

# *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: September 2009***

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

Dear friends and fellow travellers

The wettest winter in 25 years ... in appreciation of the rains ... puddle jumping, crisp white snow, dancing in the rain, walking into a cosy home with the fire blazing, the delight of a rainbow stretching across the sky, celebrating the sun's rays, the pounding of the rivers over the rocks, the wind whipping up the white caps on the sea, the water reaching the deep roots of the trees, living within the cycles of the seasons ♥ ♥ ♥

In this newsletter perhaps please note the following events listed:

- **Women's Weekend Retreat - Huon Bush Retreats**
- **Reiki Tummo Workshops – The Lotus Centre**
- **Pathways to Manhood**

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](mailto: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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"One drop of the sea cannot claim to come from one river, and another drop of the sea from another river, the sea is a single consistent whole. In the same way all beings are one.

~Chandogya Upanishad~

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

### **\*\*\*Belly Dance Course Launceston Starts Aug 18<sup>th</sup>**

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](mailto: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](http://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](mailto:clare@yogafromtheheart.com.au)  
Lee Cody: 0417 319 046, [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au)  
Dani Fox: 0416 978543, [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au)

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

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

Please note there are no classes Show Day, Thursday October 22

**\*\*\*Women's Weekend Retreat  
Huon Bush Retreats  
Spring Equinox 26th-27th September**

Please book early there are 8 spaces only, to enhance this special and unique journey  
Cost \$220. All meals and accommodation provided

For booking please phone Huon Bust Retreats 62 642233 or Jane on 0428402314 for further info  
[www.moonandearthconnections.com](http://www.moonandearthconnections.com)

**\*\*\*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](http://www.moonandearthconnections.com)

**\*\*\* 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](mailto:nicoleparums@keypoint.com.au)  
Visit Cindy's website for more details:

<http://www.journeytotheheart.com.au>

**\*\*\* 25th – 27th September Yoga and Meditation with Sharon East and Ward Knight**

For further information please email [sharon.l.a.east@gmail.com](mailto:sharon.l.a.east@gmail.com) or [www.nichetas.com.au](http://www.nichetas.com.au)

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

**The Lotus Centre**

Learn in-depth about Reiki Tummo & 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 3<sup>rd</sup> October** 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 4<sup>th</sup> October** 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.

Please bring lunch and a drinking bottle. Morning and afternoon tea is provided.

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

**\*\*\* Additional Reiki Tummo Workshops**

**The Lotus Centre**

**\*\*\* Reiki Tummo 3A Workshop**

**5<sup>th</sup> October**

Participants' main chakras will be cleansed and opened. Participants will also learn the complete advanced techniques from Reiki Tummo. As an additional bonus, participants also receive Shing Chi Level 1 attunement.

Workshop begins at 9.00 a.m with 8.30 am registration

Pre-requisite: Reiki Tummo 1 & 2

**\*\*\* Kundalini Workshop**

**6<sup>th</sup> October**

Participants will learn advanced techniques for the Kundalini for a more rapid cleansing and development process.

Workshop begins at 9.00 am with 8.30 am registration.

Pre-requisite: Reiki Tummo 2 Workshop

### **\*\*\*Meditation Workshop**

**6<sup>th</sup> October**

At this workshop, the pineal gland will be activated to release Melatonin Hormone (Antioxidant and youthfulness) and Endomorphine Hormone (Relaxation). Participants will also learn meditation techniques for spiritual advancement.

Workshop begins at 2.00pm to approx 7pm with (1.30 pm registration).

Pre-requisite: Reiki Tummo 2 Workshop

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

### **\*\*\* Reiki Tummo Spiritual Retreat**

**Campaspe Downs, 1 hour west of Melbourne, Victoria, Australia.**

**6<sup>th</sup> to the 9<sup>th</sup> of November**

The Retreat will be held from the 6<sup>th</sup> to the 9<sup>th</sup> of November... under the guidance of our wonderful teacher, Irmansyah Effendi.

The program will be as follows:

Inner Heart Workshop:	Friday 6 <sup>th</sup> ,
Spiritual Retreat Day 1:	Saturday 7 <sup>th</sup>
Spiritual Retreat Day 2:	Sunday 8 <sup>th</sup>
*MRT:	Monday 9 <sup>th</sup>
Special Excursion:	Tuesday 10 <sup>th</sup>

\* 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 [reikitummo@netspace.net.au](mailto:reikitummo@netspace.net.au) or 0419 005 386

### **\*\*\*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/>.

**Pathways to Manhood**  
**Tue 24<sup>th</sup> – Sat 28<sup>th</sup> 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](http://www.pathwaysfoundation.org.au)

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

**\*\*\* Tasmanian International Storytelling Festival**  
**Sun 30th Aug, 2009 to Sat 5th Sep, 2009**  
**Various venues around Hobart**

Come along and enjoy the performances and workshops on offer by storytellers from around the world in Hobart's historic venues. The Tasmanian International Storytelling Festival will be primarily a performance-based festival in which professional and amateur storytellers can find a platform for their art. This art-form is the most simple and basic form of theatre. Stand up comedians often use it. Great comedians such as Billy Connolly are exemplary in the art-form.

There are great indigenous storytellers around the world in whom the very survival of their culture often resides. It is an art for all ages in which the teller of the story engages directly with their audience through no other medium than their voice, their face and body and maybe the odd prop or musical aid.

The feel of the festival will be intimate, authentic and diverse. A strong contingent of local artists will offer an eclectic mix of intimate, historical and fantastical content and we will be looking to build on that diversity in the selection of key visiting artists.

Celebrating the emergence from Winter into Spring at the tail end of Winter when the first signs of Spring are emerging in gardens and in nature throughout the island, this will be a festival for families, for dedicated story lovers and anyone who likes to gather in the pub for a bit of good old yarn spinning.

Please note that there are various admission prices depending on the venue.

**\*\*\*Soul Food**

**Sunday September 6<sup>th</sup>, 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 September 6<sup>th</sup>, 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: September 6<sup>th</sup>, October 4<sup>th</sup>, November 1<sup>st</sup> & December 6<sup>th</sup>.

**\*\*\* Sustainable House Day is on again!**

**Sunday 13th September 2009.**

This is the 8th year of the successful Sustainable House Day – where houses across Australia are opened to show you how to live more sustainably.

And this year it's FREE!

Environmental awareness – or being 'green' – is great, but putting it into practice around your own home is the best contribution you can make to living in harmony with our planet. Find out direct from home owners who've put sustainable living into practice, about reducing waste around your home, saving water, natural home heating and cooling and more.

You will find all the information you need about the day including a list of Sustainable Homes open across Australia including addresses, maps and times.

For more information please visit [www.sustainablehouseday.com](http://www.sustainablehouseday.com)

**\*\*\* 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](mailto: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](mailto:hobart@satyananda.net), visit [www.satyananda.net](http://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](http://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](mailto:clare@yogafromtheheart.com.au)  
Lee Cody: 0417 319 046, [lee@yogafromtheheart.com.au](mailto:lee@yogafromtheheart.com.au)  
Dani Fox: 0416 978543, [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au)

**Sept 21 - Dec 17, 2009 CLASS SCHEDULE**

Monday	9:30 - 11 am	Clare	Levels 1 & 2 Anusara Back Care & Level 1 Level 2 Anusara
	11:35 - 12:25pm	Clare	
	5:30 - 7pm	Clare	
Tuesday	6:30- 8am	Dani	Level 1 & 2 Hatha Level 1 Vinyasa Focus Class (details below)
	5:30 - 7 pm	Lee	
	7:15 - 8:45 pm	Various Teachers	
Wednesday	9:30 - 11 am	Clare	Levels 2 & 3 Anusara Vinyasa Levels 2 & 3 Yoga for the Active and Athletic
	5:30 - 7 pm	Lee	
	7:15 - 8:45 pm	Dani	
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](http://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 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: <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](mailto: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](mailto: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](mailto: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](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: <http://www.thelotuscentre.com.au/contact.html> or Ph. 6231 9669 for further information.

## Book Review

**These beautiful book can be found in The Babylon Bookshop ...**

### **Indian Wisdom 365 Days Danielle & Olivier Follmi**

I think this book is just ..... amazing!

The colour photographs and the magnificent thoughts of wisdom!

If you are after a book to look/feel the essence of India, I would definitely recommend this!  
Beautiful colour, really capturing true India. A beautiful thought to wake up to every morning, i'd buy it again.

By Claire Gibbs  
[www.amazon.com](http://www.amazon.com)

## Music Review

**The Babylon Bookshop has this CD and many other beautiful CD's ...**

### **Tolle Eckhart**

Eckhart Tolle, one of the most highly respected and acclaimed spiritual teachers of our time, speaks to friends, family, neighbors and over two thousand other people, in his home town, Vancouver, British Columbia, to an audience eager to hear his uncomplicated, insightful and profound teaching that takes the listener through the doorway of the present moment. It is from that state of alignment with the Now, that true solutions for our troubling times arise.

In this talk, Eckhart brilliantly articulates how our history is a reflection of human unconsciousness and explains the nature of the awakening of consciousness that has now

become an urgent necessity. More importantly, this captivating session represents an opportunity to experience at first hand the realisation that Eckhart's words point to: "who you are, at the most fundamental level, is deeper than any thought."

By [www.amazon.com](http://www.amazon.com)

## **Anjani Blue Alert**

Anjani's playing and singing is cool and refined. It is actually so cool that one is tempted to think of it as a "vocal Miles Davis' trumpet". The minimalist approach is the same here - each note is a hit. I haven't heard such expressive, relaxed jazz in a long time. The album is titled "Blue Alert" and it presents the listener with a superb set of 10 songs composed, played on the piano and sung by Anjani. I liked it even more after learning that the lyrics come from a poet and a singer I have liked and admired since the late 1960s - Canadian megastar Leonard Cohen - who also co-produced the disc.

Cohen's half-spoken half-sung style is omnipresent and adds to the intimacy of the sonic atmosphere. Even the tone of Anjani's voice belongs to Cohen's musical world: deep and warm. Play the CD and be immersed in the most wonderful, quietest jazz mood. Some of the songs, like "The Mist" for instance could actually find a good place on a mainstream pop/folk CD, whereas others like "Blue Alert" are pure cool jazz.

Anjani's diction and phrasing are immaculate and greatly enhance the songs. Her piano playing is sophisticated, deceptively simple. It is very efficient and subtly blends with her vocal style. Though it would easily deserve to be at the forefront, it is recorded in the background so as to give the leading role to the singing. The singer's voice has been captured in "close miking", according to a technique that has always been dear to Leonard Cohen. All of the 10 songs are played with a slow tempo.

Anjani, originally from Honolulu, has been playing and performing live for years now, mainly in jazz clubs. Her encounter with Leonard Cohen has led to the recording and the release of "Blue Alert", a first class production in all aspects.

Until the late 1980s women jazz performers were mainly vocalists. The last generation has seen very talented ladies challenge men's supremacy with instruments too, the piano chiefly. Eliane Elias and Diana Krall are some of the finest examples of great pianists - and singers too - Krall perhaps more than Elias. Anjani's may not be in the same league as these two ladies as far as pianistic virtuosity is concerned, but her singing makes all the difference. Krall is a fantastic pianist who also sings well. Anjani is a singer before anything else.

If for you jazz is fast be-bop, swing, fusion, stunning improvisation or the sound of a loud saxophone wailing in the night, "Blue Alert" may not exactly be your cup of tea. You may find it too quiet, too soft or too slow. If on the other hand you can appreciate the velvet atmosphere of a cozy lounge bar with a pianist playing and singing in the night, as if only for you, Anjani is guaranteed to please you.

By Jean-Claude Elias  
[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 ♥

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Too often we under estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~ 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**

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Please send us the details of your event towards the end of the month for the next or at the most for the month after the coming one. We do not endorse any of the content described in any of the workshop (or other) information provided.