

Center for Awakening

January 2010 Newsletter

801-694-0787

www.centerforawakening.net

centerforawakening.wordpress.com

January Full Moon Music Meditation

Featuring special Hemi-Synch music

Sunday, January, 31st

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 goes to charity.*

*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. I took a course on the Hemi-Synch technology this month and was fascinated by the ability of the music to very quickly and effortlessly bring you into deep states of meditative awareness. I hope*

you all can be at this month's full moon meditation experience with Hemi-Sync.

2009 Wrap Up

Next time someone asks you what you made happen in 2009, you can tell them you helped feed and clothe a village in Costa Rica, you brought school supplies to a school in Costa Rica, you helped a family whose suffered a house fire, you helped two women in the Congo with an entire year of services, you got fourteen grandparents at the YWCA winter shoes, you made a huge difference for two families this Christmas and you brought \$200 worth of food to the Utah food bank during the holidays.

Thank you to all of you who are a part of this community and making a huge difference in the world. All of you who have supported Center for Awakening through attending meditations, yoga classes, Reiki courses, yoga nidra or simply volunteering your valuable time and energy, you have contributed to the above causes and projects in 2009 to help make the world a better place one person at a time.

Special Thanks

Thank you to the many, many people who volunteered their time and donated their used treasures for the yard sale fundraiser for Costa Rica. Thank you Diane for the inspiration for the fundraiser, your time and donations and keeping us on track. Thank you Rolf, Carla and Mark for donating so many treasures including exercise, camping and electronic equipment to the yard sale as well as your time the entire day during the sale.

Please forgive me if I forget you but I would also especially like to thank and acknowledge, Blake, Syndi, Annette, Jean, Judy, Sandra, Char, Carol, Beau and Bethie for their huge contributions of time and donations for the yard sale and the Costa Rica project .

Thank you to all of you who volunteered with taking the grandparents to the shoe store and helping them choose their shoes. Thank you Jean, Dianasue, Carla, Gracey, Blake and Jean's brother. We couldn't have done it without you!

Thank you for everyone who helped with making the dream pillows so we could raise money for the grandparents shoes and to help families this Christmas. Thank you Jean, Syndi, Siannah, Gracey, EM, Carol, Char and several ladies from the YWC .

Thank you for all of you who attend meditations each month, contributing your love, energy, yummy food, donations for projects and heartfelt support. There are too many people to mention but you all know who you are and I love and cherish you all in my heart and soul.

Thank you Gary for your endless website updating and continuous computer support, and most recently fixing the CD burner so we can have music for our music meditations.

Thank you Sharleen for setting up a blog for Center for Awakening and introducing us to Hemi-Synch.

Thank you Tammy for donating all the Avon supplies for the girls we helped this Christmas.

Thank you to all of you who participated and volunteered at the Reiki courses to support the ongoing projects we support. In particular Syndi, Matt, Michelle, Shannon, Cheryl, Karen, Cindi, Judy, Diane, Tammy, Sharon and Sarah.

Thank you Diane for your idea for the Costa Rica project, Carol for your idea for the Women to Women project, Asia for your idea for the family with a house fire project, Jean for your idea to purchase shoes for the grandparents, and Syndi for finding a family for us to help at Christmas.

THANK YOU ALL, whether you were mentioned here or not you are an important part of this community and your love and presence makes a huge difference. You are loved and always embraced and welcome to every meditation and every event we offer.

SMILE TRAIN

January and February Project

We will contribute all donations from January and February meditations to the Smile Train organization. Smile Train surgically repairs cleft pallet in children of foreign countries. All the doctors and medical assistants volunteer their time and expertise for these children, so the majority of the money donated to this charity goes to the children.

Children in these foreign countries who are born with cleft pallet and cannot get surgery are destined to a life of rejection, poverty, prostitution, exploitation and abuse. At this time Smile Train has a wealthy anonymous donor who will be matching all donations to Smile Train, so we thought this will be a great time to raise money for this worthy cause. Every \$100 will help one child get surgery, therefore with the matching donor if we raised two hundred dollars together as a community these next couple months we can help alter the lives of four children.

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, January 31, 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.

Weekly Community Events

Yoga

Every Monday 9 am to 10:30 am

Bonnie's house, starting Jan.25 until further notice

191 East 7500 South, Midvale

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

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

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

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

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

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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)

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.

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.