

Center for Awakening

January 2011 Newsletter

801-694-0787

www.centerforawakening.net

191 East 7500 South, Midvale, UT

January 1- Awakening to Miracles Event 6:30 pm

January 3,10,17,24,31 - Yoga Class 9 am

January 9- Reiki I Class 10am - 5pm

January 16- Music Meditation 6:30 pm

December Project-\$200 raised for Peace Corps library in Ethiopia, thanks!

January Project-Family who lost everything, including father, in house fire

Upcoming Events

Awakening to Miracles Class

Come join us for an transformational, informative, and fun evening to start your New Year. No Charge

The evening will begin with an overview of A Course in Miracles metaphysics and a description of the Awakening to Miracles class.

The intention of the class is to fully ascend this lifetime.

I will provide light snacks and tea for our break.

January 1st at 6:30 pm at 191 East 7500 South, Midvale, UT

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. \$150 for each class. (\$300 total Reiki I-Master)

Reiki I- January 9, 10am to 5pm at 191 East 7500 South, Midvale, UT

Reiki II and Master-February 6, 10am to 5pm at 191 East 7500 South, Midvale, UT

Yoga Class

Yoga class will be every Monday at 9 am with Bonnie
191 East 7500 South, Midvale, UT

Music Meditation

Sunday, January 16th, at 6:30 pm
191 E. 7500 So., Midvale, UT
Love offering

Join us for our New Years Meditation with Hemi-Sync and inspiring music for new beginnings and new life!

Ongoing Music Meditations are changed to every third Sunday of each month from January 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.

Kirtan

We've had a few requests for another kirtan, so if we have at least ten people interested in participating in a kirtan, we will schedule one for this February. If you are interested please reply by email, yes for Kirtan!

Charitable Projects

January Project

A good friend of Gary's had a house fire where they lost everything they owned; having no homeowners insurance. They also lost their father who died in the fire. We will raise money to help them out during this difficult time.

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

25th Annual

World Healing Meditation

December 31, 2010, 4:15 – 5:30 am.

Impact Training Center

14823 South Heritage Crest Way #A

Bluffdale, Utah 84065

Join with us as we celebrate peace around the globe. People from all walks of life around the world, will gather as a collective consciousness at noon, Greenwich Mean Time.

From diverse perspectives, we will sing, meditate and celebrate;
Creating Peace on our planet. Our program starts at 4:30 am, with
the global meditation beginning at 5:00 am. Sharp.

For information contact

Alvin & Darlene Goldman, (801) 446-9444

Dances of Universal Peace

Saturday January 8, 7pm, Love offering
Inner Light Center

Deeksha

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

Meditations at Cottonwood Heights

Wednesday evenings 7pm and Sunday afternoons 4:30pm
2174 Villaire Ave. Cottonwood Heights.
801-365-2422 or 801947-1871

Meditation in Nature

Every Friday from 9:30 to 10:30am
3489 South 2000 E.
Anna 801-647-8311

Community Advertisements

Paula has a Room for Rent

I have a room for rent in my apartment with a private bathroom and walk-in closet with shelves. Utilities are included. The room is 10'3" x 11'10". Looking for someone that is clean. Also someone that is peaceful, kind and lives a healthy life style. No drama. I love hiking, nature, and metaphysical/spiritual studies. Roommate qualities: Integrity, Respect, Compassion, being considerate and responsible. You couldn't ask for a more trustworthy and considerate roommate than me. I'm fairly quiet, but

friendly and open. I like my alone time and I will respect your privacy and your stuff. No smoking or substance abusers. Moderate drinking is ok. Out side the front door is lawn, a lovely stream that flows in the summer and beautiful trees. I'm looking the right person so gender, age (emotionally mature adults please), sexual orientation or religion may not really matter. Washer and dryer. Pool and hot tub. Internet. Dishnetwork with DVR. Sorry, but no animals. \$100 deposit. Close to freeways, shopping, restaurants and much more.

Please contact me by email ** phiatt17@gmail.com **.

Room will be available 1/08/2011

Coaching with Kelly

Hello, my name is Kelly Bangerter and for the past year and a half I have been going through a life coaching school called ECKO, a Spiritual Life Coaching School for Woman and World Good.

I am loving the program and love coaching. To get experience, I would like to offer 3 **free** coaching sessions and would be honored to coach you. If you feel like you keep going in the same direction and feel stuck with life circumstances, coaching can assist you. Coaching is a pathway of self exploration and assists you to find the answers within yourself.

Call me and we can set up a time to meet and assist you in moving forward to the life you have always dreamed of. My phone number is (801) 915-7023. Thank you and may peace be with you.

ROLF'S YOGA CLASS

Rolf Lange is offering a Raja Yoga Class (Pranayama, Gentle Poses and Meditation) on the 2nd Thursday of the month. Join him 7:30 pm, Thursday January 13th at:

The Yoga Center 4689 S. Holladay Blvd.
Holladay Village Shopping Center
Holladay, Utah 84117

Rolf

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

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

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.***

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

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

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)

Awesome Auto Body- Call Leonard at Valley Body and Paint 801-808-9945