

# *Center for Awakening*

*April 2010 Newsletter*

*801-694-0787*

*[www.centerforawakening.net](http://www.centerforawakening.net)*

*[centerforawakening.wordpress.com](http://centerforawakening.wordpress.com)*

## **April Music Meditation**

*Featuring special **Hemi-Synch** music*

*Sunday, April 25th*

*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 loving 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 offering will go to charitable cause.*

*Special **Hemi-Sync** music will be played during the half hour music selection. Hemi-Synch music creates binaural beats within the music that create a balance between the brain hemispheres and is specifically designed to bring you into deep meditative brain wave states.*

## ***We Care Carly***

Our last months project to help support Carly's wish to travel for whatever time she has left in her life was a great success. Thank you for all your generous donations for Carly's travels. I still have April 13<sup>th</sup> available for you to get a "We Care Carly" fund raiser massage. It is our wish that this coming year is filled with joy, adventure, love and fascination for Carly.

For pictures and more information about Carly go to  
[Carlydavisblog.blogspot.com](http://Carlydavisblog.blogspot.com)

## **God's Littlest Angels**

Our project to support the Gods Littlest Angels orphanage in Haiti was a great success! They were very grateful for our donation, and it will be put to great use. Thank you all for your generosity, love and support.

Go to [www.glahaiti.org](http://www.glahaiti.org). to find out more about this organization

## **Women to Women Organization**

We raised enough money last year to sponsor two women in the Congo for an entire year, through the Women to Women organization. We have received two letters from each woman. I have attached copies of the letters and pictures of the women your generous donations sponsored this year.

## ***Monthly Community Events***

## ***Music Meditation and Deeksha blessing***

***Meditation Sunday, April 25th, at 7 pm***

***Deeksha Blessing Sunday April 25<sup>th</sup> from 6 to 7pm***

***191 E. 7500 So., Midvale, UT***

***Love offering***

***Ongoing Music Meditations*** are every last Sunday of each month from September through May at 7pm. Join our loving circle of friends with a blissful hour of experiencing deep peace, love and joy. No meditation experience necessary. We welcome people of all spiritual paths and faiths; all are welcome! Optional love offering accepted and 100 % of all donations are put towards charitable projects.

***Deeksha Oneness Blessings;*** offered every last Sunday of the month from September through May from 6 to 7pm.

*Deeksha Oneness Blessing is an energy transfer that creates a shift in the brain, leading to the awakening of consciousness. It provides an experience of Grace designed for each individual's highest good. Deeksha Oneness is not a religion or belief system, but an experience of energy that is compatible with all paths and spiritual traditions. Its benefits are cumulative and may manifest immediately or gradually, depending on the individual. We invite you to experience the joy of the Blessing of Oneness.*

## ***Weekly Community Events***

### ***Monday Yoga***

*Every Monday 9 am to 10:30 am*

*1111 Brickyard Rd. SLC UT*

*(from 3300 South, go north on 1100 E. and take 1st left onto Riches Ave, immediate right into parking lot)*

*Love offering*

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

*Voluntary love offering*

### ***Monday morning Deeksha Blessings***

*Every Monday morning from 8am to 9am, open door*

*1111 Brickyard Rd. (directions above)*

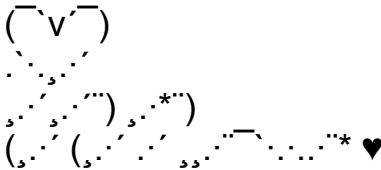
*Free*

*Drop in any Monday morning anytime between 8 and 9 am to start your day and your week with a powerful blessing. There will be several blessing givers available to bless you.*

*There are several Deeksha events weekly all over the valley, to find out locations go to [www.deekshautah.com](http://www.deekshautah.com)*

***Dances of Universal Peace***  
*Saturday, April 19 @ 7pm*  
*Inner Light Center 4408 South 500 East, SLC*

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



***Meditations at Cottonwood Heights***  
*Wednesday evenings 7pm and Sunday mornings 4:30pm*  
*2174 Villaire Ave. Cottonwood Heights.*  
*801-365-2422 or 801947-1871*

## ***Community Advertisements***

***"Living The Life You Love"***  
***FREE Introduction Seminar Wednesday, April 28 from 7 PM - 8:10PM via your phone. E-mail @ coachdiane1@yahoo.com or call Diane (801) 561 -0634 for information and registration.***

***"Living The Life You Love" 4 Teleseminar Course Wednesdays, May 5 -26 via your phone from 7 - 8 :10 PM.***

*Course Overview- Are you stuck and unclear what your next step should be? Are you sharing your unique self with the world. Do wonder why you don't get what you want out of life? Would you like to create something different for yourself? I will help you discover your True Self and give you the tools to move forward in life.*

***Benefits:***

*Discover What Your Passion is, Create Your Life's Vision, Embrace Your Life's Purpose, Balance the 7 Key Areas of Life and Develop a Life Action Plan.*

*E-Mail or Call Diane for details and registration.  
coachdiane1@yahoo.com or (801) 561 - 0634.*

***Awesome facials by Asia***

Asia is now at Cameo College getting her Master Esthetician degree. She is excellent at skin care and you will LOVE her European facial or any of her services like pedicures, manicures, body wraps, non surgical face lift, hot stone massage etc. She needs lots of hours so if you want to treat yourself to a nourishing delight at an affordable price call Cameo College and ask to be booked with Asia Delaney. **Cameo College** 124 East 5770 South SALT LAKE CITY, UT 84107 (801) 747-5700

**ENLIVENING TRANQUILITY**

**BRING CALM AND FOCUS TO YOUR DESIRES – PRODUCE EXTRAORDINARY RESULTS!**

We use Reiki for its calming and healing effects. We use Inspiration and Fulfillment Coaching to have powerful experiences – dramatically increasing

your ability to reach your goals in your Relationships, Well Being and / or Career – whatever is most important to YOU!

**Please call for your complimentary first visit.**

We are planning our April Reiki class! You can be certified up to Level III in three different sessions, and you can choose to take it one level / one class at a time. Please call for schedule. We have room for 3 or 4 more people. If you're curious about Reiki, as a treatment for yourself or as a Practitioner, please call for a time to get together to discuss your desires, and get your questions answered!

[Carla@EnliveningTranquility.com](mailto:Carla@EnliveningTranquility.com)

(801) 201-3175

## ***Deeksha Oneness Experience***

*Empower Your Relationships*

*Learn the Formula for Success and Happiness*

*Deepen Your Experience of Divine Grace*

*Join us for a transformational weekend on April 9 to 11*

*At the end of the course you can choose to be initiated as a Oneness Blessing Giver and join this growing connected community. \$195 for the entire weekend.*

*To register contact [utahobgs@gmail.com](mailto:utahobgs@gmail.com) or [livinginoneness@hotmail.com](mailto:livinginoneness@hotmail.com)*

*For more information call Linda at 801-557-0367 or Janet at 801-205-7000*

## ***RELAX & UNWIND***

Choose 1 Hour To Nourish Yourself!

- 30 Minutes of Reflexology of the Feet
- 30 Minutes of Reiki Energy Healing

OR

•60 Minute Full Body Massage with Hot Towels & Aromatherapy

Includes Peppermint Foot Treatment (Use Peppermint aromatherapy

Lotion for lower legs & Feet then Wrapping the Feet w/Hot Towels

*It will send you into BLISS! 😊*

CALL FOR AN APPOINTMENT: (801)604-9644 Deon Elangovan, LMT,  
NCETMB

At Healing From Within Massage (Sandy)

## **AVON**

I'm having a big INCENTIVE/CONTEST to enlist help to reach my goal. Everyone who will help me by getting orders from your friends, family and even yourself will qualify for **FREE AVON!** **Everyone who collects: \$100 in orders will receive \$20 in free Avon of your choice. \$200 in orders will receive \$40 in free Avon of your choice. Basically you will get 20% of your sales in FREE AVON OF YOUR CHOICE.**

**PLUS...The person who sales the most per campaign will get an EXTRA \$20 in free Avon!**

Tammy Worrell 801-712-2477 [www.youravon.com/tworrell](http://www.youravon.com/tworrell)

**Travel Agent Services-** Take the vacation of your dreams; call Diane Cunningham at 801-561-0634

**Yoga Classes**



Every Friday at 8:30 am and 10:30 am with Virginia at the Inner Light Center, 4408 South 500 East, SLC, UT

Virginia has been teaching kripalu style yoga for many years and is wonderful. \$8.00 per class

**Awesome Auto Body**- Call Leonard at Valley Body and Paint 801-808-9945

### **Grounded Soul Massage**

1 hour.....\$45.00

80 min.....\$60.00

30 min Reiki.....\$35.00

Kaley Tallman, L.M.T. 801.698.2534

[tallmank@comcast.net](mailto:tallmank@comcast.net)

Massage in the comfort of your own home.”

If you would like to advertise on next months newsletter please email your ad to [awakeningmiracles@msn.com](mailto: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.

**Wishing you all a miraculous 2010 where your hearts desires are fulfilled and joy flows and overflows in all areas of your life. May you live deeply and fully in 2010. I look forward to sharing the year with all of you, Bonnie.**