

Center for Awakening

March 2010 Newsletter

801-694-0787

www.centerforawakening.net

centerforawakening.wordpress.com

March Music Meditation

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

Sunday, March 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 **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 We Care Carly, (see below for more information).*

*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 meditative brain wave states.*

March Project

We Care Carly

Carly Davis is a 17 yr. old teenager living here in Salt Lake City who was diagnosed with 4th stage Ewings Sarcoma two yrs. ago. She underwent chemo and radiation for over a year with no hope of even getting through the treatment. She was able to be completely healed from her cancer, because of many prayers and the grace of God. Recently the cancer has returned and the doctors have told Carly that using chemo and radiation the second time will not be effective, they are giving her 6 months to 1 year to live with no treatment. It is Carly's wish that she travel to Europe while she still feels good. Carly's parents who are faced with huge medical bills and choosing to leave their jobs to travel with Carly this year are struggling to come up with the funds to make Carly's wish to travel this year possible. Our project for March will be to raise money for Carly's travel to Europe this coming year. 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

Massage Fund Raiser

I will be donating all the money I earn from my Tuesday massage clients for the month of March until April 20 to *We Care Carly*.

So call Bonnie at 801-694-0787 to schedule a massage on a Tuesday to create a healing experience for yourself, while also creating miracles and adventure for Carly.

Bonnie LMT 801-694-0787
191 East 7500 South Midvale, UT

God's Littlest Angels

Our February project to support the Gods Littlest Angels orphanage was a great success! Thank you all for your generosity, love and support.

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 will have the letters available to read on the kitchen table at the March meditation.

Monthly Community Events

Music Meditation and Deeksha blessing

Meditation Sunday, March 28, at 7 pm

Deeksha Blessing Sunday March 28th 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 come 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.

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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

Enlivening Tranquility

Enlivening Tranquility is now having “Community Conversations!” We’ll spend one to two hours talking about essential areas of life – Partnership, Communication, Money, Death and Life, The Future, to name a few! We are also having one hour “Introductions to Reiki.” These conversations are designed to be lively, open, and thought provoking! Now - my question is – what interests YOU? What’s next for you in that area? If you could see some benefit from participating in, or perhaps leading a conversation, what might that be?

Community Conversations are complimentary. Some will be extended into several sequential sessions, and the registration fee for those will be posted.

Please contact me to via email or phone for a schedule of upcoming events, including our Grand Opening Celebration near the end of March. Carla@EnliveningTranquility.com OR (801) 201-3175

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 or
livinginoneness@hotmail.com
For more information call Linda at 801-557-0367 or Janet at 801-
205-7000*

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

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

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

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) Call 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.

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.

