



Please feel free to pass this newsletter onto family & friends

Forgiveness

by Grand Master
Dr Issam Kadamani

Have forgiveness in your heart for anything you think you've done wrong or people have done wrong by you. Forgive yourself for all the past. Remember the past has gone. Understand that you were a different person, and NOW you are a better person. Feel that forgiveness filling you with warmth and ease.

Think of your parents. Forgive them for anything you have ever blamed them for. Understand that you are different now. Let this forgiveness fill them, surround them, knowing in your heart that this is your most wonderful way of togetherness. Be in the light if you want the light to shine on you and on people who you love and care for.

Think of your nearest and dearest people and colleagues. Forgive them for anything that you think they have done wrong or are doing wrong at this time. Fill them with your forgiveness. Let them feel that you accept them. If you want them to accept you. Let that forgiveness fill them.

Realizing that this is your expression of light and love.

Now think of your friends. Forgive them for anything you have disliked about them. Let your forgiveness reach out to them, so that they can be filled with it, embraced by it.

Think of the people you know, whoever they might be, and forgive them all for whatever it is that you have blamed them for, that you have judged them for, that you have disliked. Let your forgiveness fill their hearts, surround them with light.

Now think of any special person whom you really need to forgive. Towards whom you still have resentment, rejection, dislike. Forgive him or her fully. Remember that everyone has a spirit which wants to be free. Let this forgiveness come from your heart. Reach out to that person.

Think of any one person, or any situation, or any group of people whom you are condemning, blaming, disliking. Forgive them, completely. Let your forgiveness be your expression of unconditional love.

They may not do the right things. Human beings have a false self. And your heart needs the forgiveness in order to have the purity of love you deserve.

Have a look again and see whether there's anyone or anything, anywhere in the world, towards whom you have blame or condemnation. And forgive the people or the person, so that there is no separation in your heart. Now put your attention back on yourself. And recognize the goodness in you. The effort you are making. Feel the warmth and ease that comes from forgiveness.

May all beings have forgiveness in their hearts.

GRAND MASTER Dr Issam has been teaching others about unconditional love and divinity for over 20 years. He was born in Lebanon, but a few astonishing events changed his life forever. He was 13 years old when he started seeing visions; a year later Lebanon (his country of birth) was torn apart by war. At the age of 17 Grand Master, Dr. Issam was chosen to go through an arduous trek to Tibet, to live at the Mystery School in Tibet and learn their ancient teachings.

Spending over three years at the ancient Mystery School in Tibet, Grand Master. Dr Issam experienced amazing feats from Masters that were beyond belief. He was personally taught by these enlightened beings and learned things that most of us have only heard about or read in books.

Grand Master Dr Issam obtained the title of Grand Master by mastering the esoteric arts of astrology, astral travel, sacred geometry, the ability to read and see auras clearly and effortlessly, martial arts and healing. Due to his exceptional talents, Grand Master Dr. Issam was the first person who passed all the mental, emotional, mental and physical tests he was put through at the Mystery School. He has been the first and only person chosen to teach Ajna™ Tibetan Healing to the western world.

We are truly blessed to have a Grand Master of such supreme knowledge amongst us in Melbourne, Australia. Be inspired by his presence, by the warmth of his laughter, by the depth of his compassion and the enormous energy surrounding him.

Grand Master Dr Issam teaches and heals others at the International College of Meditation & Healing, 289 High Street, Northcote.

For more information call 1800 888 546 or (03) 9481 0787.

Upcoming Courses:

- Ajna I, II & III
- Reiki I & II
- Weight Management
- Tarot
- Meditation

Contact:

**International College of Meditation & Healing
289 High Street,
Northcote, 3070
9481-0787**

We know what
we are,
but know not
what we may be."

— William Shakespeare

The full moon is always a time of reflection, about our lives and what decisions we have been making. The recent full moon intensifies our dreams and desires. Take time out for yourself to reflect on these questions:

- What is important for you, what is your spirit asking you to do?
- How can you be of value so that you fulfil your life's purpose?
- How can you embrace your spirit, live your dreams, have the life you are destined to live.
- What do you want to learn about yourself, about others?
- How do you want to help yourself, your family, your community?
- What really matters in your life?
- What are you afraid of, what is it time to challenge?

"Whatever you can do or dream you can, begin it; Boldness has genius, power and magic in it."

— JOHANN WOLFGANG

Wellbeing & Healing Expo

Interested in learning more about life?

Over 50 stalls, including tarot readers, crystals, healing, massage, naturopathy and more.

A fun and relaxed day to get in tune with yourself

- ◆ Mornington Racecourse, 20th June . 1st floor Grand Stand, stallholder enquiries welcome phone; 5998 1914
- ◆ Collingwood Town Hall, Sunday 18 July, 140 Hoddle Street, Collingwood. 10.00am – 5.00pm.

Find Inspiration and Peace

"Every man is the builder of a temple, called his body..." —Henry David Thoreau



Weight Loss for Life

Weight loss is not about eating fewer calories or following fad diets. In this unique and inspiring program find the answers to the things blocking you from losing weight. Find the way to lose weight forever and keep it off. This program encourages you to eat normal food and to live your life to the fullest, without feeling deprived and hungry. Run by Eleni Bourozikas who is a Practitioner at the International College of Meditation and Healing and has studied nutrition at Monash University. Eleni has been teaching for over 15 years and has overcome her own eating problems.

The Sacred Journey™

The Heart is Where your True Power Lies



There is no greater journey, than the journey you take to find yourself. In this inspirational, retreat course, find the real you, the person you were meant to be, free of struggle and limitation. Hundreds of participants testify to the brilliance of this retreat course. Find the inner power that will spur your growth and potential. Its well worth the investment!

THE SACRED JOURNEY™ IS AN EXTRAORDINARY VOYAGE OF SELF DISCOVERY TO RECLAIM THE REAL YOU, UNLIMITED POWER AND TRUE INNER JOY AWAIT YOU

"I got a feeling of peace and belief in my self. I got my joy of life back! I can look forward to my life ahead.

Life is beautiful, the world is beautiful and it is all mine for the taking". — Richard Nieto IT Consultant

"I attended the 'Sacred Journey' (a three day retreat course). Something happened! My body feels lighter, clearer and more alive as though a light has been switched on. The past no longer dominates my thoughts. I have released the pain, suffering and grief that I was holding onto over the years. I know something has changed my life forever!"

— Fleur DeLis Age: 50 years young

Personal Consultations

Holistic counselling as practised at the International College of Meditation and Healing offers a trusting and safe environment where you can feel at ease and where empathy and compassion between you and the counsellor is established. Holistic counselling can assist and guide you in times of major life changes. It provides relief from painful or stressful past and present experiences, reduces anxiety, fear and doubt, explores present life directions and helps to create new life directions.



Skin & Laser Hair Removal Treatments

Do you wish for clearer, smoother, softer skin with no hair? The answer is here. The International College of Meditation and Healing is now offering skin and laser treatments performed by medically trained staff. The laser specifically targets hair, pigmentation (brown marks), freckles, sun-damage, broken capillaries and other vascular problems such as red birth marks. This treatment also stimulates collagen production which makes the skin look more youthful. The skin treatments offered are medical microdermabrasion and clinical strength peels to treat pimples, blackheads, oily skin, acne, acne scarring, open pores, dry skin, fine lines, dehydrated and fragile skin. These treatments dramatically improve the quality of your skin and reduce the amount of hair growth with immediate results after the first treatment. To book for your free consultation call 1800 888 546.

Therapies that make you feel good and help others

Reiki I, II and Reiki Masters

Learn the authentic Dr Usui Reiki method of healing. Dr Usui was the individual who rediscovered and re-established Reiki over a century ago. The International College of Meditation and Healing follows his tradition and teaches his authentic healing methods. Call now to learn more about his internationally recognised form of healing.



Ajna™ Tibetan Healing



Tap into the Power of the Shaolin Monks

If you saw the Shaolin Monks you will understand their ability to harness and use an incredible energy, that only few individuals have been allowed to learn. Grandmaster Dr Issam is one of those individuals: specially trained by highly evolved masters in the Mystery School in Tibet. A school which is similar to the Shaolin temple. He is the first person who has been allowed to teach this ancient form of healing to the western world. Australia was chosen as the place where the knowledge would flow outwards to other countries and peoples.

A thousands of years old method originating in the ancient Tibetan Mystery school. Ajna™ is a powerful healing method now available for those who want an advanced healing technique and for those who want a truly powerful method to heal others on an intensive level. This is a course for those who consider themselves visionaries in health. See how you can transform your life and the lives of others through this amazing healing method. Learn from and be in the presence of a true Grand Master- Dr Issam.

“I would describe Ajna as a physical and energetic modality. You get off the table feeling like you’ve just had a great yoga class and a turbo-charged Reiki session all at once. I’ve really enjoyed it and the feedback from my clients has all been really positive”
— *Iesha De Lune, Reiki Master, Mother*

Intuitive Tarot (certificate course when the advanced level is completed)

We all have intuition, gut feelings and psychic abilities. Tarot can help you to get in touch with these intuitive abilities and set you on the exciting journey of self discovery. See how the tarot can help you understand your life and the power tarot has for change and transformation. Learn to read the tarot in this easy to follow hands on workshop.



Stress Free Living through Meditation (practical course)

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.

Community Healing Night

Attend our community healing night on the last Thursday of each month Thursday 27 May, Thursday 24 June, Thursday 29 July, Thursday 26 Aug, Thursday 30 Sept, Thursday 28 Oct, Thursday 25 Nov.
\$5.00 per person. Bookings essential

Green Heart Meditation

The evenings main focus is unity, harmony and peace through a series of short meditations and teachings (learn how to meditate, why to meditate and the benefits).

Third Monday of each month June 21, July 19, August 16, September 20, October 18, November 15.


7.00-7.30pm Free Healing. 7.30-9.00pm Meditation. *Supper provided.* Ph: Yvonne 0412 499 404.

Mornington community Information Centre, 320 Main Street Mornington Third Monday of every month. 21st June, 19th July, 16th August, September 20, October 18, November 15

Into The Light Natural Therapy Foundation

An Holistic approach to help combat Mild Depression using natural therapies through healing the mind, body and spirit, empowering each individual to improve their life and wellbeing. Member: \$7 Non. Mem: \$10. Dates: 1st & 3rd Wednesday evening of each month 7.30pm-9.30pm. Northcote Town Hall, 189 High Street, Northcote. Ph: 9481 0703.

Course Calendar & Prices

Tues evenings (Nthcote)/Thurs evenings Mornington	Metaphysics — Spirituality
Time: 7.00pm – 9.00pm	Price: \$30.00
Tues evenings (Nthcote)/Thurs evenings Mornington	Advanced Metaphysics — Self Mastery
Time: 9.30pm – 11.30pm	Pre-requisite to attend this class. Call College for more information.
Tuesday & Friday evenings	Reiki Masters
Price: \$1,500	Includes Reiki Master's certificate, training in Reiki Mastership & additional classes. For more information please call the International College of Meditation & Healing
Two week practical course held Monday evenings	Stress Free Living through Meditation
	Commencing: 6 July & 12 July Commencing: 2 Aug & 9 Aug Commencing: 20 Sept & 27 Sept Commencing: 4 Oct & 11 Oct (To be confirmed) Commencing: 8 Nov & 15 Nov (To be confirmed) Time: 7.30pm – 9.30pm Price: \$50.00, payable in full prior to course
8 week practical course held Wednesday evenings	Weight Loss for Life
	Commencing: 7 July for eight weeks, including 14, 21, 28, Aug 4, 11, 18, 25 Aug or Commencing: 22 Sept for eight weeks, including 29, Oct 6, 13, 20, 27 and Nov 3, 10 Price: \$180.00 payable in full prior to course Time: 7.30pm-9.30pm
Workshop	Intuitive Tarot Workshop (certificate course)
Date: Saturday 30 October	Price: \$149.00 (Class set for use on day or tarot cards available for purchase)
Seminar	Aura Seminar
	Date: Monday 26 July or Monday 13 Sept Time: 7.30-9.30pm Price: \$20.00
Certificate Course	Reiki I & II
Date: Sat 21 Aug & Sun 22 Aug or Sat 20 & Sun 21 Nov	(follow up evening to be decided at course)
Price: Normally \$350.00. Save \$75.00 by paying in advance. Early Bird \$285.00 payable 2 weeks prior course	
Certificate Course	Ajna™ Tibetan Healing Level I
Date: Sat 1 & Sun 2 Aug or Sat 18 & Sun 19 Sept	(follow up evening to be decided at course)
Price: Normally \$310.00 Save \$50.00 by paying in advance Early Bird \$259.00 payable 2 weeks prior course	
Certificate Course	Ajna™ Tibetan Healing Level II
Date: Saturday 9 & Sunday 10 October	(follow up evening to be decided at course)
Price: Normally \$310.00. Save \$50.00 by paying in advance Early Bird \$259.00 payable 2 weeks prior course	
Certificate Course	Ajna™ Tibetan Healing Level III
Date: Saturday 6 & Sunday 7 November	
Price: Normally \$459.00. Save \$100.00 by paying in advance Early Bird \$359.00 payable 2 weeks prior course	
3 day retreat course	Sacred Journey™
Three day retreat course. All meals, tuition, accommodation and comprehensive course manual included in the price.	
Date: Saturday 4 & Sunday 5 & Monday 6 December	
Price: Normally \$1,750.00 Early Bird \$1,250.00 payable in full 4 weeks prior course	
Ring for an appointment with Grand Master Dr Issam	Personal Consultations
Ring for an appointment	Life Coaching
6 sessions	Price: \$500.00
	Includes personal consultations, email & phone consultations