

The Lotus Centre ***Newsletter***

The Lotus Centre & Babylon Bookshop
provide a community service newsletter for
*workshops in Tasmania & Hobart. ***

www.thelotuscentre.com.au



Issue: April 2009

Welcome to this month's issue of The Lotus Centre Newsletter
From The Lotus Centre & Babylon Bookshop Team

Hi dear Friends and Fellow Travellers,

It was a beautiful sunrise this morning ... with opalescent mauve and light magenta heralding the start of a new day, its soft glow radiating and surrounds me. As I lingered to watch, the dawn colours blurred and merged into one another, it carried such beauty. Forming a new day and a new beginning ... ♥ ♥ ♥

In this newsletter perhaps please note the following workshops listed:

- Open Heart Workshop 1 & 2 25th-26th April
- 'NEW' Open Heart Workshop 3 & 4 2nd-3rd May

And don't miss this month's NEW listings for the newsletter. If any info in this newsletter interests you ... then please contact the person listed in the newsletter or alternatively check out:

- The Babylon Bookshop noticeboard,
- Listed web-sites; and
- The Lotus Centre display board
- Or come and talk to us at Babylon/Lotus Centre

For interesting Book reviews please browse the end of the newsletter

Wishing you a wonderfully LOVE-filled, joyful and peaceful month ahead and many heart-warming moments, insights, journeying inside and all that there is

Thank you dearly for your submissions / info for this edition and for taking the time to open the newsletter e-mail and to read/browse

With Love and smiles from

Kent, Amanda, Christoph, Rene, Isaac, Cheynie, Klaus and Jane
and from all at ***Babylon*** and ***The Lotus Centre***

PS. (1) Please always send us any information for the next newsletter between mid month or – at the latest - a few days before the end of the month ... simply use this e-mail address to write to us or go to www.thelotuscentre.com.au
(2) If you no longer wish to receive the newsletter, simply let us know, per e-mail and – we will take you off the date base with the same love that we placed you on it too.

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The best of all true things is a true heart.

Without truth there is no happiness,
though you may try a million tricks.

~Kabir~

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What's NEW for the newsletter!

***** Yoga from the Heart**
Vital health of body, vibrant mind, shining heart

20 April - 29 May, 2009

The Lotus Centre, 45 Victoria Street, Hobart

For more information see below in 'Workshops, events and therapies at The Lotus Centre'.

For full details and costs please visit www.yogafromtheheart.com.au

***** Astrology classes with Tim Phillips**
Tuesdays 11.45 to 1.00 pm
Mt Nelson.

For further details contact Tim on 6272 4675

***** 2009 Sustainable Living and Lifestyle Expo**
25 & 26 April 2009
Derwent Entertainment Centre, Hobart

Presenting products, ideas and technologies that don't compromise the ability of future generations to meet their own needs. Entry is \$8 for adults, \$6 for concession and free entry for

children under 12 years. 12.00pm to 5.00pm on Saturday and 10.00am to 5.00pm on Sunday.

Please contact <http://expotasmania.com.au/index.html> for further information.

***** Live with Spirit - 1 day workshop**

Sat 2nd May

Lindisfarne

The Live with Spirit workshop is designed to introduce you to the philosophy behind the ISET healing technique and allow you to begin a journey of discovery about your metaphysical nature with the outcome of starting you on a path to creating positive change in your life. The workshop allows you to walk away with new insights, healing and direction or leads you to take this journey of discovery and healing further by going on to complete the accredited "Journey to Self Empowerment" Certificate. Using guided meditation and visual imagery techniques, this one-day workshop allows you the opportunity to discover your spiritual nature and connect with your subconscious to create positive change in your life. Cost \$100

All the workshops are held in Lindisfarne

For more details please see www.joynicholson.com.au

Or contact Joy email: joynicholson@aapt.net.au

Mobile: 0415 416 168

***** REIKI WORKSHOPS**

Reiki 1 workshop Sat 9th & Sun 10th May

Is a two-day workshop where you hear about the history, philosophy and principles of Reiki. You learn, amongst other things, about the charkas (energy wheels) of the metaphysical body, how to assist in the unblocking of energy and some of the symbols used in Reiki. A major part of this workshop is spent having hands on experience.

All the workshops are held in Lindisfarne

For more details please see www.joynicholson.com.au

Or contact Joy email: joynicholson@aapt.net.au

Mobile: 0415 416 168

*****WOMEN'S MOON CIRCLES**

Huon Bush Retreats - www.huonbushretreats.com

17th May 2009 - 9am-4pm

A day away from the routine. Isn't it time to give back to yourself? Enjoy a sacred journey with drumming, singing, meditation, walk a stone labyrinth ...
Connect with natures' gifts in a safe and nurtured space...

A fee of \$55 includes lunch and refreshments

You can contact Jane for more information on mobile: 0428402314

or email: j.anderson@gotalk.net.au

check out Jane's blog: www.moonandearthconnections.blogspot.com

***** WATER: OUR ISLAND'S LIFE FORCE: 1 - 31 MAY 2009**

The statewide 2009 Tasmanian Heritage Festival program is now available.

The theme for the Tasmanian Heritage Festival 2009 is "Water: Our Island's Life Force" in all its many dimensions in Tasmania. May will see almost 100 events on offer including tours of boats, historic gardens, natural heritage areas, wild rivers, and historic heritage places; films about lighthouse keepers, regattas, the fishing industry and shipwrecks; talks on longitude; and exhibitions and theatrical events with a watery theme - all in celebration of the way wild and tamed rivers and the sea have shaped our Tasmanian way of life.

Some events are limited to numbers so it would be wise to book early so as not to miss out.

Should you require a printed program for friends and family they are available through the National Trust property closest to you in Tasmania, or through Tasmanian Visitor and Information Centres from the 31 March 2009.

For further information please contact www.nationaltrusttas.org.au/heritagefestival.htm

Workshops & Events ... around Hobart and beyond

***** Journey to the Heart - Women's Healing Circle with Cindy Aulby**
Four-week courses on Saturdays from 2pm till 5pm, South Hobart.
4th to 25th April and continuing throughout the year.
\$80 for the four-week course.

Give yourself the time to connect with your deeper self and with others in guided, safe and sacred space. We use guided meditations, music, drawing and sharing our stories to assist on the journey.

For enquiries and bookings, contact Nicole on 6278 8203 or nicoleparums@keypoint.com.au
Visit Cindy's website for more details:
www.journeytotheheart.com.au

***** Ten Days on the Island Festival**
27 March to 5 April 2009

Come join with us as the world's islands cross the cultural divide
Ten Days on the Island offers an extraordinary program exploring the cultural uniqueness of islands, featuring international artists and events from island locations alongside Australia's finest talent.

We invite you to join artists from Australia and around the globe who come to Tasmania to share their stories and revel in what makes us distinct and individual as islanders. For ten wonderful days get out and about, off the beaten track into the sheds and barns, stately homes, halls, museums and theatres across the length and breadth of the state.

You have the chance to see and hear the extraordinary works from 730 artists from 20 countries, see artists from Australia, Nova Scotia Canada, Taiwan, Cuba, Denmark, Iceland, Italy, Hong Kong, Torres Strait, Jamaica, Japan, Mauritius, Newfoundland, New Caledonia, New Zealand, Samoa, Scotland, Singapore, Taiwan, Manhattan USA and Wales.

It's also a chance to combine travel and culture - you can choose to see the various performers as they journey to more than 52 locations, perform in 62 Festival projects and at 99 venues around the Island.

Please see below for a full programme of events.

For more information please visit

<http://www.tendaysontheisland.org/subpage.jsp?pageID=eventprogram>.

***** Shiatsu – Workshop ... very relaxing, energy balancing, practical**

Sunday 5th of April 1pm - 4.30pm.

Experience this popular & very effective Japanese energy-balancing body work technique in a beautiful & peaceful environment at The Lotus Centre.

Acquire enough knowledge for self-treatment & partner treatment

Increase your feeling of calmness, wellbeing & inner connectedness through gentle yet deep acupressure / shiatsu sessions

Join by yourself or bring a friend. Shiatsu massage is practiced & given in comfortable, light clothing. It is often experienced as profoundly balancing, healing & deeply relaxing. Ph Klaus on 6231 9669, 0419 440123 or e-mail via: www.thelotuscentre.com.au/contact.htm

***** Open Heart Workshops Level 1 & 2**

As human beings, we do not simply consist of a brain and a physical body, but every one of us is also a spiritual being. Our Spiritual Heart is the centre of feeling, of calmness, peacefulness and true joy as it is also the key to our connection with our Divine Source.



~Discover your heart, your inner self and the everlasting joy that lies within~

♥ Level 1 Saturday 25th April 9am to 530 pm

The Lotus Centre – 45 Victoria St, Hobart CBD

Gently guides you to be able to feel and understand your heart better, so you can feel calmness, peacefulness and joy every moment of your life. You will also learn to recognize the difference between the heart, brain, feelings and thoughts. Level 1 offers the opportunity to open your heart and to learn to rely on the blessings from the True Source of Love and Light.

Cost: Level 1 \$ 100 (conc. \$85). Registration 8.30 am

Pre-requisite: Everyone welcome

♥ **Level 2 Sunday 26th April 9am to 530pm**

The Lotus Centre – 45 Victoria St, Hobart CBD

Strengthens your heart even more to help you learn how to surrender, cleanse and direct your heart even better to the True Source. You will be guided so your heart begins to recognize and realize more about the Love of the True Source, and begins to give answers to important questions.

Cost: Level 2 \$120 (conc. 25% discount). Registration 8.30 am

Pre-requisite: Open Heart Workshop Level 1

For more information, please contact the Lotus Centre on 6231 9669 or info@thelotuscentre.com
Please visit www.thelotuscentre.com.au to learn more about your heart.

***** Open Heart Workshops Level 3 & 4**

“New” first time in Australia

Level 3 & 4 Open Heart Workshops are a beautiful spiritual experience as we deepen our connection to True Source and realize what that means. Our Spiritual Heart is strengthened, cleansed and opened more fully to experience joyfulness, peacefulness and gratitude in our everyday life.

~ A truly remarkable experience which appears very simple but it is a profoundly moving spiritual journey~

♥ **Level 3 Saturday 2nd May**

The Lotus Centre – 45 Victoria St, Hobart CBD

You will be guided to use your heart even better, to further strengthen and go deeper into your heart. Realizing more about the beauty of your connection to the divine, so that you can surrender your problems from within your heart and let the Love of True Source help you. You will feel the benefits of a healthier heart attitude and learn more about praying from within your heart.

Cost: Level 3 \$140 (conc. 25% discount). Registration 7.30am for a 9am start.

Pre-requisite: Open Heart Workshop Level 2

♥ **Level 4 Sunday 3rd May**

The Lotus Centre – 45 Victoria St, Hobart CBD

You will be gently guided to experience the Love of True Source as you go deeper within your heart ... feel the beautiful things from the Love, enjoy them, be grateful for them and bring these into your everyday life more and more. You will also be taught meditations to let the Love help you with a Self Healing and to cleanse your main energy channels (Sushumna). As we gradually realise the unlimited love of True Source we move beyond ourselves and learn to let the Love work on the whole earth and other people.

Cost: Level 4 \$160 (conc. 25% discount). Registration 7.30am for a 9am start.

Pre-requisite: Open Heart Workshop Level 3

For more information, please contact the Lotus Centre on 6231 9669 or info@thelotuscentre.com
Please visit www.thelotuscentre.com.au to learn more about your heart

***** Buddhist Society Of Tasmania (Inc) Theravada**

Meditation is 7pm Friday evenings. The resident monk is available most days to talk to enquirers, teach meditation and the teachings (Dhamma) of the Buddha. The resident monk will attend Buddhist funerals if required.

No charges - the Centre is maintained by Theravada Buddhist supporters and the Buddhist Society of Tasmania (Inc) and by donations.

There is a small library of Buddhist books, which is being established as a resource library for students and enquirers.

Special events include: Full moon in May (Buddhist Christmas); Full moon in October (Kathina)

Contact details: 59 Hall Street, Ridgeway 7054. Ph. 62391160

***** Critical Mass "Cycle Celebration"**

5:15pm @ Franklin Square Last Friday of every month!!

Please come take part in a ride around Hobart to show your support for cycling and advocate for improved cycling infrastructure.

***** Inspiration Circle**

Meet monthly to nourish the spirit. We gather to share about a diverse range of topics - environmental, social justice, sharing world resources, the arts... We include some quotations and readings from a wide range of sources for reflection. Everyone regardless of belief or background is welcome to attend. Please contact Angela on 6223 8415 or angelabryan@aapt.net.au for details.

***** Brahma Kumaris Raja Yoga Centre**

Regular events and courses include yoga courses, positive thinking course, and meditation. Please call the Centre on 6278 3788 for detailed information and bookings.

***** Satyananda Yoga**

Please contact the Satyananda Yoga Centre on 6231 9117.
E-mail: hobart@satyananda.net, visit www.satyananda.net

***** Living Yoga - Children's Yoga Dance**

At Weeroona Yoga Studio, North Hobart. Adult courses in Hatha and meditation. Ph Roslyn on 0439 995 655.

***** The Tas Pagan Website**

The Tas Pagans website was created with the intention of serving as a meeting point, a resource and a community for Pagans around and from Tasmania. We are not an organisation; we merely exist to bring Pagans together! We also provide free advertising for businesses who are either Pagan-based or Pagan-owned/run, to help support the Pagan community in Tasmania. Feel free to check it out at <http://taspagans.com> – create an account, join in on the forums, submit essays/articles, interesting news stories, anything - we'll be happy to have you!

***** Pagan Alliance**

Meets every first Thursday of the month upstairs at the New Sydney Hotel at 6.00 pm. All welcome. Ask at the bar if you have difficulty finding the room.

Workshops, events, therapies at 'The Lotus Centre'

Workshops

***** Shiatsu – Workshop ... very relaxing, energy balancing, practical**

Sunday 5th of April 1pm - 4.30pm.

Experience this popular & very effective Japanese energy-balancing body work technique in a beautiful & peaceful environment at The Lotus Centre.

Acquire enough knowledge for self-treatment & partner treatment

Increase your feeling of calmness, wellbeing & inner connectedness through gentle yet deep acupressure / shiatsu sessions

Join by yourself or bring a friend. Shiatsu massage is practiced & given in comfortable, light clothing. It is often experienced as profoundly balancing, healing & deeply relaxing. Ph Klaus on 6231 9669, 0419 440123 or e-mail via: www.thelotuscentre.com.au

***** Yoga from the Heart**

Vital health of body, vibrant mind, shining heart

20 April - 29 May, 2009 CLASS SCHEDULE

The Lotus Centre, Top Floor, 45 Victoria Street, Hobart

To enrol or for more information please contact the instructor of the class you are interested in. Info on Focus Classes will be up on the website www.yogafromtheheart.com.au

Clare Raffety: 6227 8941, clare@yogafromtheheart.com.au

Kathy Rudolf: 0400 993 024 or email info@nichetas.com.au

Lee Cody: 0417 319 046, lee@yogafromtheheart.com.au

Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

Monday	9:30 - 11 am	Clare	Anusara Levels 1 & 2
	11:35 - 12:25	Clare	Back Care & Level 1
Tuesday	5.30 – 7 pm	Clare	Anusara Levels 1 & 2
	6:30- 8 am	Dani	Hatha Level 1 & 2
	2 - 3:15 pm	Kathy	Gentle Yoga
	5:30 - 7 pm	Lee	Vinyasa Level 1
Wednesday	7:15 - 8:45 pm	Lee	Focus Class
	9:30 - 11 am	Clare	Anusara Levels 2 & 3
	5:30 - 7 pm	Lee	Vinyasa Levels 2 & 3
Thursday	7:15 - 8:45 pm	Dani	Yoga for the Active and Athletic
	6:30 - 8 am	Dani	Hatha Levels 1 & 2
	5:30 – 7 pm	Clare	Anusara Levels 2 & 3
	7:15 – 8:45 pm	Clare	Anusara Levels 1 & 2

Costs for Autumn Session:

1.5 hour classes with Lee or Clare: \$84 for 6 week term sign-up or \$17 per class casual

1.5 hour classes with Dani: One class per week, 6 weeks \$72 Two classes per week, 6 weeks \$135, Casual rate: \$15

75 min class with Kathy: 6 week session \$78, Casual rate: \$15 per class

50 min class with Clare (Back Care Monday mornings) 6 week session \$72, Casual rate: \$13 per class

For full details and costs please visit www.yogafromtheheart.com.au

Regular Events



***** HEART MEDITATION**

1.30 – 2.30 pm Monday to Saturday

7.30 pm Monday evening

Experience meditation with the heart and being more 'in the heart.' Often a deeply peaceful and joyful experience; for beginners and experienced meditators alike. Small groups, \$5-10 contribution. In the Lotus Room, 1st floor (Monday eve on 2nd floor).

Casual attendance, no need to book. All welcome. For more information, please ph 6231 9669 or visit www.thelotuscentre.com.au

***** Reiki Clinic – Treatments based on donation
Every Saturday 2:30 to 4pm.**

Please feel very welcome to join for a deeply relaxing reiki session or if you have a health issue & seek additional help. Level 1 at the Lotus Centre.

Sessions are donation based. Feel free to choose the amount that is right for you.



Please contact the Lotus Centre on 6231 9669 or www.thelotuscentre.com.au/contact.htm to book in. Or just drop in.

***** Reiki Tummo Practice Evening**

At 6pm on Thursday in the 'Lotus Room' at 'The Lotus Centre'. This evening is for everyone who has attended Reiki Tummo or Heart Workshop level 1 or more ☺. Phone 6231 9669 or e-mail via: www.thelotuscentre.com.au/contact.htm. Room hire, etc contribution: \$5.

Therapies & therapists at the Lotus Centre

To book a session, for any of the listed practitioners please contact **The Lotus Centre** on 6231 9669 or e-mail via: www.thelotuscentre.com.au/contact.htm.

A range of holistic, alternative therapies available:

1. **Remedial Massage** and **Reiki** with Anthony Bone (0408 132562) via: www.thelotuscentre.com.au/contact.htm
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125); jackabean@hotmail.com
3. **Shiatsu Therapy** and **Reiki** (level 3) with Klaus Baur (0419 440123) or e-mail: via www.thelotuscentre.com.au/contact.htm
4. **Massage** with Michael Carroll (0408 133679) e-mail: carrollmjj@gmail.com
5. **Craniosacral Balancing** with John Sager Phone 0421 983 938

For any further information about the modality / therapy, it is best to contact the practitioners directly. More detailed info also on www.thelotuscentre.com.au
Some practitioners also offer a mobile service or work from other locations.
Please contact the practitioner directly for any additional details or updates.

***** Practitioners Rooms available for rent**

Visit the web-site for some details www.thelotuscentre.com.au or contact us on e-mail us via: www.thelotuscentre.com.au/contact.htm or PH. 6231 9669 for further information.

Book Review

The Babylon Bookshop has many beautiful book, you can order this one ...

*** **Passionate Marriage**

by **David Schnarch**

Most books on improving a marriage focus on communication techniques or the basics/exotics of sex ed. David Schnarch has created something quite different. This book focuses on using conflict within the couple to create the growth necessary for partners to relate to each other. The book balances a well-written presentation of psychological theory with anecdotal examples of how it manifests in couples.

The root of marital conflict is not failure to communicate. Rather, it is accurate communication between incompletely individuated people. Individuation means the ability to connect with another, even in conflict, without losing one's own sense of self. When individuation is lacking, members of a couple must find ways to keep their distance from their partners in order not to lose their sense of self. This distancing is the root of marital (or other committed couple) discord.

Schnarch uses the forum of the couple to challenge each individual to develop a stronger, less contingent sense of self. The very institution that produces anxiety--the relationship--becomes the mechanism of repair! He postulates that couples only form between individuals who are similarly individuated. As one member of the couple develops, it challenges the other. The two partners "leapfrog" in their development, continually challenging the other.

Five stars for breaking new ground. Five stars for making key psychological theories accessible. Five stars for importance. If you're in a relationship, and you think it could be better--get this book! It can be!

(Review by www.amazon.com)

Miscellaneous

*** **Workshop Rooms available for rent:**

- Regular events, one-off or weekend

Visit the web-site for some details www.thelotuscentre.com.au or PH. 6231 9669 for further information.

***** WANTED - 2nd Hand Books**

We want to extend the Bookshop and include second hand books

- Thank you for all the 2nd hand books already given to us by so many of you ... most of which have found a place in the Babylon Library. As a new idea ... we happily accept 2nd hand books for both the Library AND a new 2nd book section
- If you have a moment, it would be greatly appreciated if you could bring your pre-loved books ... for donation or for us to purchase. THANK YOU ♥

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Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one.

~John Lennon~

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The Lotus Centre Newsletter is issued monthly.

We hope you enjoyed this newsletter.

We are grateful for any comments or feedback. To contact us please e-mail us at:

The Lotus Centre

e-mail: via www.thelotuscentre.com.au/contact.htm - Fax: (03) 6231 0714 - Phone: (03) 6231 9669

www.thelotuscentre.com.au

or if Bookshop related

Babylon Bookshop

e-mail: via www.thelotuscentre.com.au/contact.htm - Fax: (03) 6231 0714 - Phone: (03) 6231 0722

www.babylonbookshop.com.au

** Please send us the details of your event towards the end of the month for the next or at the most for the month after the coming one. We do not endorse any of the content described in any of the workshop (or other) information provided.