

# *The Lotus Centre Newsletter*

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

*[www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)*



**Issue: February 2010**

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

Dear friends and fellow travellers

It's always a beautiful opportunity to reflect when you are on holiday, removed from our time constrains we allow our selves the opportunity to explore. We discover new landscapes both physically and inwardly. We may realise that the outcome or destination is not as important as enjoying and cherishing the journey. The opportunity to be present in the moment. Really being with that person, landscape, event or happening .... ♥ ♥ ♥

In this newsletter perhaps please note the following events listed:

- **Reiki Tummo Workshops 13<sup>th</sup> & 14<sup>th</sup> February**
- **Have Confidence in Yourself! Talk by Dr. Susan Scott 16th of February**

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 concerned or alternatively check out:

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

For interesting book and music 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 for this edition and for taking the time to open the newsletter e-mail .....

With Love and smiles from

Kent, Amanda, Christoph, Rene, Isaac, Cheynie, Klaus, Sharon, 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 the e-mail address [newsletter@thelotuscentre.com.au](mailto:newsletter@thelotuscentre.com.au) or go to <http://www.thelotuscentre.com.au>  
(2) If you no longer wish to receive the newsletter, simply let us know and we will take you off the date base with the same love that we placed you on it.

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“It is not the magnitude of our actions

but the amount of love that is put into them that matters... “

~ Mother Theresa ~

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## ***What's NEW for the newsletter!***

### **\*\*\* The Lotus Centre would like to welcome practitioner Cheynie Sukha**

Cheynie Sukha is a qualified Massage Therapist and is available for remedial and relaxation treatments, deep tissue, trigger pointing, MET and Reiki.

Introductory offer of \$50/ 1hr massage

Phone 6231 9669 or 0433 324 534

### **\*\*\* The Lotus Centre would like to welcome practitioner Amanda Loftus Vitality Now Purifying Clinic**

Amanda Loftus is qualified in the “Professional Practice of Colon Hydrotherapy” by Gabrielle Earnshaw of Colonics Brisbane (est. 14 years).

Colon Hydrotherapy, (Colonic Irrigation / Colonics) is a safe and very gentle procedure of cleansing and re-hydrating the Colon (also referred to as bowel or large Intestine) of waste material, impacted faecal matter, excess mucous, gas and toxic substances, with the gentle infusion and soaking of purified water. The colonic machine controls the flow of the water, the temperature and it filters the water. The beauty of this “closed” system is that the water is encouraged around to the very end of the colon...the caecum. Once there, gentle but firm massage is applied to help loosen and move out the unwanted. There is no suction or pressure.

Almost everyone would benefit following a series of colonics, even those that live healthy lifestyles, but especially those who suffer from the following: Bloating or constipation, Irritable Bowel Syndrome, Candida, Chronic Fatigue Syndrome, Arthritis, Eczema, Allergies, Headaches,

and History of medication

The benefits can be quite profound, and usually different for everyone and may include: Instant feeling of "lightness", More energy and mental clarity, Improved weight management, Empowerment to make lifestyle changes, Better digestion, Improved sleep patterns, Removal of bad bacteria and parasites, After antibiotics, removal of dead bacteria, Accelerated detox / liver cleanse process, Preventative measure against disease, Feeling of wellbeing, and Heightened awareness of digestive system

Phone 0408 340 589

The Lotus Centre ... 2<sup>nd</sup> floor, 45 Victoria St, Hobart.

### **\*\*\* Reiki Tummo Weekend Level 1 & 2**

... discovering the Heart ... the Spiritual Heart

Our heart is the key to deep calmness, inner peace, happiness and spiritual growth. Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation.



- **Level 1 Saturday 13<sup>th</sup> February** A practical, enjoyable and easy to follow introduction, where you can experience what learning about the spiritual heart can mean for you. Learn about channelling divine energy to yourself and others. The crown, heart and both palm chakras will be cleansed and opened at this level.
- **Level 2 Sunday 14<sup>th</sup> February** Participants will learn intermediate channelling and healing techniques, as well as experiencing an instantaneous and safe Kundalini awakening.

For more info contact *The Lotus Centre* on 6231 9669, visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

### **\*\*\*Have Confidence in Yourself! Talk by Dr. Susan Scott 16th of February at 1pm and 7:30pm MECURE HOTEL in Bathurst Street, Hobart**

Have the confidence to aspire to whatever it is you really want without worrying about making a mistake. That is having self respect, says Dr. Susan Scott, Canadian international lecturer with the Inner Peace Movement. Dr. Scott is returning to Australia after many years and has been invited to speak in a number of cities.

She believes that all too often people deny what they want and end up feeling dissatisfied and that life is passing them by. Through her lectures and workshops, Dr. Scott offers people tools and techniques to become a master of their own life.

She herself is a warm and enthusiastic person with a bubbly optimism that is infectious. She

believes that there truly is no limit to what a person can do. "We need to recognize our own self worth and be true to ourselves. We have the answers to our life in our own hands. We just need to trust ourselves and know that it is OK just to be ourselves."

Dr. Scott is on a lecture tour of Australia with the Inner Peace Movement <http://www.innerpeacemovementptyltd.com> an educational program that offers practical down-to earth techniques to help people find confidence, peace of mind and a sense of purpose in their life. "It is possible to have more energy, more awareness and more fun in life!" she claims. She has lectured for over thirty-five years around the world helping people to get more out of their life.

Everyone is welcome.  
Admission is \$15.

**\*\*\* International Energy Aligner Pierre Clavien From Switzerland  
Colonial Motel, crn Elizabeth St & George St, Launceston  
Sunday 10am-5pm 14th February, 2010**

What does it mean "to awaken one's Being"?

It means to enter in our thoughts, our words, our actions.

It means to let each of our qualities emerge.

It means to discover and accept our place on Earth.

It means to welcome Light, in order to allow each of our cells to vibrate with unconditional Love, and be able to live it daily. It means ... to find the magnificent being that I am ... in all its dimensions.

Who is Pierre Clavien? Alchemist, liberator of potential, revealer of who one is, heart opener, he is Light

His specificity: he feels in his own body everything that the other person lives in his {her} body; thus acting at the right time with accuracy and simplicity.

How? Directly linked to "The Source", Pierre Clavien transmits vibrations of Love & Light in the deepest of the cells. That which is not anymore appropriate is pushed towards outside {inadequate schemes, Suffering, the weight of the past, illness, beliefs}. The transmutation begins, the cell decrystallizes and finds its original purity again.

What does it lead to? Living Love, Joy, Peace & Abundance ... as a conscious Being animated by your natural Responsibility.

Cost: \$160 & \$9.70 for all day tea & coffee

Bookings Ph: Prue Bartels 63912383, 0419345212, <mailto:catmoon@bigpond.com>

**\*\*\*Reiki with Joy Nicholson**

Reiki 1 workshop **Sat 27th and Sun 28th Feb**

Reiki 2 workshop **Sat 27th and Sun 28th March**

Both workshops held in **Lindisfarne**.

For more details please contact Joy Nicholson on 0415 416 168 or

email: [joynicholson@appt.net.au](mailto:joynicholson@appt.net.au)  
[www.joynicholson.com.au](http://www.joynicholson.com.au)

**\*\*\* Community carbon-accounting days**

**Saturday 20 and Sunday 21 February – Tarkine, north-west Tasmania**  
**Sunday 28 March - Blue Tier, north-east Tasmania**

To book a spot, organise car-pooling, and to find out more contact the Hobart Campaign Centre on (03) 6224 1550 or <http://www.wilderness.org.au>

***Workshops & Events ... around Hobart and beyond***

**\*\*\* Lilydale Womens Retreat (non residential)**

**Mt Arthur Centre, 50 Whites Mill Road, Lilydale**  
**6th-7th February 2010, 10am-4pm both days**

Our modern world and lifestyles distract us from our true nature. We are bombarded with negative images and false expectations. Sacred Circle enables us to stop, take a deep breath and reconnect with who we truly are through nature. You will be guided by Jane around the 4 directions of the Medicine Wheel. These teachings are based on (but not restricted to) Native American origin. Using drumming, singing, guided meditations and talking circle, you will connect with your heart, and others of like mind. Tap into nature's powers and gifts, relax, heal and unwind in a safe and nurtured space...

Fee: \$100 for 2 days, concession \$85

We will provide: Beverages, morning and afternoon teas, Medicine Drums (bring your own if you have one) and Workshop Booklet. We ask that you please bring some food to share for our lunch (eg. a salad, hot dish, pie...) whatever you can.

For Bookings: Phone Jane on 0428 402314 [www.moonandearthconnections.com](http://www.moonandearthconnections.com)

**\*\*\* Yoga from the Heart**

**Vital health of body, vibrant mind, shining heart**  
**Summer 2010: February 9 - April 2 (8 week session)**

**The Lotus Centre, Top Floor,**  
**45 Victoria Street, Hobart**  
**[www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)**

To enrol or for more information please contact the instructor of the class you are interested in.  
Clare Raffety: 6227 8941, [clare@yogafromtheheart.com.au](mailto:clare@yogafromtheheart.com.au)  
Lee Cody: 0417 319 046, [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au)  
Dani Fox: 0416 978543, [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au)

|           |                  |              |                      |
|-----------|------------------|--------------|----------------------|
| Monday    | 9:30 - 11 am     | Clare        | Levels 1 & 2 Anusara |
|           | 11:35 - 12:25pm  | Clare        | Back Care & Level 1  |
|           | 5:30 - 7pm       | Clare        | Level 2 Anusara      |
|           | 7:15 - 8:45 pm   | Clare        | Level 1 Anusara      |
| Tuesday   | 6:30- 8am        | Dani         | Level 1 & 2 Hatha    |
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| Wednesday | 7 - 9 am         | Clare        | Kula Connection      |
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|           | 4 - 5 pm         | Dani         | Yoga for pregnancy   |
|           | 5:30 - 7 pm      | Clare        | Level 2 & 3 Anusara  |
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|           | 6:30 - 8 am      | Dani         | Levels 1 & 2 Hatha   |
|           | 1 - 2 pm         | Lee          | Level 1 Vinyasa      |
|           | 5:30 - 7 pm      | Lee          | Level 2 & 3 Vinyasa  |

For full details and costs please visit [www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)

**\*\*\*Inner Power Workshop**  
**Sat 6<sup>th</sup> Feb 2010, 9.30am – 4.30pm**  
**Well-Being Centre Margate**

This workshop can be a life changing experience that starts you on your journey to find your Inner Power and to use this incredible energy to create your good health, happiness and abundance.

Please contact Sandy, 62396172

**\*\*\*Tashi Choling Monthly Program**  
**2nd floor, 71 Liverpool St (above Gould's naturopathica)**

Everyone is welcome to our regular meditation meetings. A gold coin is appreciated to cover room costs. Meetings are held at our meditation rooms. Please go up the laneway to the right of the building, then look for the door going into the building (between two bamboo pots). Go up the stairs to the second floor.

For more information about these classes please phone Kate MacNicol on 0432 630 796.

**TUESDAY EVENINGS, 7:30 — 9 pm : Buddhist teaching, meditation and discussion —** For people wishing to deepen their understanding and maintain an ongoing practice.

**WEDNESDAY EVENINGS, 6:30 — 7:45 pm : Introduction to Meditation**

**1st Tuesday of every month — Light On Tantra (led by Tony Dix)**

"Light on Tantra" Meditation encourages us to come into reality! Tantra is a method of enabling us to loosen the bonds of the conditioned "ordinary" self and realise the true nature of our being.

**2nd Tuesday of every month — Lojong, Mind Training (led by Charles Chadwick)**

Lojong means "to tame." It is also known as Thought Transformation. With Lojong training we

can achieve Bodhisattva mind.

**3rd Tuesday of every month — Mahamudra (led by Roger McLennan)**

Mahamudra — “great gesture”. Mahamudra meditation unifies calm abiding and insight to bring us to an experience of “ordinary mind,” that state of natural awakesness and luminosity which lies at the heart of all experience, beyond suffering and duality.

**4th Tuesday of every month — Lam Rim (led by Sue Willey)**

Lam Rim — the words actually mean “stages of the path.”

**Chöd Practice Group** — meets monthly, for initiates who wish to practise together. Phone 0413 527 954 for information.

**Tsog — From Roslyn Alexander:** “Tsog practice gives me an intent to do sadhana practice twice a month when I know thousands of other students world wide are doing the same.

**Lunchtime sitting — Mondays and Wednesdays 12.30-1.00.** Low key “just sitting” meditation, often with a bit of a chat afterwards. Everyone welcome.

**Buddhism for Mothers — Every last Saturday in the month, 3-5pm.**

An opportunity to take some respite from the challenging path of motherhood. The session will include buddhist meditation practices and teachings to enable us to remain peaceful and kind to ourselves and others. Allowing us to cope with the day to day challenges of motherhood with a good heart. Sorry no childcare is available.

For more details about these classes please visit our website <http://www.tashicholing.net>, or phone Kate MacNicol on 0432 630 796

**\*\*\* Jackeys Marsh Forest Festival**

**5th-7th February 2010**

A huge line up of hot international, interstate and local bands, are giving their time to join the celebration of Tasmania’s Forests. More info and tickets available from [www.forestfestival.org](http://www.forestfestival.org)

**\*\*\* Niche Yoga Retreat Centre**

This peaceful, private, waterfront retreat is surrounded by native garden and natural bushland with breathtaking views of Cygnet Bay.

Niche is unique in Tasmania... an idyllic space to revitalise in a naturally uplifting environment, yet less than an hour’s easy drive from Hobart.

The tranquil atmosphere of Niche is ideal for yoga teachers to hold small retreats, and suits a diverse range of workshops and residential weekends (meditation, creative arts, writing, music etc).

Niche offers the perfect base for yoga travellers to explore the natural delights of southern Tasmania.

**19-21 February Restorative Retreat** relaxing yoga with Kathy therapeutic massage with Anna Minchin gentle Reiki to restore balance and vitality with Kellie Donaldson ... sauna ... swim ... delicious vegetarian meals ... rest and quiet \$380

Where: Niche Yoga Retreat Centre, near Cygnet

Contact: <http://www.nichetas.com.au> or Kathy Rudolf ph: 0400 993 024

**\*\*\*The Gnostic Christ**  
**Sat Feb 13<sup>th</sup>, 10-4pm**  
**Royal Botanical Gardens Hobart**

"Christ is not an individual, Christ is not a person, Christ is not an "I"; Christ is a cosmic force that is latent within every atom of the universe. Christ is the universal fire of life, and this is very important to understand, because Christ is fire" - Samael Aun Weor

Jesus the Christ gave two teachings - the exoteric or public to people in general, and the esoteric or secret to his prepared disciples. The esoteric is Gnosis - the keys that have been preserved by mystics and secret orders throughout the centuries, that open all the doors to the inner mysteries of nature and that still live on today. You are welcome to this free public workshop.

Contact details 62789631, [www.gnosistasmania.org](http://www.gnosistasmania.org)

**\*\*\*Vipassana Meditation Centre Tasmania Retreat**  
**Hobart, Tasmania, Australia**  
**10th Feb - 21st Feb**

For more information please Email: [info@pabha.dhamma.org](mailto:info@pabha.dhamma.org),

<http://www.pabha.dhamma.org>

Course Registrar Phone/Fax: 03 6223 8092

**\*\*\*Nayri Niara Good Spirit Festival**  
**6 & 7 February 2010 - Barnes Bay, Bruny Island**

The Nayri Niara Good Spirit Festival will be held again next year on Feb 6th + 7th at Barnes Bay Bruny Island 2010. The festival is a collaboration between the Aboriginal Community, Environmentalists and Musicians. Key aspects of the festival include Joining Forces Forum, performance by Archie Roach and Ruby Hunter, healing and craft workshops and a Mens and Womens circle. There will also be a facilitated Kids Village, food and craft stalls, art exhibition, various speakers and a variety of performances by local bands and artists. Stall holder enquiries welcome. For more info call Michael and Ruth on 62931038, 0439320112, 0409107830 or by email.

**\*\*\*Hare Krishna Hobart**  
**Hare Krishna Sunday Feast at 1200**  
Migrant Resource Centre. 49 Molle St

<http://www.harekrishnahobart.websyte.com.au/>

**\*\*\*Hobart Laughter Club  
St David's Park, Salamanca Hobart Tasmania  
Saturday 9am**

Contact: Psereckis Annette / Rhea  
0410944328, 0416 215 543  
Email: [psereckis\\_a@westnet.com.au](mailto:psereckis_a@westnet.com.au)

**\*\*\* New Monthly Circle: Saturday 9.30 am to 1pm  
The first Saturday of every month.  
\$25 per Circle or \$80 for 4 consecutive Circles.**

The Women's Circle invites you to re-connect deeply with your Self. It offers a safe, guided and sacred space to explore your truth and access your wisdom. We Journey to the Heart with the assistance of guided meditations, music, drawing and sharing our stories.

For enquiries and bookings, contact Nicole on 6278 8203 or [nicoleparums@keypoint.com.au](mailto:nicoleparums@keypoint.com.au)  
Visit Cindy's website for more details:  
<http://www.journeytotheheart.com.au>

**\*\*\*Soul Food  
Sunday February 7<sup>th</sup>, 3 – 4pm  
Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.**

Soul Food is an opportunity to relax in a tranquil environment and reflect on inspiring themes. It provides an opportunity to be uplifted, inspired and to celebrate our humanity and oneness in a spirit of friendship and unity. This is a unique monthly event, held first Sunday of every month, featuring live music, audio-visual pieces and readings from faiths and philosophers, authors, leaders and indigenous cultures from all around the world. Come and bring your friends. Light refreshments served. For more information call 6234 7654 or visit our website  
<http://www.soulfood.com.au/tas/>

**\*\*\*Soul Kids  
Sunday February 7<sup>th</sup>, 3 – 4pm  
Baha'i centre of Learning for Tasmania, corner of Tasman highway and Brooker Ave.**

An activities-based program for children, ages 4-10, will also be available during Soul Food in the Children's Room. Based on the teachings of Bahá'í Faith it will complement the themes of Soul Food and focus on the spiritual and moral aspects of children's development.

Soul Food is a free community event open to all.

**\*\*\* Tashi Choling Mahayana Buddhist Centre Meditation program for 2009  
All classes are held above Gould's Naturopathica, 2nd floor, 73 Liverpool st**

Tuesday evenings, 7:30 – 9 pm  
Buddhist teaching, meditation and discussion – For people wishing to deepen their understanding and maintain an ongoing practice

Cost – by donation

Wednesday evenings, 6:30 – 7:45 pm

Introduction to Meditation – An opportunity to investigate and practice simple meditation led by experienced practitioners. Learn a way of finding some peace and centredness in an often painful and busy life

Cost – by donation

Both classes are open to anyone at any time!

For more information about these classes please visit our website

<http://www.tashicholing.net>, or phone Kate MacNicol on 0432 630 796

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**\*\*\* Dances of Universal Peace**

**Weeroona Yoga Studio, 326 Elizabeth St, North Hobart**

**1st Tuesday of the month - 7.00pm - 9.00pm**

Music, movement, song and prayer are the universal forms of human expression bringing communities together at times of celebration and enriching everyday life. The Dances of Universal Peace are a profound, cross-cultural way to touch spiritual essence through group meditation. Using sacred phrases, chants, music and movement from the many sacred traditions of the earth, the dances promote peace and integration personally across the globe.

Contact: Nicola Bush 03 62272937, nicola.amina@gmail.com

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**\*\*\* Sahaja Yoga Meditation**

**Tuesday at 7pm**

**Civic Centre, Cooper St, Glenorchy**

There is something beyond which you have to seek. There is something beyond no doubt, which has been told to you by all the prophets, by all the scriptures –Shri Mataji Nirmala Devi.

- Experience the peace & joy of true meditation
- Find how to achieve mental silence
- Learn easy techniques to help reduce stress

No charge

For further details contact Phillip or Sarah, Ph 6245 1476 / Mobile 0416 435 278

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**\*\*\* 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

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**\*\*\* 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](mailto: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](mailto:hobart@satyananda.net), visit [www.satyananda.net](http://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 ....***

**\*\*\* Yoga from the Heart**

**Vital health of body, vibrant mind, shining heart**  
**Summer 2010: February 9 - April 2 ( 8 week session)**

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**[www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)**

To enrol or for more information please contact the instructor of the class you are interested in.  
Clare Raffety: 6227 8941, [clare@yogafromtheheart.com.au](mailto:clare@yogafromtheheart.com.au)  
Lee Cody: 0417 319 046, [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au)  
Dani Fox: 0416 978543, [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au)

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|           | 5:30 - 7 pm      | Lee          | Level 2 & 3 Vinyasa  |

For full details and costs please visit [www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)

### \*\*\* Reiki Tummo Weekend Level 1 & 2

... discovering the Heart ... the Spiritual Heart

Our heart is the key to deep calmness, inner peace, happiness and spiritual growth. Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation.



- **Level 1 Saturday 13<sup>th</sup> February** A practical, enjoyable and easy to follow introduction, where you can experience what learning about the spiritual heart can mean for you. Learn about channelling divine energy to yourself and others. The crown, heart and both palm chakras will be cleansed and opened at this level.
- **Level 2 Sunday 14<sup>th</sup> February** Participants will learn intermediate channelling and healing techniques, as well as experiencing an instantaneous and safe Kundalini awakening.

For more info contact *The Lotus Centre* on 6231 9669, visit [www.thelotuscentre.com.au](http://www.thelotuscentre.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 2<sup>nd</sup> floor).  
Casual attendance, no need to book. All welcome. For more information, please ph 6231 9669 or visit [www.thelotuscentre.com.au](http://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](http://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](http://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: <http://www.thelotuscentre.com.au/contact.html>

**A range of holistic, alternative therapies available:**

1. **Remedial Massage and Reiki** with Anthony Bone (0408 132562) or email <http://www.thelotuscentre.com.au/contact.html>

2. **Chinese Medicine, Acupuncture and Massage** with Jackie Pisera (0423 482125) or email [jackabean@hotmail.com](mailto:jackabean@hotmail.com)
3. **Shiatsu Therapy and Reiki** (level 3) with Klaus Baur (0419 440123) or e-mail <http://www.thelotuscentre.com.au/contact.html>
4. **Massage** with Michael Carroll (0408 133679) or e-mail [carrollmjj@gmail.com](mailto:carrollmjj@gmail.com)
5. **Holistic beauty for men and women, and Massage** with Jessica Harris (0418 354 406) or 6231 9669 or email [skindulgence@bigpond.com](mailto:skindulgence@bigpond.com)
6. **Remedial Massage and Naturopathy** with Peter Bland (6231 9669) or email <http://www.thelotuscentre.com.au/contact.html>
7. **Remedial and Relaxation Treatment** with Cheynie Sukha (6231 9669 or 0433 324 534)
8. **Colon Hydrotherapy** with Amanda Loftus (0408 340 589)

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](http://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](http://www.thelotuscentre.com.au) or contact us on e-mail us via: <http://www.thelotuscentre.com.au/contact.html> or Ph. 6231 9669 for further information.

## **Book and Calendar Review**

**Beautiful books can be found in The Babylon Bookshop ...**

**\*\*\* Living Buddha, Living Christ by Thich Nhat Hanh (1997)**

This book is about interfaith dialogue. "In a true dialogue, both sides are willing to change. We have to appreciate that truth can be received from outside of - not only within - our own group. If we do not believe that, entering into dialogue would be a waste of time. If we think we monopolize the truth and we still organize a dialogue, it is not authentic. We have to believe that by engaging in dialogue with the other person, we have the possibility of making a change within ourselves, that we can become deeper. Dialogue is not a means for assimilation in the sense that one side expands and incorporates the other into its 'self.' Dialogue must be practiced on the basis of 'non-self.' We have to allow what is good, beautiful, and meaningful in the other's tradition to transform us. But the most basic principle of interfaith dialogue is that the dialogue must begin, first of all, within oneself. Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves."

This book is about seeking peace. "Until there is peace between religions, there can be no peace in the world. People kill and are killed because they cling too tightly to their own beliefs and ideologies. When we believe that ours is the only faith that contains the truth, violence and

suffering will surely be the result." And "When there are wars within us, it will not be long before we are at war with others, even those we love. The violence, hatred, discrimination, and fear in society water the seeds of the violence, hatred, discrimination, and fear in us."

This book is about mindfulness: "In Buddhism, our effort is to practice mindfulness in each moment - to know what is going on within and all around us. When the Buddha was asked, 'Sir, what do your monks practice?' he replied, 'We sit, we walk, we eat.' The questioner continued, 'But sir, everyone sits and walks, and eats.' And the Buddha told him, 'When we sit, we know we are sitting. When we walk, we know we are walking. When we eat, we know we are eating.' Most of the time, we are lost in the past or carried away by future projects and concerns."

This book is about being there for others: "The most precious gift we can offer others is our presence. When our mindfulness embraces those we love, they will bloom like flowers." This book is about meditation. This book is about the common ground between Christianity and Buddhism - for the author there is no conflict in having images of both Jesus and Buddha on his hermitage altar. He worships them both; he touches them both as his spiritual ancestors. This book is wisdom. There are pearls of wisdom on every page of this book for seekers of the truth.

Review by [www.Amazon](http://www.Amazon)

### **\*\*\* Inner Reflections 2010 Engagement Calendar**

**Author: Paramahansa Yogananda**

Inner Reflections has gained a reputation as one of the most stunning and beautiful Inspirational Engagement Calendars available. Inspiring quotations from Paramahansa Yogananda are magically blended with 53 images from the world's top nature photographers including Art Wolfe, Frans Lanting, Nancy Rotenberg, Darrell Gulin, Russ Burden, Don Paulson, Ron Sanford, Dennis Frates, and Marc Adamus.

Review by [bookstore.yogananda-srf.org](http://bookstore.yogananda-srf.org)

### **\*\*\*Crop Circles Calendar by Freddy Silva**

The Crop Circles 2010 wall calendar features thirteen incredible crop circle photographs paired with fascinating information about this phenomenon by expert Freddy Silva, a leading researcher of crop circle occurrences and author of *Secrets in the Fields: The Science and Mysticism of Crop Circles*, published by Hampton Roads in 2002.

Review by [www.booksamillion.com](http://www.booksamillion.com)

## **CD Review**

**The Babylon Bookshop has this CD and more beautiful CD's ...**

**\*\*\* Tales of the Wind by Tony O'Connor**

This was one of Tony's earliest recordings and to this day is still one his most popular. Slightly more "up tempo" pieces are featured amongst some classic ballads, and this album would be ideal for playing while studying, driving or in the office. Having said that, many listeners say that this is their favourite album to play at bedtime or during massage.

Statement found on [www.tonyoconnor.com.au](http://www.tonyoconnor.com.au)

Composer, producer and performer, Tony O'Connor is an Australian artist whose instrumental music is enjoyed by listeners all around the world.

Included here is Tony's Relaxation Music - a completely natural way to assist relaxation, stress management, help to lower anxiety and sooth the soul. Used by therapists in many diverse fields, Tony's relaxation albums form some of the most popular and sought after recordings of this style. Tony believes that music is supposed to make you feel good, that melodies and harmonics can affect us in very positive ways.

But there is more to this unique artist - peruse the pages at his website and discover why Tony O'Connor is one of Australia's biggest selling instrumental musicians. [www.tonyoconnor.com.au](http://www.tonyoconnor.com.au)

Review by [www.last.fm](http://www.last.fm)

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***Miscellaneous***

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

- Regular events, one-off or weekend

Visit the web-site for some details [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) or PH. 6231 9669 for further information.

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**\*\*\* WANTED - 2<sup>nd</sup> Hand Books**

We want to extend the Bookshop and include second hand books ....

- Thank you for all the 2<sup>nd</sup> 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 2<sup>nd</sup> hand books for both the Library AND a new 2<sup>nd</sup> 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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"The thought manifests as the word.  
The word manifests as the deed.

The deed develops into habit.  
And the habit hardens into character.  
So watch the thought and its ways with care.  
And let it spring from love, born out of concern for all beings. .  
~ Buddha ~  
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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: [newsletter@thelotuscentre.com.au](mailto:newsletter@thelotuscentre.com.au) via - Fax: (03) 6231 0714 - Phone: (03) 6231 9669  
[www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

or if Bookshop related

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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.