

Center for Awakening

February 2011 Newsletter

801-694-0787

www.centerforawakening.net

191 East 7500 South, Midvale, UT

February 6- Reiki Master Course 10am- 5pm

February 7,14, 21, 28- Yoga class 9am

February 20- Course in Miracles Class 3pm

February 20- Kirtan Celebration 6:30 pm

Upcoming Events

Kirtan Celebration

Sunday, February 20, at 6:30 pm

191 E. 7500 So., Midvale, UT

Love offering

Kirtan is a ecstatic chanting celebration that you won't want to miss. It has been four years since our last Kirtan, so come enjoy the ancient devotional celebration of chanting, singing, dancing, drumming, or simply being in bliss.

No experience necessary, all are welcome

Reiki Course

Reiki is a powerful ancient healing modality that offers proficiency at healing oneself as well as others. Whether you choose to become a Reiki Master to heal yourself or to begin a private practice in healing others your life will be altered in taking this powerful course.

The Reiki Master course is on Sunday February 6, from 10 am to 5pm at 191 East 7500 South in Midvale, UT

Yoga Class

Yoga class will be every Monday at 9 am with Bonnie

Charitable Projects February Project

Friend Faye

A good friend of Gary's recently had a house fire which took the life of her father and burned the entire house down. Faye's work depends on a computer, so we will raise money to help Faye purchase a new computer.

January Project

Library in Ethiopia Project

Great thanks to everyone who donated use books and love offerings to help build a library in Ethiopia, it couldn't have been done without all your help. With special thanks to Rolf who donated three huge boxes of great used books. We raised \$200 for Keith Keyser from the peace corps who has taken on the dream to build this library in a village called Finote Selam.

Center for Awakening also helped out two families for Christmas this year, which made a huge difference for both families.

Community Events

Dances of Universal Peace

Saturday February 12, 7pm, Love offering
Inner Light Center

Deeksha

Oneness Center for Spiritual living

is offering the certificated course:

Foundations for Spiritual Living

This class is the entry-level class for the study of the Science of Mind. It is a personal exploration of spiritual principles and their application to everyday life. Discover and express the power, creativity, freedom, abundance, joy and wholeness that lie within you. Learn spiritual tools and practices to build a firm foundation of Spirit to transform and expand your life, career and relationships.

Faciliator: Rev. Nicole Merges

When: 11 weeks, Starting Thursday February 10th, 6:30pm

Location: Myers Home: 6894 South 345 East Midvale onenesscs1@gmail.com for more information

Cost: \$50 non-refundable deposit plus love offering each class and textbook. Curriculum emailed.

Required text: Science of Mind, Ernest Holmes (\$15.95)

Basic Meditation Class

Want to meditate – join a mediation class!

Meditation classes provide:

- >an opportunity for those who are new to meditation.
- > learning and practicing in meditation classes,
- > avoid common errors and receive a correct understanding.
- > simplest of meditation techniques, such as breathing,
- > basic understanding in relation to the areas of focus.

Meditation simply allows us to take it all in, without judgment, without stress, without a feeling of time pressures. By living mindfully and appreciating every moment for exactly what it is, good and bad, we allow our opinions to be just thoughts rather than allowing them to limit our possibilities for growth. When we are so attached to our opinions and

judgments of how things should or should not be, we limit our possibility for growth. It's as if our opinions can form a barrier, like a dark cloud blocking the sunshine.

Class: Wednesday February 9, 2011 7:30 – 9:30pm

Cost: Free with Registration, \$5.00 at Door

Register: 801-990-1235

Inspiration Station 970 East 3300 South 2A

Salt Lake City. UT

Right after: Inspired Living Collaboration Group 6:00pm

ROOM FOR RENT

Have nice basement studio apartment in my home. Looking for renter. \$500/mo. Large studio space furnished or not. Private full bath. Share laundry facility. Share my kitchen. Space in garage for your car. Conveniently located in Holladay, off Highland & about 6400 South. Looking for someone who is Conscious, metaphysical, optimistic, responsible, independent, clean, non-smoker, no dogs. Call Sandra at 801.998.8314.

Thanks!
Blessings,
Sandra Malbon
801-998-8314
www.heartfulhealers.com

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 (801) 561 - 0634.***

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

Virginia 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