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Walmer



Newsletter

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Learn a little, Live a lot

During last weeks few days of sunshine, I decided to bring my 3 year old daughter to the park to play ball. As I struggled to free her from the constraints of her seat belt, I could see she was so excited. As soon as her bum left the seat, she was off. Running into the centre of the park as fast as her little legs could carry her. Ball in hand, she began to throw it in the air and then kick it, shouting to me as she went 'C'mon its great fun'. She was so care-free and happy. Then out of the blue she fell over the ball, yelled her head off for 30 seconds and went right on doing what she was doing before the fall. The ball rolled on and she followed, kicking, throwing, and bouncing. Her strategy was that she had no strategy. She just loved the freedom, the sunshine, and the fresh air.

I looked at her and I had one of those moments when time nearly stands still so you can drink in the experience. She was so happy. Happy to the core. Isn't this what we all strive for in life? Sure, we want the nice house, comfy car, health and wealth but ultimately what we want and what we think these items will give us is Happiness. And yet here it was, every inch of happiness, with none of the struggle. Happiness in this very moment. Right Now. Maybe happiness is a choice, a choice we make now. Not a month from now and not depending on what is going on around us. Its right now. Do I want to be happy? Yes! So maybe I will stop looking to the outside reality and change things on the inside. And if



this is true, I will remind myself that it is this moment where happiness exists. The point of power is right now. That's not to say that I can't still want the nice house, car, health & wealth. I can still set my goals in life but how better it would be to set them from a place of Happiness and Peace.

Maybe life is not all about strategies. Maybe it's about chasing the ball to see where it leads us. Yelling when we fall, getting back up and moving on, all the time enjoying the sunshine, fresh air and freedom. In my book, it's worth a try.

Over the next few days, I wondered what else I could learn from this wise little soul. So here it is ... Its way more fun to colour outside the lines. There is no good reason why clothes or socks have to match. If the horse you're drawing looks more like a dolphin, make it a dolphin. Just keep banging until somebody opens the door. Ask for help as many times as you need. Ask 'why' until you understand. Make up the rules as you go along. Hang on tight. And be Happy! C'mon its great fun!

Michelle Burke Delaney

Beauty
In Pink
April 23 2007
In aid of
The Marie Keating Foundation

Facials, Neck & Shoulder Massage, Manicures & Pedicures. You choose your treatment.

Help Walmer support the Beauty in Pink Day on April 23rd

10am-3pm.

Your treatment cost will be donated to the Marie Keating Foundation

Be part of the beauty industries Drive for Cancer information.

Bach *Original Flower Remedies* can help when sitting examinations by Carmel Clarke BFRP

Many students are now preparing for examinations. It can be a time of great stress and emotional pressure. The Bach Flower Remedies can help.

The Bach Flower Remedies are 38 homeopathically prepared plant and flower based remedies. Each one specially made for a different feeling. They are simple mixtures of water, flowers, leaves and twigs that work to heal emotional problems and to restore mental harmony and peace.

The Bach Flower Remedies work by stimulating the body's own capacity to heal itself, allowing the body's own healing energy to flow better. The remedies are unique, simple to use and suitable for all the family, animals and plants. They help to manage the emotional demands of everyday life.

The Bach System of Healing was discovered by Dr. Edward Bach in the 1930's. He was a medical doctor who was very aware of how the emotional condition of a person impacted on the physical body. He discovered this system of healing through his intuition and understanding of the person. He was drawn to find the remedies in the countryside.

The Bach Flower Remedies that have been identified to support different emotions that can arise when preparing to take examinations are:

Larch is the remedy for people who feel that they are bound to fail. They lack confidence in their ability to succeed. Larch will help them feel positive and to know that they can do it



Mimulus is the remedy for all known fears. Mimulus will support the person to have courage to overcome the fear of being anxious about sitting the examinations

White Chestnut is the remedy for worrying thoughts that can stop concentration. This remedy will get these thoughts under control and help the person to focus on what they are doing



Elm is the remedy that will help if there is a feeling of being overwhelmed with the examinations that are to be undertaken. It will give support

the person to take it in their stride

Gentian is the remedy that will help if there is a feeling of being discouraged



Clematis is the remedy



is for people whose minds drift away from the present into a day dreaming state. The remedy helps to bring these people back to earth and back to

themselves so that they can build castles in life instead of in the air

Put 2 drops of each of these remedies or 1 or 2 of the remedies if you feel you do not need all of them in a 30ml dropper bottle filled with spring water. Take 4 drops by 4 times per day to bring a sense of calmness and to feel secure in one's self when sitting examinations. Up to 7 remedies can be taken at 1 time. A 30ml bottle will cover a 3 week period.

The Bach *Original Flower Remedies* will not interfere with any medication, they are non-addictive, simple to take and do not have any side affects.

For information on courses on the Bach *Original Flower Remedies* see Workshop Section in Newsletter

Essential Oil File

CEDARWOOD

This clean smelling, composing balsamic oil does not only helps calm and balance energy, but also promotes spirituality, while helping to clear the respiratory system of excess phlegm and catarrh. It sorts out urinary tract infections, as well as bladder and kidney disorders. When applied in a blend to the skin, it calms itching, bites, chicken pox and also improves oily skin and dandruff.

On very sensitive skins, it can be a very astringent so air on the side of caution



here.

It is quite stimulating to the circulatory system, therefore helping with arthritis and rheumatism. Around the nervous system, this oils is extremely calming to chronic states of anxiety.

Do not use during pregnancy or around very sensitive skin. Never use anything but small amounts of essential oils. Please consult a health professional if you are nursing or have any medical condition that would suggest caution with Essential oils.

DIET & NUTRITION

by Catherine MacBride

Are you sitting comfortably?

Then let me begin, because believe it or not it could make all the difference!

Constipation is one of the most common disorders in the western world but one of a few things that still doesn't make for polite dinner conversation (at least in most circles!). It's not fussy about who it affects either, starting with the very young all the way up to old age.

Constipation can be hard to define but is generally accepted to be a reduction in the normal frequency of bowel movements a person has, with stools that are hard, dry, small in size, and difficult to pass.

Thankfully there are lots you can do to prevent and treat constipation.

Firstly make sure you are drinking at least 6-8 glasses of water a day. Keeping hydrated is very important in preventing and treating constipation. One of the main functions of the large intestine is to reabsorb water, turning waste from a liquid into a semi-solid. When dehydrated the body tries its best to get water from wherever possible. This includes dehydrating the contents of the bowel until stools are small and hard. If you don't like the idea of your body using water extracted from your poo drink more water, (caffeinated drinks, such as tea and coffee, and alcohol don't hydrate but actually act as diuretics making you pee more).

Stress tightens the bowel muscles and will definitely make constipation worse. It is important that you try to lower your stress levels; any of the lovely therapies offered in **Walmer** can work wonders!

Make sure your diet is high in fibre. Fibre acts like a sponge absorbing water, producing large stools that move easily through the large intestine. Choose soluble forms of fibre found in porridge, oatcakes and fruit and vegetables, as these will soften the faeces making it easier to pass. Eating large amounts of fibre, particularly bran based fibre, is only fooling yourself. Without drinking water, you will be left trying to pass bran based poo, and that really doesn't bear thinking about.....

The mineral magnesium is needed to control smooth muscle contractions, preventing constipation. Good food sources include pumpkin seeds, plain popcorn, mixed nuts (unroasted), rye crisp breads, peanut butter and sunflower

seeds. Include at least one good magnesium food source daily.

Another important point is NOT to ignore the signals when you do need a bowel movement. Don't be embarrassed to use the toilets in work or public toilets. Stopping yourself from going can make the symptoms of constipation worse. Does it really matter if someone *possibly* hears something?

Massage your stomach in a clockwise direction, start on the right and work in a circular motion, massaging at least twice daily. This can be enough to get things moving.

Practice some deep breathing exercises this will massage the digestive system and help prevent constipation.

Exercise is fantastic at getting things moving. My lovely Mother always sings the praises of exercise as a cure to almost everything (particularly jumping jacks for some strange reason) and when it comes to constipation she's definitely right. Get moving to get things moving!

Give yourself a set time each day to use the toilet, choose a time when you won't be disturbed. Sit on the loo even if you don't feel the need to go. This will retrain your bowels although it may take two to three weeks to work. It's important not to strain!

And finally change your position on the toilet, sitting comfortably is very, very important! Don't sit forward, sit back and raise your feet above the level of your bottom. You will probably need to invest in a small stool (no pun intended) in order to do this. This relaxes the abdominal muscles allowing the contents of the bowel to pass without obstruction. This can be a huge factor in children's constipation; sitting on the toilet with little legs dangling will get them absolutely nowhere.

If your constipation continues for more than a few days or contains blood or mucus please visit your GP.

Catherine MacBride teaches the ITEC Diploma in Diet and Nutrition for Complementary Therapists and also runs regular workshops in Walmer College. She runs a busy home practise, based in Dublin 24, where she offers a number of complementary therapies.

For more information visit www.catherinemacbride.com



Walmer Team would like to wish our Readers a very Happy Easter.

We hope you enjoy the Bank Holiday Weekend.



Create Love, Joy and Peace with the Help of the Angels

by Mildred Ryan

This is a wonderful exercise which will help you open up to lots of Love, Joy and Peace. It will also clear your energies, be uplifting, and will have an enormous influence on people around you.

We all know the phrase – ‘what goes around, comes around’, or ‘what you give out, comes back to you a thousand fold’. So enjoy the exercise !

ANGEL GOLDEN CLOAK

Ask the Angels to surround you with the Colour Gold and Walk as the Angel of Light that you are.

Gold is a colour with a very high vibration – the colour the Angels vibrate with.

It holds the qualities of Wisdom, Love, Peace, and giving of oneself for the Highest Good.

Surrounding yourself with Gold will raise your own vibrations to hold these qualities.

Ask the Angels to give you **Golden Hands** –

so that everything you TOUCH today will be for the Highest Good

Ask the Angels to give you **Golden Eyes** –

so that everything you SEE today will be for the Highest Good

Ask the Angels to give you **Golden Ears** –

so that everything you HEAR today will be for the Highest Good

Ask the Angels to give you a **Golden Mouth** –

so that everything you SAY today will be for the Highest Good

And ask the Angels to **surround you in a Golden Cloak** –

so that EVERYTHING YOU ARE today will be for the Highest Good

You can share this energy with everyone you meet.

Look with kindness on every plant, animal, and person you meet today,

and talk kindly to everyone.

Notice how you feel, how other people react to you, and how different things look.

There will be a wonderful ripple effect around you - everyone and everything you come into contact with will be uplifted – and they in turn will uplift everyone around them.

Allow Love, Peace and Joy flow in your life.

Mildred runs one day Angel Workshops in Walmer and facilitates the Diana Cooper Teacher Training Course.

Angel Day – Love, Joy and Abundance.

Sunday 17 June, 10.45 a.m. – 5.00 p.m. Cost: €75

The Angels are wonderful beings of Light and Love who are ready and willing to help us in every area of our lives. Today we will work with gentle exercises and meditations, relaxing in the company of the Angels, as they help us create more **Love, Joy and Abundance** in our lives.



Diana Cooper School of Angels & Ascension

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.**

The course will be held over 5 weekends (Friday, Saturday and Sunday) between April and November 2007.

April 13-15, June 8-10, September 7-9, September 28-30 and November 9-11

Cost: €1500 for course

Deposit €300



To read more lovely angel articles or for full information on Diana Cooper School & One Day Workshops, please visit Mildred's website

www.mildredryan.com

Initial Treatment for Minor Soft Tissue Injuries

By Paul Reddin, Physical Therapist

(This article is for general information only and should never be considered a substitute to formal medical opinion by a qualified medical practitioner.)

Running, aerobics and other forms of exercise are good for your health, but these activities can raise your risk for sprained joints, strained muscles and other minor injuries. Proper care in the first day or two after injury can reduce the time you're sidelined by it. Should you suffer a sprain, strain, pull, tear or other muscle or joint injury, treat it with R.I.C.E. – Rest, Ice, Compression and Elevation. R.I.C.E. can relieve pain, limit swelling and protect the injured tissue, all of which help to speed healing. After an injury occurs, the damaged area will bleed (externally or internally) and become inflamed. Healing occurs as the damaged tissue is replaced by collagen, perhaps better known as scar tissue. Ideally, the scar tissue needs complete repair before a full return to sport is recommended.

The R.I.C.E. Method of Acute Injury Treatment Includes:

Rest: Resting is important immediately after injury for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.

Ice: Use ice bags, cold packs or even a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Keep in mind, though, that you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15 minutes and then leave them off for at least 20 minutes. (Read The Proper Use of ICE).

Compression: Compression limits swelling, which slows down healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.

Elevation: Elevating an injury reduces swelling. It's most effective when the injured area is raised above the level of the heart. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows.

After a day or two of R.I.C.E., many sprains, strains or other injuries will begin to heal. But if your pain or swelling does

not decrease after 48 hours, be sure to make an appointment to see your Doctor immediately.

Once the healing process has begun, very light massage provided by a qualified sports massage therapist may improve the condition of the injury, cut healing time and reduce the possibility of injury recurrence.

Gentle stretching (under instruction) can begin once all swelling has subsided. Try to work the entire range of motion of the injured joint or muscle, but be extremely careful not to force a stretch, or you risk re-injury to the area. Keep in mind that a stretch should never cause pain.

Heat may be helpful once the injury moves out of the acute phase and swelling and bleeding has stopped. Moist heat will increase blood supply to the damaged area and promote healing.

Finally, after the injury has healed, strengthening exercises can be begun. For the correct weight and techniques seek the advice of a qualified exercise and fitness instructor at your local gymnasium.



Paul Reddin is the I.T.E.C Sports Massage Tutor at Walmer. Paul has been appointed therapist to a number of north Dublin Soccer and Gaelic football clubs & runs a successful sports injuries clinic .

Paul has many years teaching experience and brings the practical side of his clinic and club experiences with him into the classroom for the benefit of his students.

Its written all over your face !

By Christine Brady

The best thing that I have learned from developing the techniques of reading the face and body is to have a better appreciation and love for myself! Don't get me wrong, occasionally when I catch a fleeting glimpse of myself in the mirror I hear myself saying 'oh the state of me', but those times have become less frequent and when I do hear myself saying it, I always go back to take a closer look to find out what's going on with me!

I look at my face to see how I am and to check if what I see in the mirror reflects how I am feeling both physically and emotionally. For instance, just last week I was coming down with what turned out to be a bad cold and cough. I saw this at the start of the week as it manifested in my cheeks as small broken capillaries (the cheeks reflect what's going on in the lungs) and as dark circles under my eyes and a yellow coating on my tongue (both showing me, as I suspected, my energy was flagging as my kidneys were working overtime!) The sparkle in my eyes had begun to go and I knew it was time for me to really take care of myself and so I took myself to bed to let my body heal itself.

So where has this information come from and what is it all about? Facial diagnosis has a well documented history in China dating back thousands of years. Each part of the face, its features colour & textures, relates to different parts of the body and to our internal organs. The whole topic of face and body diagnosis is so fascinating to me, that I along with my sister, Catherine MacBride we have developed a one day workshop called 'Reading the Face &

Body: Diagnostic Tools for Health. We have combined the Eastern Chinese art of diagnosis (with elements of my Shiatsu training) with our Western Scientific background (mine in Genetics, Catherine's in Food & Nutrition). In this workshop we hope to provide others with a number of tools for reading the face and body for themselves, for their friends & family, and if you they are working as a practitioner, for their clients too. We've tried to make the course as fun and as hands on as possible and from every workshop our participants have provided us with more stories and examples of what we are teaching, and so the workshop is continually evolving. If you want to find out more, come along to one of our workshops. But before you do, take a closer look at yourself in the mirror and take note of what you see. Because everything you need to know about yourself is right there in front of you and is written all over your face!

So I will leave you with a quote from one of the many books on this fascinating subject.

From birth until the age of 25, you have the face that your mother gave you. From 25 to 50, you create your own face. And, from 50 on, you have the face that you deserve! (Taken from Face Reading in Chinese Medicine by Lillian Bridges)

Wishing you good health

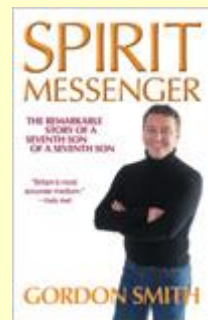
Christine Brady

Christine Brady & Catherine MacBride run one day workshops entitled 'Reading the Face & Body: Diagnostic Tools for Health. 2 new dates have been set for Walmer College, Sunday 13th of May (11am-5pm) & Sunday 16th September (11am-5pm). To book a place call Walmer Reception on (01) 8329645 or (01) 8329648

BUY THE BOOK

*Spirit Messenger,
Gordon Smith.*

Gordon Smith has brought comfort and healing to thousands of people through the messages he had delivered from the Other Side. He has travelled throughout the world to appear before audiences, has read for many celebrities, and has featured in TV documentaries... but his feet have remained firmly on the ground. Refusing to ever charge for a private reading, Gordon still works in his barbershop in the west of Glasgow.



Gordon has proven his abilities to scientists exploring the nature of mediumship and he has astounded them with the consistency and accuracy of his messages. In this often-humorous book, Gordon tells his own story of life as a messenger for the spirit world, and shares his common-sense advice for avoiding charlatans and finding a true connection to spirit.

Gordon Smith provides exact names, addresses, events and descriptions sharply relevant to a persons life and the lives of those they have known.

Archie E. Roy, emeritus professor of astronomy, University of Glasgow.

SUZIES STARS

April is a month where we start to discover the power within and truly believe that our prayers are being answered. As things slowly start to get better we need to remember the people and things that we are grateful for and by acknowledging them we are also acknowledging ourselves. It's all about self belief and surrounding ourselves with positive people and energy this month!



Aries – Mar 21 – Apr 20 Amusing Aries – April is your month!!! It is filled with harmony and hope, whatever it is that you have been really wishing and praying for is on the way to you. So don't give up just now, it is important for you to continue with your meditation and to tune in to your angels as they have wonderful things to say to you!! A great month lies ahead so get out there and make the most of it!

Taurus – Apr 21 – May 21 Tantalizing Taurus – April finds you forgiving yourself for something that happened a long time ago - it's about time!! This is a big month for you, with new opportunities and the start of something exciting here for you now, so as you finally leave the past behind, your enthusiasm and ambition for life returns in a big way this month.

Gemini – May 22 – June 22 Golden Gemini's – You are in a good place this month as you are starting to find more balance in your life. As you become more energetic & enthusiastic, you are allowing the abundance to flow. This enables you to decide who and what it is that you want and more importantly who or what it is that you don't!!!

Cancer – June 23 – Jul 23 Carefree Cancerian's – Oh what a lovely month April is for you. For single Cancerian's now is the time to meet that very important person or significant other with lots of romance on the way!! For those already in a relationship a further commitment or step will be taken to show just how much you care. It all happening for you in the love and romance area this month.....

Leo – Jul 24 – Aug 23 Lucky Leo – April is a month filled with lots of abundance and good luck. Don't let it rush to your head though, take your time in deciding what you are going to do and then when the decision is made go out, do it and enjoy it. I see you having lots of fun outdoors this month - you can't put a foot wrong!!!

Virgo – Aug 24 – Sept 23 Virtuous Virgo – If you find yourself feeling a bit down this month, it's important that you take time out to meditate, find that quiet space, still the mind, breathe deeply, invite your angels in and all will be well again! Financially things are getting much better & the flow of increased prosperity is on the way to you - congratulations!!

Walmer Shop stocks a full range of books, angel cards, crystals, jewellery, essential oils, incense, salt crystal lamps, Elemis products and other Holistic bits 'n bobs to suit all your Healing needs.

Libra – Sept 24 – Oct 23 Lucky Libra – April is a month where you may be in a position to help somebody out both financially & spiritually. It is also a month where you will be inspired and motivated to work on that project that has been in the back of your mind for years. Be brave, take that first step! Now is the time!!!

Scorpio – Oct 24 – Nov 22 Sensitive Scorpio – you have been praying for so long for that miracle, that you have nearly given up hope!!! Well this month will see your miracle begin to manifest! So don't miss out!!! It is now time to leave behind the sense of sadness and loss and move on!

Sagittarius Nov 23 – Dec 21 Spiritual Sagittarians – If you are feeling a little sensitive and emotional this month remember that your angels are watching over you and love you very much. You may find, that it is you who is giving out the advice, please remember that by helping somebody else can only bring you much luck and success.

Capricorn Dec 22 – Jan 20 Curious Capricorns – April finds you celebrating with the family! You are a good communicator and this month finds you spending more time with your loved ones. You like being outdoors as this calms you down because whether you are aware of it or not you are surrounded by nature angels. So every opportunity you get, go outside and get some fresh air!

Aquarius – Jan 21 – Feb 19 Amorous Aquarians – April finds you cautious with your finances and that's good, think twice before rushing into something new. Perhaps you have been pushing yourself too hard recently, now is the time to rest and to take some time out for yourself – go on you deserve it!

Pisces – Feb 20 – Mar 20 Peaceful Pisceans – A fun time is here for you now, perhaps a chance encounter with an exciting person who knows all about living life to the full, will give you the push that you need to start having fun! Children and your inner child are important this month so stop being so self-conscious and get out there and have a good laugh!

Suzie does readings in the Walmer center using a variety of different cards, appointments can be made by phoning 8329645.

The Shop at Walmer Stocks a full range of Angel Oracle Cards by Doreen Virtue including her latest release, Daily Guidance from your Angels.

These oracle cards with accompanying guidebook provide messages and reminders of your guardian angel's steady and loving presence. Each day your angels will give you the perfect card to answer your questions, set positive intentions, help you heal, and manifest what you desire. After you pull a card, you might wish to keep it near you to remind you of your angels' guidance.



Irritable Bowel Syndrome

By Beverly McGovern,
Allergy/Vega Test Consultant

What is Irritable Bowel Syndrome ?

This syndrome is a very upsetting and common condition. Also known as Spastic Colon. It occurs because the muscles that lie in the gut or intestines don't function properly causing irritation, spasm and pain. Erratic contractions of the wall of the intestines causes normal peristalsis movement (wave like action that propels food through the digestive system) to become irregular. The ileocaecal valve (valve in the bowels) is also prone to spasmodic attacks. Bowels may not empty properly and faeces can be like rabbit like pellets. In severe cases blood may also be seen in the bowel motion/stool.

The symptoms are, Diarrhoea, Constipation, Bloating, Flatulence, Cramps & Spasms, Irritation and Inflammation of the intestines, Low back pain, Haemorrhoids

There is no known organic reason for this condition but the following can affect it: Stress, Diet, Lifestyle, Food intolerances, Nutritional Deficiencies

What does an Allergy/Vega Test consultation involve?

As different people experience different symptoms, which improve or disprove for various reasons, it is important to do a full consultation on each client. This usually takes 45 minutes. The test itself is based on the principals of Chinese Medicine. It is pain free and involves testing for the 100 most common allergens, vitamin and mineral deficiencies. Other possibilities must be examined such as food intolerances, stress, diet, lifestyle and nutritional deficiencies.

For example where there has been a lot of stress over a long period of time the person may be deficient in certain B vitamins. If there has been ongoing diarrhoea then the person may be magnesium and other minerals deficient. Inflammation and irritation in the intestines responds well to specific Chinese Herbs. For severe constipation it is

important that food is chewed well, that sufficient water is being consumed and that regular healthy eating habits are adhered to. A healthy lifestyle is also paramount. This should include enough sleep and regular activity eg; walking, swimming. Stress can be another big factor in IBS and it is important to address it. This may involve lifestyle changes, specific herbs and nutrition, stress management and dietary changes.

Where there are food intolerances, a food exclusion diet will be introduced and fully explained. In most cases alternative foods will be suggested and explained. A food exclusion diet may change the client's nutritional intake and in those cases specific nutritional supplements may be advised.

In our experience approximately 80% of IBS cases seen are improved substantially or controlled by diet changes. IBS is no longer a condition that you have to suffer in silence. Appointments for Allergy/Vega Testing can be made at the Walmer Clinic reception.

WALMER CLINIC - Gift Vouchers available

Acupuncture	Hydrotherm
Allergy Vega Testing	Hopi Ear Candles
Aromatherapy	Indian Head Massage
Astrology Readings	Intuitive Clairvoyant
Beauty at Walmer	Kinesiology
Bowen Technique	McTimoney Chiropractic
Chiropractic	Ma-Uri Massage
Colonic Hydrotherapy-	Osteopathy
CranioSacral Therapy-	Past Life Regression
Crystal Clear Laser-	Pregnancy Massage
Diet & Nutrition	Reflexology
Elemis Luxury Treatments	Reiki
Healing Clinic	Reiki / Medium
Holistic Massage	Sports Injury / Massage
Hypnotherapy	Tarot / Angel Readings
	Thai Massage
	Thought Field Therapy



Full details and prices can be found in our Clinic Leaflet available from reception or from our Clinic Pages on www.walmer.ie

**ALL
TREATMENTS
BY
APPOINTMENT**

Opening Hours

**Mon-Fri 9.00am
to 10.00pm**

**Saturday and
Sunday 10.00am
to 6.00pm**

Opening hours this Easter Holiday are as follows :-

Good Friday OPEN 10am–6pm, Easter Saturday Open 10am–6pm, Easter Sunday–Closed, Bank Holiday Monday –Closed

I.T.E.C College Complementary Therapies

HOLISTIC MASSAGE/ ANATOMY & PHYSIOLOGY APRIL 2007—ENROLLING



INDIAN HEAD MASSAGE MAY 07

AROMATHERAPY APRIL 07

REFLEXOLOGY APRIL 07

ONE YEAR COURSE HOLISTIC STUDIES—SEPT 07

HOLISTIC MASSAGE / ANATOMY & PHYSIOLOGY SEPT 07 (DUBLIN AND MULLINGAR)

DIET & NUTRITION OCTOBER 07

FULL TIME 2 WEEK HOLISTIC MASSAGE COURSE FOR REFLEXOLOGY GRADUATES—MAY 07

INDIAN HEAD MASSAGE MULLINGAR COURSE JUNE-JULY 07

PICK UP COLLEGE PACK FROM RECEPTION TODAY

I.T.E.C College of Beauty

WAXING ONLY CERTIFICATE

**I.T.E.C BEAUTY
SPECIALIST
SEPT 07**



**FACIAL ONLY
CERTIFICATE
SEPT 07**

**OTHER DIPLOMA COURSES, WORKSHOPS,
MORNING & EVENING CLASSES**

Full Time I.T.E.C Holistic Massage Course.

For reflexology graduates or those with I.T.E.C Anatomy & Physiology and Unit 22 qualifications **MAY 2007**

Comprehensive 2 week course 10am – 5pm each day

OTHER DIPLOMA COURSES

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**.

The course will be held over 5 week-ends (Friday, Saturday and Sunday) between April and November 2007. April 13-15, June 8-10, September 7-9, September 28-30 and November 9-11

Cost: €1500 for course

Deposit €300

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



Touch for Health Kinesiology—May 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 Spain 086 823 7714

www.harmonyholistics.com

Integrated Energy Therapy® Class

With Deborah Gorman

Basic and Intermediate combined €350, May 05th & 06th

Advanced Level €200.00, 16th June

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**.

Student Support & Exchange Evening

Monday 02nd April 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.

Reiki 1 Workshop

With Catriona Doyle Reiki Master / Teacher
19th/20th April 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 27th April and 04th May 7pm—9:30pm)

Reiki 2 Workshop

With Catriona Doyle Reiki Master/Teacher
17th / 18th May 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 25th May & 1st June 7pm—9:30pm)**

Reiki 3—The Master Level

With Catriona Doyle Reiki Master /Teacher
Next Date TBA 10:30am— 6pm €450

At this Reiki 3 workshop you will Receive your Master Level attunement, review everything from Reiki 1 and 2, receive the Master symbol and learn the attunement process for Reiki 1. This level completes the learning from Reiki 1 and 2 and grounds the energy firmly within you. Collectively Reiki brings you home to yourself, your spirituality and your place in God. Complete Integration. I look forward to your company.

Lifeskills Consultancy Training Programme *With Paula Hynes & Jacqueline Rynn :*

Fri 27th—Mon 30th Apr 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

Balanced Health course in Systematic Kinesiology

4 weekends (once a month) / 4 levels. Learn muscle testing for health and wellbeing. 8 days of life enhancing techniques for reducing stress - whether emotional, nutrition, energetic or structural. Learn how to resolve fears and phobias in yourself and others, find out what you should be eating to lose weight, increase energy and feel great. Work with the acupuncture meridians and clear blockages, and balance major structural areas of the TMJ, sacrum and neck, to reduce back pain and digestive problems. An excellent addition to other therapies such as reflexology, massage, acupuncture, reiki, bio-energy, chiropractic, osteopathy, nutrition. This course is also the foundational training to the TASK Diploma Course, enabling you to train to practitioner level. Level I: 31 March -1 April 2007 Call Siobhan on 087 271 9863 for your free Infor-

Heal Your Life Workshop *With Anita Stapleton – Mirolo, Authorised Louise Hay Teacher & Life Coach*

Sunday 18th Ma06th May 2007 10am – 5pm Cost : €95 A Life Changing workshop based on the philosophy of Louise Hay. Experience this powerful one day workshop which has been attended by thousands of people worldwide. Understand your family dynamics and barriers to LOVE. Learn to bring affirmations into your body and not just your IN YOUR MIND. Learn to love yourself and others more FULLY and DEEPLY. Work with Body, mind, emotions and spirit to TRANSFORM YOUR LIFE. Release negative emotions blocking you from living Joyfully and Creatively. Suggested reading before the workshop: You can Heal your Life, Louise Hay. Creative Visualisation; Shakti Gawain
www.asm-ling.com

You Create Your Life! with Eddy Grant. 19th/Sun 20th May - 10.30-5pm - Cost : €250

Activate the Law of Attraction to create the life you really want to live! Using Golden Sun chi kung, Inner Smile and 6 Healing Sounds meditation, to raise your energy vibration and align with the Universal energy flow. Instantly boost your confidence, memory and visualisation skills, and learn to let go of resistance to living a life filled with Joy! (Wear loose comfortable clothing, bring notebook and pen)

Angel Day – Love, Joy and Abundance. With Mildred Ryan, Angel and Ascension

Teacher of the Diana Cooper School, *Sunday 17 June, 10.45 a.m. – 5.00 p.m. Cost: €75*
The Angels are wonderful beings of Light and Love who are ready and willing to help us in every area of our lives. Today we will work with gentle exercises and meditations, relaxing in the company of the Angels, as they help us create more **Love, Joy and Abundance** in our lives.

Wisdom Writing Workshops with Alison Barker, Affiliate of Amherst Writers & Artists (AWA), USA

Sunday 24th June. 10.30am–5pm Cost €75 During this one day workshop, 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. This workshop is 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 alisonbarker@iolfree.ie. www.amherstwriters.com

Reading the Face and Body (Diagnostic Tools for Health)

with Catherine Mac Bride & Christine Brady Sun 13th May 11am – 5pm



Have you ever seen any of these and wondered what they meant?

Cost
€85

These are just some of the interesting signs you may see when your body is out of balance. In this workshop we will be exploring ways to look at the face and body, using Eastern & Western diagnostic tools. If we know the early signs of imbalance, we can take steps to prevent further problems occurring & prevent a state of 'dis-ease' in our body and our lives. Topics covered include: **Facial Analysis, Nail Analysis, Tongue Analysis, Body Mass Index(BMI), pH readings, Visible Nutritional Deficiencies** and much more! **Ideal for Practicing Therapists. Deposit €30**

Pregnancy & Reflexology including Infertility

With Carol Donnelly and Dr. Jenni-

fer Donnelly MB, MRCOG, Specialist Registrar in Obstetrics and Gynaecology Saturday 19th May 2007 10am – 5pm Cost: €85

This day will cover the stages of pregnancy: how a woman's body changes and baby develops, issues clients may have at these times and how reflexology can be of benefit. We will also discuss problems with fertility. **Non-refundable de-**

Bach Flower Remedy System of Healing

With Carmel Clarke 30th June and 1st July 2007

10am – 5:30pm Cost: €185 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 course will introduce you to Dr. Bach's philosophy of self-help and simplicity. It is a 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, learn how to use Rescue Remedy/Cream in daily life and gain an insight into the history and philosophy of Dr. Edward Bach. Each participant will re-

Listening to the Earth – Dowsing

with Hamish Mller Talk : Friday 16th March 7.30

Workshop : Saturday 17th March 10-4.30

Hamish is dowser, blacksmith and author. His books "It's Not Too Late", "The Sun and the Serpent," "The Dance of the Dragon", "The Definitive Wee Book of Dowsing" and his latest "In Search of the Southern Serpent" are a gradual exploration of dowsing and its relationship with Earth Energy.

Dowsing is an ancient skill. A means by which our ancestors found water, minerals and metals. It has many aspects and a special value in that it allows us to track earth energies. In "Dance of the Dragon" and "In Search of the Southern Serpent", Hamish and his partner Ba travel across Europe and then New Zealand following and mapping earth energies to and between sacred sites. In the days following the workshop we will visit several of our own sacred sites Tara, Uisneach, Newgrange and Loughcrew and look at what is wanting to happen at or between these sites. Join us. We will have a new moon the 19th and the equinox on 21st **It's a great time to be out and about!** The workshop is open to old hands and beginners. Hamish and Ba will provide the dowsing tools. Bring your own pendulum if you have one.

Tulku Lama Lobsang

Of the Nangten Menlang Buddhist Medical Centre in Northern India will return to

Dublin in May 2007

He will give workshops on:

Tibetan Buddhist Psychology	Wed	30 May at 7pm - Cost €15
Lu Jong Body Movement	Thurs/Fri	31 May 1 June
Tibetan Massage	Sat	2 June
Tsa Lung Healing Practice	Sun	3 June
Tonglen Practice of Compassion	Mon	4 June
Medicine Buddha Practice	Tues	5 June

The talk and workshops will be held here at Walmer. Cost is €80 per workshop and €15 for Talk on Wed evening. For further details about any of the above Please contact Pauline Beegan at 00353 1 8338366/ (0)86 8058471 or beegan@gofree.indigo.ie

EVENING CLASSES

Tai Chi Chi Kung *With Eddy Grant Mon 8pm–9pm Starting 16th April 2007 (6weeks) Cost: €75*

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 16th April 2007 (6wks) €75*

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 (see

Yoga—Iyengar Based yoga Class *with Ann Marie O' Connell 8 Wk Course—€115 Thurs 05th*

July Beginners 6.30 – 7.45 Intermediate 8.00 – 9.15 Iyengar-based yoga focuses on body alignment, enabling the systems of the body to function at their best. Helps with toning, balance, flexibility, improves concentration and increases circulation and energy. The poses are done slowly and held for some time. Relaxation and meditation are done in the last 15 minutes of the class. Payment by Cash and Cheque only

Yoga Evening Class—Hatha & Raga *with Tara Ivory – Russell Tuesday – 08th May 07*

(7pm-8.15pm Beginners) (8.30pm-9.45pm continuous) 8 weeks Cost €110 This 8 week course covers all aspects of the ancient art of Yoga, including Yoga Postures, Yoga Breathing, Yoga Nutrition and relaxation and meditation techniques. Learn easy and gentle yoga exercises to tone and strengthen your body, increasing your flexibility and helping you to achieve a calm and peaceful state of mind. Relaxation techniques teach you how to release stress and tension and rebalance your energy, leading to a more relaxed, happier you! **(Deposit required to secure a place)** Payment by Cash and Cheque only (payable to Tara Ivory)

Reclaiming your Inner Light *with Rita Kelly 19th April 2007 (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.

Pilates *with Tara Marlborough MISCIP, Chartered Physiotherapist & Certified Pilates Instructor Thursday 12th April 07 –*

8 weeks 6pm – 6:50pm Ante-Natal 7pm – 8.00pm Continuation Cost €155

The Potential benefits of Pilates during pregnancy include: Helping make your pregnancy comfortable and pain free. Teaching you to Relax. Preparing you for Labour. Increasing and improving body awareness. Helping you get your figure back after the birth. Classes suitable from 16 – 32 weeks (finishing up at 40 weeks) Class limited to 8 participants.

MORNING CLASSES

Baby Massage— Learn how to massage your baby *with Victoria Monkhouse, Certified Infant Massage Instructor Morn Course 11am–12:30pm 4 wk 09th Mar Investment €200 (continues 16/23/30 Feb)*
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**

Tai Chi Chi Kung *with Eddy Grant Thurs Morn 11am–12pm 6 wks Next Class Starts April 19th €75*

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. Evening Classes available also - see Evening Classes Section

Meditation *With Eddy Grant Thurs Morn 10am–11am 6 wks Next Class Starts April 19th €75*

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. Evening Classes available also - see Evening Classes Section

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. **Please note there will be no drop in class on 05th or 12th April.**