



Heart & Soul

Books, Giftware & Therapies

1226 Burwood Hwy, Upper Ferntree Gully.

3156 Ph: 03-97587655

email: heartandsoul@dodo.com.au

www.heartandsoulcentre.com.au

Vic,

Volume 1 Issue 10

Cherish this...space...moment...

01/10/09

Inside this Issue	Thoughts...
Thoughts	1
Hugging	1
Easy Peesy Pie	2
Does religion have a Place?	2
Seasonal Gatherings	2
Chakra Sounds	2
Your Birthday Party Invitation	3
10 Principles-Inna Segal	3
The Secret language of your Body	
Weekly Classes	4
Calendar Of Events	4



Well we have a busy few months here at Heart & Soul, many new and regular customers coming in to connect with workshops, classes and practitioners. Our little temple is growing and expanding. We have been fortunate to have some interstate and international facilitators visit and share with us in little old Upper Ferntree Gully. Early in August, Kalar visited from New Zealand for a channeling evening and the world famous Inna Segal from The Secret Language of the body author came to inspire and share, it was a great success, so we have asked her to come back in December to teach her Emotions Workshop. The talented Grant Moon shall be down again from Sydney in October, for an Shamanic Spirit Guide Evening. I am so happy to say that on the Friday 13th of November at 7pm we are having our 6th Birthday Party! At the party we shall be having lots of discounts, fun and Mini Clairvoyant Readings. Also lots of yummy food and drinks to help us celebrate and nourish our physical too. All Welcome, come along. Thank -you to everyone that have supported us throughout the years, especially all the beautiful Light Beings, Practitioners, Staff, family & friends. Many thanks to all of the customers who continue to ensure our business is a success both financially and energetically by continuing to share love and happiness with all. Whether this be through a smile, a hug, a gift, a massage, a class, a workshop or individual healing consultations. I am very grateful for the business, which I have created with the help of many. May I begin to see, even with more clarity the light that shines upon us all here on earth, in each and every moment. I am continually reminded of the uniqueness and beauty of humanity, be it through the kind man named Max that helps to bring in my pot plants each night at closing time, or the gift of flowers that students bring to classes, or the gesture of spring water for all to share from Andrew. Sometimes we can get consumed by the illusion of negativity or fear but truly, when we open our hearts and mind, love occupies every single inch of this earth and its inhabitants. It can merely be that sometimes we forget this universal truth, and need a friend or colleague to remind us of the love that flows, unlimited in each and every moment. Love Tammy ♥♥♥

I choose to live by choice not by chance.
 To make changes not excuses.
 To motivated, not manipulated.
 To be useful, not used.
 To excel, not to compete.
 To choose self esteem, not self pity.
 I choose to listen to the inner voice, not the random opinion of others.

Choice? If you would prefer to receive our newsletter by email, contact us at heartandsoul@dodo.com.au

HUGGING

It's wondrous what a hug can do.
 A hug can cheer you when you're blue
 A hug can say "I love you so,"
 Or," I hate to see you go."
 A hug is "Welcome back again."
 And "Great to see you! Where have you been?"
 A hug can soothe a small child's pain
 And bring a rainbow after rain.
 The hug, there's just no doubt about it-
 We scarcely could survive without it!
 A hug delights and warms and charms;
 It must be why God gave us arms
 Hugs are great for fathers and mothers,
 Sweet for sisters, swell for brothers;
 And chances are your favorite aunts,

Love them more than potted plants.
 Kittens crave them, puppies love them,
 Heads of states are not above them.
 A hug can break the language barrier
 And make your travel so much merrier.
 No need to fret about your store of them;
 The more you give, the more there are of them.
 So stretch those arms without delay
 And give someone a hug today!



EasyPeesy Pie

By Joan Jayne

Recipe for Ricotta & Spinach Pie

1. 2 sheets of puff pastry - place one in bottom of greased oven dish & keep one for top of pie.
2. Mix together 1 x large tube (400/500 grams) of ricotta cheese
3. 4 eggs,
4. Sliced sun dried tomatoes (optional),
5. 1/2 cup (or as required) grated Cheese,
6. Spinach leaves to your taste (doused in hot water)
7. Bake 45 min (approx)
8. Eat hot or cold.



Note: This is one of the yummiest pies; I have had the pleasure of tasting Yum Yum... Thanks for sharing Joan.

DOES RELIGION HAVE A PLACE?

UNDERSTANDING AND ACCEPTANCE.

I wanted to know why there were so many churches in the world. Why didn't God give us only one church, one pure religion? The answer came to me with the purest of understanding. Each of us, I was told, is at a different level of spiritual development and understanding. Each person is therefore prepared for a different level of spiritual knowledge. All religions on the earth are necessary because there are people who need what they teach. People in one religion may not have a complete understanding of the Lord's gospel and never will have while in that religion. But that religion is used as a stepping stone to further knowledge. Each church fulfils spiritual needs that perhaps others cannot fill. No one church can fulfil everybody's needs at every level. As an individual raises his level of understanding about God and his own eternal progress, he might feel discontented with the teachings of his present church and seek a different philosophy or religion to fill that void. When this occurs he has reached another level of understanding and will long for further truth and knowledge, and for another opportunity to grow. At every step of the way these opportunities will be given.

Having received this knowledge, I knew that we have no right to criticize any church or religion in any way. They are all precious and important in his sight. Very special people with important missions have been placed in all countries, in all religions, in every station in life, that they may touch others. There is a fullness of the gospel, but most people will not attain it here. In order to grasp this truth, we need to listen to the spirit and let go of our ego.

Exert from: Embraced by the light. Betty Eadie.



SEASONAL GATHERING

With Tanishka

Summer Solstice: This festival is the zenith of the Divine Masculine energy on the seasonal wheel, a time of sharing the element of fire with creative play & joy. Join us as we explore our relationship with the God within, with the men & boys in our life & reflect upon the strengths & shadow traits of the Western (yang) culture. We will also journey inward to gain further clarity into out life's purpose.

Date: 18th of December at 7-9pm Investment: \$40 per person.

CHAKRA SOUNDS

Base Chakra.....	O as in rope	Red
Sacral.....	OO as in dew	Orange
Solar Plexus.....	Ah as in father	Yellow
Heart.....	Ay as in play	Green/Pink
Throat.....	Eeeeeeeeee	Blue
Third Eye.....	Mmmmmm	Indigo/Purple
Crown.....	Ngngngng	white/Gold/Magenta

Simple Sound Healing Exercise:

You may like to focus on the chakra centre and visualize the appropriate colour as you sing or sound the tones of the chakras. Repeat each sound several times, feel, breathe and notice the shifts until your heart desires.

Have a fun; this is a simple exercise that can be healing, clearing & self nurturing. Don't worry about whether you can, sing just allow your own natural tone. The shower it's a great place to sing & tone!

A Quote to brighten your day....

"REACH OUT AND TOUCH SOMEBODIES HAND. MAKE THIS WORLD A BETTER PLACE, IF YOU CAN."

"You should always be aware that your head creates your world, however when one realizes one is asleep, at that very moment one is already half awake."

"Life is the movie you see through your own unique eyes. It makes little difference what's happening out there. It how you take it that counts."

Quotes from 'A Guide for the Advanced Soul



YOU'RE INVITED

**Heart & Soul
Is turning
6**

**Please come along and help us
celebrate our 6th Birthday
We are having a party to rejoice
in
The light!**

**Thank-you to everyone for your
support and love throughout
the year**

**We shall have off all stock, for
your pleasure in giving &
receiving.**

**As a special treat we shall have
mini \$20 Clairvoyant Readings.**

Time: 7 p.m.

Date: Friday 13th of November



10 PRINCIPLES TO WONDERFUL HEALTH

By Inna Segal

Healing means wholeness, thus in order to heal on all levels we must consider all aspects which make great health possible. Our bodies have a secret language they communicate to us with. If we learn to listen to our bodies natural wisdom, then our wellbeing will improve, our lives will prosper and we will experience happiness, fulfilment and joy.

The first step to healing is knowing that you want to be well. The next step is taking action. So I ask, can you find 15 minutes a day? Even a short time to listen to your body and meditate can make the difference between sickness and health. I encourage you to follow the ten principles to wonderful health which I have included in my best selling book *The Secret Language of Your Body, The Essential Guide to Healing.*

PRINCIPLES 1- MAKE YOUR HEALTH A PRIORITY

In order to heal, it is necessary to commit to making your health a priority.

PRINCIPLE 2 – FEEL YOUR EMOTIONS

Feel your emotions rather than keeping them buried.

PRINCIPLE 3 – BREATHE CONSCIOUSLY

Breathe consciously. Many people breathe shallowly, thus keeping the body tight, stagnant and working harder.

PRINCIPLE 4 – EAT HEALTHILY AND CONSCIOUSLY

Eat healthily & consciously. Being healthy means eating healthy food which nourishes your body, giving you energy, vitality and wellbeing.

PRINCIPLE 5 – EXERCISE

Move your body. Plan an exercise program you will enjoy, such as walking, swimming, going to the gym, dancing, participating in yoga, martial arts, Tai Chi etc.

PRINCIPLE 6 – LISTEN TO YOUR BODY

Listen to your body. Recognize when you need to rest, play, have fun and work.

PRINCIPLE 7 – BE CREATIVE

Creativity allows you to relax, have fun and explore.

PRINCIPLE 8 – ADD MORE COLOURS

Add more colour to your life. Colours can make people feel heavy, depressed and fatigued or light, vibrant and joyful.

PRINCIPLE 9 – MAKE GRATITUDE YOUR ATTITUDE

Make gratitude your attitude. Focus on all the great things you have in your life, instead of thinking about what you don't have and complaining about your lack and limitation.

PRINCIPLE 10 - MAKE TIME FOR LAUGHTER

Make laughter a priority. For a long time people believed that they needed a reason to laugh.

* Inna Segal loved the space here at Heart & Soul and has chosen to visit us again before she goes overseas, so on 5th & 6th December we have limited place for the indepth EMOTIONS WORKSHOP.

Casual Classes

Calendar of Events

<u>Classes</u>	<u>Price</u>	<u>Length</u>
<u>Meditation</u> Guided Visualization Wednesdays 7.00pm Thursdays 11.00am	\$12.00	1 hour Nurture You!
<u>Yoga for Everyone</u> Mondays 7.00pm Tuesdays 10.00am Fridays 10.30am Beginners Welcome!	\$15.00 \$12.00	1 ¼hour 1 hour
<u>Reiki Healing Class</u> 1st & 3rd Tuesday of the month. 7.00-8.30pm Mondays Daytime 12.30-2.00pm	\$12.00	1-1½hours All Modalities Welcome
<u>Spiritual Development</u> * Psychic Circle Thursdays 7.30-9pm Fridays 12.00-1.15pm	\$15.00	1-½hours
<u>Kids Yoga</u> Fun, Energizing Creative! A. 5 x Week Program Wednesdays * Time: 10.30 -11.15am B. By School Terms Mondays * Time: 4.00 - 5.00pm * Time: 5.15– 6.15pm	\$15 Preschool (3 - 4years) School Age (5 - 8 years) (8-12 years)	45min 1 Hour
<u>Creative Way to the Soul Classes</u> Exploring self through painting, drawing, collage, mask making, clay, symbols etc... Wednesdays 12-1.30pm Optional \$10 A3 Journal	\$20 Commences 7 th of October	1-½hours

Creative way to the Heart Mini W-shop with Melissa Date: Sun 25th of October Time: 10-3nm Investment \$110 Creative & Fun

Sacred Seasonal Gatherings
 with Tanishka *served with Chai *Celebrate & Rejoice...*
 Time: 7-10pm. Fridays Investment: \$40 per Gathering.
Beltane Gathering: 30th of October. **Summer Solstice:** 18th of Dec; this festival is the zenith of the Divine Masculine energy on the seasonal wheel.

Spirit Guide Journey mini Workshop
 with Grant Moon (Interstate Guest) The spirit guide is a powerful force of wisdom, knowledge & healing it is a gentle guide to access & understanding our own inner world & those of our ancestors. *Drumming, Smudging & Meditation.
 Date: Thurs 8th of October Time: 7.30-10pm Investment: \$50.

Tarot Journey Workshop
 with Catherine Couche * Come and meet the Tarot cards & find the ageless wisdom in the story they tell. Includes learning the meanings & lessons behind the cards, meditation, practice for using the cards, inspiration and personal healing.
 Date: Saturday 10th October Time: 10-3pm Investment: \$60

Sound Meditation
 with Garth Stone (Special Request) Be inspired and entertained by the sounds of Crystal bowls and Didgeridoos etc...
 Date: Wednesday 14th of October Time: 7pm Investment: \$15

Reiki Level One ‘The Usui System of Natural Healing’
 with Reiki Master Tammy Jones *Learn the History, Lineage of Reiki. *Hands on Healing * Energy philosophies, Chakra System *Attunements & Manual provided. Date: Saturday 17th & Sunday 18th of October. Time: 10-4pm. Investment: \$195 Accredited by **The Reiki Association of Australia Inc.**

Angel Awareness Workshop
 with Michele Kingston Share a beautiful day with all the Angels, as you experience a long awaited soul initiation & Integration of your angelic presence. Meet your guardian Angel.
 Date: Sat 7th November. Time: 10-4pm. Investment: \$110

Reiki Level Two ‘The Usui System of Natural Healing’
 with Reiki Master Tammy Jones * Practitioner Level * Distant Healings * 1st Three Master Symbols *Attunement & Manual provided. Date: Sat 28th & Sun 29th of Nov. Investment: \$225 Time: 10-4pm. Accredited by **The Reiki Association of Australia Inc**

The Secret Language of Your Emotions
The Essential Guide to Healing with Author Inna Segal
 Understanding how your emotions effect your health & ability to live a happy, deep, empowered life. Includes working to release, limiting, heavy & traumatic feelings etc...
 Date: Sat 5th & Sun 6th of December. Time: 9.30-6.30pm Investment: \$600. Early Bird \$500 ‘till 31st of October.