from ear to ear. He stopped taking pain killers a few days after his first session. Now he's pain free, brimming with energy and he's much happier.

### BULLYING

A 14 year old boy was being bullied by a classmate. **He wouldn't eat, and wouldn't go to school.** His teachers wanted to help him. The parents of the bully were contacted, and of no help. Three sessions later, this boy has let go of the trauma in his body, and can stand up for himself. He looks completely different; strong and confident. **His nervous system has improved. He's eating well, and back at school.** Remember to speak out and champion your child if he or she is being bullied. Always tell the teacher.

### ICELAND

If any of my clients wish to have an intensive week of CST, in March, in the Blue Lagoon, Reykjavik, please contact me.

**Wishing you all, and especially my clients, a very happy, healthy, and fun-filled 2008.**  
Ger

Advanced 11 CST  
IACST, ACSTA, IAHP  
[www.Upledger.com](http://www.Upledger.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](mailto:news@walmer.ie)

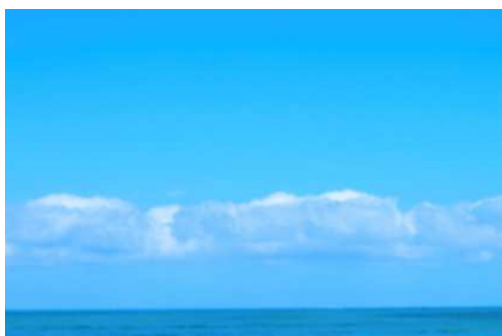
Thank You.

## The Beauty and Magic of the Colour Blue and Blue Crystals

by Michelle Burke Delaney

Blue is the colour of peacefulness and repose. In it lies the serenity of a cloudless summer sky (ok you need to get the memory in gear here—its been a while eh?) or the tranquillity of an unrippled lake. Blue links us to the depths of wisdom within ourselves.

Most of the blue that we see in nature (sky and sea) is created when the sunlight hits molecules of the same wavelength. Instead of being absorbed, the blue light is bounced back onto the human eye. Our eyes contain more receptive cells for blue than any other colour. The largest spaces we see are the sky and the sea. With the presence of blue so strong in our lives, its no wonder this colour is so appealing to us.



Blue is associated with the throat chakra and the area of communication and self expression. This energy may come from the throat in the form of singing or speaking or it may manifest itself through creative activities. Meditating with a blue crystal or wearing one as a pendant is a great way to use blue for any throat problems as is wearing a blue scarf.

The Colour Blue has long been associated with divine beings and important spiritual icons. The Greek God Hermes, Roman God Mercury and Egyptian Thoth are all symbolised by blue as is the Hindu gods Krishna and Vishnu and the Chinese goddess of mercy and compassion Kwan Ying. Blue is the colour of Arch Angel Michael and most recently in the 16th century Pope Pius V ordained that it be specially reserved for the Virgin Mary.



Yellow and Orange, blue's complementary colours from the opposite side of the colour wheel

are full of optimism and cheeriness and sunshine. These can 'banish the blues' and complement the energy of this peaceful colour.

The cool and calming aspect of blue can be beneficial for high blood pressure, thyroid imbalances, insomnia and pain relief. Blue-violet light is widely used by the medical profession on jaundiced babies to help them recover.

Blue crystals will calm the mind. The sense of space associated with blue will expand your consciousness and help your thoughts and emotions to flow as smoothly as water.

**Blue Agate:** Helps to bring feelings of tranquillity and is good for easing phobias and panic attacks. Meditate with this stone if you feel overwhelmed by life. This is very much a stone of the mind. It has the mercurial qualities of agate but in a more earthy form.

**Lapis Lazuli:** Very empowering and is said to improve your dreaming. Its golden flecks give it a magnificence that draws the eye.

**Sodalite:** Strengthens the mind and dispels fear and guilt.



**Kyanite:** this looks and feels like a piece of solidified ice and is a watery pale blue colour. It is a good all rounder for throat problems.

**Blue Quartz:** Associated with dreams and imagination. Place a piece under your pillow to help you remember and control your dreams.

If you are interested in Colour and Crystals, Michelle is running a 6 week course starting 25th January. This will be an interesting 6 weeks of fun and exploration. All are welcome.

Full details can be found in the evening classes section. To book your place, please call Walmer at 8329645 / 8329648

## January

### Fullness and Emptiness:-

Does your life cry out for a change of diet? Is it overstuffed in some areas and underfed in others? If you tend to overbook, try leaving space in your schedule and see what changes when you don't have to rush to fill it. If, on the other hand, you're starved for nutriment—rest, affection, meaningful employment—make that your priority and taste the joy of fulfilment.

### Affirmation:-

My life is in balance. I am nourished by what matters most to me and I leave room to sample the unexpected.

### Practice:-

Attracting New Energy. Be a creative contrarian. Make a decision to respond in ways no one expects. When your urge is to say yes, say no. Where you habitually stand back, jump in. Keep silent if you're generally bold. As you consciously take the opposite path from the one you're conditioned to follow, notice the ways in which your life opens up.

### Project:-

Create inner space. Just as there is no place for furniture in a cluttered room, there is no room for new ideas in a cluttered mind. Take an inventory of your mental 'attic'. Examine the habitual responses and attitudes or platitudes you've been storing there. Do they fit the person want to be and the life you aspire to? Listen for your sincere inner voice telling you what to modify or eliminate.

Taken from  
Mind Body & Spirit  
Book of Days  
2008

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.

## Reiki, my friend

by Michelle Burke Delaney

I felt hugely guided this month to write an article on Reiki. Some of us know what its all about and some are left wondering what this treatment really involves. A client recently said to me 'I know its something to do with Energy but I'm not sure what that means. I'd love to learn it but I've never been good at that sort of stuff ...' Needless to say I went on to explain how Reiki works and she was happier leaving with the additional understanding of this wonderful therapy. It got me thinking about how many others would like to learn Reiki or have a Reiki treatment and would like to know more.

When I looked at a general definition of Reiki, it said 'Reiki is a system of natural healing that involves channelling energy through the hands to promote balance and good health. Great! But what does that even mean. What is balance and good health and how does it apply to our every day life.

When we talk about Energy we are talking about the basic make up of everything in the Universe. There are many different names for this including Ki, Qi, Chi, prana, bio-energy etc. When you break down a hand or an organ or a plant or a star or a galaxy to its basic level, further than cellular level, further than molecular level, right down till there is almost nothing else, all that remains is Energy. So essentially, we are all energy, moving around our environment, that is also energy and our world is governed by an intelligent source, namely God or Spirit or whatever name your belief system puts on it. And this wonderful intelligence is also energy. Everything is Energy.

To visualise this, imagine yourself in a garden. You are energy. The tree in the garden is energy. The plants are energy. The sky is energy. The spaces between you and all these is energy. What you are thinking is energy and what you are feeling is energy.



This energy is moving and flowing through us every minute of every day. What Reiki teaches us is how to focus or channel this energy and use it for a specific healing purpose. So you see anyone can do it once you know how. There is no special requirements or intellectual power needed to go and learn Reiki.

During a Reiki 1 workshop, the teacher will attune you so that you can channel this energy, firstly onto yourself and then maybe family, friends, animals, plants if you like. We have 7 major energy centres or chakras in the body. This is where energy is received and transmitted to our environment. The attunement process opens the top 4 Chakras to the Reiki energy. Level 1 is the basic level and if you decide to proceed with Reiki training and become a practitioner or teacher you can progress through the levels.

The system itself originates in Japan where Dr. Mikao Usui became empowered to use this energy and symbols to heal. He named the system Reiki (pronounced ray-key) which is translated directly as Universal Life Energy. The tradition was passed down through a few grand masters and made its way to the west. It is now a worldwide therapy used to treat a variety of conditions. It can be used in conjunction with other therapies including conventional medicine.



During a Reiki session, the practitioner will place their hands over the main energy points. There is no physical manipulation involved. Normally the therapist will work a few inches above the body but on occasion may be drawn to place her hand on a specific area. The client may feel heat or tingling sensation which is considered normal and is just energy moving.

Energy is channelled through the practitioner on to the client where the energy is absorbed by the body. The energy then works with the intelligence of the body and aims to bring balance to any area that needs it, whether it's a physical, emotional, mental or spiritual aspect. The Energy will find that area that is out of balance and endeavour to bring harmony to that area. The treatment itself is extremely relaxing and promotes that lovely feeling of well being.

My journey with Reiki started in 2004 when I went for a Reiki treatment. My life was starting to change direction and I felt this connection with the Reiki and myself really helped me to make this transition in the gentlest way possible. I went on then to train with Cairtriona, Reiki Teacher at Walmer and have completed level 3 to date.

The beauty of Reiki is its integration into my day to day life. Its not something that I pick up in the morning on the way to work and hang up in the evenings. Its very much with me every step..... My Eternal Friend. Moving with me as I move. Growing with me as I grow. Comforting me when I need it and assuring me that I am eternally connected to the wonderful intelligence and love that literally makes the world go round.

Reiki gives itself to you 100%. You can make your own of it and it is forever changing and moving you along your path in life.

I now give Reiki Treatments at Walmer Clinic on Saturdays incorporating crystals and colour into my sessions. To make an appointment, please contact Reception.

**Michelle Burke Delaney,**  
**Reiki Practitioner.**  
**ITEC Holistic Therapist**  
**[www.soulbalance.com](http://www.soulbalance.com)**

## 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))**

## Your Planetary Pathway

by Shirley Johnson

- JANUARY 08 -

2008 is a year ruled by Mercury, so that all forms of communication become extremely important, including writing, entertainment, trade and travel. Last year was governed by lucky Jupiter, encouraging all forms of expansion in our lives and this year, zippy little Mercury is linking all the bits together so that they make sense. Imagine Jupiter as the brave explorer, pushing into new territories and Mercury as those who come afterwards, setting up newspapers and building railways. Mercury-ruled Gemini and Virgo will have a particularly auspicious year, when their talents in communications will bring them attention and new work opportunities.



January begins with the SUN, MERCURY and JUPITER all in Earth sign Capricorn, bringing you right back to basics after Christmas. It's the perfect time for planning, organization, financial discussions and business matters. You can have fun as well, though! Capricorn vibes can make you so conscientious you feel depressed and bogged down with all you have to do. Make a list of all you want to achieve in 2008 and take a small step towards achieving each wish, right now.

The NEW MOON in Capricorn on the 8<sup>th</sup> helps you start a career or financial venture plus solo earth sign people may meet someone new - and rich! - at this time.

The FULL MOON in Leo on the 22<sup>nd</sup> may signal a great party or concert, or an opportunity for you or your child to shine.

MERCURY enters Aquarius on the 8<sup>th</sup>, filling your plum-pudding-addled brain with brilliant new ideas, many of which come to you in sleep. Keep a pad by the bed to jot down your brainwaves!

On the 20<sup>th</sup>, the SUN joins Mercury in Aquarius. Now you can begin a course of study, or try something that's completely different. Holistic healing flourishes at this time. However, Mercury goes retrograde on the 29<sup>th</sup>, so don't sign any contracts around that date; anticipate delays and take care while travelling.

Pleasure-loving VENUS in extrovert Sagittarius, as January begins, helps with the fun factor and many of you will be travelling abroad, connecting with people far away and doing quite giddy things like riding carousels or skiing down mountain slopes, until Venus sobers up on the 24<sup>th</sup> as she sidles into Capricorn and begins to pay attention to essentials. You'll cut back on the eating and drinking after this and start serious diet and exercise regimes.

Mighty MARS is still retrograde, but has slithered right back from caring Cancer into frivolous Gemini, from New Year's Day. Mars affects your energy and when it is retrograde, as now, you can expect low energy and poor health, with plentiful bugs and viruses. Gemini in particular will be affected, but we should all boost our immune systems, eat well and get plenty of sleep. Mars goes direct only on 31<sup>st</sup> January, so mind yourself meanwhile! Transport will also be affected in a negative way, with bus strikes, car breakdowns, motorway accidents and stubbed toes! You may also find your computer, television, radio or i-pod developing problems. Roll on, February!

On the plus side, now's a good time to re-establish contacts which you've allowed to lapse, or to breathe new life into your blockbuster novel, formerly gathering dust in a drawer.

JUPITER entered Capricorn in December 2007 and will be there until January 2009. This is wonderful for all Goats, who will have a brilliant year, full of opportunities, progress, travel and optimism. The rest of us will find ourselves doing well at tasks we've been avoiding. We'll all be going extremely green, recycling like mad and also helping out those beset by crisis, poverty or famine. Property transactions will be booming, but there'll be far more red tape to negotiate. We'll make

more effort to help our senior citizens, as Grey Power asserts itself. India, Greece and Mexico will all be in the spotlight. Fundamentalist religions and ultra-conservatives will make strenuous efforts to convert unbelievers. There may be earthquakes or other earth-based disasters.

SATURN is retrograde in Virgo throughout January, allowing us to set aside certain worries for the moment, so take the opportunity to research and plan. Many illnesses go through a dormant phase, so build up your energy now.



On the 26<sup>th</sup>, PLUTO makes its momentous transition from Sagittarius into Capricorn, after a sojourn of twelve years. This too sets the stage for a worldwide effort to save the planet, to look after our wild-life, to clean up corruption in high places, to bring religion back to happier basics and to make use of the wisdom of older citizens. Banking systems and big business will be shaken to the core, by scandals and massive change, from within and without.

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](mailto:astroquest@hotmail.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](mailto:news@walmer.ie)

Thank You.

# SUZIES STARS

Happy New Year to you all and what a year 2008 is going to be. It is the year of connection, friendship, healing and change. A year when we will be given the opportunity to face our fears, take chances and commit. 2008 is also the year of new beginnings. Embrace it, enjoy it and make the most of this brand new enchanting energy this January. Find out what 2008 has in store for you. Book a card reading with Suzie in Walmer by calling reception on 8329645 / 8320648



## Capricorn

2008 is a year for Capricorns to be assertive, to make decisions and to decide what path to follow using your intuition. Its time to take good care of yourself and your lifestyle. Exercise and create more balance in your life.

Love – There are many decisions to make this year and you have a determination to make this area of your life much better realizing that the hard work will pay off – you won't settle

Career Money – Good year for career & finance and for showing off your talents and abilities. You won't take risks financially but you will seek advice on how best to proceed, just watch the piggy bank fill in 2008

## Aquarius

2008 sees you seeking further knowledge through studies, meditation and contemplation. Take a course that you have been thinking about or perhaps teach it! Play & fun become more important as your social circle widens.

Love – You can have the exact relationship that you truly desire this year only if you are prepared to work hard and take the opportunities when they arise. You are in control so it is up to you to decide who or what it is you want.

Career-Money - Finances this year will require some thought and effort, however if you put in the work you will be rewarded. No major problems just keep an eye on the coins and the rest will look after itself

## Pisces

2008 is a year of great inner healing and the resolution of a conflict in your life. A year of solid support and advice. Pisceans will realize the importance of rest and relaxation this year.

Love – A year of great change for Pisceans, is it for the better? Only you will know. There is a sense of destiny now follow your heart and you can't go wrong.

Career-Money - This year sees you financially secure but deciding or looking at a change or a break from your career. It is your decision and you may ponder on this for some time before making the move!

## Aries

2008 is a busy year for Aries - a year of great luck, energy and power, but you must focus and not get distracted. Divine magic surrounds you this year be sure you use it with great care!

Love - 2008 sees you making preparations for the future, you now know what or who you want so you are very much enjoying the present moment & have much expectations. It's all about positive thinking this year.

Career - Money – a big decision will be made this year – will I or wont I? 2008 sees you becoming more balanced and in tune with your career and finances and much happier than you have been for a long while.

## Taurus

2008 – Is the year of truth for Taurus, new starts, opportunities and self empowerment even possibly self employment? As you seek your inner truth its important not to lower your standards or accept half truths, this is the year of being true to yourself

Love - It's an exciting year for Taurus, a year of socializing, communicating and having great fun. If you are single then this is a year of great love opportunities – be adventurous and don't miss out

Career-Money - A wonderful new experience is awaiting you this year, a chance to prove yourself at a higher level, your finances are going in the right direction and are not something to worry about this year.

## Gemini

2008 - is all about improving yourself and gaining confidence. Gemini's have a lot to think about this year as there are many decisions to be made. Overall a good solid year as friends play a bigger part in your life.

Love – This is a great year for Gemini's in love. You will be celebrating something special this year. For single Gemini's an excellent social year with the opportunity to have at least 3 significant relationships (if you wish)

Career-Money - This is your year Gemini in career and financial areas. Great happiness and abundant opportunities abound. Make the most of them as you have a genuine shot of distinction in 2008

## Cancer

2008 – This is a year of decisions, of using your logic and intelligence and in believing in you. You may take time out to contemplate. Don't start obsessing. Good luck sees you smiling this year.

Love – 2008 sees you knowing what you want but due to your past, being nervous of committing. Its time now to move fearlessly forward as wonderful opportunities lie ahead for cancer in 2008.

Career-Money - You are in a strong good position this year career wise and financially you are making definite plans to invest or build. Remember you are worthy & capable of greatness this year.

# SUZIES STARS

Continued ...

## Leo

2008 is all about the people in your life, reuniting, teamwork and when required consulting an expert. A positive year for Leos with much initiative, energy and 2008 sees you fearlessly moving forward.



Love – Leo knows exactly what she/he wants in 2008 and you won't let any obstacle stand in your way. If the first solution doesn't work you will keep trying until you find success and I see celebrations in love before the year end.

Career-Money - Leos want it all and now but you will have to wait a bit longer for your financial worries to disappear, try not obsess about it, just let it be and you will be delighted at the outcome.

## Virgo

2008 – is all about accepting your angels help, trusting, letting go of the past and learning to have faith in yourself. Unseen blessings await you this year, are you prepared & ready to take a chance?

Love – A positive year for Virgos as you become more confident in yourself and your relationships. You start to smoulder, shine and sparkle – it definitely is love!!!

Career-Money - Interesting times ahead for Virgos. You start off on top of the world, you can do no wrong but beware as a sudden setback compels you to rethink plans and perhaps start again!!

## Libra

2008 - You decide that 2008 is the year to face your fears and move on. Pay attention to the signs your angels are giving you. A great year for family harmony, socializing and for manifesting what you most desire

Love – Don't give up hope as all difficulties disappear this year and a magnificent opportunity for delight and ecstasy is yours for the taking

Career – Money – A sudden and unexpected bit of news sees your career and financial areas improve this year, as you go from strength to strength.

## Scorpio

2008 is the year when finally you see your dreams starting to come through but not straight away, you can't rush or force things, learn to enjoy the here and now, you are being spiritually helped with many signs, gifts and blessings.

Love - 2008 sees you at last making good progress in your relationship area. Things become a lot better and easier for you now. Be ready for the fantastic and unexpected surprise that awaits you this year!!!!

Career- Money - You can do no wrong this year as you finally find the contentment and fulfilment that you seek. Financially -08 is a positive year with gifts and golden opportunities knocking at your door!!!

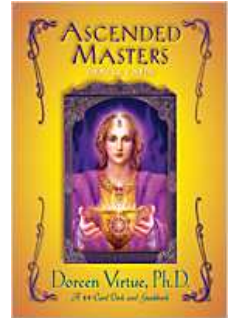
## Sagittarius

2008 – Is a year of healing and balance for Sagittarius. Problems are resolved. Start to look outside the box for resolutions and an unexpected opening can bring much enjoyment.

Love – Try not to get involved in petty arguments this year. If you can keep calm and not lose the head - 2008 will be an auspicious and fortunate year for relationships.

Career-Money – 2008 sees you taking stock of what you have and planning for the future. You will decide to stay put for the moment. Later on going into partnership

NOW IN STOCK—ASCENDED MASTERS ORACLE CARDS by Doreen Virtue. A beautiful deck of cards based on her best selling book Archangels & Ascended Masters. The Deck includes gorgeous paintings of 44 male and female cross-cultural deities, such as Ganesh, Merlin, Saint Germain, Apollo, Jesus, Moses, and Kuthumi.



As with all of Doreen's oracle card decks, the messages for the cards are positive, accurate and life-affirming.

Now available at Walmer Clinic:-

## Cosmetic procedures

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 at 8329645 / 8329648

## Henna Design

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Contact Roshina 087 7908965

## Walmer Clinic

Check out our Clinic Leaflet for full details of over 30 Complementary Therapies.

Pick one up at Reception or visit us online at

[www.walmer.ie](http://www.walmer.ie)

# Walmer College & Holistic Centre



**OPEN EVENING: Tuesday 29th January 6pm—9pm**

A great opportunity to meet with us and discuss our wide range of Internationally recognised Diploma courses. Whether this is your introduction to Holistic Therapies or you are considering a post graduate course, we are delighted to have the opportunity to meet you and talk you through the Syllabus. We look forward to seeing you on 29th.

## **I.T.E.C Diploma Courses**

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

***Coming in Feb 2008***

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## 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

**Thurs 31st Jan / Friday 01st Feb 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, 12th and 19th Feb 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

**Thurs Jan 31st 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](http://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](http://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](http://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](http://www.mildredryan.com)

## WORKSHOPS

### Introduction to Massage & Aromatherapy

With Laura Hilliard-Brady & Carol O'Byrne  
Sat / Sun 26th / 27th Jan  
10.30am-4.30pm **Cost €130**

This is a 2 day workshop where you will learn massage strokes and aromatherapy 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

**Wisdom Writing** Workshops with Alison Barker, Affiliate of Amherst Writers & Artists (AWA), USA Sunday 03<sup>rd</sup> February 10.30am-5pm **Cost €75** 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. 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 [alison-barker@iolfree.ie](mailto:alison-barker@iolfree.ie).

[www.amherstwriters.com](http://www.amherstwriters.com)

### Emotional Freedom Technique

Level 1, 1 Day workshop **Cost €135** Saturday 02<sup>nd</sup> Feb, Registration 9.45am Course 10.00am-4.30pm  
Level 2, 2 Day Workshop **Cost €365**  
Sat/Sun 14<sup>th</sup> & 15<sup>th</sup> 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 inherited 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](http://www.accomplishchange.com)

### 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 Dagleish on 0044 20 88749047 ([www.head2toemassage.co.uk](http://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 Dagleish on 0044 20 88749047 ([www.head2toemassage.co.uk](http://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**

### A Day with the Angels

with Mildred Ryan. Angel & Ascension Teacher of the Diana Cooper School. Sunday 02<sup>nd</sup> 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.

## 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 participants will receive certification recognised by the Bach Centre.

## EVENING CLASSES

**Weight Loss Clinic** for Men and Women. Take the 8 week Challenge. Lose up to a stone in 8 weeks Starts Monday 21<sup>st</sup> January 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 starting Thursday 17th January 2008 **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.

## Raise your Vibration with Colour & Crystals

With Michelle Burke Delaney, 6 week course **Friday Evenings 25th anuary** 7:30 – 9pm **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 relation-

ships, 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

## Yoga Evening Class Hatha & Raga

with Tara Ivory – Russell Starts Tuesday 12<sup>th</sup> 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

Mon 28th Jan 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 Mon 28th Jan 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.

## Pilates

With Lorraine Flood.  
6 Week course starting Wednesday evening Date TBC **Cost : €120**  
7pm—8pm (Beginners) and  
8pm—9pm (Continuous—must have completed my Beginners Course)  
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.

## MORNING CLASSES

### Revitalise your week

With Eddy Grant Thursday Lunchtimes 1pm—2pm **Drop In Class €10** Drop in Class to revitalise and renew Mind Body & Spirit through practicing Golden Sun Chi Kung and Inner Smile Meditation. Wear loose comfortable clothing.

### 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**

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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**