

WALMER NEWS

October 07

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Workshops,
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Join us on BEBO www.bebo.com/walmercollege

Angel Awareness Day. A Special Day for healing our Planet, by Mildred Ryan

Angel Awareness Day on Sunday 14th October is a very special day which will be celebrated by lightworkers all over the world. The theme of the day is 'Earth'. Archangel Uriel is the guardian of our amazing planet and on October 14th, thousands of people all around the world will tune into this vibration of light, joining together to help bring healing and peace to the world with the help and love of the Angels.

This is a day of thanksgiving and recognition for what Mother Earth offers us as we are waking up to the fact that we have to look after the planet. With the help of our Angels we are being shown how to move forward – after all, it's the only Earth we've got!

This celebration day is organised by teachers of the Diana Cooper School, and a special Angel Awareness Day Celebration with the Angels is being held in Walmer College led by Mildred Ryan. We will be linking with Diana Cooper and groups world-wide in a powerful meditation. There will also be discussions, exercises and lots of fun and you will learn new skills such as how to assist in healing the Earth using the power of Angelic energy. It is guaranteed to be a memorable day - come and join the fun!

To help spread the goodness of this special day, all of the proceeds (after costs) will be donated to various organisations who help to enhance lives and relieve suffering – Concern, RSPCA, Cats Aid, and Irish Seal Sanctuary.

So do come along and enjoy the day, while you spend time in the company of the Angels and bring Peace, Love, Joy and Vitality into your own life, and spread Love and Light around the planet.

Together we can make a difference.



Led by Mildred Ryan – Master Teacher of the Diana Cooper School. (details in workshop section)

www.mildredryan.com. or
www.angelawarenessday.com

Halloween and Bach Original Flower Remedies for Animals by Carmel Clarke

Bach Original Flower Remedies were discovered by Dr. Edward Bach, a noted homeopath and bacteriologist in the 1930's. There are 38 remedies and they make up a complete system. Anyone can use them and they are natural and safe and do not cause side effects.

Halloween is fast approaching and family pets are often upset by the loud noises, banging and crackling that goes on at this time of the year as animals have emotions just like people. Sometimes they feel anxious or irritable or just plain down in the dumps. Fortunately there are the Bach Original Flower Remedies to help animals cope with their emotional difficulties.

As well as the 38 single remedies Dr. Bach created a special formula called **Rescue Remedy**. It contains 5 Bach Original Flower Remedies:

Star of Bethlehem – Against shock and trauma

Rock Rose – Against terror

Clematis – Against feelings of being all over the place and not settling down

Impatiens – Against agitation

Cherry Plum – Against being out of control

Make sure that **Rescue Remedy** is always ready to hand when you need it for any emergency situation and at Halloween. It will help when there is no time to select an individual remedy for a specific emotional upset. Just 4 drops from the dropper bottle into the drinking water will help the animal with whatever is causing the upset.



"RESCUE REMEDY"

The combination of flower essences produced under the trade name *Rescue Remedy* is widely considered to be the single most important remedy in animal healing. It has been described as "a first-aid kit in a bottle". Often it is all that is needed to rescue your dog from its predicament and restore functioning. It is an invaluable quick-acting remedy for use in emergencies and has saved the lives of many dogs. Many vets use it routinely to calm dogs before examining them, and before and after surgery and many other treatments. It is often the first line approach because shock is a major factor in many conditions. As many as 90% of animal problems are fear related and can be helped by relaxation – Natural Canine, New Haven, Vermont

If an animal is afraid of something specific then the remedy **Mimulus** is recommended for this kind of fear. It will help too if the animal is naturally timid and shy or has a fear of going to the vet. A lot of animal behaviour, which can include aggression, is based on the animal's fear of something specific, which can leave it feeling anxious.

It is worthwhile trying these remedies

if your pet feels distressed at Halloween. It will be peaceful for the animal and all the family.



If you want to know more about the Bach Original Flower Remedies and are interested in becoming a practitioner you will find information about training at the back of this newsletter. For private consultations contact Carmel at 01 867206.

CranioSacral Therapy by Ger Nolan, Advanced 11 CranioSacral Therapist/Facilitator

Advanced CST, or SomatoEmotional Release (SER) is a therapeutic process that expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. Research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces. This is often the result of an accident, injury, or emotional trauma. The dysfunctional area is isolated, creating what is called an "energy cyst". Although a reasonably healthy body can adapt to "energy cysts," extra energy is required to perform normal bodily functions. As time passes, the adaptive pattern of the body loses its effectiveness. Symptoms begin to appear and, over time, become more difficult to suppress. The SomatoEmotional Release process requires extreme sensitivity on the part of the therapist and a good positive attitude and trust from the client/patient. SER is also very effective at helping new born babies, and adults who have had a difficult birth. SER can happen naturally in a session when a client is ready to let go of a deep trauma from the past. please call reception 01 8329645/48

Aura Soma is a self-selective, non-intrusive soul therapy which through the medium of colour helps us to connect with our deepest essence, allowing us to bring our gifts, talents and greatest potential for truth and happiness into the light. It promotes harmony, well-being, joy and bliss in our lives and allows us to remain peaceful, centred and trusting in all that we do"

Too Book an appointment with Maeve Murran or to obtain more details, please call reception 01 8329645/48

What is Holistic Massage

by Laura Hilliard-Brady

Understanding the connection and the fine balance between the mental, physical and emotional states is vital in the practice of Holistic Massage. Any upset to this fine balance quickly leads to disease.

Holistic Massage views sickness in relation to the organism as a whole. We must accept responsibility for our own health. The cause of most illness is to be found within the individual or in his relationship to his environment.

Bodies are made up of billions of cells which hold onto the memory of our physical and emotional lives.

Depending on our understanding of our body language, we can end up manifesting ailments and tensions with our physical body. Through Holistic intuitive massage and the use of music, it is a fabulous way to create a connection between you and your **client** to experience a holistic Journey.

Here at **Walmer College & Holistic Centre** we help our students understand the importance of nurturing and caring for their clients. Massage is the basis of becoming aware of energy, Chakras intuition and developing a passion & focus for what they are doing. The college now running over **twenty** years are constantly raising standards in all sections of our training and will always have excitement in doing so. We look forward to meeting new students and watch their Journey while we support them all the way.

Snoring by Mary Dalglish

Snoring is defined as a coarse sound made by vibrations of the soft palate and other tissue in the mouth, nose & throat (upper airway). It is caused by turbulence inside the airway when inhaling. The turbulence is caused by a partial blockage that may be located anywhere from the tip of the nose to the vocal chords and may occur only during sleep, or may persist all the time and be worse when we are asleep. This is because our muscle tone is reduced during sleep and there may be insufficient muscle tone to prevent the airway tissue vibrating. During waking hours muscle tone keeps the airway in good shape; that's why we don't snore when awake! Snoring can originate from the nose, oropharynx (upper part of the throat) or the base of the tongue. Although snoring cannot be stopped at will, it can be successfully controlled by simple remedies, the ear candle being one of these!

Here are some causes of snoring and by controlling them; you can become quiet at night:

Overeating and/or lack of exercise leads to an increase in fat around the throat that during sleep, squeezes the airway and prevents air from flowing in and out freely. Weight loss combined with a sensible exercise programme will reduce

fat and help to alleviate snoring.

Alcohol and Sleeping Pills. Alcohol travels to all areas of the body and slows the brain's responses, causing the muscles to relax even more than during a normal night's sleep. The added relaxation of the musculature causes the oropharynx to collapse more readily causing further snoring. Sedatives may also have the same affect as alcohol.

Smoking. Cigarette smoke irritates the lining of the nasal cavity and throat causing swelling and catarrh. If the nasal passages become congested it is difficult to breathe through your nose because the airflow is decreased. Even passive smoking can cause inflammation of the nose and throat passages, thus increasing the risk of snoring.

Sleeping Position. While sleeping on your back, your tongue, your chin and any excess fatty tissue under your chin will probably relax back and squash your airway. Sleeping on your side prevents this.

Allergy. Respiratory allergy causes the lining of the nose and throat to swell which prevents correct breathing through the nasal airway and is often worse at night. Causes of respiratory allergy include: dust particles, tobacco smoke, feather pillows & bedding, dung of house dust mite, pet hair,, indoor plants & flowers, perfumes, some household cleaners and paint smells. There are many treatments for allergic symptoms but the best treatment is to avoid the offending allergen.

Mouth Breather. During sleep we are designed to breathe through the nose, but if you are a 'mouth breather' and sleep with your mouth open you will probably snore. When we breathe in through the nose the air passes over the curved part of the soft palate in a gentle flow into the throat without creating unnecessary turbulence. When we breathe in through the mouth however, the air hits the back of the throat 'head on' and can create enormous vibrations in the soft tissue. Nasal stuffiness is a common reason for mouth breathing, because we tend to breathe with our mouths open to compensate for not being able to breathe through our noses. It is essential that you find out what is causing the nasal stuffiness and treat it.

Tongue Base Snorer. If you are a 'tongue base snorer', this means that your tongue is dropping to the back of your throat causing an obstruction. This will prevent you from breathing properly as the tongue blocks the airway, preventing the air from passing into your lungs. In trying to get past the

obstruction the air vibrates the tongue or the throat tissues, causing snoring.

Multifactor Snorer. You may find that your snoring is not confined to a single cause but is multifactor. For example, you may be snoring because you are sleeping with your mouth open. But the reason you breathe with your mouth open may be due to an allergy that is causing nasal stuffiness and preventing you from breathing through your nose. In this situation you will need to address both the nasal stuffiness and the mouth breathing in order to control your snoring.

The loudest snore ever recorded was 69 decibels, almost as loud as a pneumatic drill at 70-90 decibels! Anything that can improve breathing and prevent having to breathe through the mouth with constant vibration of the soft palate can help alleviate snoring. Ear Candling can really help some snorers as it decongests the upper respiratory airway and improves breathing and I have received numerous messages from therapists who have successfully helped clients with snoring problems. Small amounts of herbal vapours of Sage, Chamomile and St. John's Wort which are present in Biosun Hopi ear candles are inhaled during a treatment, giving all the benefits of these herbs. Avoidance of dairy products, which leads to excess mucous that can congest the upper airways is usually recommended to clients with a snoring problem.

You can find out more about the benefits of ear candling for snoring and other problems in the book "Ear Candling in Essence" (by Mary Dalglish & Lesley Hart: published by Hodder Arnold) and if you would like to add this wonderful treatment to your list of therapies, spaces are still available on a one day CThA & CMA approved practitioner level course in Walmer College on Thursday 25th October. For information email: marydalgleish@yahoo.co.uk or tel: 0044 2088749047

In 1992 Walmer Villa, Raheny was changed from a Family Home to Walmer Holistic Centre, promoting personal growth and development through the holistic approach to living. Its path to healing had begun. In 1999 St. Francis Hospice welcomed the opportunity to purchase Walmer Villa but it was not restored until now.

Official Opening of WALMER VILLA Out Patients Services by An Taoiseach Bertie Ahern T.D. took place on Monday 01st October

Laura, Rita and Joyce were delighted to attend this Special Occasion.

I Ching Affirmations by Ray Manning

I Ching or Book of Changes is one of the oldest philosophical books written and its wisdom has provided advice and direction for over 3000 years and still is the bases of Chinese medicine today.

In Chinese philosophy, it is believed that a strong life force, called 'Qi' or 'Chi' flows around and within every object. It is generated by the interaction between two opposing forces of nature. These are known as 'Yin' feminine, and 'Yang' masculine energy. Both forms of energy are necessary for life as we know it to survive; neither is better than the other. The flow of nature and life is down to the constant balancing of yin and yang energy.

In I Ching the Yin is symbolized by a short, broken line representing a hidden potential energy, earth and the Yang a short solid unbroken line a forceful energy, heaven.

There are three lines in total for each I Ching and eight in total, forming all possible combinations and each of these are associated with different natural forces and Charkas as well as other physical, psychological, natural and social meaning.

Each Charka can be cleaned, balance and brought into harmony by looking at the following I Ching and reading each of the affirmations out loud.

1st / Base / Root Chakra Affirmations

I am Secure and Safe in who I am.
I am Comfortable in and with my Heritage.
I am Grounded and Rooted in my Being.

2nd / Sacral Chakra Affirmations

I am Comfortable with Who I am Sexually.
I am Fruitful and Reproduce with Ease.
Open myself to Others Naturally and Honestly

3rd / Solar Plexus Chakra Affirmations

I accept myself completely on all levels.
My personal power is growing stronger every day.
I am full of radiant light and energy.

4th / Heart Chakra Affirmations

I am Love. I accept Love from others.
I give of myself freely. I am connected to myself.
I put my heart into everything I do.

5th / Throat Chakra Affirmations

I have the Right to be Heard. What I say has Value.
I Speak the Truth with Comfort and Ease.
I can Express myself Freely. I am Secure with what I Say.

6th / 3rd Eye / Brow Chakra Affirmations

I am Focused. I am perfectly Attuned to my Vision.
I am at Ease in the Now and move forward with Clarity.
I Comprehend what is Happening. I am Alert.

7th / Crown Chakra Affirmations

I am Enlightened. I am Open to all Knowledge.
I am in total harmony physically, mentally & spiritually.
I am Living my Divine Purpose. I Enlighten Others.

8th / Book of Self Chakra Affirmations

I Place my Trust in where my Destiny takes me.
I allow all Transformation and Growth to Take Place.
I allow all Universal Energies to flow Freely through me.

Aisling & Ray of Accomplish Change Clinic are offering courses in Energy Psychology in the upcoming months: Emotional Freedom Technique EFT Level 1 (October 20th 2007) and Tapas Acupressure Technique TAT (October 13th, 2007). Are both available to you at Walmer Holistic College.

For further information on the classes or about their practice, contact Aisling or Ray on 01- 2986507

www.accomplishchange.com

The Beauty and Magic of the Colour Yellow and Yellow Crystals

by Michelle Burke Delaney



Yellow is a beautiful warm colour, just think of the sun beaming down a summers day. Immediately you feel energised. It is the most common colour of the visible spectrum. In addition to the Sun, the electric light emitted by bulbs means that we are constantly surrounded by yellow light.

Spring is symbolised by Yellow. The daffodils and crocuses give us a gentle reminder that warm weather is on the way. Sunshine when used carefully can be of great benefit to the skin and where all sorts of yellow problems erupt:- Nervous, tension, self esteem and toxicity. Vitamin D that we get from the Sun is vital to the whole body. The light of the sun is totally uplifting to the Body, Mind and Spirit. Its no wonder then that with the absence of natural sun light, Yellow is an essential colour to absorb if you are suffering from Seasonal Affective Disorder. (SAD) This disorder is now clinically recognised and treatable with boxes that radiate natural light.

Those with a natural positive Yellow personality are optimistic, cheerful, confident and uplifting. Oh don't we really need these people in our lives on dark rainy days.

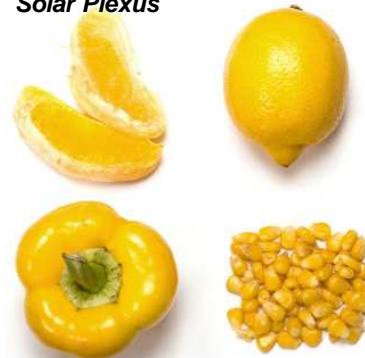
Yellow is the Colour of Intellect, giving clarity and clear focused thinking and reasoning. It is therefore an great aid while Studying. It brings relief to arthritis, aids exhaustion and cleanses and flushes out the body. It can be used for constipation, water retention and helps flush calcium deposits from the body.



Yellow resonates to the energy of the the Stomach—**Solar Plexus Chakra**. The organs related to this Chakra are the Stomach, Pancreas, Liver and Gall bladder. Chinese medicine has referred to the Solar Plexus as the 'great warmer' because heat is generated here during digestion.

When this Chakra is balanced, the person will appear confident, cheerful outgoing and articulate. This centre also helps to energise the nervous system. It is a combination of these nerve and stomach energies that cause us to have the familiar 'butterflies in the tummy'.

The Stones of Citrine, Yellow Jasper Topaz and Yellow calcite are all used to help Balance, Detox, Energise and strengthen the Solar Plexus



Cleansing and Detoxing - Healthy Yellow foods are good for balancing the Solar Plexus as well as cleansing the mind and purifying the body.

Grapefruit and Lemon, consumed as juice or used in essential oils are particularly good cleansing agents.

Bring more yellow into your life by using Lemon extracts for bathing, aromatherapy and juice drinks.

If you are interested in Colour and Crystals, Michelle is running a 6 week course starting 5th November. This will be an interesting 6 weeks of fun and exploration. All are welcome.

Full details can be found in the evening classes section.

To book your place, please call Walmer at 8329645 / 8329648



Your Planetary Pathway

by Shirley Johnson

- OCTOBER -

For the ancient Celts, October was the last month of the year, the time for slaughtering and salting livestock, for preserving foods and for making all kinds of preparations to carry the people through the long dark days till spring came to awaken the earth once more. Sunset on 31st October, for the Celts, marked the death of the old year. Dawn on 1st November, the ancient fire festival of Samhain, marked the birth of the new. And the time in between? That is when the door between this world and the next remains open, when we can pass from one to the other with ease and meet those souls who have gone on before us. And it was not only the Celts who considered this day to have a connection with death and rebirth – the ancient Egyptians and the pre-Spanish Mexicans also held it sacred. It's a good time for reflection and meditation, for looking back on what we have achieved and planning what is to come. These days, we know it as Hal- lowe'en.



Until the 22nd, the Sun is in Libra and it's a time for pleasant dalliance, for seeing friends and going out, for thinking about rebalancing your life between what you want to do and what you need to do. You can handle any legal matters now, too.

After that, with the Sun in Scorpio, get busy clearing your home of junk and your mind of unrewarding attitudes. Detox your body and prune your wardrobe. Recycle like mad.

The New Moon in Libra on the 11th begins many new relationships and gives a happy new start to established partnerships. It's a time for both making peace and making love, a time for acquiring beautiful new possessions, starting new jobs and making new financial arrangements with others.

The Full Moon in Taurus on the 26th helps conclude many property and financial deals, assists in completing building or earth-moving projects and is a good time for parties or slap-up dinners. Some partnerships will be dissolved now, or monetary arrangements made between parties.

With Mercury in Scorpio, do some research and book for a workshop which will take you further along the spiritual or holistic path. Be aware however, that Mercury goes retrograde on the 12th and for the rest of the month there'll be missed or mixed-up appointments, confused communications and problems with transport. When Mercury returns to Libra on the 24th, it's a chance to do things over again and make peace with anyone who has become agitated about the whole communications chaos. Relax a little, chat to friends, re-read favourite books, see an old movie.

For the first eight days of October, Venus in Leo promotes romance, fun and a great social life. After that, with Venus migrating into Virgo, you'll have to get down to work and spend more time alone. Just don't get too fixated on silly details.

Meanwhile, Jupiter in Sagittarius is still promoting plenty of travel for everyone, maximum contact with people abroad and studies which will broaden your mind.

Saturn, newly arrived in Virgo and set to stay there for two and a half years, is insisting you get down to brass tacks. You want to write a book, move to the country, become a vegetarian, open a home for orphan kittens? During this period, you'll actually do it. You won't be able to fight your conscience any longer.

Uranus is still lodged in Pisces, giving seven years of inspiration, pushing many into opening up spiritual dimensions of which you never would have dreamed. But sometimes it's a fine line between getting to know yourself and following false trails. This month, you can take a little break from these exertions. Pursuing freedom or independence is not possible right now and may come at too high a cost, so relax.

Neptune is still floating through Aquarius, giving the opposite side of the same coin. You've been hearing amazing ideas in recent years and having incredible thoughts and experiences. But this month it's time to pause and sift through it all, separating the dross from the gold.

Pluto is drawing near the end of Sagittarius, after giving many years of disruption to different countries at different times, causing a flow of people from one place to another, which can only serve to give us, eventually, greater tolerance. There has been an immense outpouring of information and learning, forcing us to rethink many issues. On a personal level, many of us, particularly Sagittarians and Gemini-ans, have experienced difficult partings and learned to cope with that. Early next year, Pluto will be leaving Sagittarius at last and moving on into Capricorn.



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 at astroquest@hotmail.com.

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

news@walmer.ie

Thank You.

HAPPY HALLOWEEN!



October is all about intentions. Set a goal and intend to achieve it. Be realistic and allow others to help, for without a target or goal to reach, life is certainly not as interesting. October is a busy month but it is nothing that you can't manage. Make sure you look after your creative side. Laughter is so important, find the humorous – twist side this month and laugh easily. It's a wonderful gift so pass it around. Remember there is no such thing as coincidence; watch out for those signs and messages in this bewitching month!

Libra – Sept 24 – Oct 23

Happy Birthday Libra! It is time for a fresh start or detox. Begin from the inside out, look for organic fresh food and produce. Don't ignore your inner child or children in your life. Take time to go out and play and allow your fun side to emerge. October sees your happier and more content, financially better off and really starting to look out for the most important person – you!!

Scorpio – Oct 24 – Nov 22

October is a month for reflection, meditation and deep thinking which is nothing new for Scorpios. Advice that is given by an older male may not be right for you, stand back and trust your intuition. Have a conversation with your guides and angels. Ask a question and listen in a relaxed way for the answer, for it will come. Enjoy your quiet time for not only do you need it but you also deserve it so take it easy and learn to relax!

Sagittarius Nov 23 – Dec 21

It's all go go go for busy Sagittarius this month. Your finances are on the increase. Abundance is here for you now but remember all work and no play..... It is important to include regular doses of fun this month. Make time in your schedule and allow your playful side to manifest. A trip in the countryside will do you the world of good, so go out and have some fun!!

Capricorn Dec 22 – Jan 20

October is all about inner power and commitment for Capricorns. It is safe for you to be powerful so pay attention to your thoughts and follow through on any ideas you have. Do not doubt yourself. October sees you making a long term commitment that involves another or others. It is a time of great learning and teaching. Remember you are being guided this month to take heed and listen.

Aquarius – Jan 21 – Feb 19

October sees Aquarians becoming more environmentally aware. This can include recycling, educating others and switching to environmentally friendly products. You may find yourself drawn back to the past with feelings of sadness and regret, if so please try to stop as you are preventing the great abundance which is here for you now coming through. This can be a very lucky month for Aquarius so keep in the here and now and don't miss out!

Pisces – Feb 20 – Mar 20

Pisceans are going through a lot of spiritual growth this month with many different emotions. Trust that you are being looked after and that all is well. I see new starts for Pieces, overcoming difficulties, having great strength and commitment. It is now time to invest in yourself and your beauty. When was the last time you had a facial or massage or pedicure or even a new hair style? If you have to think about this, then it has been too long. So start looking after your self now!

Aries – Mar 21 – Apr 20

October brings new starts and opportunities for fiery Aries. Have you been thinking about moving? If so October brings you lots of chances and changes. This is an exciting month that sees results after all your hard work. You are surrounded by abundance and support right now so be brave and take the first step knowing that you are supported and that all will be well.

Taurus – Apr 21 – May 21

October is all about trusting and letting go. If something is not working out for you, then let it go. If it is meant for you it will come back if not, it was never yours in the first place! A new you is emerging, this is a very interesting time now. Great love and passion is yours for the taking. You find you are now strong enough to take on the impossible and be successful!!

Gemini – May 22 – June 22

October sees you enjoying a newly learned skill. You are being divinely guided now so trust your instincts. It is important this month to take some quiet time out, take yourself away from your normal everyday life. Turn off the phone and spend some time alone, whether it is at a spa, a retreat centre or on a long walk in nature, you will come back refreshed, rejuvenated and rejoyceful!

Cancer – June 23 – Jul 23

This month finds that all those born under the star sign of Cancer need to be kind to themselves and others around them. The smallest acts can have profound affects and can mean the world of difference to another. October brings financial gain and the opportunity for a little time out, a short break or weekend away will see you become more relaxed and focused.

Leo – Jul 24 – Aug 23

It's back to the books for Leos this month. Make time for study or plans for the future. Further information is required before making that important decision. Remember the law of attraction - take time out to make a wish this month and watch it manifest. Do not be too hard on yourself as it is time to forgive even if you can't forget!

Virgo – Aug 24 – Sept 23

Virgos may seem a little confused or stuck this month. If you really cant make up your mind or don't know what to do about a certain situation then play sing or listen to music. You will be amazed at the results. Family matters and siblings demand attention, try to see the best of the situation and don't allow yourself be dragged into or become too involved in something that has nothing to do with you!!

Walmer College & Holistic Centre



I.T.E.C Diploma Courses—Now enrolling !!!!!

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

I.T.E.C Indian Head Massage

I.T.E.C Aromatherapy

I.T.E.C Diet & Nutrition

I.T.E.C Sports Massage

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WEEK FOR TEENAGERS**

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

Visit us online for full course schedule

www.walmer.ie

Call for College Prospectus TODAY !!!

OTHER DIPLOMA COURSES

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher
Thurs / Friday Oct 18th & 19th 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 Oct 26th and Nov 02nd, 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, Friday 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 Evening Monday 08th

October 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 17th & 18th November €350, Advanced Level €200.00, 15th December**

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

Diana Cooper School of Angels & Ascension

Course Tutor:

Mildred Ryan

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

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

NEXT COURSE 19th OCTOBER 2007

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

Touch for Health Kinesiology—October 07

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

Contact Jackie Lysaght 086 823 7714
www.harmonyholistics.com

Systematic Kinesiology

Beginners course
Course Tutor: Elma Murphy

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

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

WORKSHOPS

Introduction to Massage

With Laura Hilliard-Brady Next Date TBC
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 weekend as well as receive a massage. This course is suitable for those who have an interest in the therapies or considering a diploma course. A pampering day without a doubt. (Please bring 2 large bath towels with you) €40 Deposit required to secure your place

Bach Flower Remedy System of Healing

With Carmel Clarke 6th & 7th October 10am - 5:30pm Cost : €190 **INTRODUCTORY -**

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

Exploring Energy Flow and Universal Laws

1 day workshop

with Carmel Robb

Topics will include:

The Law of Cause and effect
The Law of Rhythm (Divine Timing)
The Law of Grace
The Law of Karma

The Vibrational Essence of NOW

During this workshop participants will experience where their energy may not be in flow. Using simple techniques and affirmations coming from a place of deep understanding of themselves they can initiate personal healing in their life. When a person clearly sees and understands their own energy position..... they have a choice..... they may then wish to take action which will result in change and growth. Life is to be enjoyed and experienced for the Higher Good. This is possible for everyone and having a basic understanding of universal law can greatly help this process.

Dates: Sunday 7th October 2007 10am - 5pm **Course Fee:** €100

To Book Contact Walmer on 01 8329645 / 01 8329648 or email: consciousness@carmelrobb.com

Golden Atlantis

Weekend

With Mildred Ryan, Angel, Ascension and Golden Atlantis Teacher of the Diana Cooper School (6/7 October) 11.00 am – 5.30 pm Saturday, 10.00 am – 4.45 pm Sunday **Cost: €170**

Over this weekend you will:

Learn about Golden Atlantis, a time when the spiritual frequency was the highest it has ever been on the planet. Understand the new higher energies of 2012 and the opportunities and benefits which are available to us NOW. Prepare for this transition, creating Heaven on Earth, as you explore the keys and tools for raising your frequency and building your light body so as to move into the higher frequency of the 5th dimension. Learn to activate the transpersonal 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. Connect with the healing gifts of the Angels of Atlantis, exploring healing with Crystals, Colour and Sound. Reclaim sacred wisdom, power and knowledge from the time of Golden Atlantis. Help bring balance and

harmony to our beautiful planet Earth. This course is for those who already have a solid spiritual foundation.

A more advanced 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

Further information from Mildred, email mildred@mildredryan.com or visit website www.mildredryan.com

Onsite Seated Massage

With Mary Tobin & Michelle Burke Sun 07th October 10:30am – 5pm **Cost: €90**

One Day workshop for Qualified Therapists. Learn how to massage clients through clothing without the use of oils and create the opportunity to take your massage out of the Treatment Room and to the Client. Add this Therapy to your existing portfolio as well as create a Holistic Atmosphere in a non Holistic Environment. The Massage is carried out with the client seated and leaning forward into face cradles (desk toppers) which can be attached to plinths or tables and can be adjusted for each client. You can create many opportunities for your business by adding this treatment to your existing portfolio and taking your massage out of the therapy room and into the Office / Workplace, Exhibitions and Seminars, Corporate Events, Shopping Centres, Hospitals and Nursing Homes. Students will be shown and will practice massage strokes on back, neck, shoulders, face and scalp and using deep tissue, acupressure points, stretching and vibrational movements. The movements can be modified to allow a flexible length of treatment.

Tapas Acupressure Technique(TAT)

With Aisling Killoran and Ray Manning . Saturday 13th October 07 **Cost: €135.** Registration 9.30am- Start 10.00am sharp! -4.30pm

Come join us for a day of self healing ! TAT quickly empowers you with the means to help your family, your friends, your Clients and yourself, to: heal trauma, and Post Traumatic Stress, overcome loss and problematic relationships, release fears and anxieties, remove phobias, relieve and remove physical pain, relieve and remove emotional pain, reduce genetic and inherited weaknesses, relieve allergic reactions and dissolve deeply-held negative beliefs.TAT (Tapas Acupressure Technique) is a simple, easy to learn, powerful, self-help,

healing technique that gives you the power to instantly transform your health, your well-being and your life!

It based on Traditional Chinese Medicine and uses a set of points on the head where many acupuncture meridians merge and enter the brain. Contact on these points opens up a flow of energy that allows the brain to rapidly process and release “stuck” information, thought patterns and beliefs. You will leave this one day TAT Workshop with the experience and understanding which will empower you to easily end traumatic stress, negative beliefs, allergic reactions and the emotional roots of physical illness.

info@accomplishchange.com visit www.accomplishchange.com

ANGEL AWARENESS DAY - with

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

Sunday 14th October, 10.45 a.m. - 5.00 p.m. **Cost: €75**

To help spread the goodness of this special day, all of the proceeds (after costs) will be donated to various organisations who help to enhance lives and relieve suffering - Concern, RSPCA, Cats Aid, and Irish Seal Sanctuary.

This is a special Celebration day where light-workers all over the world will join together to help bring healing and peace to the world with the help and love of the Angels. We will be joining with thousands of people worldwide as together we spread Love and Healing to our beautiful planet Earth, and bring Peace, Love, Joy and Vitality into our own lives.

www.mildredryan.com

Natural Facial October 20th **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)

WORKSHOPS

The Natural Therapist with

Terry Kenny & Patrick Hickey

Sunday 21st October 07 10am–5pm
COST:€60

The workshop is designed to move out of the classroom and into your practise.

A discussion forum on the true meaning of holism, compassion and empathy.

The use of natural therapies in your own self care and a clear understanding of the energy that we engage with on a daily basis.

This workshop will also be suitable for those who are thinking about becoming a therapist.

Emotional Freedom

Technique Level 1–1 Day workshop

Cost €135 Registration Saturday 20th October 9.30am Course 10.00am sharp – 4.30pm EFT (Emotional Freedom Technique) is a simple, easy to learn, powerful, self-help, healing technique that gives you the power to instantly transform your health, your well-being and your life!

It quickly empowers you with the means to help your family, your friends, your Clients and yourself, to: Heal trauma, and Post Traumatic Stress, Overcome loss and problematic relationships, Release fears and anxieties, Remove phobias, Relieve and remove physical pain, Relieve and remove emotional pain, Reduce genetic and inherited weaknesses, Relieve allergic reactions & dissolve deeply held negative beliefs.

This powerful Energy Psychology healing technique is based on a form of "psychological acupuncture" - except that we don't use needles. By tapping on a set of points around the body, these points open up a flow of energy that allows the brain to rapidly process and release "stuck" information, thought patterns and beliefs. This tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing circumstance. Once balanced, the upset is usually resolved - the memory stays but the emotional charge is gone. Typically the result is lasting and is also accompanied by positive changes in thinking.

www.accomplishchange.com

Ear Candling October 25th 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)

Lifeskills Consultancy Training Programme

With Paula Hynes & Jacqueline Rynn : Fri 26th – Mon 29th October 07

A four day continuing professional development course created for Complementary Therapists, Professional Therapists and Health Professionals accredited by IACT, FHTI, FHT UK, IGPP and CthA). The Lifeskills Consultancy training programme provides personal development training for the therapist as well as teaching invaluable tools and techniques which will add to the existing services, skills and knowledge of those working in the field of natural therapies combining the power of the mind, the body and the soul by furthering the therapists' knowledge of : How to use natural lifeskills to help improve health and overall well being. How to naturally reduce and manage stress using the tools and techniques from 'The Lifeskills Toolbox'

To Book please call Paula Tel: 086- 278 6667 or Jackie Tel: 087- 918 5676

Link directly into the Lifeskills training page on our website

www.naturaltherapytraining.com

Facial Rejuvenation 4-day

Diploma Course October 26th-29th inclusive 10am – 6pm Cost: €600

Also called Natural Face Lift Massage, this treatment which is based on ancient Indian techniques is truly 'holistic'. It is performed without oils or creams and is a combination of massage, energy balancing and facial exercises. The aim of the course is to provide a comprehensive grounding in the theory and practice of Natural Face Lift Massage. In order to qualify, students will need to do case studies and home study before taking a written and practical examination (date to be confirmed). Once qualified, students will obtain a Diploma from the London Centre of Indian Champissage International, which is affiliated with the

CMA and recognised by the major insurance companies. For an application form & further details contact: Mary Dagleish on 0044 20 88749047

(www.head2toemassage.co.uk)

Food, Mood and Emotion

With Catherine MacBride. Sunday 04th November 2007 **Cost €85**. Many people spend their lives looking for that 'Something ' to make them happy_ the perfect house, partner or job; whatever they feel is missing from their life. But what if you already have that 'Perfect Life'_ and just don't know it? Our ability to be happy, positive and content depends on our mental outlook which in turn is dependent on the food we eat. This workshop looks at the way food affects our moods and emotions, both positively and negatively and gives simple dietary and practical solutions to make us healthier and happier

Wisdom Writing

Workshops with Alison Barker, Affiliate of Amherst Writers & Artists (AWA), USA Sunday 18th Nov 10.30am–5pm **Cost €75** Through a series of writing exercises, Alison will offer you the opportunity to explore your creativity and find your own unique voice in a safe and encouraging environment. If you have often thought "I have a story to tell" – this is your opportunity. The Amherst Writers & Artists method affirms that , Everyone has a strong unique voice, Everyone is born with creative genius, Writing as an art form belongs to people regardless of economic class or education, The teaching of craft can be done without damage to a writer's original voice or artistic self-esteem. A writer is someone who writes. Suitable for those who are experienced writers or those who are writing creatively for the first time. For further information, please contact Alison at 087 9607180 or email alison-barker@iolfree.ie.

www.amherstwriters.com

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

You' Tues 30th Oct–Fri 02nd Nov During this week, you will explore Holistic Massage, Aromatherapy, Skin Analysis and Skin Care, Diet & Nutrition, Meditation, Numerology, Crystals and much more. Special Student price **€150 per student**

EVENING CLASSES

Reclaiming your Inner

Light with Rita Kelly 18th October

(7.30pm-9.00pm) 6 weeks **Cost €140**

This course provides valuable tools and directions for self-knowledge and self-healing. Course will include:- Reclaiming Body Mind and Spirit through the Chakra system, Introduction to Meditation, Recognise our repeating patterns and learning techniques to take back your own power, Trusting Intuition, Boundaries, Grounding Exercises, Awakening your inner power, Practical work on body energies. There will be an opportunity in this course to attune more to healing energies and to discuss, share and explore with others in a safe and gentle atmosphere.

Healing Angels Class

With Deborah Gorman, IET Master. Starting 02nd October (Tuesday Evenings) 7pm – 9pm for 5 weeks **Cost : €95** 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 Starts 22nd Oct **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

Raise your Vibration with Colour & Crystals

With Michelle Burke Delaney, 6 week course **Monday Evenings 05th November** 7:30 – 9pm **Cost: €120** (Cost includes free chakra set).

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

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

Join us on a this six week course where you will be introduced to the wonderful world of colour and crystals and explore the following:- Auric Colours and Chakras, Colour Visualisations and Breathing, Healing qualities, Fragrance, Music and Colour, Colour Psychology – What colour are you?, Why we are attracted to certain people and 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

Yoga Evening Class

Hatha & Raga with Tara Ivory – Russell Starts 20th Nov (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 Chi Kung With Eddy Grant Mon 8pm–9:15pm Next date to be confirmed (8weeks) **Cost: €90**

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. Morning & Lunchtime Class also available (see 'Morning Classes')

Meditation

With Eddy Grant Mon 7pm–8pm Next Date to be confirmed (8wks) **€90** 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. Morning class also available

MORNING CLASSES

Revitalise your week

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

Baby Massage—Learn how to massage your baby

with Victoria Monkhouse, Certified Infant Massage Instructor

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

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