

The Lotus Centre Newsletter

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

www.thelotuscentre.com.au



Issue: November 2009

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

Dear friends and fellow travellers

Smiling improves your health! Smiling has been found to release powerful neurotransmitters like endorphins and serotonin - our body's natural 'feel good' drugs. Smiling can improve and change your mood, increase your sense of wellbeing, boosting your immune system, lower your blood pressure, help you to stay positive, its contagious and its FREE.

♥ ♥ ♥ Share a smile today ♥ ♥ ♥

In this newsletter perhaps please note the following events listed:

- **The Dalai Lama talks on Our Future, Who is Responsible?**
- **Sustainable Living Expo**

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 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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“As people alive today, we must consider future generations. A clean environment is a human right like any other. It is therefore part of our responsibility toward others to ensure that the world we pass on is as healthy, if not healthier then we found it

~ His Holiness the 14th Dalai Lama~

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What's NEW for the newsletter!

***** Sustainable Living Expo**
Nov 7th – 8th
Wharf No. 1, Hobart Waterfront

Tasmania's Sustainable Living Expo showcases a diverse range of products and ideas celebrating change and innovation in our community.

The Expo is a FREE EVENT, held on Saturday & Sunday November 7-8 at Wharf No.1, Hobart Waterfront, between 10am & 5pm, and will feature displays, talks, and interactive workshops on the following topics:

Sustainable building and renovating
Renewable energy and solar hot water
Energy efficient heating and cooling
Saving water
Gardens and food
Smart transport
Sustainable waste management – Reduce Reuse Recycle
Community solutions

We will have your brain bursting as we tantalise you with sustainable art installations, local music, films, and the reconTEXTURED catwalk show. The kids programme will engage and entertain the youngsters.

We also have a fantastic RAFFLE with well over \$6000 worth of prizes including:

1kv wind turbine or PV panels from I Want Solar
2 nights cabin accomodation from Huon Bush Retreats
Power Usage Meter & Books from Sustainable Living Tasmania
Moon Pads
Handcrafted child's chair from Bernd Farasin
Fair Trade Hamper from ecoHaven.

Come and explore the Expo's two-day program in the heart of the city of Hobart and be a part of the celebrations in our 11th year.

<http://www.sustainablelivingtasmania.org.au>

***** 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.

6th - 8th November Pampering Retreat

Restorative yoga with Kathy, relaxing massages with Anna Minchin and Sonya Newman, sauna and spa, rest and reflect \$380

27th -29th November Ashtanga Yoga Retreat

Lyndel Dean The Yoga Point 0404851660

Where: Niche Yoga Retreat Centre, near Cygnet

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

***** Yoga for Pregnancy**

Wednesday 4-5:30 pm

Nov 11 – Dec 16

Nurture and balance your mind, body and spirit with this gently yoga practise ideally suited for pregnant women. The session will include practices to connect the mother with her unborn child and develop relationships with other expectant mothers in the community.

Where: The Lotus Centre, 45 Victoria St, Hobart

Cost: Full course \$76, casually \$15 per class

Contact: Dani on 0416 978543

*****Yoga Aid Challenge**

**Sunday, November 15th, 8.15am - 12noon
Hobart Town Hall**

Calling all Yoga and Meditation practitioners, please come to enrich our community with your practice.

The YogaAid challenge revolves around 108 sun salutations to raise awareness and funds. Participate in all 108 or 1 or 2, sit and meditate through the practice to add to the sacred space or do a combination of both. We want your presence. All styles and traditions welcome.

The practice of 108 sun salutations is a moving prayer, prayer in action. The ancient Yogis taught that each of us replicates the world at large, embodying rivers, seas, mountains, fields, stars and planets... the sun and the moon. The sun is viewed as a token of our own inner sun, our spiritual heart. Here is the seat of our consciousness, our higher wisdom. Each salutation begins and ends with the hands in Anjali Mudra, the prayer or Namaste position, in honour of the sun within.

As this is a fundraising event we are asking those who can't make it to support us with donations. Please go to <http://www.YogaAid.com.au> for details or to donate to challengers registered and raising funds.

Music by Ty Burhoe, world class Tabla player.

Contact Lee at leeamcody@hotmail.com, phone 0417 319046,
<http://www.yogafromtheheart.com.au>

*****The Path to Nirvana: a step by step guide to Buddhism
Sat 21st Nov 10am – 1pm**

This course is open to everyone. It will provide a clear and practical explanation of the stages of Buddhist meditation and practice. The main focus of the course will be showing we can find a deep inner peace and contentment by changing the way we relate to our world and ourselves. Gen Rabten will clearly explain reincarnation, karma, samsara and nirvana and show how this understanding empowers us to enjoy a deep inner peace.

<http://www.kadampa.org.au/hobart>

*****Cygnet Herb Health and Organic Expo
Sunday 29th November, 9-4 pm
Cygnet Town Hall and Community Garden**

Herbs, plants, organic products, healthy living options, garden design, stalls, talks & workshops

Come along and enjoy a beautiful community event where people from all around Tasmania gather to share in the beauty of spring, purchase herbs and seeds for the garden, eat some yummy organic food, learn about a range of interesting alternative health practices, healthy products and much more.

Brought to you by the Huon Valley Environment Centre
Supported by the Cygnet Community Action Network & sponsored by the Australian Traditional Medicine Society.

For more information please visit <http://www.huon.org>.

***** His Holiness the 14th Dalai Lama
Our Future, Who is Responsible?
Tuesday 8th December, 2PM - 4PM
Derwent Entertainment Centre, Hobart**

"We are all brothers and sisters with the same mental and physical capacities, the same problems and the same needs. We must all contribute to the fulfilment of the human potential and the improvement of the quality of life as much as we are able. We are also being drawn together by the grave problems we face; over population, dwindling natural resources and an environmental crisis that threatens our air, water and trees, along with the vast number of beautiful life forms that are the very foundation of existence on this small planet we share.

I believe that to meet the challenge of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for his or her own self, family or nation but for the benefit of all mankind.

Universal responsibility is the real key to human survival. It is the best foundation for world peace, the equitable use of natural resources and through concern for future generations, the proper care of the environment."

His Holiness the 14th Dalai Lama
June 2008 - Sydney, Australia

www.dalailamainaustralia.org/

***** Permaculture Design Course
11-24th January
Lorinna**

Design your own garden. Learn how to lead a self-reliant lifestyle. Grow your own food. Equip yourself with practical knowledge and life skills.

For more details please contact Hannah Moloney 0418 307 294

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

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

Workshops & Events ... around Hobart and beyond

*****Women's Moon Circle's
Huon Bush Retreats
15th November 09
9am - 4 pm**

For booking please phone Huon Bust Retreats 62 642233 or Jane on 0428402314 for further info
www.moonandearthconnections.com

*****Thorn Coyle - Sex, Will and Magic: Opening to Life Power**

Magic is the marriage of breath, will and desire. If our lives lack full access to any of these, our magic will not thrive. In this experiential workshop we will learn ways to tap the energy of life and sex, using this to strengthen our will and fuel our work. Energy techniques, meditation and chanting will help us access life power, opening our lives to heightened awareness, energetic sensitivity, and a strong, magical will. Strength, love, and beauty will surely follow

Sunday Dec 13th 2009. Huon Bush Retreats, Browns Rd Ranelagh Tasmania. 10am - 4pm.
Vegetarian Lunch included.
Cost: \$75 concession/\$95 waged.
<http://www.thorncoyle.com>.

For booking contact: aburling@nativeforest.net

*****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

***** Yoga from the Heart
Vital health of body, vibrant mind, shining heart
Sept 21 - Dec 17, 2009 CLASS SCHEDULE**

**The Lotus Centre, Top Floor,
45 Victoria Street, Hobart
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
Lee Cody: 0417 319 046, lee@yogafromtheheart.com.au
Dani Fox: 0416 978543, 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

Tuesday	6:30- 8am	Dani	Level 1 & 2 Hatha
	5:30 - 7 pm	Lee	Level 1 Vinyasa
	7:15 - 8:45 pm	Various Teachers	Focus Class (details below)
Wednesday	9:30 - 11 am	Clare	Levels 2 & 3 Anusara
	5:30 - 7 pm	Lee	Vinyasa Levels 2 & 3
	7:15 - 8:45 pm	Dani	Yoga for the Active and Athletic
Thursday	6:30 - 8 am	Dani	Levels 1 & 2 Hatha
	5:30 – 7pm	Clare	Level 2 & 3 Anusara
	7:15 – 8:45pm	Clare	Level 1 & 2 Anusara

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

Please note there are no classes Show Day, Thursday October 22

***** 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
 Visit Cindy's website for more details:
<http://www.journeytotheheart.com.au>

***** Soul Food**
Sunday December 6th, 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 December 6th, 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.

*****The Hydro Tasmania Wildwater World Cup 2009
Saturday, October 24 - Saturday, November 7 2009**

See extreme whitewater racing on Tasmania's wild rivers
See six races that will feature some of the World's best whitewater paddlers as they tackle Tasmania's wild rivers (Mersey, Meander, Brady's, Ringarooma and Cataract) in this extreme sporting event.

Up to 26 nations will compete in the Hydro Tasmania Wildwater World Cup 2009. This is only the second time the Cup has been held in the southern hemisphere.

For more information please visit <http://www.wildwatertasmania.canoe.org.au/>.

***** Reiki Tummo Spiritual Retreat
Campaspe Downs, 1 hour west of Melbourne, Victoria, Australia.
6th to the 9th of November**

The Retreat will be held from the 6th to the 9th of November... under the guidance of our wonderful teacher, Irmansyah Effendi.

The program will be as follows:

Inner Heart Workshop:	Friday 6th,
Spiritual Retreat Day 1:	Saturday 7th
Spiritual Retreat Day 2:	Sunday 8 th
*MRT:	Monday 9th
Special Excursion:	Tuesday 10th

* Please note the prerequisite for the Spiritual Retreat - Reiki Tummo Level 1, 2, 3A, Kundalini and Meditation

**MRT is only offered to those who have attended at least 2 previous Spiritual Retreats

For more information please contact Steve Ray on reikitummo@netspace.net.au or 0419 005 386

**Pathways to Manhood
Tue 24th – Sat 28th November**

A contemporary, community based Rite of Passage for boys into Manhood which takes the form of a 5 or 6 day bush camp for boys aged 13-15 years and their fathers or a male mentor. This award winning program has been running since 1995 and the difference this experience makes in the lives of the boys, their fathers and the entire family is profound.

Independent market research was conducted in 2007 which confirmed that boys who have

participated in Pathways have: more confident communication and social skills, stronger more supportive father relationships, increased respect for women, more motivation to set goals and finish school, more motivation to give back to the community.

As we all know, a boy's body changes dramatically as he goes through puberty. Physically his body will become that of a man but it is still possible to be a "boy" at age 40 or older.

"A boy cannot turn into a man without the active intervention of older men." Robert Bly.

The shift from boy psychology to healthy man psychology does not occur naturally. The differences are so fundamental that a Rite of Passage is required for this transformation to take place in a timely fashion.

To find out more please see www.pathwaysfoundation.org.au

***** 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 centred ness 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

***** 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

***** 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

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

For further details contact Tim on 6272 4675

***** 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 welcomes 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

***** Yoga from the Heart**

Vital health of body, vibrant mind, shining heart

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

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

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

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5:30 – 7pm
7:15 – 8:45pm

Clare
Clare

Level 2 & 3 Anusara
Level 1 & 2 Anusara

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: <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
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
5. **Holistic beauty for men and women, and Massage** with Jessica Harris (0418 354 406) or 6231 9669 or email skindulgence@bigpond.com
6. **Remedial Massage** and **Naturopathy** with Peter Bland (6231 9669) or email <http://www.thelotuscentre.com.au/contact.html>

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: <http://www.thelotuscentre.com.au/contact.html> or Ph. 6231 9669 for further information.

Book Review

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

***** The Prophet**
BY Kahlil Gibran

In a distant, timeless place, a mysterious prophet walks the sands. At the moment of his departure, he wishes to offer the people gifts but possesses nothing. The people gather round, each asks a question of the heart, and the man's wisdom is his gift. It is Gibran's gift to us, as well, for Gibran's prophet is rivaled in his wisdom only by the founders of the world's great religions. On the most basic topics--marriage, children, friendship, work, pleasure--his words have a power and lucidity that in another era would surely have provoked the description "divinely inspired." Free of dogma, free of power structures and metaphysics, consider these poetic, moving aphorisms a 20th-century supplement to all sacred traditions--as millions of other readers already have

Review by Amazon.com

DVD Review

The Babylon Bookshop has this DVD and more ...

*** The Bollywood Dance Workout With Hemalayaa

I know it is a workout dvd, how can it be fun!? But really, Hemalyaa approaches the workout as playtime and makes the individual segments very enjoyable. The time just seems to fly by which is especially weird for an exercise dvd!

The dance "playtime" is exactly what you would expect to see in a Bollywood film. It combines hip-hop, basic belly dance, and just plain fun body movement to form a style that looks exceptionally easy and fun- when Hemalyaa does it, not me. I probably look like a floundering chicken. But I dont care! I still had fun and it was a definite workout particularly in the upper thighs.

The choreography goes fast but is pretty well explained and they always redo all of the movements, so even when you feel like you have no idea what you are supposed to be doing the dancers will suddenly go back to moves that you have already mastered. Sometimes it is just fun to watch them dance for a minute- and I say that not just because I was slacking for that minute!

Review by Amazon.com

CD Review

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

*** The Visit

Loreena McKennitt

"The Visit," recorded in 1992, has demonstrated, by its longevity and popularity, how important a position it holds in Loreena McKennitt's body of work. Based strongly in her Celtic roots McKennitt is as comfortable with traditional tunes as she is mixing old casks with new wine to make statements that are a pertinent today as they might have been 100's of years ago. The 'old religion' is mixed adroitly with modern spirituality to add a mystical texture that will haunt the listener long after the songs have ended.

Loreena's musicality is unimpeachable. I love her voice, which is capable of a rich variety of intonation and emotional content. Much of her work uses old dance rhythms based on fine drumwork by Al Cross and Rick Lazar. Indeed, all of her musicians are first class, and recording qualities are superb. Whether you are a Celtic music addict, a New Ager, or an old Folkie you will

find much to enjoy here.

'All Soul's Night' is a striking combination of Japanese imagery and Celtic ritual with a dancing, percussive rhythm. In 'Bonny Portsmore' McKennitt sings a lamentation for the great oaks of Ireland, cut down for lumber by British military and shipbuilding interests. 'Between the Shadows' shows off the singer's unique ability to write crossover tunes that combine Middle and Far Eastern influences with Celtic rhythms and instrumentation.

'Lady of Shalott' is one of my very favorite McKennitt songs. It is a pure, folk-like capturing of Tennyson's poem of an elven woman who is cursed to die if ever she let's herself love. It is a showcase for the singer's voice, which moves over her entire tonal range. 'Greensleeves' is a complete surprise. Emulating Tim Waits, McKennett produces an eerie, bluesy version that could almost have been written yesterday. 'Tango in Evora' is exactly that, combining Brian Hughes Balalaika, Hugh Marsh's fiddle and McKennitt's voice in a lilting performance.

In the 'Courtyard Lullaby' pre-Christian symbolism is used to evoke the flavor of old Europe's deepest spirituality. A thematic structure which is evoked again in 'The Old Ways,' but at a far faster pace. For her final piece, McKennitt chooses the mourning song from Shakespeare's Cymbeline, a play about the conflict between Roman and Celt. It is a fine setting, evoking both the tragedy and nobility of human mortality, and serves as a perfect ending.

Review by 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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"When love beckons to you, follow him, Though his ways are hard and steep ... Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, So shall he descend to your roots and shake them in their clinging to the earth. Like sheaves of corn he gathers you unto himself. He threshes

you to make you naked. He sifts you to free you from your husks. He grinds you to whiteness. He kneads you until you are pliant; And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast."

~ Kahlil Gibran on Love ~

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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

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