

Center for Awakening

November 2009 Newsletter

801-694-0787

www.centerforawakening.net

centerforawakening.wordpress.com

Center for Awakening November Calendar:

Sunday Nov. 1 Reiki Course

Monday Nov. 9, 16, 23, 30 at 9am Yoga

Monday Nov. 9, 16, 23, 30 at 6:30pm Yoga Nidra

Sunday Nov. 15 Craft Party

Sunday Nov. 22 Reiki Course

Sunday Nov. 29 Music Meditation

November Music Meditation

Sunday, November 29

191 East 7500 South

6:30 pm

*Join us for a powerful group music meditation that will take us into elevated states of joy and love where we experience **being** one with all life and the Divinity of our own true nature. The transformative energy of the group and the music will create the space to experience the unlimited peace and love that is infinitely within you. After meditation everyone is invited to a pot luck snack celebration.*

Voluntary love offerings for November meditation will go towards the Soles for Souls charitable project and a Christmas

project. We will also have dream pillows for sale; you can purchase one for yourself or they make a wonderful Christmas gift for a loved one. All proceeds go towards the purchase of shoes for the elderly at the YWCA.

***Ongoing Music Meditations** are every last Sunday of each month from September through May at 6:30 pm. No meditation experience necessary. We welcome people of all spiritual paths and faiths, optional love offering accepted and 100 % of all donations are put towards charitable projects.*

Soles for Souls Charitable Project!

“Grandparents” are senior citizens who work year round in classrooms at the YWCA child care facility in downtown Salt Lake City. They receive way below minimum wage for their services and live on small social security incomes. We will purchase much needed winter shoes for all the grandparents at the YWCA.

Fun Fundraiser Activity

*Sunday November 15th from noon to 5pm at Jean’s house at 4440 Atherton Dr. (1100 West) Apt. 21, Murray, UT, everyone is invited to help us make dream pillows to raise money for the Sole for Souls charity. We’ll have a fun time and we’ll be making a difference. Any time you can offer your help, even an hour or two is great! **Afterwards we’ll visit and laugh together with lasagna and garlic bread and admire our accomplishments.***

Field Trip

On Wed. Dec. 2 at 1:30pm we will have a field trip and take the grandparents to a local shoe store to pick out their shoes. Anyone who would like to volunteer to be a part of this field trip please contact Bonnie or meet us at the YWCA on 344 East 300 South at 1:30pm on December 2.

Women for Women Information

Last spring with all your generous donations we were able to sponsor two women for a year through Women to Women international. I have attached the pictures of the two women we are sponsoring and I will have a letter from Marie Bahati who lives in the Congo available at the November meditation.

Transformational Relaxation/Yoga Nidra

Join us any and/or every Monday evening for eight weeks for a transformational yoga nidra course starting on November 9, 2009 at 6:30pm at the Salt Lake Center for Spiritual Living, 870 East North Union Ave., Midvale UT.

Yoga nidra is integrative sleep of the yogis-a unique combination of alert awareness and deepest relaxation. It takes you to the higher centers of consciousness far beyond ordinary waking consciousness. In these deep states, the mystical

integrative powers of the third eye and ananda or bliss consciousness are activated giving you direct access to the extraordinary powers of your own intuition, creativity, health and abundance.

Yoga Nidra goes beyond wakefulness and dreaming. It is an awakening of the deep, deep stillness of what is asleep within you.

YOGA with Bonnie

*Monday mornings 9 am to 10:30 am
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT*

Monday yoga is a great way to start your week in a conscious loving way. Every yoga class includes a kirtan, short meditation, pranayam/breathwork, yoga postures and philosophy and savasana/relaxation. All levels welcome!

Costa Rica Retreat

Week four won the most votes!

Everyone is invited to the Costa Rica spiritual retreat on January 23 to 30th 2010. We will be staying at the gorgeous brand new Blue Spirit Omega retreat center in the lush jungle on the edge of the Pacific Ocean in Nosara Costa Rica.

This is an all inclusive retreat where we will enjoy classes with some of Omega's top teachers (described below), also included are three delicious healthy meals a day, a range of elegant

accommodations (price varies), miles of white sandy beaches, daily yoga and tai chi classes, evening events and concerts, a salt water infinity pool, library and café.

Classes and workshops available on week four:

John Perkins

Achieving Peace Through Higher Consciousness

Before writing and teaching about shapeshifting, shamanism, and ecology, John Perkins worked for the World Bank and the United States government. He left when he realized he was part of a system that was transforming the once respected American republic into a feared empire. Having worked with shamans and indigenous populations around the world for four decades, Perkins, author of the best-selling *Confessions of an Economic Hit Man*, shows us how to achieve personal and global peace and prosperity by expanding our consciousness and shapeshifting our institutions.

Alan Lowen

The Art of Being®

Learn to love the life you are living with The Art of Being®. Created by Alan Lowen, The Art of Being is a down-to-earth way to restore full connection with your nature, heart, being, and soul. Through dynamic meditations, trance journeys, music, inner explorations, and sharing, we bring healing to the wounds of our childhood, transcend self-limiting beliefs, and open our way into living vibrantly in an ever-deepening and expanding state of presence.

Judith Ansara, MSW, and Robert Gass, EdD

Relationship as Spiritual Practice

Do you long to create a loving and satisfying relationship? Join internationally-known consciousness teachers and creators of Sharing the Path workshops for couples, Judith Ansara and Robert Gass, for an enlivening and practical training in the art of embracing relationship as a spiritual practice. As you learn to bring your heart, mind, body, and spirit into your relationship, you will delight in increased intimacy, connection, and joy in your union.

Judith Ansara, MSW, and Robert Gass, EdD

Sacred Chant Celebration

Come sing your heart open, dance your prayers, and let your spirit soar! Judith Ansara and Robert Gass, creators of the best-selling chant CDs *Om Namaha Shivaya* and *Ancient Mother*, lead us in the deep, ecstatic practices of sacred chant, movement, and meditation. As we chant in joyful communion together, we each open to the possibility of directly experiencing bliss, devotion, and inner peace. Beginner and experienced chanters alike are welcome.

Jane Fryer, RYT 500

Inward Bound Yoga

Are you ready to take your yoga practice deeper? Join Jane Fryer, creator of Inward Bound, for an active and deeply restorative yoga and meditation practice in the tranquil setting of Nosara, Costa Rica. With her extensive background in Kripalu, Iyengar, Sivananda, and Anusara yogas, Fryer guides us to personalize our yoga practice and discover our sacred inner essence. Beginner and experienced yoga practitioners alike are welcome. Bring your own yoga mat.

Annette Knopp

The Free Heart

As human beings living in a conditional world, we tend to look outside of ourselves for perfect love, freedom, and peace. Guided by spiritual teacher and counselor Annette Knopp, we use meditative inquiry, experiential exercises, and deep communion to rediscover the natural love, clarity, and space that is already present at the core of our being. As we discover our free heart, we make peace with all aspects of reality and let go into "present-moment-openness" and authentic connection with ourselves and others.

Steven Michael Pague

Easy Qigong & Tai Chi

At Play in the Fields of Elixir

With Steven Michael Pague, longtime codirector and host of Omega's winter programs, we work, cultivate, and play in the wonderful mystery of qi. Through easy-to-learn yet profound movements and meditations of qigong and tai chi, we begin to discover how to access "the elixir within," our inner medicine. Together, we cultivate a foundation of practices that can be readily duplicated at home to increase vitality, strengthen immune function, enhance creativity, and achieve more harmony and balance.

Stephan Rechtschaffen, MD

Living Fully in This Moment

Physician and cofounder of Omega, Stephan Rechtschaffen, teaches holistic approaches to time, longevity, stress reduction, and well-being. Through visualization techniques, mindfulness practices, and awareness exercises, the author of *Timeshifting: Creating More Time to Enjoy Your Life* and coauthor of *Vitality and Wellness*, shows us how to slow down and come into the authentic and natural rhythms that are the result of living fully in the present moment.

Register for the Costa Rica retreat by going to eOmega.org/winter or call Omega directly at 800-944-1001.

Monthly Community Events

Music Meditation

Sunday, November 29 at 6:30 pm

191 E. 7500 So., Midvale, UT

Love offering

Dances of Universal Peace

Saturday, November 14,

Inner Light Center located at 4408 South 500 East, 7pm.

Love offering

Taize

*Wednesday, November 25 at 7 pm
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT
Love Offering*

Weekly Community Events

Yoga with Bonnie

*Every Monday 9 am to 10:30 am
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT
Love offering*

Yoga with Virginia

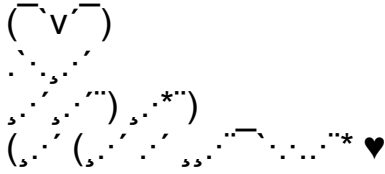
*Every Friday 8:30 am to 10:00 am
Inner Light Center
4400 South 500 East SLC, UT*

Deeksha Blessings

*Every Tuesday at 7 pm
SLCSL 870 East North Union Ave. Midvale, UT
Love Offering*

Meditation in Nature

*Every Friday from 9:30 to 10:30am
3489 South 2000 E.
Anna 801-647-8311*



Meditations at Cottonwood Heights

*Wednesday evening 7pm and Sunday morning 9:30am
2174 Villaire Ave. Cottonwood Heights.
801-365-2422 or 801947-1871*

Meditation

*Every Sunday from 6:30-7:30 p.m.
SLCSL 870 East North Union Ave. Midvale, UT
Mike @ 435/513-9008.*

Community Advertisements

Mind, Body, Soul Experience

The mind body soul experience is a group of certified healing professionals covering a wide range of healing modalities from intuitive readings, spiritual counseling, energy work and more. We come together once a month to offer an introductory experience of our services at an affordable price. Our goal is help people find the healing tools they are seeking to assist in their own personal growth.

3rd Saturday of each month 11-2pm

The Salt Lake Center For Spiritual Living

807 East No. Union Ave. (South of Ft Union Blvd)

Contact Leesa Myers for more info: 801-824-0774

Looking for a good Rolfer

I am looking for a rolfer who is very experienced and very good. If you have know of anyone please let me know, thank you very much, Bonnie 801-694-0787

If you would like to advertise on next months newsletter please email your ad to awakeningmiracles@msn.com by the end of the month; Please keep your ad to a few short lines and I will cut and paste what you send me onto the newsletter.

May you see the miracle of this now moment and the miracle of who you truly are. May you live, love and feel deeply now and always. Blessings and Love, Namaste, Bonnie