

The Lotus Centre Newsletter

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

www.thelotuscentre.com.au



Issue: May 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,

The Lotus Centre celebrated the opening of another beautifully renovated room 'the sanctuary'. The definition of a sanctuary is a safe place away from persecution or a sacred and holy area. A moderate size room it was put to good use this weekend for the Open Heart workshops ... very beautiful and deep with people coming from Indonesia, New Zealand, mainland Australia, America and Ireland. Sharing and enjoying a spiritual journey with a diverse group of people is such a blessing ♥ ♥ ♥

In this newsletter perhaps please note the following workshops listed:

- **Symphony of Peace Prayers** Sunday May 17th 1.30pm-4pm
- **Journey to the Heart- Women's Circle** 9th May to 30th 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 concerned 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 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 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 and we will take you off the date base with the same love that we placed you on it.

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The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

~Buddha~

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What's NEW for the newsletter!

***** Symphony of Peace Prayers**

Sunday May 17th 1.30pm-4pm

Baha'i Centre of Learning, 1 Tasman Highway, HOBART, AUSTRALIA

May peace be in our hearts, homes, neighbourhoods and countries.

On this afternoon, members of the international peace organisation, Byakko Shinko Kai, are holding a wonderful multifaith prayer event, culminating in the powerful, colourful World Peace Flag Ceremony.

During this ceremony we pray the universal prayer
'May Peace Prevail On Earth'

May peace be in using the fabric flags of each world nation. We are holding this ceremony to coincide with Symphony of Peace Prayers being held at the beautiful peace haven, Fuji Sanctuary in Japan on that day, incorporating the Global Peace Meditation Prayer Day where millions worldwide will join in prayer for world peace as occurred in previous years at this time. We are inviting all peace loving people to join us either in person or in spirit.

Contact 03 52443461 or 03 6257 7583

Email: jennyfunston@gmail.com or wind_song@bigpond.com

*****Soul Food**

Sunday June 7th, 3:00pm – 4:30pm

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 features live music, audio-visual pieces and readings from faiths and philosophers, authors, leaders and indigenous cultures, from all over the world. Topics such as: No man is an island; The mountains of life; The dance of life; Unconditional love; The sacred balance; A time for renewal; No beginning, No end.

Soul Food is a free community event open to all.

2009 dates: March 1st April 5th May 3rd. June 7th July 5th August 2nd September 6th October 4th November 1st. December 6th

For further information contact 6234 7654, email info@tasbcl.com.au or <http://tasbcl.com.au>

*****World Environment Day Special
Hobart City Council
Knocklofty Reserve, Wednesday 3 June, From 11am**

World Environment Day is an opportunity to celebrate the fragile and wonderful environment we love and depend on. This World Environment Day join us as we focus on fauna, frolic with frogs, romp with reptiles and be at peace with the birds.

For full details see the Hobart City Council Website www.hobartcity.com.au

Cost: FREE!!
Age: All ages

*****TreadLightly EnviroFest
Sunday 7th June 2009
Royal Botanical Gardens**

In midwinter 2008, more than 45 exhibitors and artists stimulated visitors to the Royal Tasmanian Botanical Gardens to think about their lives and how they might live more sustainably.

The TreadLightly EnviroFest introduced the community to the full diversity of sustainability issues and solutions through interactive and engaging activities and displays. TreadLightly EnviroFest is part of a range of events designed around World Environment Day, which is held on June 5 each year.

This year's theme for World Environment Day (WED) is 'Your planet needs you - Unite to combat climate change'

Workshops & Events ... around Hobart and beyond

***** 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

***** 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

***** Journey to the Heart - Women's Healing Circle with Cindy Aulby**

Four-week courses on Saturdays from 2pm till 5pm, South Hobart.

9th May to 30th May 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

***** 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

***** 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

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
Wednesday	5:30 - 7 pm	Lee	Vinyasa Level 1
	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

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 ...

***** Ian Gawler: The Dragon's Blessing (Paperback)
by Guy Allenby**

The inspiring life story of cancer survivor and renowned mind-body pioneer, Ian Gawler.

Before Lance Armstrong and his bike, there was Ian Gawler and his inspirational fight for survival against cancer. At the end of 1974 Dr Ian Gawler, an ambitious young veterinarian and athlete, developed bone cancer in his right leg. The leg was amputated at the hip. The following year, the cancer spread to his pelvis and chest. Gawler was told that nothing could be done for him and, at his lowest ebb, that he had only weeks to live.

Gawler refused to give up, and began studying meditation and following a strict diet, pursuing an intense regime of research, introspection and personal development.

Against all odds and prognoses, his cancer began to retreat and he was eventually declared clear of cancer in 1978.

In 1984 Ian Gawler's legendary bestseller, *You Can Conquer Cancer*, was published. It went on to sell nearly 200 000 copies in over 13 languages and continues to inspire people all around the world. Today Ian Gawler is a world-renowned pioneer in the therapeutic application of mind/body medicine and meditation and The Gawler Foundation, a residential program for cancer patients and their families, continues to offer residential programs and day workshops and is run by a staff of 40. Thousands of people have passed through The Foundation's doors and there are countless stories by patients of lives lengthened, quality of life improved and cancers in remission.

Ian Gawler has been approached by a number of people over the years offering to write his biography, but he's never agreed - until now. Over hours of interviews and in extracts from his diaries, Gawler reveals for the first time many aspects of his amazing story. *Ian Gawler: The Dragon's Blessing* is an honest, unflinching and illuminating portrait of an unorthodox, compassionate and courageous Australian, whose own journey has been an inspiration to the lives of so many others. This book will inspire many more.
(Review by shop.abc.net.au)

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

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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.