

### We have finally moved

Although our renovations took longer than expected we have finally moved to our new address. Our new premises are considerably larger and more comfortable.

We not only offer our usual range of inspirational courses and therapies, we now offer beauty on the inside and outside through our partnership with the Paramedical Skin Clinic.

Come and browse our new range of books and crystals or book yourself into one of our inspirational courses. Why not try a relaxation treatment or face rejuvenation treatment.

**791 - 793 Hight Street, Thornbury  
Phone: 9480-0111**



## Grand Master Dr Issam

Grand Master Dr Issam is no ordinary being. He has earned the highest possible title in the Mystery School he attended in Tibet. The title of- Grand Master, is beyond Lama, it means the Master of Masters.

There are many individuals who claim to be healers, who have researched their subject well, or passed their exams with flying colours. But it is rare to find a person who goes beyond the workings of the mind, whose life is the way of the open heart.

How does he achieve an open heart through all of life's ups and downs? Because he is an Enlightened Being.

What does it mean to be an Enlightened Being? It means the ego does not interfere in your thinking, it means to live every moment of your life from your heart without judgement, without fear without discrimination or bias. It means going beyond the mind to see the beauty of each and every human being to see the god force within, to see the potential for beauty and goodness.

To be in Grand Master Dr Issam's presence is to be uplifted, you feel as if your problems drift away, you find your essence and purpose for living. We are truly blessed to have such an enlightened being amongst us.

## Kundalini and Enlightenment

Kundalini is our creative energy

Kundalini is the energy of our soul

Kundalini is the energy of consciousness

Kundalini is the awareness of the higher self

Kundalini is the energy of the cosmos within each individual

Kundalini makes it possible for us as humans with finite identities to relate to our infinite identities.

We become aware of our creative capacities, the inherent radiance of our being and can unfold our true creative purpose for being.

There is only one thing ever to point to for your own enlightenment.

And it's not a thing, it is this moment.

This is where your focus should rest.

Not today, not this hour, not this minute nor this second, it is much more simple than that.

It is right now, this very moment.

To allow everything to be as it is just now.

To be present with what is right now.

And this is what you call enlightenment to become aware of the darkness our ego is giving us, to allow the light to enter your heart and to become aware of the power of the now.

Because God lives in the now.

*By Grand Master Dr Issam Kadamani*

### Upcoming Events

- Ajna I & II
- Aura Seminar
- Reiki I & II
- Intuitive Tarot
- Meditation
- Sacred Journey
- Weight Management

For more information please call 9480-0111 or email [info@icmh.net](mailto:info@icmh.net)

### -- Aura Seminar --

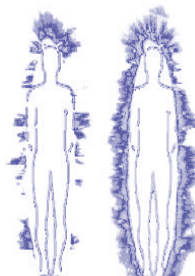
The Aura Seminar is a dynamic evening with Grand Master Dr Issam Kadamani sharing his wisdom and ability to see auras clearly and accurately.

Find out answers to your questions and more at the Aura Seminar.

**Date Wednesday 13 April.**

**\$15.00 per person**

**Bookings Essential Call Now!! Ph: 9480-0111**



“To put the world in order we must first put the nation in order,

to put the nation in order we must first put the family in order,

to put the family in order we must cultivate our personal life: and to cultivate our personal life, we must set our hearts right .”

.. Confucius



## OPEN YOUR HEART AND SOUL reconnect and find inner peace

The International College of Meditation & Healing offers the most advanced healing found anywhere in the world.  
Be healed deeply and fully through our scientifically proven treatments

### Energetic Medicine

**QXCI** -28 years of research by a NASA scientist. The most advanced system in the world, used to treat chronic disorders and to diagnose allergies and toxic substances.

Special frequencies are used to re-balance your body.

**Laser Therapy** – advanced healing used by hospitals and doctors worldwide

**Ifas** using current frequencies to stop bacteria and stimulate cell regeneration

**Aps** safe electrical currents to stimulate muscular function

### Experience Mystical Healing

Ajna™ Tibetan Healing

Reiki

Vibrosaun- relaxation and body balance

Chakra balancing and cleansing

Aura reading and balancing

### Connect to Your Soul

Metaphysics/Spirituality Classes

Holistic Counselling

### Empower Yourself and Find Inspiration

Hypnotherapy

Private and individual consultations

### Allow Your Chi Energy to Flow

come and be nurtured

## wellbeing & healing expo

**Lift your energy and**

**warm your soul**

**free** read of an angel card,

**free** aura scan, door prizes, *plus....*

spiritual healings, relaxation massage, mystical

tarot, reflexology, soul food,

angel insights, spirit guide drawings, crystals,

natural skin care and lots more

Saturday 2 April, 2005

BRUNSWICK TOWN HALL

233 Sydney Road, Brunswick

10.00am - 5.00pm \$10.00 entry

Children under 12 free

## Nelson Mandela 1994 Inaugural Speech

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure

It is not our light, not our darkness, that most frightens us. We ask ourselves, who am I to be?  
Brilliant, gorgeous, talented, fabulous? Actually who are you not to be?

You are a child of God.

Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are born to make manifest the glory of God that is within us. Its not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people the permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others!

"The greatest revolution of our generation is the discovery that human beings by changing the inner attitudes of their minds can change the outer aspects of their lives" . . . . . *William James*

# Skin & Laser Hair Removal

PARAMEDICAL SKINCLINIC @ INTERNATIONAL COLLEGE OF MEDITATION AND HEALING



**Introducing Ayesha Haywood, Holistic Practitioner**  
 Bachelor in Health Science CDT (Clinical Dermal Therapies)  
 Distinguished Academic Achievement, Dip. Health Science

### Endermologie



Endermologie is a unique, non-invasive way of shaping your body and reducing cellulite and improving your general wellbeing. The treatment works by breaking down cellulite and removing toxins and fluid retention. Collagen and elastin production is boosted generating a healthier rejuvenated skin tone. (Medically and scientifically proven).

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.



**Call us for your complimentary consultation**  
**9480-0166**  
 791 - 793 High Street, Thornbury

### WHERE MEDICAL SCIENCE MEETS DERMAL AESTHETICS

- ✦ CosMedix, 100% natural clinically correct medical skin care
- ✦ Anti Ageing Treatments
- ✦ Visible Capillaries
- ✦ Red Marks & Birth Marks
- ✦ Brown Spots, Sun Damage
- ✦ Pigmentation & Rosacea
- ✦ Medical Microdermabrasion  
Acne scarring, open pores, blackheads, uneven skin, dull skin, pimples, blemishes
- ✦ Sports and Nutritional Products
- ✦ Acne Treatments
- ✦ Scar Therapy
- ✦ Clinical Lymphatic Drainage Massage
- ✦ ENDERMOLOGIE®  
Medical Body Slimming and Cellulite Treatment
- ✦ Weight Management
- ✦ Internal Health
- ✦ Massage/Healings

Ayesha and her highly qualified staff are experts in the field of Medical Aesthetics and operate the most technologically advanced equipment specially designed to address your skin concerns.

# Ajna™ Tibetan Healing

## Healing to the Heart from the Heart

Ajna™ Tibetan Healing is a thousands of years old healing method that has been taught in the Mystery schools in Tibet to highly evolved initiates. Grand Master Dr Issam is one of those initiates; specially chosen from a young age to train in the Mystery School. He achieved the title Grand Master in Ajna™ Tibetan Healing. and has been the only person who has been allowed to teach Ajna™ to the Western world. We are truly privileged and honoured to have such an enlightened Master in our presence.

*Experience the Power of Ajna™ Tibetan Healing and Transform Your Life.*

Ajna™ Tibetan Healing can be experienced through

- private consultations with Grand Master Dr Issam
- the Ajna™ Tibetan Healing course in May

"I had pain and tension in my ankles, thumbs and shoulders. After experiencing Ajna all the pain and discomfort has gone. What a wonderful technique. "

*Barbara Bernasinska, Massage Therapist*

"I didn't expect to sense and feel the energy that I did. I felt the awakening in the sense of my third eye. Beautiful, peaceful and serene thoughts roam through my mind and heart.."

*Deano Catacouzinos, Glazier*

"Empowering, interesting, powerful and the tools to commence Ajna treatments on my clients." *Rita Carino, Social Worker*

## Weight Loss for Life

Are you confused by what to eat and how lose weight? Uncertain about whether to go low fat or low carbohydrate? In this step by step workshop you will not only understand why you eat but also what the current medical studies say about effective weight loss.

This program encourages you to eat normal food and to live your life to the fullest without feeling deprived and hungry.

**Commencing Tuesday 5 April for 6 weeks. For more information phone 9480 0111.**



## Autumn Savings

Come and browse our newly arrived crystals. For the month of April save 10% off the price of any crystal purchase when you mention this advertisement

## Inspirational Stories Wanted

In our previous newsletter we asked for inspirational stories about death. The purpose of the stories is to include them in a book to provide support and comfort for those who have lost a loved one. We have received numerous stories but are still interested in hearing from more of you, so its not too late to send something to us.

The stories can be written from your own direct experience or on behalf of a friend or family member. Please send your stories to Eleni at the International College of Meditation & Healing 791 – 793 High Street, Thornbury 3071 or email us at [info@icmh.net](mailto:info@icmh.net)



### · **Did you know?**

Studies on meditation completed on a daily basis have found it may lower blood pressure.

### · **Did you know?**

Studies have shown that people often eat to relieve stress. A recent study found that even after the stress was over, women who were more frustrated by it ate more fatty foods than those who weren't as frustrated

### · **Did you know?**

Lycopine is the anti-oxidant that can help reduce cancer and heart disease. Lycopine is the red colour found in tomatoes, so eating tomatoes or even tomato sauce (healthier versions) can assist your health.

# Course Calendar & Prices

## **Metaphysical Science** — ongoing Monday evenings 7.00p.m.-9.00pm. New location Thornbury

A search for meaning in our lives. Metaphysics provides insight into our lives and how we need to live in a spiritual manner. On-going class with Grandmaster Dr. Issam Kadamani. \$30.00 per class. NOTE NEW DAY.

## **Advanced Metaphysics — Self Mastery** — on going Monday evenings

Time: 9.30pm-11.30pm

## **Ajna™ Tibetan Healing Level I** — Saturday 23 & Sunday 24 April. (*Certificate Course*)

Time: 10.00 am—5.00 pm

Price: Normally \$330.00 Save \$50 by paying in advance

Early Bird: \$279.00 (*To be paid 2 weeks prior to course*)

## **Ajna™ Tibetan Healing Level II** — Saturday 14 & Sunday 15 May. (*Certificate Course*)

Time: 10.00 am—5.00 pm

Price: Normally \$330.00 Save \$50 by paying in advance

Early Bird: \$279.00 (*To be paid 2 weeks prior to course*)

## **Aura Seminar** — Wednesday 13 April

Time: 7.30-9.30pm

Price: \$15.00 (BOOKINGS ESSENTIAL)



## **Intuitive Tarot** — Saturday 4th, June (*Beginners*) (*Certificate Course*)

A practical step-by-step workshop, where you will be amazed by your intuitive abilities. The tarot can help you to understand your life more clearly and assist in counselling others. *Tarot cards are available to buy or use on the day.*

Time: 10.00 am—5.00 pm

Price: \$159.00

## **Green Heart Meditation** — Wednesday evenings.

Held the first Wednesday of each month.

Commencing: 6 April, 4 May, 8 June, 6 July Time: 7.30 pm—9.00p.m. Price: \$10.00

## **Reiki I & II**— Saturday 21st & Sunday 22nd, May (*Certificate Course*)

Time: 10.00-5.00 p.m.

Price: Normally \$370.00 Save \$50.00 by paying in advance

Early Bird: \$305.00 (*To be paid 2 weeks prior to course*)

## **Sacred Journey** — Saturday 23rd, Sunday 24th & Monday 25th, July (*three day retreat*)

Empower yourself to lead the life you want, release past, long held emotional blocks. Find meaning in your life.

The Sacred Journey is a three day retreat in a beautiful setting in the Dandenong Ranges.

Price: Normally \$1,750.00

Early Bird: \$1,250.00 (*To be paid by Thursday 30th June*)

## **Stress Free Living Through Meditation** — Four week practical course

Commencing: 7 April, 14 April, 21 April, 28 April OT 18 May, 26 May, 2 June, 9 June OR 30 June, 7 July, 14 July, 21 July

Time: 7.30-8.30pm

Price: \$50.00

## **Weight Loss for Life** — 6 week practical course held Tuesday evenings

Commencing: Tuesday 5 April, 12 April, 19 April, 26 April, 3 May, 10 May OR Tuesday 7 June, 14 June, 21 June, 28 June, 5 July, 12 July

Time: 7.30—9.30pm

Price: \$250.00

## **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. **The first and third Wednesday evening of every month.**

Time: 7.30-9.00p.m. Cost: Members \$7, Non-members \$10.00 **Where:** Northcote Town Hall, 189 High Street, Northcote **Ph:** 0409 166 539

## **Holistic Counselling** — Saturday 9 July

Time: 10.00am-5.00p.m.

Price: \$350.00 per unit

## **Personal Consultations** — Ring for an appointment with Grand Master Dr Issam