

Center for Awakening

February 2010 Newsletter

801-694-0787

www.centerforawakening.net

centerforawakening.wordpress.com

February Full Moon Music Meditation

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

Sunday, February 28th

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 the ecstasy of **being** one with all life and **being** the blissfulness of our own true nature. The transformational loving energy of the group and the music will create the space to experience the unlimited peace and love that is infinitely within you, that is you. After meditation everyone is invited to a pot luck snack celebration. Voluntary love offering goes to charity.*

*Special **Hemi-Synch** 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 expanded awareness brain wave states. Last month everyone loved the Hemi-Synch music and expressed powerful positive experiences during the meditation.*

Smile Train Project

Together we have raised enough money to alter the life of one child through the Smile Train organization. All of you are a part of this difference, as a part of this organization you have helped a child who was destined to a life of rejection, poverty, prostitution and abuse to have a second chance in life with cleft pallet surgery. Thank you so much for your love and support and the difference you make.

God's Littlest Angels Project for Haiti

With the love and inspiration of both Jen and Carla we have decided to help Haiti for our new project. Jen with her lifelong devotion to children everywhere has suggested a wonderful orphanage in Haiti that makes a huge difference for the children, 'God's Littlest Angels'.

If you have an idea for our next charitable project please contact Bonnie 801-694-0787. Remember we are a 501 C 3 organization so we can create our own projects for causes we are passionate about or people we know who are in need.

Monthly Community Events

Music Meditation

Sunday, February 28th at 6:30 pm

191 E. 7500 So., Midvale, UT

Love offering

Ongoing Music Meditations are every last Sunday of each month from September through May at 6:30 pm. Mark it on your 2010 calendars. 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.

Dances of Universal Peace

Saturday, February 13th at 7pm

Inner Light Center

4408 South 500 East SLC, UT

Love Offering

Weekly Community Events

Yoga with Bonnie

*Every Monday Morning at 9 am
1111 Brickyard Rd. Rm 202 the new Salt Lake Center for
Spiritual Living*

Voluntary 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!*

Deeksha Blessings

*There are several locations, go to the
website www.deekshautah.com for weekly events.*

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

Community Advertisements

"Creating a Blissful Relationship with Money"

12-week coaching program offered by Sandra Malbon, Relationship Coach. Begins Friday, Feb 19. There will be 4 group sessions & 8 private sessions that facilitate your awareness of your money programming, release of error beliefs that keep you stuck, and a shift into abundance consciousness. For further info or to register, call Sandra at 801-998-8314 or email L8bloomer@comcast.net.

*** Enlivening Tranquility – Bring Calm and Focus to Your Desires, Produce Extraordinary Results! ***

Enlivening Tranquility is a brand new business in Sugar House, specializing in Reiki treatments and classes, Inspiration and Fulfillment Coaching, and Open Community Conversations for Lifestyle Enhancement.

We'll have an Open House on Saturday, February 13, from noon until 5; and again on February 20 and 27th. Anyone may attend the Open Houses. We'll have our first Reiki share on Tuesday, the 16th at 7:00 p.m. Please let me know if you can make it!

Schedule of classes, descriptions of Reiki and Coaching, and this week's Inspirational Challenge will be available at www.EnliveningTranquility.com Very Soon!

I am looking forward to talking with you about anything that inspires you - or - that you would like to have inspire you and just can't see how! Please call Carla Davis, (801) 201-3175, or contact me via email at CarlaEDavis@Gmail.com.

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. She needs lots of hours so if you want to treat yourself and your face 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

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

1111 Brickyard Rd. Rm 202 the new Salt Lake Center for Spiritual Living

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

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

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 at the Inner Light Center, 4408 South 500 East, SLC, UT

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

\$10 OFF A 1 HR TREATMENT. Relaxation Swedish Massage with Hot Towels and Aromatherapy and also includes a Peppermint Foot

treatment and a hand treatment and an extra 15 minutes of Energy Healing.
(Regularly \$55 NOW \$45) Deon 801-688-4446.

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.”

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 trust in the Divine power that is working in and through all things within the universe for the highest and greatest good of all. Much love and blessings, Bonnie