



Inner Journey Centre for Conscious Living

A Sanctuary in the Heart of the CBD

May 2008 News

A small kindness can make a difference to an ordinary day....



I like to think of myself as my own best friend. I might as well. There is no getting . As Jon Kabat Zinn says in the title of his famous book on meditation and mindfulness "Where ever you go, there you are"! As the weather starts to get cooler and the turns grey, try to bring some sunshine to your life. I find it works to think of little things you can do for yourself in the same way you would a treasured friend. It may be as simple as cooking your favourite winter soup, buying a bunch of flowers or taking time to run a bubble bath - whatever it takes to bring about that feeling of inner warmth. When we are feeling good it can overflow to others. This can be an amazing gift. In a world of busyness and anxiety, think how uplifting it can be able to offer others the presence that comes from being peaceful and happy in yourself.

This May offer yourself the joy that comes from doing some inner work. **The Inner Journey** brings to you our regular sessions in meditation, art, and laughter.

Upcoming events are James Neal's **Feng Shui** workshop, and Laughter Lawyer Jackie Curran and I are offering a new mid winter retreat - **The Joy Within** - a day of laughter and meditation. There will be a general session and one especially for lawyers. The reason is that lawyers have the highest rate of depression of any profession. This month I am pleased to be presenting my meditation workshops for the NSW *Young Lawyers Association* at their annual assembly in Kiama, I am continuing my work with law firms in Sydney and spent a week in Melbourne presenting to members of the *Australian Corporate Lawyers Association* and Melbourne law firms. I attach a transcript of an article about my work with the legal profession appearing in the current issue of the NSW Law Society Journal.

Weekly Sessions and Classes

Meditation - Sandy Wright is a former corporate lawyer. Over the past decade Sandy has shared her passion for meditation with hundreds of people from all walks of life. She has also taken her workshops into the boardrooms of some of the largest companies in Australia and worked with the legal profession in Australia, the UK and Hong Kong. Her approach is grounded, practical and unaffiliated. To find out more about individual sessions, corporate or group sessions call Sandy on 92794545.

Meditation & Mindfulness in Everyday Life (6 week Programme) this is for beginners who want to learn to meditate, as well as experienced meditators who want to deepen their practise. We also explore different insights that come from meditative practise to show how you can live more consciously.
1- 2 pm lunchtime & 6.00- 7pm. Sandy is taking enrolments now!

Laughter Yoga - Mondays 1-2pm

Jackie Curran is a lawyer who has trained in laughter therapy with the creator of Laughter Yoga Dr Madam Kataria. She facilitates Laughter Yoga workshops for organisations, businesses and community groups, and offers weekend workshops as relaxation, fun and stress relief. Join Jackie every Monday 1- 2pm for a fun

lunch time class blending laughter, relaxation and breath work. Watch your health and work performance improve each week as you release stress and add fun to your work day. \$10 casual class so you can join anytime. Contact Jackie on 99042885.

Art Classes – Thursdays Starting now!!!



Kristin Coburn is a well known artist from Sydney's Northern beaches. In the early 90s she was the co-founder of the Australian Bush Flower Essences and brought her awareness to the teaching of the Flower Essences. She has been teaching art for years and now joins The Inner Journey to run Thursday lunchtime art classes. If you have never done art before, Kristin can help you to discover the joy of connecting your creativity. For information ring Kristin on **99972318 or 0407257943**.

Next Sing in the City Friday 16th May 12.30 – 1.30



Ganga Karen Ashworth is a classically trained singer. With her extensive background in teaching, she is highly sought after for her skills as a Conductor, Singer, Facilitator and Empowerment Coach. Bringing voices from diverse backgrounds and levels of experience together in harmony, fun and laughter is Karen's rare talent. Join the fun of the monthly lunch choir **Sing in the City** for just \$20 for an uplifting hour. This is a casual class so no book necessary. Even if you think you can't sing, Karen guarantees that you can! To book a voice empowerment sessions ring **0412 5511 82**.

Seminars and Workshops May , June & July

Romancing the Home - Contemporary Feng Shui Sunday 8th June

"Your home is a partner in how you feel, what you think and in what comes to you." James Neal
Ever wondered how your home could really be? James Neal author of Adyar's No 1 feng shui story *Romancing the Home*, shows you in an enjoyable way how changes in your home empowers your life. Discover the importance of an inviting entrance. Learn the necessity of a home office in improving your finances. Rekindle intimacy with changes in your bedroom and bring connected conversations to your dining table. With these simple changes experience new levels of abundance, romance and empowerment in your life.

Register now and receive a complimentary evaluation of your home. For information visit www.romancingthehome.tv

The Secrets of Laughter Revealed – Sunday 1st June 10am – 2.00 pm

"The Secrets of Laughing Revealed" is Jackie Curran's new, fun workshop. Learn the simple techniques designed to have you laughing in minutes..... laughing for no reason at all. Laughter is a complete tonic, relaxes the muscles and the mind, leaving you energised, focused, relaxed and euphoric. Delicious food and laughter make this workshop a real treat. Cost : - \$110.00 -- includes course materials and lunch. Book by calling Jackie on 99042885 , or email your booking to her at jackie@laughterlawyer.com.au

New The Joy Within - Laughter and Meditation Retreat

Sunday 29th June (general) and Saturday 26th July (lawyers only)

Experience the joy that comes from within at our day of laughter and meditation. Both meditation and laughter therapy raise your energy levels and create a clearer and more positive approach to life. Extensive medical research also shows that meditation and laughter strengthen your immune system, lowers your blood pressure and changes your brain wave patterns from a state of stress to focussed calmness. **Sandy Wright** and **Jackie Curran** come together to present a one day retreat combining the fun of laughter and the calming effects of Meditation. We guarantee that both new and experienced meditators and laughers will feel huge benefits. To register or for more details ring Sandy on 9279 4545 or Jackie on 99042885.

By popular demand **Working with Energy – Sunday 6th July**

Sandy Wright developed this workshop to share her extensive experience of how psychic energy works. Working closely with either individual clients or groups can be very draining. Sandy will show you practical techniques that you can use to avoid burn out and ensure that you maintain a high energy level for the benefit of you and your clients. **A must for any health care practitioner, presenter or person suffering from chronic fatigue syndrome!** Ring Sandy on 9279 4545.

The Inner Journey Centre for Conscious Living is conveniently located (near the corner of King and York Streets and opposite the Grace Hotel) Sydney. To find out more about **The Inner Journey** please email sandywright@optusnet.com.au or ring **9279 4545**.

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