

# Center for Awakening

October 2010 Newsletter

801-694-0787

[www.centerforawakening.net](http://www.centerforawakening.net)

[centerforawakening.wordpress.com](http://centerforawakening.wordpress.com)

## October Music Meditation

Sunday, October 24th

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 will go to charitable project.*

## Website

*Center for Awakening website is [www.centerforawakening.net](http://www.centerforawakening.net), please feel free to visit the site to get information and schedules. Gary puts a lot of time, love, and energy into keeping our site up to date as a free service to all of us, please use it whenever it is helpful.*

## Garage Sale Fundraiser

*Thank you to everyone who contributed with donations, time, energy, love, support, and your purchases for the garage sale fundraiser this past Saturday.*

*We were able to raise \$200, which we will split between the two projects; "Seeing the Princess" and the Thailand family. All your efforts and support made a huge difference in contributing to these charities and making a difference in these people's lives. Our next project will be to raise money to help build a library in a remote village in Ethiopia.*

# Events

## Music Meditation

*Sunday, October 24th, 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. 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***

*Our newest project is to raise money to help build a library in Ethiopia. We will work with a contact person from the peace corps who has taken on the dream to build this library a village called Finote Selam. October mediation and a fundraiser book sale will go towards this project.*

## ***Charitable Project "Seeing the Princess"***

"Seeing the Princess" project is to raise money for a 6 year old girl in Salt Lake City who is quickly losing her eyesight and would like to go to Disneyland and see the princess while she can. We raised \$100 for this project.

## ***Thailand Project***

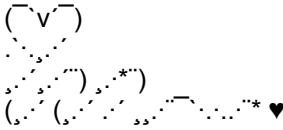
We also raised \$100 for the family in Thailand who are struggling with poverty and medical hardship.

# ***Reiki Master Course***

*We will be offering a fall Reiki Master course that will give you your 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and Reiki Master degrees. The cost of the entire course is \$300 and 100% of the cost will go to the Ethiopia library. The dates are Sunday Oct. 24th and Sunday Nov. 14th. Please contact us ASAP if you are interested in attending this course at 801-694-0787*

## ***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](http://www.deekshautah.com)*

## **Community Advertisements**

### **Body Language Show**

**Date: Oct 24      Time: 1-3pm free**

At the Disabled American Veterans Hall on the corner of 800 S 300 E

- Did you know that your body speaks louder than your words?

- Did you know that often your body may be sending a different message than your words, and people could subconsciously get confused about your message?
- Would you like to be sure that your body language matches your words?
- Would you like to be able to read other people's body language so that you know what they are really saying?
- When you can read body language, your vocabulary increases substantially—in what you can convey and in what you can understand about others. You have greater ability to be of influence.

For more info and to register, please call  
Sandra Malbon @ 801-998-8314 / 755-8859

## ***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](mailto: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](mailto: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](http://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 Virgina 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

**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](mailto:tallmank@comcast.net)

Massage in the comfort of your own home.”