

## **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: January 2009**

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

Hi dear Friends and Fellow Travellers,

Welcome to a new beginning ... 2009. Wishing you a fun filled, magical, wonderful New Year full of love and blessings.

We are looking forward to an abundant program of workshops and events at the Babylon Bookshop and the Lotus Centre. If you would like to include an item in the newsletter please email the information to [newsletter@thelotuscentre.com.au](mailto:newsletter@thelotuscentre.com.au) or [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) so we can continue to share "What's On" around Hobart and our beautiful island.

In this newsletter perhaps please note the following workshops listed:

- **Ta Ke Ti Na - Rhythm for Evolution**
- **Singing bowl workshop "Yoga and Sound" and Singing Bowl Concerts**

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
- The Lotus Centre display board
- Or come and talk to us at Babylon/Lotus Centre

For interesting book, DVD and CD reviews please browse the end of the newsletter

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

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

With Love and smiles from

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

PS. (1) If you no longer wish to receive the newsletter, simply let us know, per e-mail and – we will take you off the date base with the same love that we placed you on it too.

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The world we are experiencing today is the result of our collective consciousness,  
and if we want a new world, each of us must start taking responsibility for helping create it.

~Rosemary Fillmore Rhea~

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

**\*\*\* The Australian Gnostic Association  
Public Talk and Information Evening  
Tuesday 20<sup>th</sup> January 2009, 7pm to 9pm  
Lansdowne Primary School Hall, Gurlay Street, West Hobart**

**Public Talk and Information Evening  
Saturday, 31<sup>st</sup> January, 3pm to 5pm  
Kingston Public Library  
11 Hutchins Street, Kingston (continues for 6 weeks)**

The Australian Gnostic Association is an esoteric school whose fundamental aim is the liberation, happiness and freedom of the person as a soul or spiritual Being. As a school it has its teachings and methods that are designed to assist a person to unfold their spiritual reality in accordance with their own volition and capacity.

These teachings- from meditation, to the functions of the mind and psychology, to the mystical studies of alchemy, kabalah, the tarot etc.- form the body of the Gnostic doctrine, or the tradition of Gnosis. Any tradition exists simply as a guide; it is there to provide a language, a context, in which a person can work to understand themselves and their world.

Cost: free.

To find out more visit [www.gnosistasmania.org](http://www.gnosistasmania.org) or phone the Gnostic Centre on 62789631

### \*\*\* 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 Thursday 29<sup>th</sup> January 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 Friday 30<sup>th</sup> January 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.

For more information, please contact the Lotus Centre on 6231 9669 or [info@thelotuscentre.com](mailto:info@thelotuscentre.com)  
Please visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) to learn more about your heart.

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

Learn in-depth about Reiki & discover more about your heart, the spiritual heart.

Reiki Tummo workshops teach with much depth about energy channelling for self-healing and for healing to helping others. The workshops also help us to share the Divine Blessing, as Reiki is also referred to.



After a recent reiki attunement one of the participants wrote to us: *'... I can really feel the difference ... I can find the feeling in my heart almost instantly now.'*

- **Level 1 Saturday 31<sup>st</sup> January** The session offers a practical, enjoyable and easy to follow introduction where you can experience what learning about the heart can mean for you. Learn about channelling divine energy to yourself and others. Chakra activation and Sushumna (main energy channel) cleansing to enable the energy to flow freely.

- **Level 2 Sunday 1<sup>st</sup> February** Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation. Learn about advanced energy channelling and distant healing.

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

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

**Vital health of body, vibrant mind, shining heart**

**Holiday Schedule Jan 20 – Feb 5 & Summer Session Feb 10 - April 10, 2009**

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

#### **Holiday Schedule**

Best wishes for summer and for the year ahead... We will offer some evening classes over the summer break, see below for details.

All classes will be mixed level and open to beginners and continuing students. To reserve your place please contact the teacher of the class you wish to attend. Prepayment is required to secure your place. Casual places will also be available on the night but we anticipate they will be limited.

Tuesday Jan 20, 5:30 - 7pm with Lee

Wednesday Jan 21, 5:30 - 7pm with Lee

Thursday Jan 22, 5:30 - 7pm with Clare

Thursday Jan 22, 7:15 - 8:45pm with Clare

Monday Jan 26, 5:30 - 7pm with Clare

Tuesday Jan 27, 5:30 - 7pm with Lee

Wednesday Jan 28, 5:30 - 7pm with Lee

Monday Feb 2, 5:30 - 7pm with Clare

Tuesday Feb 3, 5:30 - 7pm with Lee

Wednesday Feb 4, 5:30 - 7pm with Lee

Thursday Feb 5, 5:30- 7pm with Clare

Thursday Feb 5, 7:15 - 8:45pm with Clare

#### **Summer Session Feb 10 - April 10, 2009**

Please register for the Feb - April term now.

To reserve your place please contact the teacher of the class you wish to attend.

Clare: [clare@yogafromtheheart.com.au](mailto:clare@yogafromtheheart.com.au), Phone 6227 8941

Lee: [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au), Phone 0417 319 046

Dani (teacher in training): dani@yogafromtheheart.com.au, Phone: 0416 978543

Monday	9:30 - 11 am	Clare	Anusara Levels 1 & 2
	11:35 - 12:25	Clare	Back Care & Level 1
	5:30 - 7 pm	Clare	Anusara Levels 1 & 2
Tuesday	6:30- 8 am	Dani	Hatha Level 1 & 2
	2 - 3:15 pm	Kathy	Gentle Yoga
	5:30 - 7 pm	Lee	Vinyasa Level 1
	7:15 - 8:45 pm	Various Teachers	Focus Class (details below)
Wednesday	9:30 - 11 am	Clare	Anusara Levels 2 & 3
	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	Hatha Levels 1 & 2
	5:30 - 7 pm	Clare	Anusara Levels 2 & 3
	7:15 - 8:45 pm	Clare	Anusara Levels 1 & 2

There will be no classes Monday March 9 due to the public holiday.

Tuesday Evening 7:15 - 8:45 pm will be a focus class and the teacher will vary. You will be able to register for individual sessions and we hope this will serve to deepen your practice. We will have a schedule of what is on offer soon ..... please check back in. If you have any requests or particular interests please let us know.

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

**\*\*\* ISET (Integrated Self Empowerment Therapy) METHODOLOGY CERTIFICATE  
"NEW to Hobart"**

**31<sup>st</sup> January 2009, Lindisfarne**

This course is designed for people who are already qualified practitioners and would like to obtain another effective tool that they can utilise within their existing modality.

ISET (Integrated Self Empowerment Therapy) uses the secret language of the mind through guided meditation and visual imagery techniques to change negative belief systems and learned Behaviour patterns that may have created illness, emotional disturbances and life fulfillment

frustrations.

Pre- Requisites: Journey to Self Empowerment Certificate. (Please see below)

The course is run over a minimum of 10 days, and starts on 31<sup>st</sup> Jan, cost \$1100.

All the above courses and workshops are held in Lindisfarne

For more details please see [www.joynicholson.com.au](http://www.joynicholson.com.au)

Or contact Joy email: [joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

Mobile: 0415 416 168

### **\*\*\* LIVE WITH SPIRIT WORKSHOP**

**Sat 21<sup>st</sup> February, Lindisfarne**

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 above courses and workshops are held in Lindisfarne

For more details please see [www.joynicholson.com.au](http://www.joynicholson.com.au)

Or contact Joy email: [joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

Mobile: 0415 416 168

### **\*\*\* REIKI WORKSHOPS**

**Reiki 1 workshop Sat 14 and Sun 15<sup>th</sup> Feb. 9.30 - 4.30 both days**

**Reiki 2 workshop Sat 28<sup>th</sup> and Sun 29<sup>th</sup> March**

All the above courses and workshops are held in Lindisfarne

For more details please see [www.joynicholson.com.au](http://www.joynicholson.com.au)

Or contact Joy email: [joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

Mobile: 0415 416 168

### **\*\*\*Singing bowl workshop "Yoga and Sound" – and Singing Bowl Concerts - first time in Tasmania**

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

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

#### **\*\*\*Singing Bowl Concerts**

Lie down, relax, and let the vibrations carry you where the mind cannot follow . . . .

\$20 - Bring mat, blanket, cushion to lie on

#### **Wednesday 25.02.2009 7pm, New Town**

Friends Meeting Room, Cnr. Argyle St/Boa Vista Road

#### **Thursday 26.02.2009 7pm, North Hobart**

Adult education Centre, Room 7, 32 Church Street

#### **Tuesday 03.03.2009 7pm, Launceston**

Launceston Yoga Centre, Level 1, 42 Brisbane Street

#### **Wednesday 04.03.2009 7pm, Deloraine**

Rotary Pavilion, Alveston Drive

#### **Thursday 05.03.2009 7pm, Kingston**

Kingborough Senior Citizen Hall, 35 Redwood Road

#### **\*\*\*Singing bowl workshop "Yoga and Sound"**

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 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. Private

For more information, private Sound Massage sessions, fliers, and/or booking contact Ma Bodhi or Anand 03 6229 7458 or by email: [mabodhi@bigpond.com](mailto:mabodhi@bigpond.com)

**\*\*\* Ta Ke Ti Na**

**Rhythm for Evolution with Certified TaKeTiNa teacher Christina Giudici**

**Taster Sessions: Thursday nights from 7.30 – 10.00 pm**

**Feb 19<sup>th</sup>, Feb 26<sup>th</sup>, March 5<sup>th</sup>**

**Cost: \$20 / \$15 concession per session, or \$50 / 40 for all three sessions**

**Intensive session: Evening and full day**

**Sat March 14<sup>th</sup> from 7.30 – 10.00 pm and Sunday March 15<sup>th</sup> from 10 am to 5 pm**

**Cost: \$90 / 70 concession**

**Location: All sessions held at Frank Wells Hall, Friends Junior School, 395 Argyle St, North Hobart**

You are welcome to attend any or all sessions. There is no need to attend 'taster' sessions before attending intensive session.

The TaKeTiNa Rhythm Process developed by Reinhard Flatischler is a unique transformational music learning process. Participants are guided into a state of rhythmic simultaneity, using polyrhythms and cross rhythms in the feet, hands and voice. Although highly musical, TaKeTiNa is a deeply relaxing and meditative process that requires no musical experience. It accesses the body's intrinsic rhythmic knowledge in a safe and playful setting.

Learning Rhythm and music with the TaKeTiNa process always means learning about life too. Our inner obstacles can be transformed by the rhythmic evolution that unfolds in TaKeTiNa. Realms in our lives, previously separated, begin to integrate. Emotion with rational thought, intuitive feeling with cognitive action, passivity with activity, outer movements with inner silence – all meet in the simultaneity of rhythm. The mind becomes quiet, and an encounter with the inner self becomes possible. In TaKeTiNa, the participant remains part of a collective, and at the same time is able to learn at his or her own pace.

Its recommended you wear comfortable clothes, and bring a water bottle, and a mat or blanket to lie on at the end of the session.

For further information about the TaKeTiNa Rhythm process, see [www.taketina.com](http://www.taketina.com)

To secure you booking or for further information, contact Christina by phone or email:

M: 0437 009 792

E: [christina@ecopulse.com.au](mailto:christina@ecopulse.com.au)

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

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

**8<sup>th</sup> 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

**\*\*\* 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.

**\*\*\* 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](mailto:angelabryan@aapt.net.au) for details.

**\*\*\* 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)

**\*\*\* 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](http://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**

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

♥**Level 1 Thursday 29<sup>th</sup> January 9am to 530 pm**

**The Lotus Centre – 45 Victoria St, Hobart CBD**

♥**Level 2 Friday 30<sup>th</sup> January 9am to 530pm**

**The Lotus Centre – 45 Victoria St, Hobart CBD**

See above 'What's NEW for the Newsletter'

Please contact the Lotus Centre on 6231 9669 or e-mail [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

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

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 31<sup>st</sup> January**
- **Level 2 Sunday 1<sup>st</sup> February**

See above 'What's NEW for the Newsletter'

For more info contact *The Lotus Centre* on 6231 9669 or 0430 282073, visit [www.thelotuscentre.com.au](http://www.thelotuscentre.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 musician & teacher, radio presenter & speaker, sound massage therapist)

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 27<sup>th</sup> Feb 2009 6pm to Sunday 1<sup>st</sup> March 2009 2pm at Lotus Centre.**

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](mailto: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 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: [www.thelotuscentre.com.au/contact.htm](http://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](http://www.thelotuscentre.com.au/contact.htm)
2. **Chinese Medicine, Acupuncture** and **Massage** with Jackie Pisera (0423 482125); [jackabean@hotmail.com](mailto: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](http://www.thelotuscentre.com.au/contact.htm)
4. **Massage** with Michael Carroll (0408 133679) e-mail: [carrollmjj@gmail.com](mailto: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](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: [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm) or PH. 6231 9669 for further information.

## **Book Review**

**For this book and more ask at the Babylon Bookshop or you might like to borrow from the Babylon Bookshop Library.**

**The Miracle of Mindfulness: The classic guide to meditation by the world's most revered master**

**Written by Thich Nhat Hanh**

Thich Nhat Hanh has to be one of the best authors on Buddhism I have ever read. His style of writing flows so well that his books are easy to read and it's clear to see that in this book he was really writing from the heart. After reading The Miracle of Mindfulness it leaves me with such a good understanding of the mind of such a great monk and a feeling of peace. I would recommend this book to anyone whether they have read other books on Buddhism or are just curious to know the basics of Buddhist thought and teachings. Thich Nhat Hanh shows us throughout his book how we spend too much time worrying about the past and the future without ever stopping to consider the present and how we fail to see the wider picture of our existence within the rest of the world. This is a refreshing and calming read in what is usually a busy and fast-paced existence. This is a book that can make you slow down and re-prioritise what is truly important in life making your life less stressful and selfish. A truly inspiring read.

Review by Ruth Barringham ([www.amazon.co.uk](http://www.amazon.co.uk))

## DVD Review

**Dr. Seuss' Horton Hears a Who!**

**Directed by Jimmy Hayward, Steve Martino**

**Warner Home Video 03/08 DVD/VHS Animated Film**

**G**

In these troubled times, grandiosity is the emphasis in all arenas of life from reality TV shows to advertising to politics to corporate power; bigger is better. But it's the way of the small that is most often celebrated by the world's religions ... With this rich tradition supporting and encouraging the world of the small, we were delighted to see that the wonderful screen adaptation of Dr. Seuss' 1954 children's book Horton Hears a Who! follows this spiritual path. This movie does everything just right as it delivers many ethical messages for children and adults alike about tolerance, caring, service to all — no matter their size or perceived importance. The screenplay by Ken Daurio conveys the snap, crackle, and pop of Dr. Seuss' inimitable dialogue and imaginative characters. The animation is by the same team that brought us Ice Age.

In tribute to Dr. Seuss, one critic said that he consistently took the side of children and saw things from their perspective. After romping through this movie with Horton, you'll want to take the side of all small beings and make sure that they achieve their share of happiness, light, and love.

Review by Frederic and Mary Ann Brussat ([www.spiritualityandpractice.com](http://www.spiritualityandpractice.com))

## Music Review

**The Babylon Bookshop has a range of beautiful CD**

**All Is Forgiven**

**Ashana**

"With a voice that sounds like it was touched by an angel and musical arrangements that strike an equal balance between heavenly and holistic, Ashana is an artist like no other. Her music reaches you on an emotional level, welling up feelings of gratitude, longing and peace."

Music Design

Ashana's music is a luminous tapestry of soaring angelic vocals, haunting original melodies and the healing sounds of crystal singing bowls. Co-written and produced by renowned world music

artist, Thomas Barquee, this stunningly beautiful alchemy calms and quiets the mind, returning you to a place of deep stillness and remembrance of the Divine - a place where you will be inspired and uplifted - a place of comfort and peace.

Editorial review ([www.amazon.com](http://www.amazon.com))

## **Miscellaneous**

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

- Regular events, one-off or weekend

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

### **\*\*\* 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 ♥

~ ~ ~ ~ ~

Every person in this life has something to teach me — and as soon as I accept that, I open myself to truly listening.

~Catherine Doucette~

~ ~ ~ ~ ~

**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](http://www.thelotuscentre.com.au/contact.htm) - Fax: (03) 6231 0714 - Phone: (03) 6231 9669  
[www.thelotuscentre.com.au](http://www.thelotuscentre.com.au)

or if Bookshop related

### **Babylon Bookshop**

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