

## ***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: November 2008**

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

Hi dear Friends and Fellow Travellers,

The spring winds have blow any remnants of winter away. Allowing the trees to dance and bow their heads. While the bees busily harvest the eucalyptus pollen. Have you ever noticed how noisy they are? With the sun's warmth on our back it's a beautiful time to sit and watch the world go by. In our busy world don't forget to take a breath, stop and enjoy the beauty and the intricacy of what's around us.

In this newsletter perhaps please note the following workshops listed:

- Tasmanian Middle Eastern Dance Festival in Exeter
- Peak States of Consciousness Lecture

... And don't miss this month's NEW listings for the newsletter. If any info in this newsletter interests you ... then please contact the person listed in the newsletter .... or alternatively check out:

- The Babylon Bookshop noticeboard,
- Listed web-sites; and
- 'The Lotus Centre' display board or come and talk to us at Babylon/Lotus Centre

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

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

With Love and smiles from

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

PS. (1) Please always send us any information for the next newsletter between mid month or – at the latest - a few days before the end of the month ..... simply use this e-mail address to write to us or go to [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm)

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

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*Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words.*

*Their meanings can only be articulated by the inaudible language of the heart.*

*~ Martin Luther King, Jr. ~*

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

### **\*\*\*Tasmania's 10th Annual Sustainable Living Expo**

**City Hall, Hobart 1st – 2nd November 2008**

Free event featuring 2 days of exhibits, talks, workshops, displays, art, films, funky fashion and music.

Contact: Sustainable Living Tasmania, Beth Chamberlain, 6234 5566  
[www.sustainablelivingexpo.org.au](http://www.sustainablelivingexpo.org.au)

### **\*\*\*Singing the Future**

**Kingston High School oval, John Street entrance.**

**8th November 1.00 p.m. to 6.00 p.m.**

Celebrating Kingborough Council's Centenary, with a community event spectacular. Singing the Future will showcase the remarkable depth and variety of vocal and musical talent residing in our municipality as over eight hundred residents perform throughout the afternoon on four community stages. There will even be a special under 8's space filled with activities and performance. It will be an event for the whole family. Kingborough's own Dewayne Everett-Smith will sing and nationally acclaimed Tania Bosak will lead over four hundred residents in a spectacular showpiece ending to the event, "Drumming up Kingborough".

### **\*\*\*Peak States of Consciousness - Lecture by Samsara Salier**

**Hobart - 25th November 2008**

Time: 7-9 pm

Venue: The Lotus Centre, 45 Victoria Street, Hobart

Cost: \$30 - bring cash on day

Contact details: Samsara on mobile: 0438 897 533 or email: [samsara@peakstates.com](mailto:samsara@peakstates.com)

Web: [www.PeakStates.com.au](http://www.PeakStates.com.au) & [www.PeakStates.com](http://www.PeakStates.com)

Peak States Australia are very excited to present our new lecture series about Peak States of Consciousness.

Join us for a fascinating 2 hour lecture on how to achieve these Peak States of Consciousness. Synthesizing information from cellular biology, psychology and shamanism, we will explain the many misconceptions about what Peak States are, their connection to trauma healing, how to attain them and how to live with them in everyday life.

Do you remember those times in your life where everything just flowed and life could not be better? Everything happened without effort, you feel love for all life, nothing and no-one bothers you, regardless of what is happening.

Typically people only experience this for short periods - perhaps hours, days or even a few months, but eventually it fades or completely disappears.

It is possible to have this constant state of positive, centred, detached, inner harmony that becomes a permanent state of being.

This talk is HIGHLY recommended for anyone interested in any sort of spiritual or self development, therapists of all kinds, counsellors, shamans, healers, life coaches, in fact, anyone who wants to live a greater quality of life or who helps others to do so

### **\*\*\*Full Moon Belly Dancing and Drumming Class**

**Exeter – Nov 14<sup>th</sup> 2008**

Venue: Zahira's Studio in Exeter at 6:45pm

Contact details: Ph: 0418 139 826 or [zahira1au@yahoo.com.au](mailto:zahira1au@yahoo.com.au)

Cost: \$25.00. Enrolments are essential.

The full moon is said to be a time for artistic creations and inspirations. It's also a fun time to dance and drum.

Zahira will teach a fifty minute belly dance class - no experience necessary as class content will cater to group level. If you have a scarf to wear around your hips, please bring one otherwise you can use one of Zahira's.

Razi will lead then everyone into fifty minutes of Middle Eastern drum rhythms. No experience necessary. Drums are available for loan but feel free to bring your own.

Share in a hot drink (using Fair Trade and Organic products) and cake while watching the glowing full moon.

### **\*\*\*Tasmanian Middle Eastern Dance Festival**

**Exeter Primary and High School Nov 28<sup>th</sup> - 30<sup>th</sup> 2008**

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

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

### **\*\*\* Belly Dance Bazaar**

#### **Exeter Primary School Hall - Nov 29<sup>th</sup> 2008 at 7pm**

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

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

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

This is a Tasmanian Middle Eastern Dance Festival event.

### **\*\*\* 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!

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

### **\*\*\* Earthwalk Retreat - Huon Bush Retreats - Wellness Retreats**

**Oct 31 - Nov 2.** Develop a conscious, gratitude filled and meaningful relationship with the natural world in order to develop the vitality required for lifelong commitment to personal and environmental wellness. Costs includes 2 nights accommodation, all meals and workshops:

PLEASE NOTE: Cost: \$450 - 20% Discount applies to Pension, HCC Holders and Students.

Information and Bookings (03) 62642233 or [info@huonbushretreats.com](mailto:info@huonbushretreats.com) or

[www.huonbushretreats.com](http://www.huonbushretreats.com)

### **\*\*\*REIKI 2 WORKSHOP Sat 8<sup>th</sup> and Sun 9<sup>th</sup> Nov**

9.30 - 4.30 both days. Cost \$200 Venue: Lindisfarne

Next Reiki 1 workshop: Feb 2009 (Date to be decided)

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

### **\*\*\*Rhythmic Movement – Certificate 1 & 2 Training**

This course will teach you how to bring about emotional and behavioural change through the application of sequences of rhythmic movements.

Rhythmic Movement is a simple and easy way to stimulate the neural pathways. This stimulation promotes improved coordination, increased learning ability and better concentration. Rhythmic Movement has been found to be beneficial for people suffering from ADD, ADHD, Alzheimers, Dementia, Parkinsons Disease, Autism and learning disorders.

- Certificate 1 – **November 8<sup>th</sup> & 9<sup>th</sup> 2008**
- Certificate 2 – **November 10<sup>th</sup> 2008**

For more information contact [www.healthpotential.com.au](http://www.healthpotential.com.au) or phone Roslyn at Health Potential on 6227 9369/ 0416 070 223

### **\*\*\* WELLNESS RETREATS & WOMENS CIRCLES – HUON BUSH RETREATS, RANELAGH**

**November 16<sup>th</sup>** 9am-4pm. Walk a stone labyrinth, relax, connect with women in the beautiful surroundings of our natural bush land, sing, drum and meditate. Only \$55 includes lunch and refreshments. Call Jane 0428 402314 for more info or book with Michael 6264 2233 [www.huonbushretreats.com](http://www.huonbushretreats.com)

### **\*\*\*Transformational kinesiology courses in Tasmania**

Transformational kinesiology is a soul-centred process, which recognises that within each individual there is a source of wisdom and truth. Developed by Danish Kinesiologists, it works with the individual's own innate wisdom, strengthening the connection to the true Self and clears hidden blockages. Transformational kinesiology is the practical application of Ancient Wisdom.

#### **• Inner leadership 21<sup>st</sup> – 22<sup>nd</sup> November 2008**

This two day workshop provides a way of seeking the inner knowledge, which is at the core of who we are and how we find our purpose. Topics include the path of the soul, creativity, the seven rays, the five major groups of diseases and energetic evaluation.

Price: \$320, includes comprehensive manual, morning and afternoons teas. Bring your own lunch. This course is accredited with the Australian Kinesiology Association.

#### **• Transformational kinesiology foundation workshop 23<sup>rd</sup> - 24<sup>th</sup> November 2008**

Participants will have the opportunity to experience a Transformational Kinesiology balance, learn various stress release techniques and learn to facilitate the balance process. Topics including the spiritual constitution of man, spiritual law, the seven rays and their associated qualities.

Price: \$320, includes comprehensive manual, morning and afternoons teas. Bring your own lunch. This course is accredited with the Australian Kinesiology Association

Phone: Debbie Pannowitz 6267 5050

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

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

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

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

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

Cost: \$380 (**Early bird \$320 when booked with deposit \$120 or fully paid by 14.11.08**)

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)

### **\*\*\* Courses in Gnosis and Gnosticism**

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

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

### **\*\*\* Wellness relies on a balanced WOMAN**

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

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

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

### **\*\*\* Inspiration Circle**

Meet monthly to nourish the spirit. We gather to share about a diverse range of topics - environmental, social justice, sharing world resources, the arts... We include some quotations and readings from a wide range of sources for reflection. Everyone regardless of belief or background is welcomes to attend. Please contact Angela on 6223 8415 or [angelabryan@aapt.net.au](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)

**\*\*\* 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 ....***

**\*\*\*Peak States of Consciousness - Lecture by Samsara Salier**

**Hobart - 25th November 2008, 7-9 pm**

For more details see 'What's NEW for the newsletter'.

Contact details: Samsara on mobile: 0438 897 533 or email: [samsara@peakstates.com](mailto:samsara@peakstates.com)

Web: [www.PeakStates.com.au](http://www.PeakStates.com.au) & [www.PeakStates.com](http://www.PeakStates.com)

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

**Sunday 7th of December 1pm - 4.30pm.**

Experience this popular & very effective Japanese energy-balancing body work technique in a beautiful & peaceful environment at The Lotus Centre.

Acquire enough knowledge for self-treatment & partner treatment

Increase your feeling of calmness, wellbeing & inner connectedness through gentle yet deep acupressure / shiatsu sessions

Join by yourself or bring a friend. Shiatsu massage is practiced & given in comfortable, light

clothing. It is often experienced as profoundly balancing, healing & deeply relaxing. Ph Klaus on 6231 9669, 0419 440123 or e-mail via: [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm)

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

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

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

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

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

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

### **\*\*\* Reiki Tummo Practice Evening**

At 6pm on Thursday in the 'Lotus Room' at 'The Lotus Centre'. This evening is for everyone who has attended Reiki Tummo or Heart Workshop level 1 or more ☺. Phone 6231 9669 or e-mail via: [www.thelotuscentre.com.au/contact.htm](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.

## ***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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"There is nothing impossible for True Source, ...but there is one thing that True Source can't do: ...True Source can't stop loving you ....."

~ Irmansyah Effendi ~

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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: 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***

e-mail: via [www.thelotuscentre.com.au/contact.htm](http://www.thelotuscentre.com.au/contact.htm) - Fax: (03) 6231 0714 - Phone: (03) 6231 0722

[www.babylonbookshop.com.au](http://www.babylonbookshop.com.au)

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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.