



Womenspace news

**Edition 2, 2007
May – August**

All events listed in this newsletter are at Womenspace unless stated otherwise.

OPENING TO ABUNDANCE

Womenspace is “Opening to Abundance” in love, gratitude and generosity in 2007.

This year we have divided our over-all theme of *Opening to Abundance* into two sub-themes: *Greening the Spirit* and *Purpling the Heart*.

Currently, we are focussed – until the end of June – on greening our spirits – on creating a verdant, lush space in which we can, indeed, moisten and nourish our souls. We need this moisture both physically and spiritually.

Already the Bakery has become a verdant space of green leaves in which shine the faces swathed in green veiling of women who come to Womenspace and those of the little girls who attended the Arts Day in April. It is truly a remarkable piece of art and a constant reminder of the wonderful women who make Womenspace “a Place of Beauty, Earthiness and Sacredness”, not just in words but also in truth. Each one of them helps to moisten and green our spirits. There is a richness about it all which embraces our spirits and fills them with awe.

In early February, we also created our Vision Boards of Abundance for Womenspace in 2007 and hung them on the walls. They remain there for several months, sending out the energy of all the women who created them. We had also a wonderful presentation on “Embracing Possibility” which also energized us and gave us some practical suggestions for creating new possibilities of abundance. Our Water happenings and Open House which highlighted the theme of water have also helped moisten our souls. Water is connected with our emotional, artistic and spiritual depths, with mystic vision and with sensitivity and compassion towards others. Our blessing tree – resited ritually on account of the siting of the new water tanks – will surely help us remember these greening qualities of water. So too will our garden – now sustainable with the rain water from the two tanks – as it looks lovelier every time we explore it.

In the second half of the year, we will move on to the other sub-theme – *Purpling the Heart*. No doubt we will see our faces up on the wall again – this time swathed in purple!

Purple is the colour of royalty, of nobility and spirituality. It is connected with the seventh or crown chakra, the chakra of spirituality. It is the centre through which pours in all the energy from the universe, and where we are most intimately connected with the Divine. It is the colour of the flowering of our heart, the fullness of our love, our connecting and giving, our sharing of who we are in all our blossoming.

We come together at Womenspace to help one another in our search for the sacred – where we share and reverence our life’s stories in order to help each other but also to shape and challenge our society. We can explore just exactly what that means in our reflection on Green Abundance on May 11th and even more directly in our Conversation Circle on *Purpling the Heart* on Friday evening, July 6th. We can help create the purpling heart-centred atmosphere of the Bakery at the Group Art Day on July 14th.

Purple is not a primary colour – it is a mix of red and blue – of hot and cold. In Christian rites, it is the colour of mourning and grieving, as well as of atonement. What in our lives is preventing us from being open to the abundance of a loving and creative God / Goddess, a loving and creative universe? What do we need to mourn and then let go? How do we move on to the full blossoming of both our heart and spirit?

Read this newsletter – and also the third one in September – for the Womenspace events around this theme of *Purpling the Heart*. Watch also the weekly email updates for events that have been added since. By September, we will be moving into what may well be the loveliest time of the year here in Brisbane. The weather is mild and the jacarandas are beginning to bloom in all their beauty and vividness.

At Womenspace we will be radiant in all our purple heart-embraced finery of abundance!

Womenspace

Womenspace - a place of Beauty, Earthiness and Sacredness – A soul-space for women where we can share and reverence our life’s stories in order to shape and challenge our society

Womenspace is a place of community for women and continues to change and to grow as new women discover what Womenspace offers. It is a place where women may nurture their spirituality in a holistic way. This may be through participating in rituals, attending workshops, joining a group, meeting women from their own and other cultures or through any of the other activities and experiences of Womenspace.

Telephone: 07 3357 7444

Address: 12-14 Homebush Rd,
Kedron 4031

Email: coordinator@womenspace.org.au
Web: www.womenspace.org.au

Coordinator: Glenys McChesney-Clark

Office and Library Opening Hours:
Tuesdays to Fridays: 10 am - 4 pm

ABN: 67 387 585 817



Spirituality

DRAWN FROM THE HEART

The Drawn from the Heart project offers women the opportunity to give artistic expression to the ideas and feelings that they explore both alone and within the context of events offered at Womenspace. Thus far this year, we have been investigating what it means to *Open to Abundance* and *Green our Spirits*. It must be working, because whenever I have visited Womenspace this year, there has been a palpable sense of wonder, possibility and lushness. This year, rather than having separate installations in relation to the themes, we are going to build on the installation. During *Greening the Spirit*, we have made the Bakery come alive with leaves, beautiful green women, jugs and plates of lots of sand and pebbles to remind us of the absolute abundance of Earth. Over the next few months, we will be investigating *Purpling the Heart* and we will see the Bakery come even further alive with blooms and fruits and purple hearts.

What makes this part of the Womenspace program a success are the contributions of many, many women. All the leaves in the Bakery have been made by many women and this is crucial because Womenspace is a place for all women and I want everyone who comes to our unique place to feel free to contribute. A great big heartfelt thank you to all the women who graciously allowed me to take their photographs and display them in the Bakery. This art work has been greatly enjoyed by visitors to Womenspace and I like to think that it is because it clearly captures the vibrant lushness of women spirit. As an extension of this idea, we will indeed be seeking “the purple woman” and capturing her in photographs swathed in sheer purple cloth. To be part of this project, please come along to the *Purpling the Heart* group art project day on July 14th. If you cannot make it that day but would still like to participate, contact me to arrange another time.

One aspect of the Drawn from the Heart project is the Artist Book that is displayed in the Bakery and is available for all women to contribute to. Paper and art materials are provided. The Artist book allows women an avenue for perhaps more intimate, personal reflection on their own experiences and the ideas encountered at Womenspace. One topic that I have been reflecting on over these past few months is what makes my spirit lush, what makes me feel fully alive and vibrant. I am planning to create a little art piece around this idea and add it to the book. Perhaps other women might like to do this as well. The books become a valuable source of information and inspiration to other women only when they are used and contributed to, so come on everybody – get writing, drawing and telling your own stories.

Our next big Drawn from the Heart event will be the group art day on Saturday 14th July. These group art days run all day from 9am to 5pm, with women invited to join us for all or part of that time. This is a free event (though donations to Womenspace are always gratefully accepted as this is the way we keep the place running) and we bring food and drink to share. These days are informal and invaluable. They provide women with an opportunity to relax, share stories and ideas, imagine and create. On this day, we will be concentrating on creating a purple blooming of the Bakery, making flowers and fruits to add to our leaves. To me, *purpling the heart* is about showing each other and the world who we are in all our magnificence. Imagine a jacaranda or wisteria in full bloom. Another image that keeps coming to me from my childhood is that of a mulberry bush dripping with the gift of its fruit.

You do not have to come to the project day in order to contribute. I am calling for contributions of paintings (or other art works) of purple flowers and fruits or other images that reflect the *Purpling the Heart* theme. These will be added to our installation to bring it to life even more. In keeping with the spirit of originality I ask that the works be original and created by women. Another idea I have is to make purple hearts that we may hang from the beams and this is something that women could do at home and send in to be hung. You can let your imagination go wild and create the hearts using whatever materials suit your fancy. Imagine fluffy, sparkling, shiny hearts hanging everywhere.

Sometimes further events connected to the art project are offered and these are advertised in the weekly email updates. I look forward to creating with you in the months ahead.

**Cathy Miles. Ph: 3862 3120 or 0421 400279
cmt215@hotmail.com**

W SACRED HOUR

Every Friday afternoon, Womenspace offers Sacred Hour. This is a time of reflection which may include readings, meditation and music. Sometimes Sacred Hour is centred around one of the main spiritual traditions and at other times, other traditions are used.

On the first Friday of the month, Mary Long facilitates a dream group as part of Sacred Hour. (See "Dreamwork" item under Regular Activities)

Sacred hour runs for about an hour, sometimes a little longer and you are welcome to stay on for a chat and a cuppa.

Date: Fridays

Time: 1.30 – 2.30pm approx

Gold coin donation to Womenspace please.

W LEARNING CIRCLE

Learning Circles are small groups of women who join together to discuss a topic, share learning resources and develop strategies for integrating knowledge and wisdom into their lives.

Members of the group can share their knowledge and experience, pose questions to the group and gain input from the wisdom of others on their particular personal growth journey.

Each session will focus on a topic and Megan will prepare a small amount of content to get the discussion going.

Sessions are limited to ten participants and bookings can be made by contacting Womenspace.

When: First and third Monday evenings of the month.

Time: 7.00 – 9.00pm

Cost: \$5

Facilitator: Megan Williams

Please bring a small plate for supper.

Bookings essential as numbers are limited:

Womenspace 3357 7444 or

coordinator@womenspace.org.au

W REFLECTING ON GREEN ABUNDANCE

On this evening, with ritual and conversation, we will be reflecting on our focus on Green Abundance and how we have experienced this at Womenspace over the previous six months. Come along for an informal evening of reflection.

Date: Friday 11th May

Time: 7.00 – 9.00pm

Please bring a small plate for supper

W WINTER SOLSTICE

Winter Solstice this year will be celebrated on Sunday 17th June (the actual date of the solstice is a few days later). Winter Solstice is the time of the longest night and the shortest day. From that time, the days begin to lengthen again. Come and join us as we integrate into our own lives what the Winter Solstice symbolises for us individually and as a group of women.

Date: Sun 17th June

Time: 2pm – 4pm

No charge. Please bring a plate to share

Enquiries to Womenspace on 3357 7444

Later Seasonal Ritual dates for your diary:

Spring Equinox – Sun 23rd September

Beltane Celebration – Sun 7th October – Full day Workshop by Glenys Livingstone

Summer Solstice – Sun 16th December

W CONVERSATION CIRCLE - "PURPLING THE HEART"

This is an evening where we share dinner then join in conversation about the concept of "Purpling the Heart" and what it means to us. Women all bring their own experience and perspectives to the conversation and often, ideas emerge which are then taken up and expressed through the group art day. All women are warmly invited to come and participate in the conversation over dinner.

Date: Fri 6th July

Time: 6.30 – 9.30pm

Cost: Gold coin donation to Womenspace. Please bring dinner to share.

Bookings: Womenspace 3357 7444 or email

coordinator@womenspace.org.au

W MAGDALAFEST

July 22nd is the traditional date for celebrating the life of Mary of Magdala (Mary Magdalene), one of the leaders of the early Christian movement. She has been much misunderstood and even maligned over the centuries - as have other women who stood up for their truth. You will have an opportunity to salute and celebrate their contribution when we gather for her feast day. It will be a festive afternoon of input, sharing, ritual and then afternoon tea. You will be asked to put forward for affirmation the name and story of a woman / women who have contributed to your life and the life of the planet, in the past or the present. All these women will have given of their abundance, thus increasing what we have to give in our time and place.

Date: Sunday, 22nd July

Time: 2.00 - 4.00pm

Cost: \$5 donation to WS

Enquiries: Mary 3359 4640

CELTIC GUIDANCE

The ancient Celts saw all of life as holy. They developed ways to guide us on our spiritual journeying or to help us resolve a particular problem. Contemporary Celtic practitioners are reviving some of these ways.

If you would like some help in mapping out a personal journey or working through some issue in your life, Anne McLay offers spiritual direction structured around ancient Celtic tools. These are suitable for all spiritual traditions.

One hour session: \$40/25 donation to Womenspace.

Book with Anne 3355 7502.

LIBRARY BOOKS

Here are some suggested titles in our library to support the “Opening to Abundance” themes of *Greening the Spirit* and *Purpling the Heart*:

BELO, Carlos

The Road to Freedom

They reveal their longing for East Timor to become a free and just society. They are inspirational reading for anyone who shares Belo's belief that a nation might come to enshrine the best human condition.

BERRY, Thomas

The Great Work - Our way to the future

Berry is the leading spokesperson for the Earth and his profound insights illuminate the path we need to take in the realms of ethics, economics, politics and education if both we and the planet are to survive.

BUNYARD, Peter

The Green Alternative -

A Guide to Good Living

Our beautiful planet is threatened not just by chemical, biological and nuclear war but simply by the way we live.

CALDICOTT, Helen

Nuclear Power is not the Answer to Global Warming or Anything Else.

Winner of the Australian Peace Prize 2006

DAVIS, Kerry

Across Country - Stories from Aboriginal Australia

These are stories celebrating life and expressing a hearty optimism. These are Aboriginal voices reaching across country.

DAVIS, Noel

Heart Gone Walkabout . Poems, prayers, lines and spaces

“When things get too much I go walkabout. Bush helps me work it out. I come back when it feels right.” (Elder of the Aranda Tribe)

EARTH QUEST -

The family guide to protecting the environment.

In many cases the solutions are easier than we think

EMOTO, Masaru

The True Power of Water.

Healing and discovering ourselves

EMOTO, Masaru

The Secret Life of Water

Water Crystal Healing - Music and Images to restore your wellbeing (2 CD disks)

As Dr Emoto's beautiful water crystals demonstrate, our thoughts and words certainly have direct consequences on the world around us. Showing love and respect to water is simple to do and has far-reaching effects for the health of our water, our planet and ourselves. As with Galileo, Newton and Einstein, Dr Emoto's clear vision helps us see ourselves and our universe differently.

HOUSTON, Jean

Jump Time - Shaping your future in a world of radical change

In this book the author shows us how to harness our existing day-to-day activities and consciousness to remake the world.

There is also a set of audiotapes of a workshop that Jean ran in Sydney - *Australia's Gift to the World* Vols 1 and 2

HUGHES, Marilynn

Odysseys of Light - Adventures in out-of-body travel

This book begins the fascinating exploration of spiritual evolution and the understanding of the real nature of humanity.

MILLMAN, Dan

The Way of the Peaceful Warrior. A book that changes lives.

A very unusual book – remarkably wise, provocatively humorous and hauntingly beautiful

PONDER, Catherine

The Dynamic Laws of Prosperity. Our divine heritage.

RAY, Veronica *Green Spirituality.* Reflections on belonging to a world.

Reflections on the spirituality of self, relationships, community and the planet.

SUZUKI, David

The Sacred Balance -

Rediscovering our Place in Nature

We are biological beings and our very existence depends on the integrity and quality of the web of life.



YOGA

Feel peaceful, relaxed and energized as you gently journey within to re-connect with self on many levels. Limited numbers – please book early.

Date: Starting Fri 27th April till Fri 8th June (inclusive)

Time: 9.15 -10.45am

Cost: \$12 perm \$15 casual

Bookings and enquiries: Livia 3264 7520 or 0400 654991 or livia10@bigpond.com.au

SUPPORT GROUP – BREAKING THE SILENCE

A support group for women who have experienced sexual violence and abuse meets monthly at Womenspace.

Date: First Friday of the month

Time: 11.00 am – 12.30pm

For more information, please contact Mary Matthews

Ph: 0431 489191. Gold coin donation. Bookings not necessary.

DREAMWORK

Individual dreamwork with an experienced facilitator is available at Womenspace. This is an opportunity to share your dream in a safe and private place and to use some processes that could open out the dream for your personal enrichment.

All enquires to Mary Long on 33594640. The fee is \$30 or a donation. All money goes to Womenspace.

Mary also facilitates a Dream Group at Womenspace on the first Friday of every month in Sacred Hour. This is held between 1.30 -2.30 every Friday. The Dream Group may go half an hour longer, depending on the group's agreement.

Welcome your dreams AND record them.

Enquiries to Mary on 3359 4640. A gold coin is the usual donation after Sacred Hour.

Regular Activities

EXPLORING MOVEMENT

This group gives an opportunity for any woman, regardless of age, to take time out to connect more deeply with herself. We give encouragement to our body to explore in space, using dance, movement, and music in the beautiful setting of Womenspace.

By nurturing body and soul together comes new delight in the senses as well as finding a release from too much thinking. There is fun in discovering dance movement therapy.

We can activate our own healing process through the inner wisdom held in our body, and recognise our own creativity in movement. It gives us a new practice of self discovery and awareness.

Day: Wednesdays

Time: 10.00 – 11.30am

Cost: \$5 or donation (proceeds to Womenspace)

Enquiries: Please phone Christine Fensham 3392 1246 to book in.

PERSONAL DOWSING

Are you seeking a feeling of well-being, inner peace and balance in your life? Would the qualities of clear thinking, focus and discernment benefit you? Do you want to feel more relaxed and experience a renewed zest for life? This is what DOWSING offers.

Dowsing is a powerful gift of the Universe. It is a modality that allows us to connect to the energy vibration that is all around us with amazing accuracy and results. Using intent, our minds connect to a Higher Source and we become conduits that allow energy to flow. Negative experiences throughout our life leave imprints or blockages in the energy fields that surround our physical body. These blockages will eventually attack our physical body and inhibit healthy and balanced development. Through dowsing, the imprints can be located and cleared, allowing positive energy to again flow throughout the fields. There are many energy field levels that can be cleared, including the 20 basic fields, the 20 higher fields, the outer fields, and the chakras. The body is now able to do what it does best, that is, to heal itself.

To experience this amazing healing modality or for more information about dowsing, Contact: Di Gamble 33554126. Your investment: \$60 for 1 hour

HOLISTIC COUNSELLING

Carmel Schleger is available at Womenspace most Fridays for one-on-one Holistic Counselling. This counselling uses mediums of colour, sand tray and clay for the understanding, release, healing and transformation of emotional issues and reactions such as in anger, fear, anxieties, grief, depression, abuse, relationship issues. This experiential modality empowers you through reclaiming and connecting with your body, mind and spirit, enabling you to face the challenges of your daily life.

Carmel, who is a senior student of Sophia College, is offering FREE counselling. Carmel has training in massage, reiki, chakra therapy, kinesiology and also incorporates bush flower remedies. She is also a Cert IV workplace trainer and assessor.

To cover expenses there is a small fee of \$15. For bookings or information please contact Carmel on 0412 432 885 or carmel.schleger@gmail.com Sessions are an hour to an hour and a half. Clients may need between 3 to 6 sessions.

REIKI

Reiki is a gentle natural healing technique for balancing the life energy in your body. A practitioner places their hands lightly on or near your body to guide the flow of energy. Balancing the life energy enables your body to heal itself more effectively and supports both physical and emotional healing. Reiki is an effective treatment alone, and also supports other treatment techniques. One hour treatments in the beautiful environment of Womenspace on Friday and Saturday mornings.

\$50 / \$35 concession

Please phone Karen Iliff for an appointment on 3357 5581 or 0401 012 804.

Workshops

TAROT COURSE

The course covers all aspects of the Tarot:

Card meanings
Colours, Numbers, Symbolology
Astrological Connections
Card Combinations, Timing of events
Various Spreads
Working with the White Light and Spirit Guides
Intuitive techniques
Each week you will be able to practice small readings with each other

This 7 week course is suitable for beginners or those who would like to advance their knowledge of the Tarot

Commencing Tuesday evenings from 1st May until 12th June 2007
Time: 6.00 – 8.30pm
Cost : \$35 Weekly

For bookings and information telephone Trish 3861 0671

BELLY DANCING CLASSES AT WOMENSPACE

Belly dance is known to be a very old art form. However, even today it retains its connection to fertility, well being, health, pleasure, entertainment, expression, artistry, ethnicity, beauty and fun.

Belly dance is a mixture of styles from many regions around the world. I teach Andalusian dance style that blends Middle Eastern belly dance, flamenco and gypsy movements with exotic music and elegant use of veils and finger cymbals.

Classes suit all body types and ages - No bare belly required.

Fun ... great exercise ... easy to learn!

When: Starts Wed 2nd May
Time: 6.45pm for 7pm start (1 hour class)

Cost: \$10 per class or \$50 if paid upfront for 6 classes

Bring: Water, comfy clothes to dance in or if you want a long full skirt, a willingness to learn whilst sharing the experience and having fun with other likeminded women

Contact: Dijana Harris 3311 6084 or 0414 460972 or dijana@livingempowered.com.au

PERSONAL IMAGE MAKEOVER

Rebecca Smith - Colour, Beauty and Image Stylist is conducting workshops to teach you techniques to update your image and build your self confidence.

Personal Skin Analysis and Skin Therapy workshop.

Million \$ Face Makeover - step by step tuition on how to achieve a professional makeup at home. Colours chosen to your individual skin, hair and eye colour, plus a personal easy to follow colour direction chart.

Your personal colours.

Enhance your individual skin, hair and eye colours to reflect in your clothes. Learn how your personal palette of colours makes shopping a breeze.

Personality style

What line and shape of clothing is right for your personal body shape? Dressing choices, to highlight the positives.

How to choose the right accessories for your personal face and body shape.

Hairstyles and colour guide.

Limited numbers as you receive personal attention in a caring and supportive atmosphere.

Five session course

commencing: 3rd May for 5 consecutive Thursdays
Time: 7.00- 9.00pm

Cost: \$300

Details and enrolment: Rebecca 3262 3305; 0412 923 938 or breastchek@netspace.com.au



COMMUNITY OF ENERGY-CENTERED COUNSELLORS

Join a community of women, who consciously use energy-centered methodologies as a part of their counselling practice. Through this community, you may wish to expand your counselling toolbox, further integrate energy-centered work, bring case studies for confidential discussion, or build your heart-centered business skills.

Counselling professionally can be an isolating experience, with few opportunities to debrief. Womenspace provides a safe and sacred space for women and is an ideal meeting place for this community. Some of you may already experience the unique qualities of the beautiful rooms at Womenspace to meet with your clients.

Kaz Moran will host the community, drawing from her extensive experience with Children, Teenagers and Adult survivors of child sexual assault, using Cognitive Behavioural Therapy, Narrative work, Transactional Analysis and other methodologies. With over ten years of experience in facilitation, Kaz will provide a supportive environment to expand your possibilities.

When: Second Tuesday each month
(8th May, 12th June, 10th July)
Time: 7:00 – 9:00
Cost: \$20 (includes a light supper)
Call Kaz to reserve your place 0435 0466 73
(limited places)

THE GIFT INTRODUCTORY WOMEN'S SHARING CIRCLES

All women are most welcome to attend this free introductory circle for The Gift. Come along and sit in sacred space and share from your depth. Invite a friend or two. It can bring about a whole new level of depth in the friendship. We'd love to have you join us and look forward to seeing you soon at Womenspace.
Date: Fri 11th May
Time: 6.30pm for 7pm start

Please bring a cushion, a small plate of food to share and gold coin.
RSVP to Rose Weaver 3357 7903 or 0408 199 687 or email roseweaver9@hotmail.com or Sheila 3357 9291 or 0421 318 575 or email sheilaheartsoul2004@yahoo.com.au Shematrix website: www.shematrix.com

DANCING THE DIVINE

Finding Your Own Rhythm

Expressing the essential feminine through music, movement, meditation and breath. Let's heal, inspire, pray, release and have fun through our bodies. We can connect to universal energy through dance. Let's get out of our minds and into our bodies.

Dates: Saturdays
12th & 26th May
Time: 10am - 12pm
Cost: \$25
Contact: Donna Murdoch
3352 5625

THE ART OF MINDFUL BIRTHING

A series of four workshops supporting women to connect with their inner resources to birth.

- Practising the art of listening to body, heart, and mind
- Developing focusing techniques to help open to the power and mystery of birth
- Celebrating birth as a powerful rite of passage
- Awakening our joy, creativity and inner guidance through the process of art and writing exercises

Date: Commencing Thurs 17th May for 4 consecutive weeks
Time: 7.00-9.00pm
Cost: \$140 for entire series (including art materials)
For booking information please phone Georgina on 3289 0083 or 0438 519917 or email georginakelly@bigpond.com

Facilitator: Georgina Kelly, midwife and mother of three children. She has been working for over 10 years supporting women as they embrace the transformative power of their pregnancy, birthing, and mothering experience.

INNER CHILD NURTURING

Through gentle nurturing, healing techniques and fun ways, learn to access your own "inner" child.

Through play and dialogue, learn to release deeply held hurts and emotions in a safe and nurturing environment. Develop a real and honest relationship with yourself that will allow you to fully engage with others. List of items you are required to bring will be available on payment of your \$25 deposit.

Date: Sat 19th May
Time: 9am - 4pm
Follow up evening:
Tues 11th June
Time: 7pm - 9.30pm
Cost: \$85.00;
\$75.00 Member of WS
Enquiries: Theresa Elliott
33559370 or 0417 141212 or email faerietess@yahoo.com.au

TAROT FOR PERSONAL GROWTH

Learn how to use the cards for personal growth and self awareness. Over three sessions we will learn various techniques for interacting with the cards to raise awareness and facilitate breakthroughs in our understanding of self. In each session we will share on our personal growth journeys and conduct readings. No prior experience of the tarot is necessary. Bring your favourite tarot deck and book (if you like); journal and pencils.

Dates: Saturdays 19th May, 16th June, 21st July
Time: 2.00 – 4.00pm
Facilitator: Megan Williams
Cost: \$15.
Enquiries to Megan on 0411 510 676

COMBINED REIKI 1, 2 & 3 WORKSHOP

For the past 22 years, the ability to give myself Reiki healing has supported me through rehabilitation after a major car crash and all ups & downs a woman's life has. Taking a Reiki course means you will have Life Force Energy streaming through your hands for self healing or to treat others. Taking all three levels at once will lift your Vibratory Rate through the roof, accelerate healing and whoosh you forward!

Date: Sat & Sun 26th & 27th May

Time: Full days

Cost: \$550, early bird \$495 (paid 2 weeks prior). Includes 65 page manual & certificates..

Contact Shauna Teaken 0421 858176 or shaunateaken@hotmail.com



yoga
for women

Feel energised yet relaxed
Expanding body & mind

Friday am
Womenspace
12-14 Homebush Rd
Kedron



Livia
h: 3264 7520
m: 0400 654 991

Contact

THE JOURNEY OF THE SOUL THROUGH KARMIC EVOLUTIONARY ASTROLOGY



Astrology is a holistic art/science which studies the relationship between the heavenly stellar bodies, planets, and us. At the moment of our birth, the positions of the planets reveal our life script, the journey we are about to undertake in this lifetime. The natal birth chart is a blue-print of the individual and reveals much about our strengths, our talents, lessons to be learned and potentials to be developed. Astrology is a wonderful diagnostic tool for understanding and healing ourselves and others.

During this six-month Certificate Course in Evolutionary Astrology we will explore the deeper karmic meanings of the planets, signs, asteroids, Nodes, Chiron - the Wounded Healer and other karmic placements in the natal chart, such as your prenatal eclipse prior to birth. To understand the Self is to begin a quest for freedom and liberation whereby you discover the beauty and wonder of who you really are (a divine soul here on Earth)! You will learn of the archetypal mythology and psychology behind the planets and signs via meditation and astro-drama, thereby gaining a deeper understanding of your unique personal spiritual journey. Birth Chart and Tuition Notes are provided.

Dates: Monthly weekend workshops – 2nd & 3rd Jun; 7th & 8th Jul; 11th & 12th Aug; 8th & 9th Sept; 13th & 14th Oct; 10th & 11th Nov
Time: 10.00 am - 4.00 pm on each day
Cost: \$120 per weekend (includes Saturday & Sunday).

Your teachers:

Jeanni Monks BA Psych. Dip. Ed. FAA Prac Cert. AAT
Charyn McLean Dip. Psych. Astrol. FAA Prac Cert.

Contact Jeanni for more information & bookings: 3857 2182 or 0407 324861
Email: gemrise@optusnet.com.au

MOONTREE ANCIENT HISTORY SEMINAR WORKSHOPS

Facilitated by Alicia Sherwood, these are unique one-day teachings that combine informational aspects with practical, workshop style components to ensure our new found wisdom is embodied in a nurturing, joyful and sacred way!

As with all MoonTree workshops, the day consists of informational aspects, as well as practical, interactive components which assist in the integration of knowledge, and enhance its relevance for each woman, and her life right now!

THE GREEK ELEUSINIAN MYSTERY CULT

This Classical Greek Mystery Cult, which in fact harkens back to far earlier times, occupied a very important place in the religious and spiritual experience of the people of the time. In this workshop, we will examine the evidence of the temple, rites, mythology and spiritual significance of this cult of the Earth and the Mother /Daughter Goddesses Demeter and Persephone.

Date: 23rd June

Time: 10.00am–4.00pm

Cost: \$120 per person, which includes all materials and catering (vegetarian).

Just bring yourself!

Please email Alicia at

alicia.sherwood@bigpond.com

to register,

or phone 0402 656 243 for more information.



MOONTREE

CELTIC RELIGION & MYTH

Come and be enchanted! We will explore some of the evidence for the religion of the 'Celtic' society from the Late Bronze Age and first millennium (BCE), through to later times. The mystical, and often elusive, nature of the Celts' 'religion' serves as a potent reminder of the importance of connection to Space, Earth and the world of Spirit. The myth that remains, will speak to us of a battle to preserve ancient Lore, and the power inherent in the Triple Goddess.

Date: 4th August

Time: 10.00am-4.00pm

Cost: \$120 per person, which includes all materials and catering (vegetarian). Just bring yourself!

Please email Alicia at alicia.sherwood@bigpond.com to register, or phone 0402 656 243 for more information.

UNLEASHING THE WILD WOMAN

Blue Moon Sacred Ceremony

Come beautifully and wildly dressed as "your own" goddess whether as earth, sexual, wind, fire, or as a sea goddess. Reveal, release and rejuvenate the wild woman inside of you!

Date: Sat 30th June

Time: 6.30-9.30pm

Cost: \$25.00 (includes a light supper)

Enquiries: Donna Murdoch 3352 5625 or

Tess Elliott 3355 9370

MEDICINE DRUM MAKING WORKSHOP

with Rainbow Lynn

This is a one day workshop where you make a Native American style medicine drum using your own inner wisdom to create your sacred instrument with love, respect and honour.

It is a day of truly working through your heart with Spirit and allowing yourself to be guided by your higher self and your drum as to how to 'birth' [make] her - the feminine energy of our drums link us to our heartbeat, Mother Earth's heartbeat and that of the heartbeat of the Universe.

Date: Sat 22nd July

Time: 10.00am – 5.00pm

Cost: \$180 for a deerskin drum or \$190 for a rooskin, 15"

Hoop / round drum and all other materials used.

A non-refundable deposit of \$80 is required 10 days prior to the workshop

Bring food to share for a 'potluck' lunch.

Morning tea is provided.

Enquiries and bookings to Lynn on 3382 7949 or email lynnasmith2002@hotmail.com



*Essence
of
Angels*

ESSENCE OF ANGELS SEMINAR

with Simone Matthews

The Essence of Angels™ workshop is designed to accelerate your spiritual development and awaken your intuitive and psychic abilities. The 2 day practitioner accredited workshop helps people discover their soul purpose and provides tools necessary to create a life filled with love, happiness and abundance.

The Essence of Angels is a set of 12 vibrational remedies setting the standard of a new paradigm in healing. The Angelic essences work with the energy systems of the body including meridians, chakras and the subtle bodies or planes as well as on the physical cellular and DNA level.

During the workshop we explore how to use the Essences to unlock your own gifts and bring into the now, your wisdom from the past and potential future to achieve your highest vibration of Soul Potential in this lifetime.

Whether you wish to use the Essences for your healing of family & friends, incorporate it into your healing practice or start up your own Essence of Angels healing business, there is something here for everyone.

Dates: Sat & Sun 25th & 26th August

Time: 9am – 5pm both days

Cost: \$295 (early bird) includes:

Comprehensive Manual (over 150 pages)

Certificate of Metaphysical Healing –

Essence of Angels Practitioner

Registration as Practitioner on ULT website

Contact: Simone Matthews 5442 7790 or

empower@universallifetools.com or download

booking form at www.universallifetools.com

General info

T SHIRTS

We now have our own beautiful Womenspace T Shirts. They are available in lime green and lilac in sizes from Small to 5XL. They are good quality cotton T shirts. The price is \$35 or \$30 for those with formal membership of Womenspace. There is also a concession price of \$25 for women who hold Health Care and Pension cards. For more information, please contact Glenys at Womenspace 3357 7444 or coordinator@womenspace.org.au

ENTERTAINMENT BOOKS

The new 2007- 08 Entertainment Books are now available from Womenspace. Email now to reserve yours or call in and collect one. They are still the same price that they have been for years, \$60. There are hundreds of half price and discount vouchers for restaurants, cafes, cinemas, shows, accommodation and much more - Fantastic value!

WEAVE AND MEND CD

Recorded at a live concert at Womenspace, this CD includes many original songs and the wonderful harmonies of Maree Robertson, Ann Bermingham, Rebecca Wright, Helen Rowe and Lonnie Martin. Limited numbers only are available. Cost: \$22 (\$24 if you would like the CD posted to you)

FINANCIAL SUPPORT

Have you considered making a regular contribution in support and appreciation of Womenspace? Direct debit is an easy way to do this. Phone and ask for a form to be sent to you or pick one up when you're next at Womenspace. Your financial support is very important to help ensure that Womenspace continues to provide a safe and sacred place for women.

If you are not able to make a regular financial contribution, you could consider becoming a member. Your annual membership fee of \$30 /\$10 will assist in maintaining Womenspace.

LIBRARY

The library continues to be a vibrant place. Books cover subjects relevant to our members.

We have titles on - *Women's issues, Religion - women's issues, Ritual & Meditation, Feminism, Spirituality, Feminist spirituality, Health & healing, Self-help & personal growth, Relationships & sexuality, Biography, Fiction.*

There is a limited number of tapes, CDs and videos on the above topics. Donations of suitable material are always welcome. All women may use the library. Borrowing is also available to members of Womenspace.

ROOM HIRE

Womenspace is an ideal venue for your workshops, meetings, training and seminars. We also have a therapy room available for practitioners to hire as well as a small counselling room. For more information and details of room hire fees, please request a brochure from coordinator@womenspace.org.au or 3357 7444.

VOLUNTEERS

Volunteers are always needed to ensure the efficient running and maintenance of Womenspace. If you would like to assist in some way, please contact coordinator@womenspace.org.au or phone 3357 7444. Assistance is needed in areas of

- Office administration
- Event organisation
- Publicity & promotions
- Fundraising
- Hospitality & catering
- Networking
- Gardening
- Cleaning
- Maintenance/handywoman

COMPUTERS

Self Teach Course
Self teach computer courses are available at Womenspace.

Complete courses and individual modules may be taken e.g. Word, Excel, Access, PowerPoint as well as learning about software, hardware and much more.

Online training is interactive with easy step-by-step lessons for every level of computer literacy.

Bookings are available for one hour time slots on Tuesdays, Wednesdays and Thursdays between 10am - 4pm. Other times may be available by arrangement.

Cost: \$5 per hour.

For information and bookings: Ph 3357 7444 or coordinator@womenspace.org.au

COMPUTER USE

Computers with internet access are available for use during office hours (10am - 4pm Tues to Fri) for \$5 per hour.
To book time, contact Womenspace 3357 7444 or email coordinator@womenspace.org.au

WS CONSULTING

WS Consulting is a professional team offering spiritually based skills to organisations and communities

WORKSHOPS/ TRAINING DAYS

Finding Spirit in your workplace
Leadership as a spiritual task
Values clarification
Building connected teams
Development of strategic plans, mission statements, vision and goals
Creating spiritually healthy organisations

PROFESSIONAL SKILLS

Mentoring and professional supervision
Coaching for leaders and managers
Counselling and spiritual guidance

Rituals for Significant Events

We can help you design your own rituals to bring meaning into your life and work

Pamper Days for Management and Staff

Massage, relaxation techniques
Other holistic therapies.

For further information

Contact Glenys McChesney-Clark at Womenspace

Phone: 3357 7444

Email: coordinator@womenspace.org.au

EMAIL UPDATES

This newsletter is produced three times a year. If you are a member of Womenspace, the newsletters will be posted to you free of charge if you request them. Non-members may have newsletters posted to them for \$10 per year. The newsletter is also emailed to those who request electronic newsletters only and to all on the weekly email update list. Other events and information frequently come in between newsletters and so we also produce a weekly email update. If you would like to receive this free of charge, please send an email to coordinator@womenspace.org.au requesting your name be added to the list.

Special events

GARDENING FOR ABUNDANCE WATER WISE GARDENS

Womenspace invites you to a pleasant morning workshop at Northey Street City Farm to learn more about Water Wise Gardening.

Sunday May 13th 11.30 a.m. – 1.00 p.m.

The workshop will include:
Guided walk through farm
Info re waterwise gardening
Visit nursery
Perhaps come earlier to organic markets (6.30 am to 10.30a.m).
Buy lovely food at Chai Café
Relax under the shady trees.

Northey Street City Farm is located at 16 Victoria Street, Windsor. Booking is through Womenspace - by Tuesday, 8th May. 3357 7444 or coordinator@womenspace.org.au.

NB. MEN AND CHILDREN ARE WELCOME.

WORKSHOP IS FREE – SPONSORED BY A FEDERAL COMMUNITY WATER GRANT

SACRED SOUNDS

Come and take this rare opportunity to experience the incredibly healing vibrations of sound at this special event featuring music, movement and meditation with 9 CRYSTAL BOWLS, Earth Mantras and SoundScapes. Crystal Bowls are unique and powerful vibrational healing instruments that resonate throughout the mind body and spirit bringing a state of inner peace and stillness, clarity, and healing on all levels. The presenters are Camilla Nova and Katrina Ross of Mullumbimby.

This is advance notice of an event just arranged. The date is confirmed but the venue is yet to be finalised. The proposed cost for the three hour session is \$35/\$25. This is also to be confirmed. Please watch email updates for more details or contact Womenspace for the latest information.

Date: Sunday 29th July
Time: 1.00-4.00 pm
Contact: For enquiries and bookings, phone Womenspace 3357 7444 or email coordinator@womenspace.org.au

Programme in Brief

Date	Activity	Page
May		
01	Tarot Course	6
02	Belly Dancing	6
02	Exploring Movement	5
03	Image Makeover	6
04	Yoga	5
04	Sexual Abuse Support Group	5
04	Sacred Hour	3
07	Learning Circle	3
08	Tarot Course	6
08	Community of Counsellors	7
09	Belly Dancing	6
09	Exploring Movement	5
10	Image Makeover	6
11	The Gift Introductory Circle	7
11	Yoga	5
11	Sacred Hour	3
11	Reflecting on Green Abundance	3
12	Dancing the Divine	7
13	Gardening for Abundance	11
15	Tarot Course	6
16	Belly Dancing	6
16	Exploring Movement	5
17	Image Makeover	6
17	The Art of Mindful Birthing	7
18	Yoga	5
18	Sacred Hour	3
19	Tarot for Personal Growth	7
19	Inner Child Nurturing	7
21	Learning Circle	3
22	Tarot Course	6
23	Belly Dancing	6
23	Exploring Movement	5
24	Image Makeover	6
24	The Art of Mindful Birthing	7
25	Yoga	5
25	Sacred Hour	3
26	Dancing the Divine	7
26/27	Reiki 1, 2, 3 Workshop	8
29	Tarot Course	6
30	Belly Dancing	6
30	Exploring Movement	5
31	Image Makeover	6
31	The Art of Mindful Birthing	7

Date	Activity	Page
June		
01	Yoga	5
01	Sexual Abuse Support Group	5
01	Sacred Hour	3
02/03	Journey of the Soul-Karmic Astrology	8
04	Learning Circle	3
05	Tarot Course	6
06	Belly Dancing	6
06	Exploring Movement	5
07	The Art of Mindful Birthing	7
08	Yoga	5
08	Sacred Hour	3
12	Tarot Course	6
12	Community of Counsellors	7
13	Exploring Movement	5
15	Sacred Hour	3
16	Tarot for Personal Growth	7
17	Winter Solstice	3
18	Learning Circle	3
20	Exploring Movement	5
22	Sacred Hour	3
23	Greek Eleusinian Mystery Cult	8
27	Exploring Movement	5
29	Sacred Hour	3
30	Blue Moon Sacred Ceremony	9
July		
02	Learning Circle	3
04	Exploring Movement	5
06	Sexual Abuse Support Group	5
06	Sacred Hour	3
06	Conversation Circle Dinner	3
07/08	Journey of the Soul – Karmic Astrology	8
10	Community of Counsellors	7
11	Exploring Movement	5
13	Sacred Hour	3
14	Group Art Project	2
16	Learning Circle	3
18	Exploring Movement	5
20	Sacred Hour	3
21	Tarot for Personal Growth	7
22	Medicine Drum Making Workshop	9
22	Magdalafest	3
25	Exploring Movement	5
27	Sacred Hour	3
29	Sacred Sounds	11
August		
01	Exploring Movement	5
03	Sexual Abuse Support Group	5
03	Sacred Hour	3
04	Celtic Religion and Myth	9
06	Learning Circle	3
08	Exploring Movement	5
10	Sacred Hour	3
11/12	Journey of the Soul – Karmic Astrology	8
17	Sacred Hour	3
20	Learning Circle	3
22	Exploring Movement	5
24	Sacred Hour	3
25/26	Essence of Angels	9
29	Exploring Movement	5
31	Sacred Hour	3

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State Member for Stafford