

Center for Awakening

May 2010 Newsletter

801-694-0787

www.centerforawakening.net

centerforawakening.wordpress.com

Special May Music Meditation and Cook Out Celebration

This will be our last meditation until the fall!

Sunday, May 30th

191 East 7500 South

Meditation 7 pm and Deeksha Blessing 6pm

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 an outdoor cook out celebration.* Voluntary love offering will go to Marshal Island 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.

Special Home Introduction to the Landmark Forum

I am having a special evening on Friday May 7th

The evening will include a process that will give you a breakthrough in some area of your life that is not working as well as you would like, and an opportunity to find out more

about the Landmark Forum. The evening is free and everyone is invited!

There will be love, snacks and infinite possibilities.

When: Friday May 7th at 6:45 pm to 9:45pm

Where: 191 E. 7500 South, Midvale, UT

Why: To live life powerfully and to live a life you LOVE!

May Marshal Islands Family Charitable Cause

Our May charitable project is for a family from the Marshal Islands whose mother is very sick and has only a few months to live. There are several young children and a couple babies in the family and presently the father works only part time in order to spend time taking care of the children and his sick wife. Whatever we raise will go towards necessities for the family such as food, clothing and diapers.

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 everyone for your generous donations for Carly's travels. 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

www.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. 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

191 E. 7500 So., Midvale, UT

Love offering

Meditation Sunday, May 30th, at 7 pm

Deeksha Blessing Sunday May 30th from 6 to 7pm

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

Last Month of Yoga until the fall

Every Monday through the month of May from 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 through the month of May from 8am to
9am
1111 Brickyard Rd. (directions above)
Free*

*Drop in any Monday morning throughout the month of May
anytime between 8 and 9 am to start your day and your week
with a powerful blessing.*

Deeksha Blessing Events

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

Dances of Universal Peace

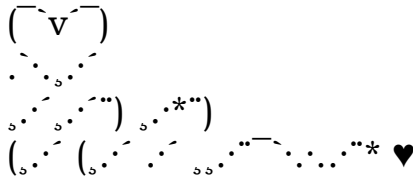
*Saturday, May 15th, @ 7pm
Inner Light Center 4408 South 500 East, SLC*

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 afternoons @ 4:30pm

2174 Villaire Ave. Cottonwood Heights.

801-365-2422 or 801947-1871

Community Advertisements

Yoga with Rolf

Rolf Lange is teaching a Gentle Yoga class Wednesday evenings at 6:30 PM at the Holladay Lions Recreation Center. This class is taught in the Purna Yoga Integral style and incorporates spine warming exercises; gentle dynamic sequences; and relaxation poses along with laterals, twists, and asymmetries. Great for people who can't break away to do yoga during the normal work day and open to everyone regardless of skill level. The Rec Center charges \$5.00 at the front desk for the class. The address is: **Holladay-Lions Fitness and Recreation Center, 1661 East Murray-Holladay Road (4800 South), Holladay, UT.** I'd love to see you there!

Namaste

"Living The Life You Love"

FREE Introduction Seminar 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.

Awesome facials by Asia

Asia is has one more month 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. So if you want to treat yourself to a decadent pampering treat at a very affordable price call Cameo College this May 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

(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 in May

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

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

Friday morning 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

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

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.

As spring approaches and new life and energy blesses the earth, allow gifts, joy and wisdom to awaken within you. Be alive with inspiration, freedom, and joy for the simple glory of being who you are right now.

Check out Pictures & letters for the Women to Women Project Here

www.centerforawakening.net/Letters-from-Women-to-Women.html