

The Lotus Centre Newsletter

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

www.thelotuscentre.com.au



Issue: October 2009

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

Dear friends and fellow travellers

With the arrival of Spring the native bush has exploded in colour - yellow acacias, white native lilies, blue love-creepers and sweet smelling pimeleas, we are blessed with a wonderful landscape – so as the weather warms – set time aside for yourself to enjoy a long slow walk though Tasmania's beautiful gardens ♥ ♥ ♥

In this newsletter perhaps please note the following events listed:

- **Yoga and Song: connecting with the music of the Self**
- **Menopause Celebration Ceremony**

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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“There is a light that shines beyond all things on Earth, beyond us all, beyond the very highest heavens. This is the light that shines in our heart.”

~Chandogya Upanishad~

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What's NEW for the newsletter!

***** Yoga and Song: connecting with the music of the Self**

This fully residential weekend workshop is intended for anyone who feels drawn towards meditative self-exploration and the beauty of creative expression through song. The workshop will embrace practices drawn from classical yoga, including Nada Yoga, as well as light-hearted sessions on voice production and harmony singing. The joy of the natural voice and vital creativity energy will be free to emerge.

Workshop leader is Satyamo Roberts, who has been practicing, studying, and teaching yoga and meditation for 30 years, and is accredited by the YTAA as a Level 3 Senior Instructor. Additionally, Satyamo is a trained musician and a Registered Music Therapist. This workshop has evolved from Satyamo's own inner work, her explorations of creativity, and her therapeutic work with others.

Where: Niche Yoga Retreat Centre, near Cygnet (www.nichetas.com.au)

When: October 16 - 18

Cost: Early-bird \$250 by Oct 4th, \$280 after that (including all meals and accommodation, sauna, etc)

Contact: Satyamo J Roberts ... satyamo@primus.com.au ... 0427 121 153

*****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

*****Menopause Celebration Ceremony**
Huon Bush Retreats
18th October '09

Come and honour the woman you have been and the woman you are becoming, Wise One...

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

*****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

***** Ashtanga Yoga Retreat**
27th -29th November

For further details please contact Lyndel Dean The Yoga Point 0404851660 or
www.nichetas.com.au

Workshops & Events ... around Hobart and beyond

*****Belly Dance Course
Launceston**

Suitable for all levels including complete beginner.
Class is held on Tuesdays and runs for 1hr 15 mins.

For details contact Zahira's Belly Dance Bazaar zahira1au@yahoo.com.au or 0418 139 826

Zahira's Belly Dance Bazaar
<http://home.iprimus.com.au/kazzray>

***** 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.

***** Breathwork Retreat
22nd to 25th October '09 (Hobart Showday weekend)**

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 November 1st, 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 November 1st, 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.

2009 dates: December 6th.

*****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 reikitungmo@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 welcome 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
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Thursday	6:30 - 8 am	Dani	Levels 1 & 2 Hatha Level 2 & 3 Anusara Level 1 & 2 Anusara
	5:30 - 7pm	Clare	
	7:15 - 8:45pm	Clare	

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 ...

*****Zen in Your Garden: Creating Sacred Spaces
by Jenny Hendy**

I am a beginner at Zen, but from what I know of the underlying ideas and principles from reading several authors, this book captures the essence of what one would need to create a place for quiet contemplation. Stunning pictures!
(Review by www.amazon.com)

DVD Review

The Babylon Bookshop has this DVD and more ...

*****I am Sam (Love is all you need)
Starring: Sean Penn, Michelle Pfeiffer
Director: Jessie Nelson**

"All I wanted was a place to sleep," those were the last words Rebecca, a homeless woman, said to Sam before leaving him with their newborn daughter, directly after birth. I am Sam (2001) stars Sean Penn as Sam, a mentally handicapped father with the mental capacity of a seven year old, and Dakota Fanning, as Lucy, who has recently turned seven. She started holding herself back to school to stop herself from becoming smarter than her father. The question the movie asks is, can Sam raise his daughter despite his disability?

And that is the question asked by the court after taking Lucy away from Sam on her seventh birthday. Throughout the trial the state is trying to prove that Sam is an unfit father, but the film shows how other families are dysfunctional, especially Sam's lawyer, Rita Harrison. She learned

a lot from Sam, the value of love and family.

This film was not only a real tearjerker but also included comic relief by Sam's close-knit group of friends. Dakota Fanning delivered an amazing performance, especially for a seven year old. She shows so much emotion and it never feels fake or forced. Her character is smart, mature, and deeply loves her father, and Fanning shows all of these qualities.

I am Sam is littered with Beatles references, from the soundtrack to the names of characters. The soundtrack consists almost completely of Beatles remakes by various artists, which saves us from monotony. Lucy and Rita both get their names from Beatles songs, "Lucy in the Sky with Diamonds" and "Lovely Rita", and Rita's last name, Harrison, refers to Beatles guitarist George Harrison.

I highly recommend this film. The acting is amazing. The plot keeps one on the edge of one's seat and is full of emotion. I am Sam, leaves viewers hanging with an ambiguous ending and a dilemma. We want Lucy and Sam to stay together, but know that Sam is unable to provide for her by himself.

(Review by www.amazon.com)

CD Review

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

*** Piano Cities

By Justin Hunter

Justin Hunter brings the piano keys to life and leads you through a languid journey of peace and tranquility... Honey Keys and Piano Cities...

I love playing this music, it just enhances the relaxation, creates a sense of calm and reconnects one to their soul, sometimes I have to remind myself to breath and continue to guide the relaxation, as I feel my own body shift and let go of the days stresses and concerns...

(Review by www.belliesnbubs.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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"It's not enough to have lived. We should be determined to live for something. May I suggest that it be creating joy for others, sharing what we have for the betterment of person kind, bringing hope to the lost and love to the lonely."

~ Leo Buscaglia ~

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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: newsletter@thelotuscentre.com.au via - Fax: (03) 6231 0714 - Phone: (03) 6231 9669
www.thelotuscentre.com.au

or if Bookshop related

Babylon Bookshop

e-mail: <http://www.thelotuscentre.com.au/contact.html> - 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.