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## Newsletter

August 2003

Hi and welcome to our August Newsletter. Hmm ... where to begin ... So very much has happened since our last newsletter (in April!!).

You may have noticed a few changes around the Centre over the last month (sic). This is due to the fact that our wonderful little Centre has been bought by Tamara (No, not Lady Tamara formerly of the Alchemist). She has blessed us by adding her own beautiful energy to the Centre, along with a heck of a lot of new stock. Feel free to stop in and introduce yourself to Tamara, she is a wonderful Soul, and well worth the time to chat with.

Don't worry, Gail is still giving readings and teaching from the Centre, but is taking advantage of her new circumstances by taking a well earned rest. Check the enclosed brochure for the days that she is available.

One of the biggest changes to the Centre is the addition of the **herbs, herbal teas, essential oils & blends**, and other assorted goodies formerly available only at the Alchemist in Fremantle. There is also a stunning new range of **crystal jewellery**.

Readers and healers are still available, there have been a couple of additions and no doubt there will be more to come. Tamara also has plans for a range of new courses and services – we'll let you know as and when we know.

Well, sit back, relax, and enjoy the Newsletter.  
In Love & Light  
Linda (temporary editor!!)



### **New Staff** – see enclosed brochure for more details

Besides Tamara we have gained the services of three talented and caring folk. With all the changes going on it is important that you have a chance to be aware of all facets of the Sun, Moon & Star Spiritual Centre, so we have outlined a little about their skills.

#### **Ursula – Swedish Massage**

Relax and release tension with a therapeutic massage. Ursula has 4 years experience and uses a combination of Swedish massage and other massage techniques. All you have to do is relax under warm towels as Ursula massages your body from head to toe with aromatic oils. Ursula has the ability to give you a gentle relaxing massage or she can work your body a little harder to release deeper tension... you decide.

### **Ursula – Pulsating Energy Resonance Therapy**

This therapy originated in Germany and is very popular there, particularly for pain relief. It can be incorporated into your massage or done separately. A mat that you lie on and a headset that you wear produce the pulsating energy. Again all you have to do is lie back and receive.

### **Doriana – Conscious Channel**

Channeling episodes are carried out using Doriana's body as the instrument for Spiritual conversation. Guidance is communicated through both messages and conversation. Whatever message is given is what is meant to be known at that time, and everything that is offered during channelled moments is always given out of love and out of divine intervention. If you are seeking guidance and direction in your life, or would just like to meet your Spirit Guides and become acquainted with the Universal/Spiritual Whole, channeling is the divine way to communicate with Spiritual life.

### **Nicole – Tarot Reader**

Nicole can interpret Tarot cards in answer to specific questions or as a general overview. Previously Nicole was a reader at the Alchemist. She offers mini 15min readings, 1/2 hour and 1 hour readings.

## **NEW COURSES and EXCURSIONS – Register your interest**

### **Spiritual Children**

A course to encourage 8 – 10 year old children to have a safe and loving relationship with God / Goddess / All That Is. Topics we will cover include white light, setting up a spiritual space, the oneness of all life, truth and love. Parents welcome to attend too! Cost includes all materials. Five 90min sessions will run through the School Holidays. \$100

### **The Journey – A Rite Of Passage from Adolescence**

A journey through the necessary crisis of adolescence that offers participants the opportunity to process teenage life experiences. 5 sessions include guided meditations, mask making, games, discussions and much more. All materials, including a workbook included. \$200

### **Celebrating the Year as a Wheel**

Attune to the cycles of nature and Life. Learn how to use these cycles for personal growth and development. Understand how these cycles influence our daily lives. Develop a closer personal relationship with Spirit through these cycles. 5 sessions will explore all these things and more. Course includes all materials and will begin in the Spring. Wednesday evening 7.30 – 9.30 \$150

### **Rock Hounds Trip**

Join a small group of crystal and gem enthusiasts for a 3day trip to Kalgoorlie. We will visit the museum, the Mark Creasy Collection and mine sites. Accommodation and transport will be comfortable and air conditioned. We hope to organise talks with crystal / gem experts too. Planned for the end of September. Cost yet to be finalised.

### **Rainbow Retreats**

Join us for 3day retreats "down south". Relax and rejuvenate in beautiful surroundings with like-minded people. The cost of the retreat includes sessions with our readers and healers, food and accommodation. Cost yet to be finalised.