

The Lotus Centre ***Newsletter***

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

www.thelotuscentre.com.au



Issue: December 2008

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

Hi dear Friends and Fellow Travellers,

What an amazing and wonderful year it has been It is always special for the end of the year to be marked so magically by the festival of LOVE Christmas ... as many understand the message of Christ to be one of Love, respect and care from all of us, without any boundaries, limitations

May this time and the time leading up to it be one of peace, joy and love-sharing ... in its purest form.

As love and the heart are closely linked in many traditions, spiritual practices you may feel to join one of the heart meditations offered at the centre

In this newsletter perhaps please note the following workshops listed:

- Open Heart Workshops Level 1 & 2
- Growing Communities Conference - Seeds of Change

... 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 and CD reviews please browse the end of the newsletter

***** Kent and Amanda from the Babylon Bookshop are kindly offering to all Lotus Centre Newsletter recipients a pre Christmas discount of 20 % on all gifts (excluding books, CD's and discounted items) - if you are interested please mention this.**

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/contact.htm
- (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.

~ ~ ~ ~ ~

*" Forgiveness is choosing to love.
It is the first skill of self-giving love"*
~ Mahatma Gandhi ~

~ ~ ~ ~ ~

What's NEW for the newsletter!

***** 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 November 29th 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 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 Divine Source of Love and Light.

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

♥**Level 2 Sunday November 30th 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 Divine Source. You will be guided so your heart begins to recognize and realize more about the Love of the Divine Source, and begins to give answers to important questions.

Please contact the Lotus Centre on 6231 9669 for more information ... or e-mail www.thelotuscentre.com.au

***** Our Climate...On the Edge - Lecture**

Tuesday, 2 December - 1:30-4:45pm - CSIRO Auditorium, Castray Esplanade, Battery Point

Explore insights into climate change and the challenges associated with planning and management at this lecture as part of Coastcare Week 2008. Keynote speaker is Professor Will Steffen, Executive Director of ANU Climate Change Institute, Government advisor and shared recipient of the Nobel Peace Prize for his contribution to the IPCC Fourth Assessment Report. He will be joined by John Church (CSIRO), Wendy Spencer (Climate Change Office), Vanessa Elwell-Gavins (NRM South), Christine materia (Local Government Association) and Chris Rees (Coastal and Marine Branch, DEPHA). For further information contact Kaylene Allan, NRM South on 62382876

***** Growing Communities Conference - Seeds of Change**

Saturday & Sunday 6-7 December 2008 - Lenah Valley Primary School & Creek Road Community Garden

You are a seed of change! Growing food is a great way to combat climate change, build our communities, connect with the earth, improve health and rejuvenate ourselves. Come learn how to create and maintain community and school gardens, inspire the next generation of gardeners, network with others from around the State, and hear how gardens can contribute to a better world! Two days of panel discussions, hands on workshops, kids' activities, field trips and group reflections, focussing on education and community building through gardening.

Cost: \$70 (\$35 part-time employed, \$20 concession, \$10 kids) Includes all workshops, morning and afternoon tea, lunch and growing communities pack. Visit the website to download a registration form or view the program. For further information contact Lissa by phone on 62345566.

*****Carols by Candlelight 2008**

The Lions Club of Glenorchy and the Glenorchy City Council present Carols by Candlelight, hosted by Andy Muirhead from The Collectors and ABC Hobart.

Date: **13th December**

Time: 7:30pm til 10pm

Venue: Tolosa Park Soundshell

Entry by a gold coin donation for a program and a candle.

Refreshments will be available for sale.
Tolosa Park gates open at 6pm.

***** The Taste Festival – Hobart's Waterfront Celebration**

From 28 December 2008 to 4 January 2009 we go deep into the heart of the Taste. Hobart's Waterfront will be filled with aromas, sights and sounds as we celebrate contemporary Tasmanian produce through epicurean delights, artists and performers who test the boundaries of culinary and visual pleasure. There are many exciting new initiatives included within the Festival precinct, focusing on Princes Wharf and surrounds, with an expanded and visually engaging site.

The Taste Festival will launch on Wednesday 19 November with full programming details and tickets for Tasmania's biggest New Year's Eve Celebration on sale from this date.

Visit tastefestival.com.au for more information.

***** Permaculture Design Certificate Course
15-27 January - Franklin**

A two week intensive course with Victorian teachers Rick and Naomi Coleman from Southern Cross Permaculture Institute. Learn how to lead a self-reliant lifestyle. Design your own garden or farm. Grow your own food. Equip yourself with practical knowledge and life skills. Qualify to consult in permaculture design solutions for others. For more information contact the Permaculture Association of Tasmania by email or call (03) 6266 3755.

***** 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.

***** 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

***** Women's Moon Circle**

8th February 2009 – 10 am to 3pm - Kettering

Come to a sacred day of singing, drumming and meditation

This is a free event. Please bring a plate of food to share.

Contact details: Jane Anderson, Moon and Earth Connections. Ph 0428402314

Workshops & Events ... in and around Hobart

***** Tasmanian Middle Eastern Dance Festival**

Exeter Primary and High School Nov 28th - 30th 2008

There will be two days of workshops with a variety of teachers as well as a floorshow, fashion Parade and a Bazaar.

For details go to <http://home.iprimus.com.au/kazzray> or email zahira1au@yahoo.com.au to receive a PDF of the Festival booklet.

***** Belly Dance Bazaar**

Exeter Primary School Hall - Nov 29th 2008 at 7pm

There will be entertainment provided by several belly dance students and groups.

Stalls selling make up, skin care, preloved and new belly dance costumes, CDs, DVDs, Indian shawls and coats, Tribal items and more ...

Entry is \$4.00. Purchase your ticket before the day to be eligible for the lucky door prizes. Contact Zahira on 0418 139 826 or zahira1au@yahoo.com.au

This is a Tasmanian Middle Eastern Dance Festival event.

***** REIKI 1 WORKSHOP Feb 2009**

Venue: Lindisfarne

For more details and to book please contact Joy Nicholson (Reiki Master/Teacher) on 0415 416 168 or email: joynicholson@aapt.net.au or www.joynicholson.com.au

***** Singing bowl workshop "Yoga and Sound" – first time in Tasmania**

with Christina Koenig (Yoga teacher, sound massage therapist) and Sascha Bauer (Dipl. music teacher, Dipl. musician, studio speaker, radio presenter)

Experience healing vibrations of singing bowls, made by Tibetans, on body mind and spirit.

The workshop offers an exceptional combination of singing bowl concerts, Yoga practice with healing sounds (postures, breathing exercises, and meditations), Sound Massage, and Sound Formations. Participants can make contact with the bowls. It will be an uplifting, nurturing and balancing weekend.

- **Friday 27th February 2009 6pm to Sunday 1st March 2009 2pm** at Lotus Centre.
- **Friday 6th of March 2009 6pm to Sunday 8th of March 2009 2pm** at Hobart Yoga & Meditation Centre, New Town

Cost: \$380

Fee does not include meals and accommodation.

Book early – number of participants is limited.

For more information, fliers, and/or booking contact Ma Bodhi or Anand 03 6229 7458 or by email: mabodhi@bigpond.com

***** Courses in Gnosis and Gnosticism**

The objective of the Gnostic school is to give freely to humanity a practical teaching through which people can learn what specifically the inner work is and how to develop it in a day-to-day basis. Study topics such as psychology, meditation, philosophy, alchemy, kabalah, astrology, tarot, practical dream-work, anthropology, chakras, kundalini and many other subjects.

Cost: free. Courses are offered periodically throughout the year- to find out more visit www.gnosistasmania.org or phone the Gnostic Centre on 6278 9631

***** Wellness relies on a balanced WOMAN**

Specialising in Detoxification, Hormonal Health, Weight loss, Stress Management, Geopathic/EMR stress, Reproductive Health including preconception, natural fertility management, infertility treatments, pregnancy, labour, birth, postnatal healing and menopause.

Courses are conducted regularly throughout the year and include Active birth classes, Optimal health through hormonal balance, Detecting earth energy through dowsing, and Maternity reflexology for midwives.

To find out more visit <http://stream-of-life.com> or please contact Vicki and Janice on 0362285796 / 0419532286

***** 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.

***** Satyananda Yoga**

Please contact the Satyananda Yoga Centre on 6231 9117.

E-mail: hobart@satyananda.net, visit www.satyananda.net

***** 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.

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

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

***** Theosophical Society of Hobart**

The Theosophical Society has two centres in Tasmania, which are branches of the international organization, formed in New York in 1875, dedicated to the promotion of brotherhood and to the encouragement of the study of religion, philosophy, and science, so that we may better understand ourselves and our place in the universe. (The Theosophical World-View)

Introductory courses in theosophy are held when there are a sufficient number of interested people. Weekly meetings at the library Monday 8-9 pm. Wednesday discussion group 2.30-4pm. For detailed please phone 6231 4454 or visit the website on

www.theosophicaltas.websyte.com.au

***** 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

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

... 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. Heart is the key to our spiritual growth and a reflection of our whole self and whole life. **November 29th & November 30th.**

For more details see 'What's NEW in the newsletter' or contact the Lotus Centre on 6231 9669 or e-mail www.thelotuscentre.com.au/contact.htm

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

Sunday 7th of December 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

Cost: \$35 (\$25 conc.)

***** Singing bowl workshop "Yoga and Sound" - Workshop Friday 27th Feb 2009
6pm to Sunday 1st March 2009 2pm** at The Lotus Centre.

For more details see 'Workshops and Events... in and around Hobart'.

For more information, fliers, and/or booking contact Ma Bodhi or Anand 03 6229 7458 or by email: mabodhi@bigpond.com

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.

***** Yoga from the Heart** - We are excited to be expanding our offerings at the Lotus Centre
Revealing joy, vitality and intelligence of body and heart

For more details see visit www.yogafromtheheart.com.au or
<http://www.thelotuscentre.com.au/groups/groups-yoga.html>

***** 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

For these books and more ask at the Babylon Bookshop or you might like to borrow from the Babylon Bookshop Library.

The Power of Now is one of those rare books with the power to create an experience in readers - one that can radically change their lives for the better.

Eckhart Tolle is emerging as one of today's most inspiring teachers. In *The Power of Now* the author describes his transition from despair to self-realisation soon after his 29th birthday. Tolle took another 10 years to understand this transformation, during which time he evolved a philosophy that has parallels in Buddhism, relaxation techniques and meditation theory but is also eminently practical.

In *The Power of Now* he shows readers how to recognise themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living 'present, fully and intensely, in the Now' (brumbybooks.com.au).

For anyone who has read the book ***Anastasia*** of the Ringing Cedar Series by **Vladimir Megre**, the buzzword environmental sustainability probably has a significantly different meaning from what we commonly mean by this term. Anastasia's environmental sustainability has nothing to do with recycling, reducing waste or buying environmentally friendly products. Anastasia's interpretation of this word is in fact a lot simpler, taking it absolutely literally: Let the environment sustain us humans. If we look at the definition of sustainability, we can see its real meaning: to provide with nourishment.

For those who do not know *Anastasia*, I shall try to quickly summarise the first book of this series. *Anastasia* is part documentary, part novel, part prose. Which one of those it is primarily is up to you to decide. Fact is, that it is more than just inspired by a true story. It is the account of the author's journey through the Russian Taiga on one of his business trips, and his strange and mind-boggling encounter with a stunning beauty living in total isolation. During Vladimir's stay with this forest recluse, she shows him things, which defy all conventional logic. Not only does she live naked in the middle of the Russian taiga, with no housing, clothing or food supplies. She also has profound knowledge of the "nature of nature" and the nature of man and the universe.

But these words don't do her justice. The book, which has plenty of information such as maps, specific names, dates and other verifiable material, speaks directly to your heart. You feel its truth, and unlike any book I've ever read, you can literally feel her being (<http://scrote.wordpress.com/2008/08/16/anastasia-and-environmental-sustainability/>).

Music Review

The Babylon Bookshop has a range of beautiful CD

NOT ALL THOSE WHO WANDER ARE LOST

Format: DVD

Released 23rd October 2008.

1 Giant leap broke all the rules in music and film making in fusing audio visual, words, sounds and rhythms from over 25 locations and 20 countries from around the globe to celebrate the unity in our musicians, story-tellers, film makers, entrepreneurs, artists, and thinkers from many different cultures. 1 Giant Leap is a title, a philosophy, a leap of faith that sprung from the minds of visionary musicians/visual artists Jamie Catto (Faithless) and Duncan Bridgeman.

It is the embodiment of the unity in human diversity and a cross-cultural exploration of universal truth that is a global journey unto itself. 1 Giant Leap features: Kurt Vonnegut, Dennis Hopper , Ram Das, Tom Robbins, Anita Roddick, Brian Eno, Micheal Stipe, Robbie Williams, Neneh Cherry, Stewart Copeland, Baaba Maal and many more

"Jubilant, unique, ambitious, epic, dramatic, life-affirming and positively absorbing a musical and visual feast"

DVD Monthly

"a truly astonishing project"

Uncut

"Listen and weep. It`s a masterpiece. No joke"

Davina McCall

(brumbybooks.com.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 ♥

~ ~ ~ ~ ~

"Never forget the three powerful resources

you always have available to you: love, prayer, and forgiveness"

~ H. Jackson Brown~

~ ~ ~ ~ ~

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.