

# WALMER NEWS

June 2008

*Summer Relaxation*

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

**Walmer College OPEN EVENING**

**07th July 08 6pm - 9pm**

**ALL WELCOME !**

*Vist our New Look Website at [www.walmer.ie](http://www.walmer.ie)*

## Editor's Note

Hello All, Welcome to June Newsletter. One word rings in my ears this month .... Summer !!!!!!! Hope you are all enjoying the Sunshine. Don't forget to take your copy of Walmer News to the Lounger with you where you can catch up on our latest articles, courses, workshops and classes.

Enjoy Enjoy Enjoy,

Wishing you all a Joyous June.

Michelle Delaney  
news@walmer.ie

## The Bach Original Flower Remedies by Carmel Clarke

Grief

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

Grief is such a terrible and terrifying emotion. It can leave one frozen with pain and incapable of living in the day. It can take a long time to come to terms with whatever has caused it. It can be the reason for not being able to sleep or sleeping too much, not eating or eating too much, being confused, angry, lonely and depressed. Because we are individuals the experience will be different for each of us. The feelings and moods are natural and do not come in any particular order.

The **Bach Original Flower Remedies** help to ease the emotions of grief by helping you to find your own way through it. They do not restrain the feelings because this would be to smother them. They will help you to deal with each stage as it comes more positively. They will help to keep you going until you find peace and the pain has eased.

**Star of Bethlehem** is the remedy for shock  
**Cherry Plum** is the remedy for the fear of losing control

**Pine** is the remedy if tortured by guilt and by "if only" and "what ifs"

**Holly** is the remedy to take when there is anger directed at ourselves or at others

**Sweet Chestnut** is the remedy for extreme anguish and emptiness

**Willow** is the remedy for resentment and 'why me'

**Gorse** is the remedy recommended for hopelessness and despair

**Honeysuckle** is the remedy in you are caught back reliving the past

**Vervain** is the remedy to help ease the sense of injustice at the unfairness of life

**Elm** is the remedy if feeling overwhelmed

**Gentian** is the remedy when there is despondency and discouragement



**White Chestnut** is the remedy for worrying thoughts

**Mimulus** is the remedy when nervous and fearful of everyday things

**Hornbeam** is the remedy to help give you the strength to get through the day

**Water Violet** is the remedy for those who grieve silently or feel they cannot talk to others

The remedies are chosen on an individual basis. They are perfectly safe and do not interfere with any other medication or supplements. Talk to your doctor if at all concerned. It is recommended to take up to 7 remedies at one time but no more than that.

Take 2 drops of each chosen remedy and put into a small brown bottle and fill up with fresh water. Then simply take 4 drops x 4 times per day, especially first thing in the morning and last thing at night.

Keep the emergency first aid remedy **Rescue Remedy** at hand to help with any immediate shock. Take 4 drops of the rescue remedy as needed in a small amount of water.

To learn how to use the **Bach Original Flower Remedies** for everyday use with family, friends and pets, contact **Walmer College & Holistic Centre, Tel. 01 8329645**. There is more information at the back of this newsletter.

Carmel is a registered practitioner who can be contacted at 01 8672076 for a one to one consultation which includes a bottle of remedies

## 6 weeks to Health & Vitality

by Eddy Grant

What does it take to be healthy and filled with vitality? A simple change in the way we think! When most people think about health and being healthy, what they are really focusing on is being in a state where they are not ill. We often say, when asked how we are, 'I'm grand, sure there's plenty less fortunate or worse off than me.' Which may be true.

But by focusing on 'not being ill', or 'others who are worse off than you', you are focusing on what you don't want and by the laws of energy and attraction, what you focus on you attract to you and create in your life.

Therefore by dieting or exercising from the unconscious desire to avoid being ill, unfit, or overweight, you are creating conflict and stress in your mind, body and spirit, which is what makes it such a struggle to achieve what you set out too.

Once you become aware that it is this underlying conflict creating the stress and struggle, and then it becomes easier to attain your goals. When you become

aware of a problem, then you can change it. But if you are not aware that something needs to be changed, then you don't change it and the stress and struggle continues in your life.

So to start to resolve the inner conflict we must re-define what health means to us, and what it means to be healthy.

To be truly healthy is to feel vital and alive, to feel happy in your life and enthusiastic about your dreams and goals, to feel balanced and grounded and appreciate yourself as the unique and amazing individual that you are. That is what it is to be healthy in mind, body and spirit.

Now doesn't that sound better than 'feeling grand' or 'okay'? You bet your sweet petooty it does and there is no reason why you can't feel like that!

The second thing is to become aware that you are an energy(qi) being. Energy flows through your mind, body and spirit all the time. There is no separation between them. When we are in conflict, stressed out, struggling with things and feeling low and tense, our mind, body and spirit are letting us know that the flow of energy between them has become restricted or blocked. So all we have to do is free up the flow of energy within us and ensure it is flowing in a balanced way and we will feel better. Stress will be reduced, as will conflict and struggle.

When you accept that you are an energy being, you can simplify your approach to life by holding the awareness of whether the thoughts you have, choices you make and things you do, raise your energy or lower your energy. When you live life from that awareness you can make the choice that is appropriate to the situation.

Now that you are aware that you are an energy being, the third thing you can do is to consciously create a practice in your life that raises and balances your qi (energy).

The practices of qi gong, qi-self massage, and inner smile meditation



Are simple things you can do on a daily basis to top-up your energy. Just like your mobile needs to be topped up and recharged to function, so do you!

In '6 Weeks to Health & Vitality' you will cover all three steps and learn simple techniques and exercises, that can be adapted to suit any lifestyle or time constraints. Which will help you to transform you and your life into one filled with health and vitality.

See workshops & Classes section

## Weight Loss Clinic ?

by Janine Hardy

The most effective and holistic approach to weight loss and lifelong weight management Years are wasted on diets or in the gym through lack of understanding of nutrition, ineffective exercising, and incorrect mental approach. The beauty of this programme is that it's for everyone; young and old, overweight or unfit, men and women. It's a sensible approach because that the only way to yield long term results. This is about total well-being and that's an added bonus, something people don't bargain for.

In the 8 Week Course participants will:

**Lose 10 - 14 pounds of body fat**

**Improve physical fitness, posture and energy**

**Tone and reshape the body**

**Stimulate metabolism**

**Burn fat**

**Control calorie intake**

**Decrease intestinal blockages**

**Increase nutritional knowledge**

**Support Lean Muscle growth**



The Weight Loss Clinic really works. There's no fads or gimmicks, no time consuming recipes to follow or calories to count – it's practical and achievable and fits into your everyday routine.

*Are you ready to embark on the most exciting challenge awaiting you?*

Be taken step by step in a supportive, non-judgmental way. You'll learn what really works – This is an education, not only about weight loss, but also what you can do when you have the right attitude, combined with knowledge and support. The results will speak for themselves.

**8 week course Starting Tuesday 17<sup>th</sup> June 7 – 8pm.** There is no need for workout gear, just come as you are. There will be a 20minute programme introduction on the first night. You pay nothing unless you decide to do the course.

Cost €120.

## Feel Happy and Be Healthy

by Pauline Bosch

In 2004 Newsweek magazine said: 'the relationship between emotion and health is turning out to be more interesting and more important than most of us could have imagined. Viewed through the lens of 21<sup>st</sup> Century science, anxiety, alienation and hopelessness are not just feelings, neither are love, serenity and optimism. All are psychological states that affect our health just as clearly as obesity or physical fitness'.

In other words, feeling happy and contented is as important as eating a healthy diet and getting enough exercise. Sudden death in patients

with heart problems is foreshadowed by low HRV (Heart Rate Variability) readings and – negative emotions such as anxiety and hostility also give low HRV readings

Studies by psychologists have found that people who feel happy: like themselves, have a sense of having a personal control over their lives, are optimistic, are more extroverted than introverted

So, anything, such as therapy, self-help groups or counselling, that help you to like yourself is on the right track. When it comes to the issue of control, what is important is the person feels he is in control - we are talking about perception. Some of us take every little setback as something aimed at us personally. It is much less stressful if we are able to accept the little ups and down of life as part of living and then go about changing the bigger ones.

And optimism? We can train ourselves to be more optimistic and – we can train ourselves to be more pessimistic. Have you met the kind of person who throws cold water on everything? To every suggestion the response is: 'Yes but'. 'Yes, that is a great idea BUT have you worked out how much it will cost/how long it will take/it will probably rain'. Lastly, we may be born extroverted or introverted, but even when we tend towards introversion we can work at becoming less so, not always going back into our safe little shell as an automatic response.

Sometimes we think that if won the Lotto we would be happy and by extension, healthier. Unfortunately, research shows that Lotto winners are no happier than the rest of us. But it seems that if we win money then spend it on other people, our happiness level goes up. Something else that helps is having close personal relationships – loners are more inclined to premature death. A strong religious belief is another factor, praying of itself helps to reduce tension.

Compared to depressed people, happy people are less self-focussed, less hostile, less abusive and less susceptible to disease.

A lot of negative emotions are caused by stress and how we react to stress. When we are confronted with stress – whether emotional or physical, real or imagine –our bodies respond and we go into Fight or Flight. Our breathing and heartbeat speed up and extra hormones are released into specific glands, all designed to help us run or fight for our lives. This response is supposed to die down once the threat is gone, but when we are under continuous stress we keep on responding, staying on constant alert and feeling negative emotions such as hostility, anger, fear and anxiety.

How we handle stress is sorted by our ANS, Autonomic Nervous system, with its two parts, the Sympathetic and the Parasympathetic, the accelerator and the brake. The sympathetic side responds to danger, but if it is chronically aroused we end up with illnesses such as high blood pressure. The parasympathetic looks after healing, recu-

peration, rest and sleep. . This means that anything we can do that will boost the parasympathetic side of us will help with emotional – and therefore physical – health.

What is called the Relaxation Response, which includes meditation, breathing and aware repetitive activities, will do this. Also worth looking into are Autogenic Training and self-hypnosis. The knack is to find something that you will be willing to do, day in, day out.

*Meditation* may involve saying a mantra (as in Transcendental Meditation) or picking a word that means something to you personally and repeating it quietly every time you breathe out.

*Breathing meditation* entails paying attention to your breath, counting each out breath from ten backwards. When you reach one, you start from ten backwards again.

*Repetitive activity* is anything you keep repeating. Mostly people do this when they are walking. The goal is to keep your attention only on what you are doing, thoughts that come in are acknowledged and let go. Any repetitive e action can be used – knitting, yoga, even housework!

If you find it difficult to get yourself into a meditative state, one solution is to buy a meditation or relaxation CD, or join a meditation group

### **Polarity Reversal or Psychological Reversal**

Polarity Reversal, or Psychological Reversal, as Dr Roger Callahan, PhD, the founder of Thought Field Therapy calls it, can have a hugely negative impact on our emotional state. A person's energetic system has polarity, a little like a battery, with a positive and negative charge. If you put a battery in the wrong way the electrical current won't flow. If for some reason this field becomes negatively charged, there are huge disruptions in the body's energy fields. Stress can cause polarity reversal, as can emotional blockages, electromagnetic disturbances, air travel, geopathic stress, toxins (food and environmental) and chronic illness. Polarity Reversal interferes with thoughts, emotions and behaviour, the person can find it very difficult to bring about positive change.

According to Dr Callahan, the reversal can be very specific ( limited to one area of life), or, massive and have an affect on everything. Polarity Reversal is a block to healing, to any healing or therapy. In Thought Field Therapy an acupuncture point on the little finger side of the hand is tapped to trigger the body back into a state of positive polarity.

Thought Field Therapy (TFT), Emotional Freedom Therapy (EFT) and all the other tapping therapies go even further and use

specific meridian points to work through and disperse negative emotions. (*Meridians are energy pathways, each one is connected to and involved with a body organ or function*) The thinking here is that negative emotions show in the body as disruptions in our energy being. The tapping therapies work on emotional disturbances by dispersing perturbations on specific meridian points. In other words, soothing a disturbed meridian unlocks the emotional reaction associated with each meridian.

It is instructive for us to look at the emotion associated with each meridian – and by extension, the organ or function associated with that meridian. Take the liver meridian for example. Acupuncture theory connects the liver and gall bladder meridians with anger and resentment: so, a person who feels angry all the time will eventually start to show symptoms of gall bladder or liver problems. Conversely, when a person has problem with the gall bladder or liver, he or she will often feel resentful or angry.

### Emotions Associated with Each Meridian

Meridian	Negative Emotion	Positive Emotion
Heart	hate for self and others	joy
Circulation	regret, blame	taking responsibility
Small Intestine	rejection, feeling unappreciated	nourishment of self
Triple Heater (glandular syst)	disharmony, depression	lightness, buoyancy
Spleen/Pancreas	anxiety, over-thinking	confidence
Stomach	discontentment, critical	contentment
Lung	grief, guilt, loneliness	tolerance, cheerfulness
L. Intestine	obsessive guilt, holding on	release, letting go
Kidney	fear, phobia, procrastination	courage
Bladder	trauma, dread	taking charge of own life
Central (brain)	shame, failure	success
Governing (spine)	embarrassment, lack of self-respect	flexibility, self-support

*Our aim in life should be to move from the negative response to the positive one, for each meridian. This means, if you have stomach problems and feel discontented with life, you will help yourself if you can make a conscious effort to change, to allow yourself to feel contented and grateful for what you have, to see the glass half full instead of half empty*

## Colour, Style & Confidence workshop at Walmer Holistic Centre, Raheny Sunday June 29th, 10am - 4pm, €85p/p



Do you want to have an instant boost and welcome the Summer wearing colours that will enhance the way you look?

**Wearing the right colours** for your complexion will soften lines, minimise shadows and make you look healthy, glowing and even younger!

Learn what colours suit your complexion, your **season**, how to introduce colour in your wardrobe and how to mix & match them. Learn the basics of psychology of colour, how to wear black and get some **make up tips**

All these plus a session on **confidence** with Tips to carry yourself looking and feeling great. Included in the price is your **colour analysis** with professional drapes & your individual colour cards.



**Ways to secure your place:** Leave your name and contact details at Walmer reception 01-8329648  
Phone: Maria Lynch (M) 087-2794346  
E-mail: maria@motivatedjoyfulliving.ie

Walmer is located on the Howth Road above SuperValu, Raheny



 To find out more about Maria visit [www.motivatedjoyfulliving.ie](http://www.motivatedjoyfulliving.ie)

## Crystals used in Reiki and Chakra work

by Ray Manning

### 1st /Base Chakra:

**Red Jasper:** Grounding, Balancing, Stimulates Insight and Sensitivity.

**Tigers Eye:** Protection, Integrate, Energizing, Digestion and Balancing.

### 2nd/Sacral Chakra:

**Carnelian:** Warming, Cleansing, Stimulates, Self-Esteem and Sexual Anxieties.

**Orange Calcite:** Energising, Cleansing, Balancing, Reproductive System, Fears.

### 3rd/Solar Plexus Chakra:

**Amber:** Stimulates, Self-Healing, Cleansing, Vitality, Absorbs Pain and Energy.

### 4th/Heart Chakra:

**Aventurine:** Harmonising, Protecting, Balancing, Dissolves Emotional Wounds.

**Rose Quartz:** Strengthening, Releasing, Heals Emotional Wounds, Protecting.

### 5th/Throat Chakra:

**Blue Lace Agate:** Calms Stress, Self-Expression, Energising, Enhancing.

**Sodalite:** Balancing, Cleansing, Cooling, Calming, Gentle Healing Energy.

### 6th/Brow/3rd Eye Chakra:

**Amethyst:** Energising, Strengthening, Cleansing, Regulating, Aids Sleeping

**Purple Fluorite:** Pain Relief, Stimulates, Calming, Focus and Psychic Ability.



### Breathe new life into tired skin

Oxygen therapy is the natural alternative to botox and fillers,

By using pressurised jets that pulsate oxygen and specialised serums deep into the skins epidermis layer instantly plumping fine lines and wrinkles, leaving the skin plump hydrated and firm we then apply a face lifting mask and massage away the stresses of the day the ultimate for someone who wants to give the skin a lift and also great for problematic skin as the serums will kill bacteria on spots and the oxygen will heal and reduce breakouts

This is an amazing treatment that gives results that last.

Treatment time 90mins cost €125

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

### 7th/Crown Chakra:

**Clear Quartz:** Master Healer, Stimulating, Balancing, Harmonising, Aligning.

**Diamond:** Clear Insight, Balancing, Opens Auras, Positive Thinking, and Spiritual

### (IPL) LASER TREATMENTS

Hair removal Red facial veins

Sun damage Pigmentation

### Collagen production

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

How (IPL) works

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

3-6 treatments may be required,

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

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

Aisling & Ray of Accomplish Change Clinic are offering courses in Energy Psychology in the upcoming months: EFT Emotional Freedom Technique courses for 2008 EFT Emotional Freedom Technique Level 1 - 17<sup>th</sup> May , 28<sup>th</sup> June, 26<sup>th</sup> July EFT Emotional Freedom Technique Level 2 - 14<sup>th</sup> & 15<sup>th</sup> June



Pregnancy is precious but it can be overwhelming. This workshop will reassure you in different areas of style, confidence and natural wellbeing.

## Style & Wellbeing for Pregnant Women at Walmer Centre, Raheny Sunday 13th July, 10am-4pm, €95p/p



Learn how to restore and maintain your health naturally; how to explore some relaxation techniques to help alleviate fears and anxieties; what to wear to look stylish for work, night outs and holidays; what style will suit best your new pregnant figure. All this followed by a talk on confidence

Pamper yourself, relax & recuperate. You deserve to look and feel great.



To secure your place contact Walmer reception on 01-8329648. Contact Maria or Nikki directly. Maria Lynch BA Business, MscMp, MLBCAI, iici(assoc). Visit [www.mjL.ie](http://www.mjL.ie) (M)087-2794346 Nikki Fitzpatrick dip COT; I.S.Hom. BSHom (M) 086-8311594

Walmer Holistic Centre is located a 5 minute walk from Raheny Dart station. Riverhouse, 1st Floor Raheny shopping centre, above Super valu in Howth Road.

## Your Planetary Pathway

by Shirley Johnson

- JUNE 08 -

*"As the sun spirals its longest dance,  
Cleanse us*

*As nature shows bounty and fertility  
Bless us*

*Let all things live with loving intent*

*And to fulfil their truest destiny."*

Wiccan blessing for summer.

During the month of June comes the Summer Solstice, literally the time when the Sun stands still. The Sun has always been recognized as the giver of life, the centre of our universe, the source of the light and warmth without which life on earth would be impossible. It was worshipped as a god in ancient times and is still used as a symbol for any powerful leader, from Jesus to Louis IV of France, the Sun King.

Before the solstice the days are lengthening and afterwards begins the long slow descent into winter and darkness, when all life slows and is still. The Sun enters the sign of Cancer at midday on the 21<sup>st</sup> June.

Many people the world over still like to greet the Sun on the longest day, so on the night of the 20<sup>th</sup>, why not camp out on a favourite hilltop, at a sacred site, or even in your own back garden and greet the dawn, the way human beings have done since the beginning of awareness?



The feast day of St John the Baptist is considered to fall around the Summer Solstice, or sometimes 24<sup>th</sup> June. The plant St John's Wort was regarded as an emblem of the Sun and was once gathered on Midsummer's Eve, then made into garlands to wear, or to hang in one's home.

Also during June, on the 9<sup>th</sup>, falls the Jewish Shavuot, or Festival of Weeks, celebrating the bringing of the first harvest to the temple.

June 16<sup>th</sup> marks the anniversary of the death of the 16<sup>th</sup> century Sikh martyr, Guru Arjan Dev, who preached understanding, charity and religious tolerance and was tortured to death for his beliefs.

June 29<sup>th</sup> is devoted by Christians to St. Peter.

The Sun, Mercury and Venus all begin June in Gemini, encouraging us to have fun, to socialise and to share our wisdom with one

another. It's good to spend time with children and young people – and to kick up our heels ourselves. However, Mercury is retrograde till the 20<sup>th</sup> and until that time we can expect a certain amount of confusion in our affairs, quarrels caused by misunderstandings and problems with travel and transport. It's a good time though, for reading, writing and research.



Around the New Moon in Gemini on the 3<sup>rd</sup> is a great time to start writing that book, join that club, or book that trip.

Mars spends the entire month in Sun-ruled Leo, so we'll want to be out and about, partying, attending plays, concerts, movies and festivals and also showing our own creative side to others.

Jupiter and Pluto begin the month in Capricorn. It's still all about organizing what you most want to achieve and not being afraid to shoot for the heights. However, on the 14<sup>th</sup> Pluto backtracks into Sagittarius and we'll feel we've almost lost sight of our dreams. This is merely a little respite, so regard it as a holiday from worrying and planning (if you can, with nagging old Saturn in anxious Virgo) and know you'll be back on target before the year's end.

The Full Moon in Sagittarius on the 18<sup>th</sup> will help you to get contracts signed, complete trips or travel plans, sign up for courses or set them up yourself.

At the Solstice, the Sun joins Venus in Cancer and you'll begin a more family-oriented phase. Spend time with those you love, look after your home and garden, express your creative urges.

The month begins as a time for sunshine, fun and laughter and ends with the busy householder planning ahead for colder, quieter times.

**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)**

## The Healing Corner (IET)

by Michelle Delaney

*Hi All, Thanks once again for taking the time to read my article on healing. Last month saw me attending the IET Advanced day and just as I expected it was a wonderful day of healing and being present amongst lovely like minded friends. IET is in my opinion a beautiful therapy which is suitable for anybody who feels drawn to it. There are no pre-requisites for attending, just that you have a desire to know more about it. As with other courses it had its own special journey and I'm looking forward to offering this treatment to some of my clients in the future.*

**THE** event of my month was most definitely **'The Art Of Allowing Workshop' with Esther & Jerry Hicks** in the Helix. What an amazing Saturday spent in the company of these wonderful souls who have dedicated their time to bring us the Teachings of Abraham. If you have ever heard of the Law of Attraction or the Secret, then most likely you have heard of Esther and Jerry. And if you haven't then they are the original, real deal 'law of attraction' guru's. They have been teaching and channelling Abraham for over 20 years now and their books include ... *The Law of Attraction, The Art of Allowing, The Law of Deliberate creation* and my favourite *Ask and it is given*.

*Esther translates blocks of thought from non physical source energy named Abraham. Incredibly, she puts this information across clearly, humorously and lovingly. I found myself literally hanging on every word. The Day unfolded perfectly with every question leading on to the next. Every question answered a thousand questions. You really couldn't plan this stuff ... so amazing !*

*If you visit their website at [www.abraham-hicks.com](http://www.abraham-hicks.com) you will find it packed with video's, mp3's and tonnes of information on this subject. Its my absolute favourite thing to talk about at the moment and I find myself still basking in the memories of the workshop. A wonderful day! I'll go as far as to say .... LIFE CHANGING !*

*I'll leave you with something to ponder ... Law of Attraction says, "That which is like unto itself is drawn." Once you activate a vibration within you, Law of Attraction begins responding to that vibration, and you're off and running—whether it's something wanted or unwanted. Law of Attraction abounds, and when it is said to you, "Ask, and it is given," there is no more powerful statement that is at the basis of what makes things happen.*

Everything is valid and everything is truthful, because Law of Attraction lets everything be.  
**Abraham**

# SUZIES STARS



## JUNE 2008

It is important in June to keep in touch with your angels and to not allow stress or everyday life interfere with your special relationships. It's all about timing this month so you must trust that things will happen for you at the right time. Explore all your options and study them before committing. Do not disrespect your self in any way, this means eating well, exercising, spending time with those you care about and getting outside into nature as much as you can. You will be triumphant!

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

### Gemini – May 22 – June 22

June is an important month for Gemini. Before you make that move or change remember to meditate and pray for guidance. Don't allow yourself to be treated in a disrespectful way. Stand strong and follow your beliefs/instinct/guidance as a new location is possible for you now. Happy Birthday!

### Cancer – June 23 – Jul 23

Don't get too big for your boots this month, it all about practice, practice, practice! A small loss can easily be recouped just have the right intention. Imagine you have already got what you most desire – how does that make you feel? Now hold those feelings. Music is important for relaxation, creativity and fun, so get out there and start making music!!!

### Leo – Jul 24 – Aug 23

You are just so beautiful and creative this month. Work that you put in now will reap its rewards in wonderful unexpected ways. Your playful side emerges and you bring great joy and laughter to others. You find yourself in a position to nurture and mother those around you. This is a very fertile month for you in all ways!!!! You are being guided by an extremely high consciousness now so just go with the flow!

### Virgo – Aug 24 – Sept 23

There is no stopping Virgos this month as you move forward fearlessly towards your goal. You feel passionate now about certain issues and decide to take action. This is a month of opportunities to flirt, exchange gifts as well as knowledge. Children become more important to you now whether it is your own, others or supporting children's charities. Do not forget your own inner child!

### Libra – Sept 24 – Oct 23

You can not force things to happen you must be patient and seek advice from an expert. It is important now that you do things in the correct way!. Remember you are a natural leader

even if you do at times find it hard making up your mind about things. You may feel inclined to use your skills to help another this month. Work on family harmony now as this will bring balance in to your life.

### Scorpio – Oct 24 – Nov 22

Do not allow a small setback deter you from your goals. You are going through huge spiritual growth right now. Focus more on eating healthily & ask Archangel Raphael for guidance regarding this. Towards the end of June you will be celebrating and kicking up your heels on a job well done. Congratulations!

### Sagittarius Nov 23 – Dec 21

Why are you being so hard on yourself? It is now time for forgiveness. This means letting go of resentments and anger. It does not necessarily mean forgiving the person or actions but certainly releasing any negativity will enormously help you now. Family life takes center stage as a new member is welcomed! Celebrate as only Sagittarians can!!!

### Capricorn Dec 22 – Jan 20

June sees you seeking and finding balance in your life. You become more self sufficient and independent. Spend some time alone as this will help answer those big questions and the peace and quiet will do you good. Ask for a sign from above to help clarify matters. You are a shining light to others but now you must focus on yourself and your needs. Enjoy your solitude.

### Aquarius – Jan 21 – Feb 19

If you really want it then stop being silly and settle down to study and plan ahead. When you put your mind to it you are unstoppable and an activist. Do not rush into something unprepared or you may lose more than you think!! June is a great month for romance and romantic partners and now is the time to receive and show the love.

### Pisces – Feb 20 – Mar 20

June gives all Pisceans a great opportunity to do something that will bring great joy. This involves following your dream and trusting that you are being divinely guided. It is important now to manage your stress and not allow this influence your decisions. What is it that you really desire; the only person standing in your way is you!!

### Aries – Mar 21 – Apr 20

June is all about believing in you. You can truly make it happen. Just visualize it first in great detail, then see it happening and feel the joy of success. Intend for all good things to come your way then get on with your day to day life expecting it to happen. Music will help you relax this month, go out of your way to play, sing, chant or hum.

### Taurus – Apr 21 – May 21

June finds you making your mind up about something and finally making that commitment. It is important for you to be totally truthful and true to yourself. You can make it happen. If you need help or support just call on your team of angels for they have you in the palm of their hand and the amount of love around you now is phenomenal!

# Walmer College & Holistic Centre

**ITEC DIPLOMA COURSES  
INTERNATIONALLY RECOGNISED**



## **JUNE 08**

ITEC 2wk Full Time Holistic Massage  
(for those with ITEC A&P and Unit 22)  
ITEC Indian Head Massage (evening)  
AINT Professional Gel Nail Cert Course

**JULY 08** MINK Professional Eyelash  
Extension Certificate Course  
**OPEN EVENING (7th) 7pm–9pm**

## **AUGUST 08**

ITEC Onsite Massage

**SEPT 08** ITEC Holsitic Massage /  
Anatomy & Physiology / Onsite  
(Raheny & Julianstown)  
Anatomy & Physiology only (Raheny &  
Julianstown)  
ITEC Beauty Specialist  
ITEC Stone Therapy Massage  
ITEC Thai Massage  
ITEC 1year Full Time Massage Specialist  
ITEC 1year Full Time Massage & Beauty

## **OCT 08**

ITEC Sports Massage  
ITEC Diet & Nutrition  
ITEC Diploma in Lecturing  
Mid-Term Break Massage & Beauty Camp



**OPEN EVENING  
MONDAY 07th JULY 08  
7pm–9pm  
ALL WELCOME**

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

**Call for College Prospectus TODAY !!!  
OR VISIT US ONLINE at [www.walmer.ie](http://www.walmer.ie)**

## OTHER DIPLOMA COURSES

### Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher

**NEXT DATE TBC 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 Receive your Master Level attunement, review everything from Reiki 1 and 2, receive the Master symbol and learn the attunement process for Reiki 1. This level completes the learning from Reiki 1 and 2 and grounds the energy firmly within you. Collectively Reiki brings you home to yourself, your spirituality and your place in God. Complete Integration. I look forward to your company.

**Follow Up meetings**

### Reiki Student Support & Exchange **Next Date TBC**

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

### Integrated Energy Therapy ®Class with Deborah Gorman

**Basic and Intermediate combined**

**Next Date TBC €350**

**Advanced Level TBC €200.00**

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

### Diana Cooper School of Angels & Ascension

#### TEACHER TRAINING COURSE

*Course Tutor: Mildred Ryan, Master Teacher*

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

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

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

**Next Course starts September 2008**

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

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

Full course information can be viewed on website: [www.mildredryan.com](http://www.mildredryan.com).

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

### Diana Cooper School Golden Atlantis Teacher Training Course

**NEXT COURSE : OCTOBER**

*Course Tutor: Mildred Ryan, Master Teacher*

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 School.

Full course prospectus from Mildred at 01-4935035 [www.mildredryan.com](http://www.mildredryan.com)

## WORKSHOPS

### Hopi Treatment Workshop with Hopi Concha

With Wiktor Siwek **Next Date TBC 10:30am – 5:30pm Cost 200**

Hopi Concha is a treatment technically similar to the Hopi Candling but is 4 times more effective than Hopi Candling. This is the first workshop of its kind in Ireland.

There are 2 aspects to this treatment. The first is a typical healing/curing method. The process of Hopi candling involves a specially designed hollow candle being inserted just inside the ear canal. The candle is then lit and the suction that is formed draws the impurities from within the ear. This process is known as the chimney effect. The rising air gives the ear drum a gentle massage and also helps to regulate ear pressure. During this workshop we will be using the original Hopi Cones (not Hopi Candles) which will be available for students to buy at Walmer. These cones were made by original Hopi Indians recipe.

The second aspect is the ancient shamanic ritual. In ancient times this ritual was reserved for rulers and leaders of the Indian tribes in South America and therefore the knowledge is kept sacred for students who attend this workshop. During the day there will be a strong emphasis on protection of the therapist and the client. Each participant will be asked to sign a declaration stating that they will carry out the treatments as it was shown at the workshop.

Concha Certificate will be awarded on completion.

### Style Clinic Workshop

with Maria Lynch, BABUSINESS, MScMP, MLBCAL, IIC (assoc). Sunday 29th June 10am - 4pm Special introduction price: €85 per participant  
Theme: Colour, Style and Confidence

Do you want to have an instant boost and welcome the Summer wearing colours that will enhance the way you look?

Wearing the right colours for your complexion will soften lines, minimise shadows and make you look healthy, glowing and even younger!

You will learn how Colour influences STYLE: what colours suit your complexion, what is your SEASON, how to introduce colour in your wardrobe and how to mix & match your most flattering colour palette, you will learn the basics of psychology of colour and how to wear black to suit your complexion. You will also learn general MAKE UP tips and you will bring your make up bag for inspection to make sure your

make up reflects your colour palette. The day includes a session on CONFIDENCE with Life Tips to carry yourself looking and feeling great. Included in the price is your colour analysis with professional drapes & your individual colour cards. This is the kind of workshop you do with your best friend. Treat yourself. Places are limited and this workshop is very popular so please book in advance.

To secure your place leave your name and contact details in Walmer reception 01-8329648 or contact Maria Lynch directly at 087-2794346 or e-mail maria@motivatedjoyfulliving.ie  
www.mjli.ie  
www.motivatedjoyfulliving.ie

### Aura Soma Introductory Day, "The Mirror of the Soul"

with Maeve Murran, Sunday 06th July 10:30–4:30pm **Cost: €90**

*Do you love Colour? Do you believe that you are all that you can truly be? Do you wish to bring the healing power and benefits of colour into every aspect of your life? Do you wish to understand the personal messages that colour can hold for you?*

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

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

### Introduction to Massage

With Laura Hilliard-Brady 14th June 08 10.30am-4.30pm **Cost €65**

This is a 1 day workshop where you will learn massage strokes for use on family and friends to include: Back massage, Neck & Shoulders & foot massage. You will learn the strokes and practice during the week-end as well as receive a massage. This course is suitable for those who have an interest in the therapies or considering a

diploma course. A pampering day without a doubt. (Please bring 2 large bath towels with you) €40 Deposit required to secure your place

### GOLDEN ATLANTIS

Sunday 15th June 10.45 a.m. – 5.00 p.m.  
Cost: €85 (includes set of 4 crystals which we will be working with)

During this one-day workshop 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 chakras – Earth Star, Causal, Soul Star and Stellar Gateway.

Reactivate dormant strands of DNA, reclaiming your psychic and spiritual gifts.

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

Work with the Angels of Atlantis and explore your ancient wisdom of crystal and colour healing.

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 Autumn 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 please contact Mildred at 086-8531010 or visit website [www.mildredryan.com](http://www.mildredryan.com)

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

### PROFESSIONAL GEL NAIL CERTIFICATE COURSE

with Advanced Institute of Nail Technology 4 Day Nail Course. Beginning Monday 16th June and continues every Monday for 4 weeks. 10am – 4pm **COST €600**

This 20 hour course held over 4 days is designed for participants to develop profes-

sional skills in the art of Nail Extensions. It is geared towards the novice, no experience is necessary. A model is required so bring a friend. Students earn €50 per full set of gel nail extensions. Working only 25 hours per week can lead to weekly earnings of up to an astonishing €250. Cost €400 This fee covers a full professional kit, 36 watt UV curing lamp, course manuals, examination and certification. This course is facilitated by the Advanced Institute of Nail Technology, who awards a certification on completion. Full details can be found on our website in the Beauty Section at [www.walmer.ie/collegeofhealing](http://www.walmer.ie/collegeofhealing)

## Health & Vitality Day!

Sat. 21st June : 10am - 5pm **€100**  
Look and feel years younger! Detox mind, body & spirit! Increase libido and vitality! An amazing day to renew your health and vitality through the amazing system of exercises known as Qi gong, Qi-self massage, Inner Smile meditation, & holistic techniques. Excellent nutritional supplements & support Cd available!

## Introduction to Qi gong & Tai Chi

Sun. 22nd June : **€100**

A wonderful relaxing day, leaving you filled with vitality and wellbeing, and feeling centered and grounded and more comfortable in your body. Detox your mind, body & spirit, look & feel years younger & increase your libido and vitality. Excellent nutritional supplements & meditation Cd available.

## Emotional Freedom Technique "Change your mind with EFT"

**Level 1 – 28th June**

Taking this workshop will allow you to take full control of and responsibility for, your own healing power. From anxiety removal to improving your performance. From beauty and health to learning faster, thinking better, from getting rid of allergies to having much more delightful relationships - ... and much, much more!  
*85% of ALL people who use EFT find it helps - a lot.*

You no longer have to rely on others for the healing you will learn to achieve with EFT.

You'll clearly feel the shifts in your energy as we work together and feel the emotional impact of your problems fade as you work through the lessons.

This course includes EFT hands on work, PowerPoint and DVD, in addition to the lessons you take away a manual, self help card and CD.

This workshop is designed for people who want to take control of their lives and their

futures. It is for those who are ready to consciously create their tomorrows and get emotionally fit and ready to live an extraordinary life each and every single day!

For further information on these techniques / classes please visit [www.accomplishchange.com](http://www.accomplishchange.com) or call us on 01- 2986507  
Aisling: 087-1352122 or Ray: 087 6778049

EFT makes fears, phobias, worries, sadness, doubts and anxiety Simply Drain Away - and how useful is that !  
Incorporate it easily into your existing therapies!

Help you move forward if you get stuck with a client.

Just use it on yourself for yourself !

SUPERB self help technique easily learned for both you and your clients you can learn easily, with absolutely NO prior knowledge or experience necessary.

## Indigo Children,

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

Investment : Full Workshop €125, 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. If you are unsure if you are an Indigo adult & want to attend workshop please email: [siobhan@siobhanwilcox.com](mailto:siobhan@siobhanwilcox.com) (See message from Siobhan on Page 6 of April Newsletter)

## The Point of Essence

**Process** Spiritual Healing for Adult Indigos, with Siobhan Wilcox Sunday June 29th 10am - 2pm , **Cost €76**

Indigos come to the Earth retaining eternal knowledge remembering the secrets from the Other Side; holding the God-vision of a perfect world. 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?

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. If you are unsure if you are an Indigo adult & want to schedule a session, please email: [siobhan@siobhanwilcox.com](mailto:siobhan@siobhanwilcox.com) (See message from Siobhan on Page 6 of April Newsletter)

## Holistic Massage Refresher Day

with Laura Hilliard-Brady  
06th July 10:30am-4:30pm €70

This is a one Day workshop aimed at students that have already qualified in Holistic Massage and would like to recap on movements, posture and grounding. We will cover Back Neck and Shoulder area and back of the leg.

## MINK Professional Eyelash Extension Certificate

**Course** Saturday 05<sup>th</sup> July 08

10am - 5pm **COST €350**  
This 1 day course is designed to allow participants develop professional skills in the art of Permanent Eyelash

Extension Application. Mink eyelash extensions are super volume up and 0.2mm thicker, which makes our lashes a revolutionary method of creating that super star look. Eyelash extensions are the hottest beauty trend to sweep the world today. The stars do not leave home without them..... Eyelash extensions look naturally glamorous without the need for mascara ever again. They are affordable, durable and they last up to 6-8 weeks or more. A model is required so bring a friend. It costs you approximately €7.50 to complete a full set of lashes, the profit to be made on your kit is €3,700. Students earn €100 per full set of eyelash extensions as mobile therapists. Working only 25 hour per month can lead to monthly earnings of up to an astonishing €2500 . Cost €300 This fee covers tuition, a professional kit, course manuals, examination and certification. Full details can be found on our website in the Beauty Section at [www.walmer.ie/collegeofhealing](http://www.walmer.ie/collegeofhealing)

## Style & Wellbeing for Pregnant Women

with Maria Lynch and Nikki Fitzpatrick

Sunday 13th July from 10 to 4pm €95 p/p  
Includes Welcoming Pack  
Are you overwhelmed with the changes in your body and find it difficult to know what to wear for work or to go out ? Would you like to bring the benefits of a natural system of medicine to counteract health prob-

lems and anxieties you may face throughout your pregnancy? Do you want to feel great but feel unsure what is the right thing to do? Are you feeling anxious or nervous at the prospect of giving birth and would like some support and reassurance?

Pregnancy is one of the most precious times in women lives but it can be overwhelming. That's why Maria Lynch and Nikki Fitzpatrick have teamed up to create this unique workshop specially designed for the mum to be to offer tips that will REASSURE you in different areas of STYLE, confidence, health and WELLBEING.

Learn how to restore and maintain your health naturally; how to explore some RELAXATION techniques to help alleviate fears, anxieties and distress; what to wear to look stylish for work, night outs and holidays; what style will suit best your new pregnant figure. All this followed by a talk on CONFIDENCE.

PAMPER yourself, relax and recuperate. You deserve to look and feel great.

This is a practical, interactive workshop in a safe environment with like minded people that will be there to support, nurture and look after you.

Contact Maria or book your place at reception Visit [www.mil.ie](http://www.mil.ie). (M) 087-2794346

## Hawaiian Lomi Lomi Nui Weekend Workshop (Basic)

With Louise Kleu,  
12th & 13th July 10am – 6pm Cost: €250  
A deposit of €100 is required for enrolment.

Come learn the basic techniques of Hawaiian Lomi Lomi Nui massage in a 2 day workshop!  
You will learn: Basic massage procedures/ contra-indications/setting up sacred space. Background & history of Hawaiian temple-style massage. Lomi Lomi Nui on the back and legs (about a one hour massage). Get in touch with your own rhythm, style & unique expression. Get in touch with your body & learn to listen to your intuition. Connect with breath, energy & the Spirit of Aloha within!

What is Hawaiian Lomi Lomi Nui Massage? Lomi Lomi Nui (Temple Style Hawaiian massage) uses intuitive movement, breath, rhythm, flow and focused intention to bring about profound healing and alignment of the physical, emotional, mental and spiritual bodies.

The practitioner uses hands, forearms and elbows in continuous flowing movements over, under and around the body in a dynamic, rhythmical flow that connects with the natural rhythms of nature on physical and energetic levels.

Lomi Lomi has been described as "the Rolls Royce of massage", a unique, blissful

experience that feels like the ocean, cleaning from the inside out.  
Let the rhythm take you there...

Louise's passion is healing touch techniques that take massage into the realm of holistic healing far beyond merely therapeutic experiences. This passion has taken her around the world to learn and experience the healing practices of the ancients. She has studied various forms of massage in the past 8 years. Louise has a Teachers Certificate in Kino Mana, including Lomi Lomi Nui, Kahi Loa, Hula dance & Huna Philosophy at Aloha International in Hawaii.

Upon registration you will receive a preparation letter with details of the venue, what to bring etc. Looking forward to sharing this wonderful work with you! ALOHA!!  
[www.lomilomi.co.za](http://www.lomilomi.co.za) 086 731 6499  
[louise@lomilomi.co.za](mailto:louise@lomilomi.co.za)

## Ayurvedic workshop with Edie

O'Reilly 19th of July 10am – 5pm €65  
what is Ayurveda, the benefits of Ayurveda and how you can use it in your life. Topics Covered: 5 basic elements, Vata, Pitta, Kapha (Doshas), Qualities of doshas (cold, light, dry...), Physical characteristics of doshas, Common Ailments of doshas (Where they go out of balance), What to do to get back into balance, Personal assessment of your body and what dosha, Agni (Digestion) and it's importance, Times of Day and doshas. Ayurveda is over 5000 years old and is the oldest medical science still used to this day. It originated in India and is a truly holistic approach to health and healing.

Come and join us for a day of learning about the great science of Ayurveda. This day will be about exploring who you really are through Ayurveda. You will learn all about the doshas and how to be healthy naturally. Learn what elements are dominant in your body so you can balance your body for health.

If you are interested in healing yourself naturally and learning about how you are connected spiritually to everything else around you then this is the workshop for you.

For more information about me and my services please visit my website at [www.ayurvedaireland.net](http://www.ayurvedaireland.net) or call me at 087 6506513

## Emotional Freedom Technique "Change your mind with EFT"

Level 1 – 26th July

Taking this workshop will allow you to take full control of and responsibility for, your own healing power. From anxiety removal to improving your performance. From beauty and health to learning faster, think-

ing better, from getting rid of allergies to having much more delightful relationships - ... and much, much more!  
85% of ALL people who use EFT find it helps - a lot.

You no longer have to rely on others for the healing you will learn to achieve with EFT.

You'll clearly feel the shifts in your energy as we work together and feel the emotional impact of your problems fade as you work through the lessons.

This course includes EFT hands on work, PowerPoint and DVD, in addition to the lessons you take away a manual, self help card and CD.

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EFT makes fears, phobias, worries, sadness, doubts and anxiety Simply Drain Away - and how useful is that!  
Incorporate it easily into your existing therapies!

Help you move forward if you get stuck with a client.

Just use it on yourself for yourself!

SUPERB self help technique easily learned for both you and your clients you can learn easily, with absolutely NO prior knowledge or experience necessary.

## Tap Into YOUR Dreams ~ Let Them Speak

Uncover Their True Meaning!

Sunday 3<sup>rd</sup> August 10.00am – 4.30pm  
€100 per person

Learn a user-friendly, practical approach to analysis the meaning of YOUR dreams.

You will learn how to use the "6 Magic Questions" and the "Colour Questionnaire" to discover and explore the power of YOUR dreams.

This one day workshop will allow you learn, uncover & discover: The true meaning of YOUR dreams, The significance of colour in dreams to reveal your hidden feelings, A new way to use YOUR dreams to change your life, How your dreaming brain creates a language of its own, How YOUR dream language is an expression of your waking life, Tips on how to help yourself dream and journaling, The true meaning of recurring

dreams and nightmares, The answers to frequently asked questions, The "6 magic questions" that reveal your inner beliefs & conflicts from your dreams.,

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

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

Ps. please, start writing YOUR dreams and bring YOUR dreams with you to the workshop.

## Energy Awareness Day

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

The universe is made up of energy. It surrounds us and flows through us. Developing and using our intuition can help us to sense and feel energy. Having awareness of energy around us can give us insights to our emotional, physical and spiritual aspects, which can help create balance in our lives. This workshop is for anyone wishing to increase their awareness for a more joyful life for themselves, or if you are a practitioner or massage therapist, to create a more meaningful practice. **The workshop is experiential.** Exercises to raise your Vibrational energy levels. Learn to feel energy. Food that increases your energy. How colors enhance your energy in different ways and what they mean. Acupressure points for boosting energy. Learn about auras and how to sense them. Experience meditations and processes to increase your awareness

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

Aisling Killoran & Ray Manning  
Mob: 086 1352122  
Tel: 01 2986507

Email: [info@accomplishchange.com](mailto:info@accomplishchange.com)  
Web: <http://www.accomplishchange.com>

## Facial Rejuvenation 4-day Diploma Course

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

Also called Natural Face Lift Massage, this treatment which is based on ancient Indian techniques is truly 'holistic'. It is performed without oils or creams and is a combination of massage, energy balancing and facial exercises. The aim of the course is to provide a comprehensive grounding in the theory and practice of Natural Face Lift

Massage. In order to qualify, students will need to do case studies and home study before taking a written and practical examination (date to be confirmed). Once qualified, students will obtain a Diploma from the London Centre of Indian Champissage International, which is affiliated with the CMA and recognised by the major insurance companies. For an application form & further details contact: Mary Dalglish on 0044 20 88749047

([www.head2toemassage.co.uk](http://www.head2toemassage.co.uk))

## EVENING CLASSES

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

**Weight Loss Clinic** for Men and Women. Take the 8 week Challenge. Lose up to a stone in 8 weeks **Tuesday 17th June 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 **Tues September 09th (7pm-8.15pm Beginners) (8.30pm-9.45pm continuous)**  
8 weeks Cost €120 This 8 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques. Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! **(Deposit required to secure a place)** Payment by Cash and Cheque only (payable to Tara Ivory) fees for the course must be paid in full at least one week before class starts

**6 weeks to Health & Vitality** Mon. 16th June 8-9.30pm **€90**

Look & feel years younger, detox mind, body & spirit, increase libido & vitality, through the amazing system of exercises known as qi gong, qi-self massage and Inner Smile meditation. Excellent nutritional supplements & support Cd available.

## Raise your Vibration with Colour & Crystals

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

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

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

Join us on a this six week course where you will be introduced to the wonderful world of colour and crystals and explore the following:- Auric Colours and Chakras, Colour

Visualisations and Breathing, Healing qualities, Fragrance, Music and Colour, Colour Psychology – What colour are you?, Why we are attracted to certain people and relationships, The Colour we wear and the colour in our Home, Therapeutic use of Colour, Mineral Kingdom and Subtle Energy, Acquiring, Cleansing and programming Crystals, Polarity of the Body, Crystal Meditations & Colour/Crystal Healing Treatments  
www.soulbalance.com

## Yoga Evening Class Hatha & Raga

with Mags Dunne Starts TBC  
6.30- 7.45 for beginners  
intermediate 8.00- 9.15.  
10 weeks for 150.00 euro.

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

## MORNING CLASSES

### 6 weeks to Health & Vitality

Thur. 5th June 10.30 - 12noon €90

Look & feel years younger, detox mind, body & spirit, increase libido & vitality, through the amazing system of exercises known as qi gong, qi-self massage and Inner Smile meditation. Excellent nutritional supplements & support Cd available.

### Yoga for Kids with Maggie Dunne

10 week course €100–25th June..

Maggie is a qualified yoga teacher and natural therapist, working all over the north side of Dublin. She believes that commencing yoga early in life sets kids up on a lifelong path of self awareness, health, happiness and balance and introduces tools into their lives to manage their overall health in daily life.

These days kids generally travel by car and spend lots of time watching tv. Yoga address this by helping to maintain a child's

natural flexibility, which can begin to shut down from a surprisingly young age.

Through physical activity (yoga postures), vocalisation techniques yoga can improve self confidence and release day to day anxieties such as separation issues, bullying, lethargy and negativity.

The class will last for 1hr. 11am - 12am will be 4-6 years, 12.15- 1.15 will be 6-10 years. During a class, children are taken through a series of warm up exercises, followed by an exciting story in which they are taught yoga postures which represent characters or animals in a story. Fun Yoga games and songs are often included in the classes as well.

The sessions end with relaxation, using visualisation techniques and breathing. Classes are non competitive