

WALMER NEWS

MARCH 2008

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

Editor's Note

Welcome to March Newsletter. What a busy month ahead with St Patricks Day and Easter. We hope you enjoy the days of rest and take time out to read our many great articles this month.

Enjoy !!!

Michelle Burke Delaney

Healing our Bodies

Sometimes we might concentrate so much on our spiritual lives that we overlook the wonders of being present in our physical form. When we are more aware of the fact that our bodies are also important in terms of our personal growth, we may find it easier to nurture them. One of the most powerful ways to do this is through human touch, for a loving, comforting touch allows us to access the part of ourselves that yearns for a sense of oneness with the world around us. Even simple forms of touch connect us not just to our bodies but also to the energetic presence of other people.

There are so many ways to incorporate touch in our daily lives, one of the easiest being a heartfelt embrace. Just making a point to hug someone on a daily basis and really feel our energy pass between each other can strengthen the bonds that keep us together. Hugs help us heal any hurt or upset we may have recently experienced by letting us release into the moment of the embrace and realize that no matter what happens to us, we have someone in our lives who supports and cares for us.

Another nourishing form of touch is massage. While we may think of massage as a luxury, it is actually an ancient form of healing that enables us to open up our energetic pathways in order to receive unlimited energy from the universe. It doesn't matter whether a simple massage comes from a loved one or a massage therapist, but by giving ourselves the gift of massage every once in a while, we are doing something healthy and beneficial for our bodies. Massage helps our bodies activate their own restorative powers, creating a wonderful way to engage fully in our own healing.

Letting ourselves take advantage of the healing nature of touch creates space where we can truly live in and experience the world through our bodies, allowing us to completely immerse ourselves in the loving sense of joy and wonder that is our life.

www.dailyom.com

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 attitude. 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 and calories
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 courses Starting: 22nd April 7 - 8pm.

There is no need for workout gear, just come as you are. We give a 20 minute course explanation the first night. You pay nothing unless you decide to stay and do the course.

Cost €120

We accept Cash or Cheques only Please

Ariel and The Healing Angels of The Energy Field *by Veronica Hannon*

The Angelic vibration is expanding across the world during this time of positive transformation and change. Tremendous light (Love and Healing power) flows through the Angels and we are needed as Earth Angels to anchor the Angelic Energy of Light in our world. The Angels are calling us to a path of self - transformation. In particular Angel Ariel is issuing a "call to hearts". We can respond to this call by "heart-linking" to Angel Ariel and all the Healing Angels to receive their loving guidance as friends and teachers, happy to touch our heart and our soul as part of our personal and spiritual growth. (Healing with the Energy of Angels, Ariel is channelled by Stevan J. Thayer

www.CenterOfBeing.com)

As part of the Divine Angelic Plan the Angels help us on our Self Healing Journey. They make us more aware, personally empowered, help us to have faith, feel freer, be happier, healthier, more balanced, to see our life's work as part of a Higher Plan, they energise us

through co incidences, chance meetings, help us re claim our power, find our soul mate our twin flame, they whisper in our ear.

The Angels work long and hard to find minds and hearts that are open to receiving their guidance and they will not cease until they have accomplished their mission. As we open up more and more to the great healing power which flows through the Angels we become a pure vessel of unconditional love, free from pain and suffering. With this release great healing occurs. Feeling good with an empowered heart, we can express our true essence into the world in service to others and miraculous changes can occur in our lives. Many of us are in need of Angelic support and guidance to strengthen our inner world and help to bring love and peace into our lives and into the lives of others.

Learn more by attending the "Healing With the Angels" Workshop with Veronica Irish Mystic, Psychologist, IET Master. Sunday April 20th time 9.30 to 5.00 pm. Price E110

With many years experience as a Mystic and a Psychologist, Veronica's orientation is heart and soul centred. Infused by the 9 Healing Angels she works as a clear channel to assist your transpersonal view of life as you anchor your Angelic Self so you can remain balanced through change both internal and external.



This is an ideal day for people who love angels. Take this wonderful opportunity for enhancing your angelic nature. Obtain a deeper understanding

of the healing Angels, Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah and Michael. A Healing Angel Class Workbook provides you with a description of each angel, the special prayer of invitation for each angel, and a space for you to journal your experience of each angel. In my experience as an Integrated Energy Therapist and Instructor, people find this workshop tremendously inspiring. They enjoy every minute of it as they learn to move their energy gracefully and easily around any of life's obstacles. Many go on to use the Healing Angels energy to heal their lives. Life is easier as we live the Angels way.

"In This Moment there is Heaven on Earth"

Veronica Irish Mystic, Psychologist, IET master, Angelic Light worker, Medium

Tel: 087 4130124 or veronicairishmystic@yahoo.com

Style Clinic @ Walmer, Raheny

Sunday 13th April, 10am-2pm, €55 p/p

Treat Yourself * BOOK NOW



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



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

To secure your place: leave your name at Walmer reception or contact 01-8329648. Contact Maria Lynch directly at 087-2794346, e-mail maria@motivatedjoyfulliving.ie visit www.mjil.ie

www.motivatedjoyfulliving.ie



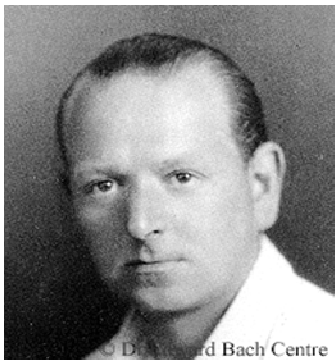
The Bach Original Flower Remedies by Carmel Clarke

Pre-menstrual Tension

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

The Bach Original Flower Remedies

can help with pre-menstrual tension. After ovulation and before the menstrual period begins, the hormones are getting ready to peak. This activity can cause a disturbance in hormonal activity within our entire reproductive system. During this time a woman can become sensitive, emotional and suffer from physical symptoms too. Each woman is different and each of us can experience different symptoms leaving the sufferer vulnerable. Pre-menstrual tension can include depression, irritability, intolerance, leth-



© Dr. Edward Bach Centre

argy and mood swings. It not only affects the sufferer but those around us too. Then when the menstrual flow brings relief from all the tension, feelings of guilt may set in when a woman reflects on how she has behaved.

The **Bach Original Flower Remedies** really can help. The remedies are chosen on an individual basis. It is not possible to generalise and to make up a mix of remedies for all women. There are symptoms that are common to most women and the following remedies may help:

Walnut Is the remedy is for adjustment to change. It is helpful at any transitional time from moving house, starting a new job, when babies are teething, starting a new school, at puberty, pregnancy, and the menopause. It is helpful during the menstrual cycle because this is a period of adjustment and will help at this time of the month that is often a roller coaster ride.

Mustard Is the remedy for the type of depression that can descend like a cloud of darkness, which is gloomy, and without joy. This is the kind of depression that often comes with pre-menstrual tension for some woman. Mustard will disperse this gloomy dark feeling and allow you to feel brighter and lighter.

Impatiens Is the remedy for the feelings of impatience, being short tempered and feeling

really impatient with people who are not as quick in movement as you would like them to be. If you suffer from pre-menstrual tension impatience can be worse at this time.

Beech Is similar to Impatiens in a way but is more for being intolerant of people. This remedy will help when it is hard to understand what appears to be stupidity in another person. This is a situation that is often around if suffering from pre-menstrual tension.

Beech will help us to be more relaxed and to be more understanding of those around us.

Cherry Plum Is the remedy for the fear of losing control, hysteria, and a sudden desire to scream or for the feelings of rage. This will help to calm these feelings and to calm this turbulence if one suffers this in pre-menstrual tension.

Holly Is the remedy for feelings of hatred, jealousy, revenge, suspicion and envy. It will help if you find yourself in a state of spiteful anger. Holly will allow compassion and love to take the place of these feelings.

Willow Is the remedy for feelings of 'poor me'. This feeling is often evident

Continued over

during pre-menstrual tension if we are honest with ourselves. Take Willow to be positive and not to focus on being a victim.

Hornbeam Is the remedy for those 'Monday Morning' feelings of lethargy and just couldn't be bothered, often common during pre-menstrual tension. Take Hornbeam to regain the strength to get going enthusiastically about the day ahead.

Crab Apple Is the cleansing remedy. When a woman is pre-menstrual, she can feel bloated, have facial spots and have greasy hair, which can make a woman feel unclean. The Crab Apple remedy will disperse these feelings and help us to appreciate the uniqueness of being a woman.

Scleranthus Is the remedy that will help with mood swings. When one moment the mood is often too good and then the next moment you have gone to the very depths of feeling low. If this remedy is for you, it will help to stop this seesaw of emotional upheaval and help to feel balanced and calm.

Pine This is the remedy when there are feelings of guilt at any time.

Some of the above remedies could be helpful to consider for the emotional upheaval that is experienced by many women every month. Dr. Bach's recommendation is to take a maximum of 7 remedies at any one time but not more. Put 2 drops of each of these remedies into 30 mls of fresh water. Then take 4 drops by 4 times each day. The mix can be taken more often if needed. The remedies are safe and do not have any side affects. They can be taken with prescribed medication. Of course if at all worried do talk to your doctor.

Pre-menstrual tension is a common condition for a lot of women, which can be distressing and upsetting. At this time of the month, it is also important to eat well, exercise and to get adequate rest.

If you are interested in learning how to use the **Bach Original Flower Remedies** for everyday use with family and friends or to become a registered practitioner, contact Walmer **College & Holistic Centre, Tel. 01 8329645**. The next course will take place on the **17-18th May 2008**. There is more information at the back of this newsletter.

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

Carmel will be at the **Body Mind and Spirit Exhibition in the RDS on 15-17th March** and will give a talk on premenstrual tension and how the **Bach Original Flower Remedies** could support this condition.

Angels by Mildred Ryan

Love, Joy, Delight and Harmony – these are the shining qualities of the Angels - high and beautiful beings of Light – Messengers from God – who are ready and willing to help us in every possible way.

The Angels are our loving compassionate friends who are willing to help us at all times, who are always by our side, always seeing the best in us.

Everyone has a Guardian Angel who is close by them. Do you remember the Guardian Angel prayer you were taught at school ?

*Angel of God my Guardian dear
To whom God's Love commits me here
Ever this day be at my side
To light and guard, to rule and guide Amen.*

Here are some of the ways the Angels can help us in our lives:



If you are going through a difficult time, the Angels will hold your hand and lovingly guide you through the challenge.

If you have important decisions to make, the Angels will guide and inspire you, so you can be clear about the direction to take.

You can ask the Angels to lighten up any area of your life, or to shine their Light and Love on any person, animal, or situation.

Angels always work for your highest good, and help to bring out the best in you.

They help you step into a joyful and fulfilling life, allowing your own Angelic qualities of Joy, Peace, Beauty and Delight to shine.

You can ask the Angels for healing for yourself, or on behalf of anyone else.

They are always on call to help you reach your fullest potential.

They will help smooth your path and arrange the amazing and magical synchronicities which are so helpful.

They are always on call and are delighted to assist you - all you have to do is ask.

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 25th May, 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

March (Affirmation)

Town And Country Are you a city type who sneezes at the sight of grass? Or a country cousin who is allergic to traffic? Remember: your preferences are a state of mind, not a truth of nature. If you broaden your experience, you will become happier and more tolerant. You don't have to sell up and relocate to discover what an urban—or a rural—setting has to offer; simply take time to explore whichever environment is foreign to you.

Affirmation: I relish exploring unfamiliar places and discovering how other people live. I can make myself at home anywhere.

Practice : Getting lost. What's uncomfortable about unfamiliar places is that they are unfamiliar. Practice getting lost, then finding yourself and you'll feel more confident wherever you are. Pick a place you don't know. Tuck a map of the area in your bag. Let yourself lose your way. Without asking directions, retrace your steps to familiar territory. If you seem hopelessly lost, don't panic. Take in your surroundings. Stop for a drink. Wait a while before consulting your map.

Project: Expand your Horizons. This month, step outside of your comfort zone. Research what city folk see in the concrete jungle or what country people love about narrow lanes and open air. Read up on a specific locale and imagine what it would be like to live there. Seek and insiders view from a resident. Find out where your interests intersect with the regions offerings: perhaps hiking, antiques, theatre, yoga classes or country fairs.

Taken from Book of Days—2008

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

Your Planetary Pathway

by Shirley Johnson

- FEBRUARY 08 -

During the month of March, we in the northern hemisphere celebrate both the Vernal Equinox and Easter and these occasions are not as unconnected as you might suppose. At the Vernal Equinox, this year on the 20th at 5.48am, day and night are of equal length and stand in perfect balance. In ancient times, this represented the marriage of the young sun god with the maiden earth goddess, so it's a time of fertility, growth and promise in the world. It is also known as Lady Day (or to the Druids, Alban Eiler) an obvious reference to the great goddess.

The next full moon after the Equinox, this year on the 21st at 6.41pm, is sacred to Eostre, the Saxon lunar goddess of fertility, whose symbols were the egg and the rabbit. At least that explains why a rabbit, rather than a chicken, delivers our Easter eggs! But it also means we can offer our symbols of the earth's abundance to one another with a greater understanding.

Also on the 21st, Christians observe Good Friday, traditionally the day of the crucifixion of Jesus, followed three days later by Easter Sunday, the day of the resurrection. Thus the sacred rites of birth, death and rebirth are all contained within a few days.

At the Vernal Equinox, the Sun leaves Pisces, the twelfth sign of the zodiac and moves into Aries, the first sign, signalling the beginning of the astrological year and the start of another cycle.

On the 16th, before Easter, it is Palm Sunday, when we remember Jesus riding into Jerusalem in triumph as the people laid palm branches beneath his feet. At that time, the palm was a symbol of fertility and hospitality and its importance was such that it was considered to be the tree of life.

And of course on the 17th, we celebrate the feast day of St Patrick, patron Saint of Ireland. St Patrick is credited with bringing Christianity to Ireland and driving out the snakes, but since snakes represent lunar mysticism, goddess worship and the power of women, not everyone may feel totally grateful for this service

On the 25th, Christians celebrate the Annunciation, when the angel Gabriel told Mary she would bear the infant Jesus.

March is a month, one way and another, much concerned with female power and fertility. It may be good to meditate on this and to remind ourselves that only with a true balance of male and female power in all things can the world truly prosper.

While the Sun is in Pisces, till the 20th, we can continue to meditate and to work on our own self-healing, with the help of inspirational, innovative Uranus, also in Pisces now. Group energy is especially beneficial.

On the night of the Vernal Equinox, the 20th, you may like to sleep outdoors (weather permitting!) or at least to rise and greet the sun with a meditation at 5.48am, in the ancient way. That's when the Sun enters the vibrant, energetic sun sign of Aries and now you can truly move into action! Start your spring cleaning, begin your garden programme in earnest and set in motion all the schemes you've been hatching over the winter.

The new moon in Pisces on the 7th is a time for surprises and good fortune. Illnesses may take a turn for the better, secrets may emerge and surprise parties bring happiness.

Our restless minds continue to come up with brilliant ideas, with Mercury in Aquarius until the 15th, but after that we may decide to go on with our plans and schemes in secret, or pass them over to the universe to be activated. We should find we're sleeping better, as well!

We begin March in the same sociable mood we enjoyed in February and it's an excellent



time for joining with group energy to achieve the results we want. But after Venus moves into Pisces on the 13th, we find we're more easily moved by compassion and we will be helping others in any way we can. In fact, people we love may particularly require our care and attention. If you're looking for love, take care not to become involved with someone extremely needy, who will sap your energy.

From the 4th, Mars in Cancer will further emphasise your desire to care for others. Step back and look at your situation. Work out the way in which you most wish to assist, set it in motion and try to avoid being on call at all times. Mars in Cancer will also have us redecorating and repairing our



homes and putting our gardens to rights. With the assistance of Jupiter, we can achieve a huge amount during March, so set your sights high. Jupiter continues to help us organize our affairs successfully, sort our finances and figure out what's really important to us.

With Saturn retrograde all month, pressure to take care of certain problems eases off, so we can set these on the back burner for a while. Health issues are less pressing and the urge to be super-tidy reaches manageable proportions.

However, powerful Pluto is still urging us to change our lives in ways we've been contemplating for a very long time. You may not think so, but eventually this transformation will happen.

This is a month when you can make definite progress with your dreams and schemes. Just don't get side-tracked by giving too much of your energy to other people. You know it's your weakness!

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.

MARCH 2008

After surviving emotional heart opening February, March brings out our creativity and allows us to dream and believe that our dreams will come true. A month of continued healing. Resolutions are found for petty problems. Justice is done, fair and square.

March sees exciting new opportunities arriving and also the possibility for a break away and some quiet time. - Enjoy!



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!

Pisces – Feb 20 – Mar 20

Happy Birthday Pisceans. March is all about acceptance and inward thinking. Its time now to be completely honest with yourself. Go out into nature and think things through. Don't be so harsh with yourself, forgiveness is now needed. You are going to be OK! This is a month were all activities or work started will be very successful later down the line. You are very beautiful and all eyes are on you – good news is on the way, so smile!!!

Aries – Mar 21 – Apr 20

This is a month of new beginnings for Aries. You are both excited and scared as the fresh start you have been hoping for arrives. Now is the time to use your inner power, knowing that it is safe to do so. For single Arians, yes your prayers have been heard and answered as a romantic partner arrives, are you brave enough to say yes!!!!

Taurus – Apr 21 – May 21

If you find that you are struggling this month and that things do not go exactly as planned then its time to call on your guardian angel. It is important that you honor your true feelings and trust your instinct and inner knowing. You will rise above these minor struggles by finally leaving the past behind as you start to create a new, interesting and loving phase in your life.

Gemini – May 22 – June 22

March is a month for Gemini's to take count of how far they have come and what has been achieved! You may seek advice from an expert. By honoring yourself and by trusting that you are being looked after only brings you closer to your goal. This is a month of miracles for Gemini's – just be open to it and watch the signs!

Cancer – June 23 – Jul 23

March is a good month but it is important that you are truthful to yourself. Perhaps now is the time to raise your standards, even just a little! By doing so allows you to recognize your soul mate. A month of understanding, balance and credit were credit is due. All legalities are dealt with efficiently

Leo – Jul 24 – Aug 23

March is the month Leos have been waiting for as it brings with it a sense of freedom not felt for a long while. This is a month of new opportunities and new starts. Consider a proposal carefully before committing. Romance takes a new twist but if nothing else life is certainly not boring as your passion area starts to heat up!!

Virgo – Aug 24 – Sept 23

Why are you so sad? It is time now to raise your expectation and be more positive, remember the law of attraction – like attracts like! You are great at what you do, so why give yourself such a hard time! March brings harmony into you life, that gives you the confidence to move forward with the support of your loved ones.

Libra – Sept 24 – Oct 23

March is a month for Libra to be kind to others and to you. A kind word or gesture goes a long way. You get the chance to study this month its back to the books! Another opportunity comes your way – yes it's a good one but make sure you read the small print! A weekend break away is much enjoyed!!

Scorpio – Oct 24 – Nov 22

March is a busy month for Scorpios. You are running all month but still in control. You will have the opportunity to make new friends along the way; Scorpios are very loyal, especially when it comes to friendship. The support you wished for is here now both spiritually and physically. You have a wicked sense of humor and March sees you laughing a lot!

Sagittarius Nov 23 – Dec 21

If you are feeling a little stressed and irritable this month, then hand over your fears to your angels. There is no point in worrying about the future, look after today and let tomorrow look after itself. Forgiveness is needed, we all make mistakes. The problem will be resolved this month. So relax, get out into nature & allow your creative self return.

Capricorn Dec 22 – Jan 20

March sees you taking a well deserved short break. Know that spiritually you are growing and learning so much now. Spend more time with your romantic partner and if you are single March is a good month to meet a very interesting person that makes your heart beat just that little bit quicker!!!!

Aquarius – Jan 21 – Feb 19

March sees you filled with new ideas and brimming with inspiration. The thing that you were worried about works out very well indeed. You get the opportunity to face your fears by taking the step that you have been putting off for a while. Know that you are being divinely guided and helped. Manifestation is at your fingertips – just go for it!!!

Walmer College & Holistic Centre



I.T.E.C Diploma Courses

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

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

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

I.T.E.C Diet & Nutrition

I.T.E.C Sports Massage

I.T.E.C / AOR Reflexology

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

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

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

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

FULL TIME HOLISTIC MASSAGE COURSE—JUNE

**INTERNATIONALLY
RECOGNISED DIPLOMA
COURSES**

Visit us online for full course schedule

www.walmer.ie

Call for College Prospectus TODAY !!!

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher
Thurs / Fri 27/28 Mar. 10:30am—6pm.
During this workshop you will receive attunements which open you permanently to the universal ray we call Reiki. These enable you to channel Reiki through your hands for yourself and for others. You will learn: The history of Reiki, The basic healing patterns and hand positions, How to give yourself a full Reiki treatment, The functions and importance of the chakras. **Cost : €250 (includes 2 support group meetings 10th and 17th April (7pm—9:30pm))**

Reiki 2 Workshop

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

Reiki 3—The Master

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

Follow Up meetings

Reiki Student Support & Exchange 27th March 08.

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

Integrated Energy Therapy ®Class with Deborah Gorman

Basic and Intermediate combined 3rd & 4th May €350,
Advanced Level May 25th €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

Course Tutor: Mildred Ryan

SEPTEMBER 2008

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.**

Course dates: September 19-21, October 17-19, November 14-16, December 12-14, January 23-25, Full course information can be viewed on website:

www.mildredryan.com

College of Elemental Chi Kung Teacher Training

Chi Kung is an ancient form of exercise that promotes the flow of vital life energy (Chi) throughout the body. Kung translates as work. Chi kung comprises – mobilising the body and joints, breathing techniques, slow movement exercises, static postures, meditation.

With time and practice an easy and effortless quality of movement emerges, improving health and mental clarity.

The College of Elemental Chi Kung offers a progressive approach to Chi Kung that incorporates classic styles and philosophies with modern bodymind and energy concepts.

Our teacher training program allows the student to learn several ways to improve his/her health as well as the health of others. The successful student will be able to teach the methods and techniques, learned at the College of Elemental Chi Kung, in the community. These techniques are beneficial to alternative medicine practitioners (i.e.. shiatsu, craniosacral etc.). The techniques taught are also beneficial to orthodox western medical practitioners (i.e. physiotherapist, mental health practitioners). The techniques taught by the college are safe, simple, and fun; so great for the general public.

Seminar 1: 08-11 May 2008

Seminar 2: 11-14 July 2008

Seminar 3: 11-14 September 2008

Seminar 4: 06-09 November 2008

Seminar 5: 08-11 January 2009

Seminar 6: 12-15 March 2009

Seminars 7-10: To Be confirmed Fees : €4500

www.elementalchikung.com

Diana Cooper School Golden Atlantis Teacher Training Course

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.

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

WORKSHOPS

Silent Meditation Day,

with Mary Rice, Holistic Therapist & IET Instructor

Sunday 30th March 08 10:30am–5pm

Cost: €65

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

Hopi Treatment Workshop with Hopi Concha

With Wiktor Siwek

Sunday 06th April 08 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. This 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, BA Business, MScMP, MLBCAL, iici(assoc)

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

Theme: Style Workshop

Treat yourself to this practical and inspirational talk on Image, Style & Life Tips with Maria Lynch from MJL-'Motivated Joyful Living'.

Everyone has the right and the potential to be stylish.

In this practical, hands on workshop you will learn about the main Style Rules, how to accessorize, how to dress for your Body shape and scale, how to make the most of your face shape and how to dress for your personality and lifestyle. Knowledge is everything in the style stakes: the more you know the less mistakes you make, the less you need to spend and the easier it is to look and feel great. You will also learn how to be a savvy buyer.

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

This workshop will be practical and fun. This is the kind of workshop you do with your best friend :)

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

www.mjli.ie
www.motivatedjoyfulliving.ie

Emotional Freedom Technique

Level 1 19th April

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 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.

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

Healing with the Angels Workshop

with Veronica Hannon

Sunday 20th April 08, 9:30am–5pm **Cost €110**

Ariel Raphael Gabriel Celestina Faith Cassiel Daniel Sarah and Michael. Meet the Healing Angels of the energy field with Veronica Integrated Energy Therapist Instructor, Psychologist, Reiki 11, Healer

A Wonderful Time to Relax, Heal, Expand and meet new friends.

Teach adults or children how to use Angel Energy for Loving Guidance.

Learn how to use an angelic heart link to connect with angels' energy.

Discover the healing gifts that each angel brings you for your highest healing.

Invite the angels to help you in your physical, emotional, mental and spiritual journey. Experience the angel's presence, feel, see or hear more as your relationship with the healing angels grows and deepens.

Receive a copy of "The Healing Angels Workbook" and a Certificate.

Feel excited about your life, feel healthier & happier. Be in heaven here on earth

A deposit of E50 required to secure your place, To Register Tel : 087 4130124 or call Walmer on 01 8329645

Energy Awareness Day,

Saturday 26th April 2008,
9.45 AM - 4.30 PM **Cost €135**

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

joyful life for themselves, or if you are a practitioner or massage therapist, to create a more meaningful practice. The workshop is experiential.

Exercises to raise your Vibrational energy levels.

Learn to feel energy

Food that increases your energy

How colors enhance your energy in different ways and what they mean.

Acupressure points for boosting energy

Learn about auras and how to sense them

Experience meditations and processes to increase your awareness

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

Contact Details for further information:

Aisling Killoran & Ray Manning

Mob: 087 1352122

Tel: 01 2986507

Email: info@accomplishchange.com

<http://www.accomplishchange.com>

Bach Flower Remedy System of Healing

With Carmel Clarke 17th / 18th May 2008

10am – 5:30pm **Cost : €190** INTRO-DUCTORY - LEVEL 1 2-DAY COURSE

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

A Day with the Angels

with Mildred Ryan, Angel & Ascension Teacher of the Diana Cooper School.

Sun 25th May 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.

Natural Facial June 01st 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)

Ear Candling June 02nd 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)

Indigo Children,

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

Investment : Full Workshop €113, Friday only €30

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

or have food intolerances, you more than likely have an Indigo on your hands. 80% of children under 7 are now Indigo.

Early booking is advised

EVENING CLASSES

Healing Angels Class *With*

Deborah Gorman, IET Master. Starting March 18th (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 **22nd April** 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 03rd April 08 **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 22nd April (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 *with Eddy Grant*

Monday 07th April 8pm—9:15pm (8weeks) Cost: €115

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 Monday 07th April 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 . 22nd April 08 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 woman's life. Yoga provides a calm sanctuary where she can experience a peaceful loving union with her baby. Yogas primary gifts of increasing flexibility and decreasing tension are perfectly compatible with the needs of a pregnant woman. In the class you will find postures which open and relax the pelvic area, strengthen muscle tone and release back tension together with deep breathing and meditative focus to enhance your experience of the life growing within you.

MORNING CLASSES

Tai Chi

With Eddy Grant Thursday 27th March 11am - 12:15pm (8weeks) Cost: €115

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

Meditation & Inner Peace

With Eddy Grant Thursday 27th March 1pm - 2pm (8wks) €100

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