



NEWSLETTER

Winter 2007/8

COURSES & EVENTS 2008

You may want to *keep this edition of the newsletter* if you are interested in health related courses & Reiki training in 2008.

I am delighted to include courses offered through *The Healing Connection*, which comprises fellow Reiki Master teachers / spiritual friends Lesley Bailey, Lisa Walmsley-Pitts & myself.

Some of the workshops in 2008 will be held at a new venue – The Whitfield Community Centre, in Whitfield Road, Westlands, Newcastle, which will enable larger numbers to attend. This should avoid disappointment due to courses being full.

Full details of this provisional programme for 2008 are given overleaf. There may be additions / alterations to topics, dates & venues according to numbers, room availability & demand, so it's important to *check full details before attending*.

YOU CAN BE INVOLVED!

If you are interested in learning more about a specific ailment, therapy or health-related issue, let me know!

I will be adding more dates for evening & daytime courses according to your requests & will be inviting other speakers to provide up-to-date, expert advice to help you with your own healing process. Your experience & contributions are also welcomed – so please *let me know what you want* & I will do my best to provide some answers.

**HERE'S TO AN
EXCITING YEAR
AHEAD!**

New Years Resolutions

Have you made any new year's resolutions? To lose weight, do more exercise, give up smoking? Or maybe you have decided not to make any, in case you can't stick to them & end up feeling worse about yourself?

Whilst I do think it's a good time to reassess certain habits & patterns of behaviour, it's also a good time to consider underlying issues about *why we do what we do - behaviourally & energetically* – so:

Think of the main issue or habit that you want to change & ask yourself these questions. Be very honest but gentle with yourself.

What you are doing; why are you doing it & who are you doing it for?

What are you doing?

What are your patterns of behaviour? (eg over-eating, drinking alcohol, over-working)

When do you tend to do it? How do you react to other people / situations in relation to your issue? What do you think about yourself when you repeat this pattern?



Why are you doing it?

Often patterns of behaviour are set in childhood – we learn from our parents how we should behave; the “rights & wrongs” in life & even what other people will think of us if we behave in a certain way. For example, if our parents tended to be fearful of change/ try to please or always put the needs of others first we may notice this way of being in ourselves.

We may not realise it but we often project our feelings about ourselves onto other people – for e.g. we don't follow up our desires because we think that others might think that we are being selfish/lazy/unkind etc. But this is usually just what we fear other people thinking about us rather than it being true.

Who are you doing it for?

If we always do what we think is “the right thing” for others rather than what we know is right for ourselves, we can become resentful & it is usually not what others want from us anyway! This can lead to dissatisfaction & result in self-destructive patterns which further damage self-image.

By seeking what we need from others – approval, love, acceptance etc. we give away our power.

Have the courage to do what is best for *you*. By accepting self-responsibility you become empowered: you & only you are responsible for your happiness.

BE TRUE TO THE SELF: BE YOUR-SELF.

Courses for 2008

ALL THESE COURSES ARE TO BE HELD AT WHITFIELD COMMUNITY CENTRE, WHITFIELD ROAD, NEWCASTLE.

[Saturday Feb. 9th 10am– 3.30pm: Creative cooking for Health & Vitality! With Sylvie Jackson. £40](#)

Following the highly successful evening with clinical nutritionist Sylvie Jackson, I am delighted to offer a full day course with cooking demonstrations & delicious **healthy lunch plus treats** so you can “taste-for-yourself!” This is a fun, practical session to help you to achieve your new year’s resolution to eat better & lose weight! There will be plenty of space so why not bring a friend? **EAT TO FEEL GREAT NOT JUST OK!**

[Saturday Feb 16th 10am-3.30pm Mindful Living Workshop with Maggie Bevington, Lesley Bailey & Ruth Theobold. £40](#)

Discover how to be more mindful of our individual health & lifestyle & the impact this can have on the planet. Practical ways to make a difference; with a presentation on permaculture: “Earth care, People care, Fair share” by Ruth Theobold. **BE THE CHANGE.....**

[Saturday March 15th: 10am – 3.30pm: The Big Reiki Gathering.£20](#)

A full day for all Reiki practitioners & students. This is an ideal & special time to practice meditation, giving & receiving Reiki, to meet others in the “Reiki family” & make new friends!

[Saturday May 17th : 10am-3.30pm “Just This Day”: A day of Stillness, Meditation & Reflection. £40 with Maggie Bevington](#)

This is an international event which was originally aimed at helping people from all over the world to “connect” together at set times on a certain day, to send healing to each other and to the world. On this day I would like to invite you to take time out of your busy schedule to relax, listen to the healing silence & reconnect with yourself - your inner being.

This is an experiential workshop using both guided & silent meditation with simple thought-provoking exercises to focus you on your spiritual & personal journey.

[Saturday July 19th 10am-4pm: Positive Change Workshop with Maggie Bevington. £40.](#)

Life teaches us many lessons – some of them more difficult than others - & sometimes it’s hard to remain positive. This can lead us to feel stuck or blocked. We may know what we want but can’t see a way forward unless someone or something outside our control changes (e.g. different job, higher income, move house, kids older). Or perhaps we just want things to change but not really knowing what or how. This is an experiential workshop to help you to recognise blocks & make positive changes in your life TODAY. Releasing blocked energy creates a sense of FREEDOM & can create better spiritual, emotional & physical health & well-being. It’s also a day **just for you!**

The day will include exercises & techniques such as affirmations, archetypes, integrating yin/yang energies, facing the shadow, meditation & mirror work.

[Saturday Sept. 13th:Natural Healing with Animals, using Angelic Reiki, Acupuncture, Crystals, Herbs, Homeopathy & Spiritual Healing, with Lynne & Yvonne & Mick from The Croft Veterinary Clinic, Newcastle, £40.](#)

Practice Shop



The practice shop stocks healthy food, vitamin & mineral supplements & natural household / body care products. All are sold at considerably less than the recommended retail price. If you have been watching the recent channel 4 programmes on “How Toxic is Your Life / Kids?” you will recognise recommended alternative brands to chemical cocktails in your home.

Recent additions to the shop include Aloe vera & jojoba lip balm at £2.45; Green people organic cleanser £10 & essential oil sprays– from £5.50 & chemical-light / free gift packs: *baby-bags; earth-friendly kids packs (include activity sets; Man pack; Relaxation / meditation Well-Woman gift sets; Winter Survival kits.*

[Saturday September 20th 9.30 – 5pm: The Healing Connection First Annual Reiki Conference](#)

Put Reiki on the map in Staffordshire! Join us for the exciting first annual conference open to all Reiki students & practitioners. Charges to be arranged according to guest speakers & catering..

[Saturday Nov. 15th 10am-3.30pm: A day of Sound & Movement – The Essence of You” £40.](#)

Morning session: Sound workshop with Mel Ellis – finding your own voice & expression.

Afternoon session: Barefoot dancing – freedom to “dance with life” with Lesley Bailey, Maggie Bevington & Lisa Walmsley-Pitts.

For full details of all courses, Reiki training, & booking information, please ask Maggie.

NB. This is a provisional timetable & may be subject to additions & amendments so please check before attending.