

July-December, 2003

This is a quarterly Newsletter — No. 9. *Feel free to forward it to a friend!*



The 5 laws of happiness

by Grand Master Dr. Issam Kadamani



- Be present** - for this moment is all there is.
- Be mindful** - there are always opportunities to give peace, and offer forgiveness
- Be compassionate** - our nature is innocence.
- Be open** - the heart will always support the choices you make, and whether the result is peace or pain, depends on that choice. There are no right or wrong decisions, only opportunities to learn.
- Be flowing** - a river is always water, regardless of the flow, course, or direction.



GRAND MASTER DR. ISSAM holds self Mastery classes at the International College of Meditation & Healing. Classes are designed to inspire and give you a deeper understanding of yourself. These classes will allow you to let go of fear, and its qualities of anger, anxiety, low self esteem, an inability to move forward. Through the mystic teachings you will learn how to improve all facets of your life and bring greater love, trust, certainty and confidence into your life.

Classes are held: Tuesday evenings 7.30pm – 10.30pm (Northcote)

OR

Thursday evenings 7.30pm – 10.30pm (Morningside)

\$30.00 (refreshments are provided)

QUOTE

"Sometimes a person has to go back, really back—to have a sense, an understanding of all that's gone to make them—before they can go forward."

— Paule Marshall

Spread the word!

If you have friends, colleagues or family members who would benefit from the courses held at the International College of Meditation and Healing, please give them a copy of our newsletter and course dates.

If you would like to receive our newsletter via email, please contact the College on

1800 888 546 or 9481 0787 or via email on info@icmh.net.

OUR NEW WEBSITE ADDRESS:

You can find further information on our newly refurbished website: www.icmh.net
If you would like to receive the quarterly newsletter via email contact us on: info@icmh.net

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The Power of Ajna™ Healing *(certificate course)*

As the planet is going through major shifts of consciousness, those who are ready to ascend to a higher level will need to learn stronger, dynamic healing techniques. Because of this shift in consciousness, the Masters at the Tibetan Mystery School have sent an advanced Master to the western world, to teach those who are ready to reach a higher consciousness.

Grand Master Dr Issam was the person chosen by the Masters at the Tibetan Mystery School to teach Ajna™ Tibetan healing to the Western World. Students of the International College of Meditation & Healing are fortunate to have an ascendant Master in their midst who is able to teach Ajna™ Tibetan Healing. It is a rare privilege to learn Ajna from Grand Master Dr. Issam. Grand Master Dr. Issam's life path is dedicated to improving the life of his students. When you do the Ajna™ healing course, you will experience the warmth of his presence, the outstanding knowledge he has of many different subjects and his ability to heal others on a deep and intensive level.

Ajna™ healing is a healing method for those who want to improve their health, their ability to attract what they want in their lives and those who truly want to help humanity by learning a healing method that truly works. Don't miss the opportunity to be one of the world's chosen few who will help to heal the planet and bring greater peace and understanding.

You are truly blessed to be in Grand Master Dr. Issam's presence, you will feel his compassion and open heart, a rare quality to be found these days.



The Experience of Ajna

After working with Reiki healing for 6 years both professionally in a private practice and personally for family, friends and self-healing to great benefit, I was searching for something else, in addition to the work I had been doing. I found it in Ajna™ Tibetan Healing, taught by Grand Master Dr Issam Kadamani at the International College of Meditation and Healing.

Ajna healing is like no other modality I have ever come across. It is a dynamic technique that involves three elements:

- 1) movements and stretches of the patient's body (to release stress and toxins from the joints)
- 2) a powerful system of energising the chakras *and*
- 3) channelling Universal Energy to cleanse and heal on all levels. Unlike Reiki, the energy is actually directed into the patient's body with remarkable results.

To practice requires focus and it is possible to actually feel the shift in energy up the body. After receiving an Ajna healing I feel centred and feel I've received the benefits of a powerfully deep Reiki healing and a great yoga session (and all I've had to do is lay on the massage table).

After doing an Ajna healing for someone else I feel energised, grounded and grateful for the experience of assisting another with their own healing (just as I've been assisted over the years).

I recommend Ajna to just about everyone. For those with chronic pain or illness, people wanting to clear stale energy from their body and aura and for those who want to increase overall energy levels for better health, relaxation and peace of mind. With Ajna you will even attract what you desire in your life.

Whether you choose to just experience Ajna healing™ with a trained practitioner or to do Ajna I (the introductory course) to empower your abilities for self-healing and development (or to use professionally with clients), working with Ajna is deeply satisfying as you can see and feel the results immediately..

Iesha Delune
Ajna Practitioner since November 2001

The next Ajna™ Tibetan Healing course is being held on Sat 23 & Sun 24 August, OR Sat 29 & Sun 30 November. Our Early Bird offer allows you to save money, by booking and paying two weeks prior to the course. Take advantage of this special offer by booking now, before all places fill. Phone 1800 888 546 or 9481 0787.

Ajna™ Tibetan Healing Night

Experience the power of Ajna for yourself, by attending our Ajna™ Tibetan Healing night.

The cost is \$5.00 per person.

PHONE BOOKINGS ARE ESSENTIAL and fill quickly, so call early to reserve your place.

Healing nights are held the final Wednesday of each month:

30 July, 27 August, 24 September, 29 October and 26 November.

Phone: 9481 0797 to reserve your place.

When I began studying Ajna™ Tibetan Healing with Grand Master Dr Issam Kadamani in 1998, I fell in love with it immediately. I can still remember the sense of bliss I felt during my first healing.

During the Ajna™ workshops I attended as a student, Grand Master Dr Issam has always talked about the importance of practitioners' developing their skill to a stage where they can 'hear' what a patient's body is telling them. It wasn't until late 2002 when I was working toward my Ajna™ accreditation that I understood what he meant. It was here; for the first time that I heard a hum of energy in a patient's arm. It was a colossal moment, and I felt very excited.

If you want to experience a unique and empowering healing technique, I highly recommend Ajna™ Tibetan Healing. You have to experience the energy for yourself to understand its ability to heal and empower.

Elizabeth Tulloh
Executive Assistant

July-December, 2003

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INTUITIVE TAROT

(certificate course when the advanced level is completed)

At the International College of Meditation & Healing, we focus on the experience of learning. We don't believe that to learn something you need to take copious notes or to rote learn from books. Instead we provide a friendly, encouraging environment where we foster student growth and potential. Our Intuitive Tarot course is a workshop where you will be able to read the tarot cards intuitively within the first 15 minutes of the course. The Voyager tarot cards have been chosen because they avoid medieval images, such as kings, queens, knights and pages. Instead the court cards have been replaced by the family cards of child, man, woman and sage. The Voyager cards also have reference to numerology, shamanism, astrology and ancient history. They are amazing cards that use powerful symbols to tap into our consciousness and will allow you to help others on a deeper level. Once you read from the Voyager cards you will not be able to go back to any other deck of tarot cards!

Call 1800 888 546 to make a booking. The next and final Intuitive Tarot course for the year is being held on Saturday 16 August. Class sets of the Voyager tarot cards are available for use on the day or you can purchase the cards from the International College of Meditation & Healing.

AURA SEMINAR

Don't miss this opportunity to see Grand Master Dr Issam explain the power of your aura and astound you with his ability to read and see auras clearly and effortlessly. Grand Master Dr. Issam not only sees auras, he can see the depth of colours and patterns contained within your aura. He is an ascendant being who inspires all in his presence. Don't miss this special event!

The Aura Seminar is being held on: Monday 11 August 7.30pm – 9.30pm OR Saturday 22 November 2.00pm–4.00pm Cost ONLY \$10.00 per person. Refreshments are provided. AS SEATING IS LIMITED, BOOKINGS ARE ESSENTIAL. Seats fill quickly, so please book early to reserve your place.

MEDITATION PRACTITIONER COURSE (certificate course)

This is a course for those who want to become teachers of meditation. We take you through the step by step process of how to teach meditation to beginners, intermediate and advanced groups. Theory is provided, but also the experience of how to teach meditation effectively. Our focus for the course is practical skills that your students will be able to incorporate into their day to day lives. This course will allow you to teach meditation to children, schools, business people, mother's groups, sports clubs, gyms and for relaxation.

Course Dates: Saturday 25 and Sunday 26 October. Further time is spent in teaching and in the completion of other course requirements. See our College course booklet for more information.

QUOTE

"Accustom yourself continuously to make many acts of love
for they enkindle and make the Soul"

—*Saint Theresa of Avila*

Green Heart Meditation

The monthly Green Heart Meditation

is a new International College of Meditation & Healing initiative.

It is a community night and we hope you feel inspired to come along and join us.

The first Green Heart Meditation is on the last Monday of each month, between

7.30pm-9.30pm at the Northcote Town Hall or at Mornington.

Cost is \$10.00 per head or \$5.00 student/concession and includes supper.

The evening's main focus is unity, harmony and peace through a series of short meditations.

Profits from the night will be donated to the Into the Light, Natural Therapy Foundation Inc.

The personal benefits of meditation are relaxation, stress release and a general sense of well being.

Bookings are essential. Please phone 9390 4681 or 0409 904 682 to reserve your seat.

We look forward to seeing you on the night.

Dates for the remainder of the year are

July 21, August 18, September 15, October 20, November 17, December 15.

We also hold a Green Heart Meditation in Mornington,

please ph Helen 59 756 657 or Neaginder 0402 102 485 to reserve your seat.

Dates for the remainder of the year are the second last Monday of every month

July 21, August 18, September 15, October 20, November 17, December 15.

INTO THE LIGHT NATURAL THERAPY FOUNDATION INC.

Into the Light Natural Therapy Foundation Inc. is a Holistic approach to help combat mild depression. Our focus is to emphasize self-care and personal responsibility, using the powerful self-awareness techniques of Holistic Healing. Learn how to reduce mild depression through specialised techniques and Holistic Healing. Cost is members \$5.00, non-members \$7.00.

Please phone 9481-0703 or 0425 782 141. We look forward to seeing you on the night.

Dates for the remainder of the year are the second Wednesday of each month, July 9th, Aug 13th, Sept 10th Oct 8th, Nov. 12th, Dec. 10th.

Authentic Reiki Healing

(the Dr. Usui method) (certificate course)

Reiki is a gentle healing energy which was rediscovered by Dr. Usui in the late 1800's. Since that time Reiki has been accepted around the world and is widely used not only by Reiki practitioners, but also by nurses, medical health care workers, teachers, parents and the wider community. Take the time to learn one of the ancient healing methods. Grand Master Dr. Issam initiates students at the International College of Meditation & Healing. He has been initiated into Reiki healing by Beth Gray. This means Grand Master Dr. Issam is fifth in the Reiki lineage.

The lineage in Reiki is extremely important because it is the link to the power, to the past, to Dr Usui and the active Reiki energy. Dr. Usui initiated Hayashi, who then initiated Takata. Takata directly initiated Beth Gray. Grand Master Dr. Issam was a student of Beth Gray. All the original Masters have now passed on. Therefore you are guaranteed a powerful initiation with a strong link to the past, ancient form of Reiki. Book your place now—call 1800 888 546 or 9481-0787.

The difference with a real initiation

I had done Reiki I & II at a well known healing center in Camberwell and Reiki III (the Masters level) with another Reiki Master. I then met Grand Master Dr Issam at the International College of Meditation & Healing. Grand Master Dr Issam initiated me with an Ajna symbol.

While giving Reiki to a friend one day, I remembered the new symbol which Grand Master Dr Issam had given me, so I drew the symbol. I thought I had been struck by lightning: the symbol was so powerful compared to the Reiki symbols I had been using that I had to take my hands off and stagger outside and lay on the earth. I then



had a cosmic experience which changed my life.

Because I wanted a **real and potent** Reiki initiation I re-completed Reiki I & II and my Reiki Masters with Grand Master Dr Issam. There is no confusion, only truth. I recommend everyone to “feel” the real power by doing the Reiki course at the International College of Meditation & Healing, even if you have completed Reiki elsewhere it is worth your time and energy to feel the difference with such a powerful initiation.

— Linda Ferguson.

**The next and *final* (for 2003) Reiki healing course is being held on Sat 4 & Sun 5 October.
Phone: 1800 888 546 or 9481 0787 to reserve your place. Early Bird savings apply to this course.
Book and pay for the course two weeks prior and receive a substantial saving!**

Stress Free Living through Meditation

These classes are designed to introduce individuals to meditation and various techniques that can be used to “still the mind” — the basis of all meditation. These practical classes are designed to give participants a greater understanding of meditation and more importantly, to show individuals how to incorporate meditation into their everyday lives.

There is emphasis on breathing techniques, as proper breathing is the first step in meditation, slowing the mind to bring inner peace. Choice of Sat afternoon, 1 four hour class or Mon evening class for 4 weeks.

The Sacred Journey™ (retreat course)

What is it that you are ignoring about yourself? What do you limit yourself from achieving? What fear would you like to face?

The Sacred Journey™ is a course that will help you to overcome your fears and to allow you to lead the life you want. It is a three day retreat course held in the Dandenong Ranges.

The Sacred Journey™ opens the doorway to your true purpose and inner destiny. You can obtain unlimited power and true inner joy. Why wait as life passes you by? Give yourself the gift of the Sacred Journey™ and embark on a journey of self-discovery, to reveal the unconditional love that is in you. Remember that you create your destiny. What do you want the future to be? You deserve joy and happiness.

My experience

For many years I wondered why I felt lonely, frustrated and unhappy in my life. I thought I had let go of my past, but deep inside I was feeling angry at everyone for my misery. Going to the Sacred Journey has changed my perception of how I see myself, and others. I became aware of feelings that I thought I never had, and I was able to let go of the past.

Since the Sacred Journey, I feel I am changing everyday. I find myself responding differently to situations that would normally

make me angry or frustrated. Now, my mum and my sisters have done the Sacred Journey, it has helped them to change too.

As a family, we learned to let go of the past and learn to love, trust and accept each other. But most importantly, we made a lot of new friends that shared similar experiences as us, and now we think of them as our family also.

Mathan Selvarajah
Computer Programmer

**The next and *final* (for 2003) Sacred Journey™ (retreat course) is being held on
Saturday 6 December, Sunday 7 December and Monday 8 December.
Do not miss out on this amazing opportunity to improve your life and to move forward
with love, trust and a greater vision to create the life you want.**

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CALENDAR DATES & PRICES

Spirituality Metaphysical Science Classes

Tuesday evenings (Northcote) 7.30 -10.30 pm \$30.00 per class
Thursday evenings (Morningson) 7.30 -10.30 pm \$30.00 per class

Teacher: Grand Master, Dr Issam Kadamani

Stress Free Living through Meditation (choice of Sat afternoon 1 x 4 hour class or Mon evenings for 4 weeks) \$40.00 each course

Monday 4, 11, 18 Aug & 1 Sept 7.30-9.30pm — 4 week course *OR*
Saturday 6 Sept 1.00-5.00pm — 4 hour course *OR*
Monday 6, 13, 20 Oct & 10 Nov 7.30-9.30pm — 4 week course *OR*
Saturday 8 Nov 1.00-5.00pm — 4 hour course

AJNA™ Tibetan Healing Level I — Hands on Healing 2½ Day* Certificate Course

Saturday 23 & Sunday 24 Aug *OR* Saturday 29 & Sunday 30 Nov
Normally: \$309.00 Early Bird \$259.00 payable in full 2 weeks before course
(*follow up evening i.e. part three of the course to be decided by course participants)

AJNA™ Tibetan Healing Level II — Sacred Symbols 2½ Day* Certificate Course

Saturday 13 & Sunday 14 Sept *OR* Saturday 13 & Sunday 14 Dec
Normally: \$309.00 Early Bird \$259.00 payable in full 2 weeks before course
(*follow up evening i.e. part three of the course to be decided by course participants)

AJNA™ Tibetan Healing Level III — Advanced Healing 2½ Day* Certificate Course

Saturday 11 & Sun 12 October
Normally: \$359.00 Early Bird \$309.00 payable in full 2 weeks before course
(*follow up day i.e. part three of the course to be decided by course participants)

REIKI I & II 2½ Day* Certificate Course

Saturday 4 & Sunday 5 Oct
Normally: \$325.00 Early Bird \$285.00 payable in full 2 weeks before the course
(*follow up evening i.e. part three of the course to be decided by course participants)

MEDITATION PRACTITIONER'S COURSE

Saturday 25 & Sunday 26 October and further dates as per course requirements
\$750.00

SACRED JOURNEY™ (retreat)

Saturday 6, Sunday 7, & Monday 8 December
Normally: \$1,795.00 Early Bird \$1,295.00 payable in full 2 weeks before the course

INTUITIVE TAROT

Saturday 16 August **Cost: \$145.00**

AURA SEMINAR

Monday night 11 August 7.30-9.30 pm *OR*
Saturday afternoon 22 November 2.00-4.00 pm

MEET NEW FRIENDS & LIKE MINDED PEOPLE

College Fundraiser: Film & Curry Night Monday 10 Nov, 2003

Time: 6.30pm at the College for Indian Dinner followed by *The Matrix Revolution*

Cost: \$20.00 per head

Please call to reserve your place: Ph: 9481 0787

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INFORMATION—TERMS & CONDITIONS

How to Enrol

Complete the enrolment form for each course you are attending. Class sizes are limited, with enrolments taken in order of receipt. Early Bird concessions apply. Full amount must be paid by Early Bird date specified.

Payment

By Mail

Complete the enrolment form and attach a cheque or money order to “International College of Meditation and Healing” for the total amount of the course.

Post to:

International College of Meditation & Healing
289 High Street, Northcote, 3070

By Telephone

For credit card enrolment only, using Bankcard, M/C or Visa.

FREECALL: 1800 888 546 or 9481-0787

Refunds and Transfers

Refunds/transfers will only be accepted if they are received in writing at least 14 days prior to the commencement of the course. Refunds/transfers cannot be considered after a course has commenced. A standard handling charge of 25% will be deducted from the course fee paid. (These charges do not apply to courses cancelled by the College). Refunds will be issued by cheque, within four weeks.

Course Cancellation

Due to circumstances beyond our control courses may be cancelled by the College. In this instance a full refund will be forwarded which may take up to 4 weeks.

Course Location

International College of Meditation & Healing will make every effort to determine an accurate class venue. A course may occasionally be run at a different location due to changing circumstances.

Goods & Services Tax

Prices are GST inclusive.

Enrolment Form

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Surname Mr/Mrs/Ms/Miss..... Given Names..... D.O.B.....

Address: P/C:

Home Tel..... Work..... Mob:.....

Email:

Course Attending:

BANKCARD VISA MASTERCARD CHEQUE MONEY ORDER

Credit Card Number

Name of Cardholder.....

Signature..... Exp. Date.....

POST TO: International College of Meditation & Healing, 289 High Street, Northcote, 3070

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For what purpose are your enrolling in this course:

Professional Development Personal Development To Gain Employment

Where did you hear about International College of Meditation & Healing:

Magazine Friend Mail-Out Other.....

OFFICE USE ONLY
Student No..... Receipt No.....