

Center for Awakening

December 2010 Newsletter

801-694-0787

www.centerforawakening.net

December Music Meditation

Sunday, December 19th

191 East 7500 South

6:30 pm

During this busy season make it a priority to spend extra time reflecting on the spiritual power of the season. Many of the worlds spiritual paths have a major spiritual celebration in December; Yule, Hanukkah, Christmas, etc. So take time to connect to your spiritual power regularly this month, make it a time of spiritual renewal and enjoy the season.

Also of course, join us at our music holiday celebration this December as we experience together elevated states of joy and love. 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 towards the library in Ethiopia.

December Fundraiser Books for Books

Please drop off any of your used unwanted books 24/7 to 191 E. 7500 S. or bring them to the next meditation and we will sell them for a \$2 or more donation that will go towards the Library in Ethiopia.

A note from Keith Keyser in Ethiopia

Many students in Ethiopia will never read a book outside of their textbooks for school. Reading for pleasure or to research a topic of personal interest is rare, which has a detrimental effect on a child's developmental process. I have helped a 10th grade male student who lives in my compound learn to use the computer and internet to do some research. The student's first exposure was to astronomy and when he came across the word "heavens" he wondered what that meant, since his only exposure to the word had been through his church. A little later he asked, "It says the earth goes around the sun, but we have been taught (through the church), that the sun goes around the earth, what is true?" There is limited reference material or internet access available for students to learn beyond what their teacher or preacher says. The inability to

obtain information beyond their school or church severely impacts a child's ability to understand the world beyond his or her village. Current library facilities are inadequate in providing research resources or material for reading for the pleasure of reading. Most contain textbooks written in English, with few options available to younger students who read only the national language of Amharic. These factors discourage children from discovering the joy of reading and the pleasure of learning about the world, and beyond!

To encourage healthy educational habits and a curiosity for learning, I have teamed up with a group of Americans and Ethiopians living in America to establish a children and youth community library in Finote Selam. They were involved in the successful implementation of the beautiful, modern and highly functional library.

Upcoming Events

Music Meditation

Sunday, December 19th, at 6:30 pm

191 E. 7500 So., Midvale, UT

Love offering

*Ongoing Music Meditations are **changed** to every third Sunday of each month from December through May at 6:30 pm. 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.*

Library in Ethiopia Project

All donations from meditations, classes, and book fundraiser will go to help build a library in Ethiopia. We will work with Keith Keyser from the peace corps who has taken on the dream to build this library in a village called Finote Selam.

Holiday Project

We will help out a family this holiday season and also make a donation again this year to the Utah Food Bank. Anyone who would like to participate in this holiday project is welcome and appreciated.

***An Introductory class to
A Course in Miracles
facilitated by Bonnie
(one class per month for a year)***

I began studying A Course in Miracles in 1980. In 2000 & 2001 I taught a ten week class as an introduction to A Course in Miracles to assist people in understanding the Course. People who took the class have reported it being one of the single most powerful classes they had ever taken. I have improved the course a little and have decided to offer it as a year long class meeting once a month beginning this January 2011.

I invite anyone who is interested to join me in this year long journey of Awakening to Miracles; it will completely alter your life in powerful and miraculous ways.

The course is being offered for a suggested yet voluntary love offering of \$5-\$10 per class all proceeds go to charitable projects.

The first class is free
and will be an overview of the entire class and offered to everyone as an opportunity to look and decide whether you would like to continue and participate in the year long class.

Call Bonnie at 801-694-0787 if you are interested

Reiki Master Course

Syndi our dedicated Reiki Master teacher has been passionate about making the healing art of Reiki available to everyone. We offer an in

depth and deeply spiritual Reiki course at an affordable cost. We will have a very powerful Reiki Master course in February 2011.

*Please let us know if you are interested in attending this course. \$150 suggested donation; proceeds go to charity.
Syndi 801-831-5019 or Bonnie 801-694-0787*

YOGA

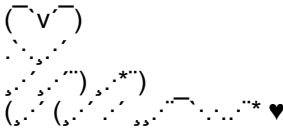
Monday morning yoga is back starting January 3rd at 9 am at Bonnie's home at 191 East 7500 South in Midvale. Love offering.

Dances of Universal Peace

*Saturday December 11, 7pm, Love offering
Also New Years Eve Dance Dec. 31st 9pm
Inner Light Center*

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 afternoons 4:30pm
2174 Villaire Ave. Cottonwood Heights.
801-365-2422 or 801947-1871*

Deeksha

There are several Deeksha events weekly all over the valley, to find out locations go to www.deekshautah.com

Community Advertisements

ROLF'S YOGA CLASS

Rolf Lange is offering a Raja Yoga Class (Pranayama, Gentle Poses and Meditation) on the 2nd Thursday of the month. Join him 7:30 pm, Thursday December 9th at:

The Yoga Center 4689 S. Holladay Blvd.
Holladay Village Shopping Center
Holladay, Utah 84117

Rolf

ROOM FOR RENT

Have nice basement studio apartment in my home. Looking for renter. \$500/mo. Large studio space furnished or not. Private full bath. Share laundry facility. Share my kitchen. Space in garage for your car. Conveniently located in Holladay, off Highland & about 6400 South. Looking for someone who is Conscious, metaphysical, optimistic, responsible, independent, clean, non-smoker, no dogs. Call Sandra at 801.998.8314.

Thanks!
Blessings,
Sandra Malbon
801-998-8314
www.heartfulhealers.com

Living Your Vision tele-seminars

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 at
coachdiane@amazinglifeafter60.com (801) 561 - 0634.***

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

(801) 201-3175

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 FREEAVON 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

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

Massage in the comfort of your own home.”