

Heartways News Summer 2008

“Learning and living from the centre”

Welcome to the summer edition of Heartways News

www.heartways.co.uk

We hope you enjoy it!



Light at the Centre Living Circle sculpture

Thought for the season

“The task of mid-life is not to look into the light, but to bring light into the darkness. The latter procedure is disagreeable and therefore not popular”
Dr. Carl G. Jung - ‘Alchemical Studies’

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1 Heartways Good News

Our beautiful grandson, Louis became 1 year old on June 1st. He is an inquisitive, happy and contented little soul, interested in everything going on around him. When he stays with us, his favourite toys /pastimes include the fire-guard handle, sitting in the fireplace, any lump of coal (or stick) he can lay his hands on and negotiating the staircase from bottom to top! He's now accompanying us to the allotment and enjoying touching the flowers and smelling the herbs. We love him. He's a real gift and blessing in our lives!

***Congratulations and very well done** to Helen, Judith, Michelle, Natalie, Sarah and Susie on gaining Reiki Second Degree and certificates on 30th March this year. Thank you for your commitment and enthusiasm during the training and 21 day cleanse. Each of you has taught me something special. Wishing you all happiness on your continuing journeys of discovery.*



***Our lovely home in Croft is now up “For Sale”.** Do you know anyone looking for a loved, big family house in a quiet village near to Darlington? It's hard to believe we moved from our home in Hartlepool to here 18 years ago! Tempus fugit! In preparation for leaving we have already ‘let go’ of half of our lovely allotment, although we've still been busy planting! Carole's growing peas called “Onward” this year.*



***Well done Carole Hollis!** Congratulations Carole on winning “First Prize” in this year's village scarecrow competition with your creation – “This Joint's For Sale”!*

2 What's On Offer update

At some of the astrology workshops this year, I've been asked about the different 'things' I "do"! (apart from gardening and the astro awareness workshops, that is – so here is an update) .Please 'phone (01325) 720129 or email me chakrafifth555@aol.co.uk if you are interested in booking an appointment or for information about anything listed --- also for any suggestions for 'things' you'd like to see happening in the future.

***1:1 sessions in Croft** - for Reiki healing, Hypnotherapy, Using the Bach Flower Remedies for Emotional Health and Well-being ,Resolving Anxiety / Panic Attacks through Relaxation, Meditation Training, Bereavement Support (in dealing with loss and grief), Personal Development based on your individual birth chart focusing on health & happiness, relationships, your individual way of learning and career change ideas).*

In addition to the above 1:1 sessions I offer

- **Sacred Ceremonies - House Blessings** (for new homes)
- **Astrology At Home** for friends & family. Would you like to 'host' an astrology evening? How about inviting 7 to 8 friends round for an evening of astrological awareness and self discovery? Please contact me chakrafifth555@aol.com if you'd like to book an evening.
- **Reiki Training**
 - **First Degree** – next weekend Saturday 25th and Sunday 26th October , please see details on the next page.
 - **Second Degree** – next weekend, Saturday 29th and Sunday 30th November, please see details on next page
 - **Reiki Master** - 9 months duration, 1 Saturday per month for 6 months plus 3 “energy settling” months. There are several strong expressions of interest for the next Reiki Master training programme, thank you very much. We are eagerly awaiting some more souls to step forward and will start as soon as the time is ripe. Do you have Reiki Second Degree experience? Would you like to progress to the mastery training? The next course could be just for you. Please contact me on (01325) 720129 if you are interested.
- **Personal Development & Health Awareness introductory talks & presentations to small groups in the workplace on:**
Introduction to Astrology, Using the Bach Flower Remedies for Emotional Health & Well-Being, “Calm Workshops”, Stress Reduction / Relaxation Tips & Techniques, Introducing the Benefits of Reiki Healing.

3 “Vulnerability” – meditation for a summer season

“Existence in the body is very precarious. Any moment, with just a little more oxygen or a little less, and you are gone! A little less sugar in the blood and you are gone....a little dysfunction in the brain and you are gone! Life exists in vulnerability; it exists in danger, in insecurity. There is no security and there cannot be. Security is only for dead people. They are very strong. Can you kill a dead person? – you cannot. Dead people are very strong! The higher the quality of life, the more fragile. Look at a rose, look at a poem, look at a song, look at music – it vibrates for a second and it is gone! Look at love: one moment it is there, next moment it is not. Look at meditation. As you go higher you will find things become more and more vulnerable. So there is nothing wrong with vulnerability; it is understanding how life is. To pretend to be strong is foolish. Nobody is strong, nobody can be strong; it is just an ego game. Even Alexander the Great is not strong – one day comes and all his strength is gone. So just learn to accept your vulnerability, and there will be a very deep understanding and a deep flow of energy. You will not feel it is a problem. It is not a problem; it is something very significant”.

From “Everyday Osho - 365 Meditations for the Here and Now”

4 Community, Learning and Events

Sufi Zikkr evening - January 2008 This was a free Heartways event in Darlington to celebrate the start of a new year – a candle lit, Sufi Zikkr evening of music, movement, chanted prayers, meditation, Rumi poetry and spiritual food! What a great turnout! A big thank you to everyone who took part. There has been very positive feedback since the event, so much so that the Zikkr is hopefully going to be held again next January. I really hope you’ll be able to come along. A special thanks to friend Noah, his family and all friends who travelled up from Sheffield, friend Catherine and those souls who travelled near and far, to take part in this beautiful celebration of Divine remembrance. There are many different Sufi groups around the world. A lovely website can be found at www.goldensufi.org

*“And there shall be signs in the sun and in the moon and in the stars”
Luke: 21:25*

First Heartways Astrology Workshop oversubscribed! There was a fantastic response to the very first “Being You, Being True” astrology workshop - so much so that we had to ask some people to do the workshop at a later date! Thank you very much to everyone who has taken part in the introductory astrology workshops either in Darlington or in Croft this year. Your interest and enthusiasm is fantastic and really appreciated.



Second “Being You, Being True” astrology workshop Following a successful first astrology workshop in November last year, a requested follow up “Being You, Being True” astrology workshop entitled “**The Moon, Mirror of Your Being**”, took place on Saturday 29th March in Darlington. A BIG thanks to everyone who took part and for your very encouraging feedback. Special thanks to Pam, Carole and Anne (Annabel Catering in Hartlepool) for your efforts and inputs.

One More Time The final astrology workshop in the “Being You, Being True” trilogy will be taking place Saturday 8th November. If you’d like to take part, please contact me. Please have a look at what participants said about the “Moon” workshop on the **Community and Events page** at www.heartways.co.uk

Sunderland Quest kindly invited me to give a presentation on Spiritual Astrology at their April gathering. Sunderland Quest holds monthly events throughout the year. By the time the presentation began, the room had filled to capacity! Thanks to everyone for your interest, enthusiasm and questions. A special thank you to Margaret, Sunderland Quest’s organiser for the invitation and her warm hospitality. I really enjoyed meeting so many friendly souls. Forthcoming events at Sunderland Quest include: **Thursday 7th August Harp Therapy with Elizabeth Westhead**. For more information please contact Margaret on (0191) 3853610

Astrology at Home evenings have finally begun!

The first **Astrology At Home** evening took place in May. Evenings are ‘hosted’ by someone in their own home and invitations extended to family members, friends and /or colleagues. The very basics of spiritual astrology are covered during the first part of the evening. This is followed by some personal astrology based on each person’s natal chart in the second half. If you would like to book an **Astrology At Home** event, or receive more details please email me chakrafifth555@aol.com.

“It is ignorance of our real nature that causes the Self to be obscured”
The Yoga Sutras of Patanjali

Reiki First Degree Weekend (Reiki Level One)

Are you interested in learning more about Reiki? Perhaps you’ve benefited from Reiki treatments and would like to find out more? Or maybe you’ve heard about Reiki from a relative or friend? Recently, there have been some expressions of interest in taking part in the introductory training weekend, so if you are interested yourself please do get in touch as the list is growing! All being well, a **Reiki One weekend will be going ahead on 25th and 26th**

October this year. If you'd like more information on the weekend please go to www.heartways.co.uk Community & Events page.

Reiki Second Degree Weekend (Reiki Level Two)

Have you already undertaken training for Reiki First Degree? If so you may wish to progress to second level to deepen your understanding of Reiki healing. The next weekend is taking place 29th and 30th November this year. Please have a look at the Community and Events page of www.heartways.co.uk for more details of this exciting weekend.

Connections Further Afield

“You Can Heal Your Life” The Film Louise Hay

Louise Hay recently visited London as part of a promotion for her wonderful film based on her bestselling book “You Can Heal Your Life”. It's hard to believe, when you watch this amazing woman that she is now in her 80's and still going strong. The film is a powerful and gentle reminder of the truth of positive thinking in life and that real LOVE is the only guide in all we do and try to be. The book “You Can Heal Your Life” was recommended by a friend over a decade ago. It was a fascinating ‘read’ then and remains as one of my “recommended” books to family, friends, clients and all Reiki students.

Just For Today (We Could) Remember Burma

Thanks again to everyone who took part in the 40 day Winter Silent Meditation Circle for Burma at the end of last year. It now seems so long ago since the world witnessed the plight of hundreds of Buddhist nuns and monks protesting in the streets of Rangoon. If you have a question regarding the catastrophic situation in Burma at the present time please send it direct to info@burma.org.uk



*The **UK Burma Campaign** has now published an international A – Z list of commercial organisations, whose business activities and investments are supporting the brutal military regime there. The Burma Democratic movement has repeatedly asked tourists not to visit Burma because this helps fund and support the regime. For more details please go to www.burmauk.co.uk*

Meditation for the moment “Just for today I remember Burma”. Please send healing, prayers and love to Burma.



Carole took this photo of Louis and me on our way back from the allotment one June afternoon. He just loves riding back in the wheelbarrow!

“All the flowers of tomorrow are in the seeds of today” (Author unknown)

The next newsletter will happen in the Autumn.

Have a wonderful summer! I hope to see you again soon!

Love and warm wishes from ‘the centre’ George xx