

Please feel free to pass this newsletter onto family & friends

To live through your soul



By GRANDMASTER
DR ISSAM

SOUL LIVING means to live each moment of our daily lives with a keen awareness of the eternal part of our Being — the Soul. It does not mean complaining about your life, but rather appreciating what is given to you. The focus should not be on your ego, instead as a member of a community, or a family you are a worker of love, a person who does not condemn yourself or others.

This requires an effort and a discipline on our part to embrace the Truth of our being on earth, to embrace our life and to seek goals to advance

ourselves and others, to show compassion to life at all times and in all circumstances. Yet this kind of work involves, not a discipline of restriction, but a discipline of expansion, enlightenment and mastery of the ego and the mind.

How we can master the ego and the mind is to be in harmony with nature, to cultivate a calm, emotional disposition that can allow the love frequency to flow through the body, to have a balanced body which can be in touch with higher energies, an open mind which does not show discrimination, judgement or criticism and to integrate our soul energy with our divine self.

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 and physical tests he was put through at the Tibetan 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

We are moving



From early November
our new address is
791-793 High Street, Thornbury
Telephone: 9481-0787

BUSINESS AS USUAL

INSPIRATIONAL STORIES WANTED



The International College of Meditation and Healing is putting together a book with inspirational stories about death. The purpose of the book is to provide support and comfort for those who have lost a loved one. We are interested in receiving your stories.

They can be written from your own direct experience or on behalf of a friend or family member. If you would like further information, please call Eleni at the International College of Meditation and Healing on 9481 0787 or email us at info@icmh.net.

Upcoming Events:

- Nutrition Seminar (free evening)
- Tarot
- Meditation
- Sacred Journey
- Aura Seminar
- Ajna I, II & III
- Reiki I & II
- Weight Management

International College of Meditation & Healing
Phone: 9481-0787

— AURA SEMINAR —



The Aura Seminar is a dynamic evening with Grand Master Dr Issam Kadamani sharing his wisdom and ability to see auras clearly and accurately. Find out answers to your questions and more at the Aura Seminar.

Monday October 25. \$20.00 per person
Book your place by calling 9481-0787



H O W T O M A N A G E S T R E S S

Being a couch potato is one of the most common responses to stress. But it's not an effective one. Most stress management experts say real stress reduction requires more skill — and discipline — than switching on the television.

Stress Management experts agree the following techniques are necessary:



- ◆ — daily exercise
- ◆ — effectively expressing your emotions
- ◆ — socialising with friends or family
- ◆ — relaxation exercises
- ◆ — a healthy diet
- ◆ — meditation
- ◆ — focusing on specific breathing techniques

None of these methods may entirely eliminate stress, but stress reduction can help you to balance your stress with more positive experiences to help you maintain a healthy mind and body.

At the International College of Meditation and Healing our Metaphysics/Spirituality class will allow you to get back in touch with yourself and to help you overcome your problems. It's a friendly and fun environment that will encourage you to move forward in life and to find your innate power and creative ability.

"You can live a lifetime and, at the end of it, know more about other people than you know about yourself."

— *Beryl Markham*

.....Did you know

Many common household products contain toxic chemicals that are not posted on labels.

An environmental group tested 40 products, including hair dye, lipstick, household cleaning products and paints. The group said 34 of those products contained glycols, organic solvents or phthalates not shown on the labels. These chemicals can affect the nervous system, reproductive system or cause other health problems if exposed at certain levels.

Traces of industrial-strength fire retardant have turned up in wild and farm-raised salmon around the world, a study released Tuesday said. The fire retardant is a known carcinogen.



.....Did you know

Studies show many adults carry unhealthy levels of pesticides in their bodies, with children, and women more exposed to the toxic chemicals, "The pesticide body burden data represents a failure of our approach to how we protect people from toxic pesticides."

Free Nutrition Evening

Numerous studies show it is no longer possible to eat a pure diet, one completely free of contamination, toxins, that is not genetically modified or harvested improperly. Diet is not enough we have to look for other alternatives to empower our immune system. Vitamins and minerals only work if there is a deficiency and have to be combined synergistically to be of any benefit. Supermarket and health food store products are weaker than prescription remedies because the consumer has to be protected if they are self administered as they can be toxic if taken in large doses. Instead natural products, (those that come in food form that are not chemically formulated) are the answer. If you are looking for natural products, that have proven scientific research behind them, look no further.

A free evening to hear about natural alternatives and how to improve your health and reach greater vitality.

Thursday 23 November,

International College of Meditation & Healing 7.30pm – 8.30pm.

BOOKINGS ESSENTIAL 9481-0787

The importance of family

I ran into a stranger as he passed by,
"Oh excuse me please" was my reply.
He said, "Please excuse me too; I wasn't watching for you."
We were very polite, this stranger and I.
We went on our way and we said good-bye.
But at home a different story is told,
How we treat our loved ones, young and old.
Later that day, cooking the evening meal,
My son stood beside me very still.
When I turned, I nearly knocked him down.
"Move out of the way," I said with a frown.
He walked away, his little heart broken.
I didn't realise how harshly I'd spoken.
While I lay awake in bed,
A still small voice came to me and said,
"While dealing with a stranger, common courtesy you use,
but the children you love, you seem to abuse.
Go and look on the kitchen floor,
You'll find some flowers there by the door.
Those are the flowers he brought for you.
He picked them himself: pink, yellow and blue.
He stood very quietly not to spoil the surprise,
you never saw the tears that filled his little eyes."
By this time, I felt very small,
And now my tears began to fall.
I quietly went and knelt by his bed:
"Wake up, little one, wake up," I said.
"Are these the flowers you picked for me?"
He smiled, "I found 'em, out by the tree.
I picked 'em because they're pretty like you.
I knew you'd like 'em, especially the blue."
I said, "Son, I'm very sorry for the way I acted today;
I shouldn't have yelled at you that way."
He said, "Oh, Mum, that's okay.
I love you anyway, I said, "Son, I love you too,
and I do like the flowers, especially the blue ones.

Find Inspiration and Peace

“The greatest secret to living a happy and fulfilled life is realising that everything is created in our minds before it manifests itself in the outer world. We must believe before we can see.”

— Sarah Ban Breathnach

Did you know?

Research shows in a period after weight loss, (usually about six months), the weight starts going back up.

Even in the best medically supervised programs, nearly two-thirds of participants are back where they started within three years and 80 to 90 percent within five years.

How can you avoid being a dieting statistic? Learn about the real reason for weight gain and how to get off the dieting roller coaster and to have real weight loss for life!

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.

Change your body through your new attitude! Join the Weight Loss for Life program now!



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

"You can just as easily laugh and play while you grow as become serious and overwhelmed."

— Gary Zukav

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.

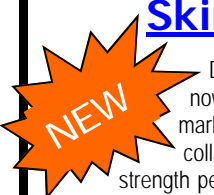
Did you know?

Research shows that combining drugs with discussion with counsellors or psychologists works best in treating depressed teenagers. It shows that treating depression requires more than a quick pill fix.

If you are feeling depressed or lack energy or vitality, it is important to release bottled up emotions and feelings that need to be expressed in a safe environment. At the International College of Meditation and Healing we focus on the individual to provide solutions to your life.

See our experienced counsellors for an appointment.

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 micro dermabrasion 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 or 9481-0787.

THERAPIES THAT MAKE YOU FEEL GOOD AND HELP OTHERS

Ajna™ Tibetan Healing

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose."

— Elisabeth Kubler-Ross



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 walked away from the course feeling "healed" from all my problems that I had with my physical body. It gives me great pleasure to continue this traditional method to the un initiated, and ensure that we continue this art of spiritual healing.

Andrew Lau — Int. Freight Supervisor, Coles Myer

I had a wonderful time learning this new form of healing and I have extremely enjoyed the experience. I have become much more open to energies and have found a direction of healingn of which I can travel. My inner healing abilities now have an outlook.

Ben Sowter — Management

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.

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.

Did you know? A study found that two 15-minute meditation sessions each day -- once at home, the other at school -- helped teenage students lower their blood pressure over four months. Their blood pressure even continued to drop for four months after the meditation sessions ended

Meditation has many medically proven benefits. More and more studies are showing the positive effect of meditation on our health. If you want to obtain a sense of inner peace, enrol in our Stress Free Living Through Meditation course. It is practical and fun.

Green Heart Meditation

Green Heart Meditation: Monday October 11th & 18th at 7.30p.m. at the International College of Meditation and Healing, 289 High Street, Northcote. Come and join in the relaxation and peace of a Green Heart Meditation. Experience an Ajna healing. Cost for meditation and healing — \$15.00. Meditation only — \$10.00.



For more information, contact us on 0421 370 829.

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.

Into The Light Natural Therapy F'dation

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.
Two week practical course held Monday evenings	Stress Free Living through Meditation
Commencing: Monday 20 Sept & 27 Sept Commencing: Thursday 14 Oct & 21 Oct Commencing: Thursday 16 & 23 Nov	
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: September 22, 29 Oct 6, 13, 20, 27	
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 13 Sept	
Time: 7.30-9.30pm	
Price: \$20.00	
Certificate Course	Reiki I & II
Date: 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 13 & Sun 14 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	
Certificate Course	Ajna™ Tibetan Healing Level III
Date: Saturday 6 & Sunday 7 November	
Price: Normally \$459.00. Save \$100.00 by paying in advance	
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

**SPECIAL
EVENT**