

The Human Aura

Our Life Energy is the link between the mind, body and spirit

Religious and spiritual teachers have told us for centuries that we are beings of light-energy. This light energy is the human aura. The aura is a pulsating, life energy form. The aura is like an egg shell around the human body. It has seven different layers; each layer having a different colour and frequency. The colours are often intermingled and each layer of the aura has different patterns or formations running through it. Mystics can even see the images of animals and lotus flowers, within the aura, each expressing a symbolic meaning.

Einstein proved and science knows "All matter is energy".

The aura says more about you than you realise. It is a dynamic, living energy, which can change colours, can change its energy patterns and vibrations within seconds. The aura is the visual representation of who you are and what you think. It represents the past, the present, and the future. When the psychic centre – the third eye is open, highly trained and enlightened individuals: namely mystics

cannot only see but can also read the human aura with all its complexity, just as the average person can read the writing on the pages of a book.

When an illness strikes, it will first hit the aura of the person, then, normally, within a two week period transfer the illness to the physical body. Eg if you have the flu, the flu virus would hit your aura two weeks prior to the flu symptoms of aches and pains, headaches, tiredness etc. Any illness has been able to penetrate your aura through holes contained within the aura. The holes develop over a period of time, through our thought patterns, in other words our thoughts are affected by our relationship to ourselves and our world. The reason for this is that the mind, body and spirit are interconnected energetic systems.

You as a conscious person are the operator. Negative thoughts such as fear, anger, procrastination, doubt, uncertainty etc. will affect the aura and create holes which allow illnesses to penetrate. Thoughts can also create sluggishness or stagnation of the aura and its energy centres, the chakras.

Just as negative thoughts can slow down the vibration of the aura and the chakras, positive thoughts can increase the aura's vibration, and therefore the ability to obtain or manifest more of what you desire in life, eg great relationships, a wonderful satisfying job, self confidence, greater financial abundance. Taking conscious responsibility for your life is the first step to create well-being, healing and growth.

***Awareness is the key to
understand and master your life.***



Upcoming Events

- Ajna™ I & II
- Aura Seminar
- Aura Workshop
- Intuitive Tarot
- Meditation
- Sacred Journey™
- Reiki I & II
- Weigh Loss for Life

*(see back page for
dates and prices)*

Grand Master Dr Issam Kadamani is the Dean of the International College of Meditation & Healing. He is a mystic who was trained in Tibet to see read and see auras clearly and effortlessly. He runs seminars and workshops on the human aura.

**The next Aura seminar is on Thursday 3 November
at The International College of Meditation and Healing
791-793 High St, Thornbury
Time: 7.30 - 9.30pm Cost: \$15.00, \$12.00 concession**

Energetic Medicine & Natural Healing

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.

Ajna™ Tibetan Healing

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 Mvsterv 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.

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 Sept/Nov

*"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 Bernasinski, Massage Therapist*

Date of course:

Ajna I: Saturday 26 Sept & Sunday 27 Nov

Reiki

Learn the authentic Usui Reiki method of healing. Dr Usui was the individual that rediscovered and re-established Reiki over a century ago. The International College of Meditation & Healing follows his tradition and teaches his authentic healing methods.

Date: Saturday 29 October & Sunday 30 October

Reiki Masters

The Reiki Master level requires a thorough understanding of Reiki Levels I and II. At this Master Level one becomes a teacher of Reiki and therefore a channel of love.

Call the College for more details: 9480-0111

Personal Consultations

Holistic counselling, as practised at the International College of Meditation & Healing offers a trusting, and safe environment where you as our client can feel at ease, and where an empathy and compassion between you and 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 doubts, explores present life directions, and helps to create new life directions.

Grand Master Dr Issam and Master Eleni are available for private appointment.

For a personal consultation phone: 9480 0111

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 world wide. A laser light penetrates deeply within the body to cause effective pain relief.

APS -- APS Therapy works by simulating the body's natural nerve impulses resulting in the release of specific neuro-hormones by the body and safe electrical currents to stimulate muscular function.



Cupping

Cupping is an ancient Chinese method that has been practised for thousands of years for the treatment of disease and pain. Cupping is a form of acupuncture that focuses on the movement of blood, ie. The energy (called chi) and works on the lymphatic system.



Goodbye to Cellulite

Why not book yourself into a series of Endermologie™ treatments. Using the advanced system of motorised rollers, over the lumps and bumps of your body- those bumps that look like orange peel. You can take away the unwanted orange peel look and lose inches. Approved by the FDA, and fans of models throughout the world, call now to book your free consultation.

Call now 9480 0111 and make difference in your life

Find Inspiration & Peace

The Sacred Journey™ - Sat 3, Sun 4 and Mon 5 December

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

As far as man go, it is not what they are that interests may be, but what they can become" – Jean Paul

Weight Loss for Life - 6 week course commencing Tues 8 November



In the best selling book French Women Don't Get Fat, which has been a world wide phenomenon, the author Mireille talks about French women and why they don't get fat. Mireille put on 20 pounds when she started living in America, but managed to lose the weight, by following the same eating routine as she did in France.

According to Mireille, French women do not believe in diets. However, she contends in her book that western women tend to always be on a diet whether it's the Atkins diet, the South Beach diet or Slim Fast. But for French women, nothing is off-limits. "If we want a piece of chocolate or pizza or some ice cream or pastry," she says, "we have it, but, in small portions. . . . we're not concerned with calories.

Once you have to start counting calories, it takes away from the joy of eating." Also, the author, Mireille says French women do not live by the scale. "We're not obsessed". "We don't go on the scale every morning".

The Weight Loss for Life course follows the same philosophy as Mireille in her best selling book. Going on diets will only put you on the yo-yo dieting roller coaster. Yes, you can lose weight, but only temporarily. Try a new approach to weight loss, one that is permanent, guilt free and has real, long lasting results. The next Weight Loss for Life course is being held on Tuesday 8 November and it runs for 6 consecutive weeks.

Call now 9480 0111, to change your life!

Meditation Brings Harmony - 4 week course commencing Wed 21 Sep OR Wed 9 Nov

Studies have shown those who practise meditation feel it brings mental harmony and emotional balance. It can also help to give restful sleep, increased energy and well being. Meditation has been proven to have many positive effects on the body including minimisation of pain, improved functioning of the immune system, normalising heart rate, blood pressure and improved breathing.

Meditation is like a pebble dropped into water: the effect of the pebble causes ripples through the water. These ripples (caused by meditation) allow the benefits to flow into every aspect of your life.

The next **Stress Free Living through Meditation** course is being held on Wednesday 21 Sep and Wed 9 November. It runs for 4 consecutive weeks.

Call now, give yourself peace of mind!

Intuitive Tarot - Intuitive Tarot - Level I: Sat 5 Nov Advanced Tarot - Level II:



Saturday 19 Nov

This course is a "hands-on" workshop with layouts using the cards. The course is fun and interactive and has been designed for beginners, through to an advanced level and for those who want to incorporate counselling into their readings.

"Be at peace with yourself. If you are not at peace with yourself, you are not at peace." – Ron Rathbun

Treating pain naturally

Natural Herbal Treatments



Our new range of scientifically researched herbal products will help you with every aspect of your health and well being. At times our physical body needs to be supplemented with natural herbs or herbal foods,

that will help to boost the immune system, the hormonal system and the lymphatic system.

They are of great benefit to flu conditions, colds, lack of nutrition, arthritis, period pain, regulation of hormones, headaches, indigestion, bowel problems, allergies, weight problems and many other illness. Illness is the result of an imbalance in the body.

These natural herbal remedies are the best of their kind and when used in conjunction with other treatments work powerfully to bring your body in balance.

Call us now on 9480 0111 and find out how our scientifically proven natural herbal remedies can help you!

Did you know?



The dairy industry has been accused of presenting false evidence that eating dairy foods can help people lose weight. A doctor's group claims that most scientific evidence shows people will

either gain weight or remain the same when they eat dairy foods.

A study has found that most women with breast lumps or abnormalities that are non cancerous do not face a greater risk of developing breast cancer later if there is no family history of breast cancer.

A study has shown that if people walk on cobblestones for half an hour each day they can lower their blood pressure and improve their balance.

Aura Seminar - Thursday 3 November 7:30pm - 9:30pm

What is holding you back?

Why do you get stuck in old patterns that not longer serve you?

Find out the answers to these questions and more at the 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.

The Aura Seminar will show you how to understand your aura and how you can improve your life.

This is a unique opportunity, do not miss out. Call 9480 0111 to book your place!

WELLBEING & HEALING EXPO

15 & a16 October 2005

Flemington racecourse

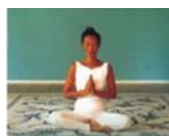
Epsom Rd, Flemington

10:00am – 5:00pm

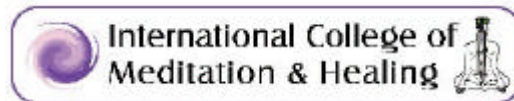
Entry before 11:00am is half price

\$12.00 entry

Children under 12 free



General enquiries: Ph: Kerri (03) 9744 5100 or 0409 166 539



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Course Calendar and Price List October - December 2005

Ongoing classes:	Date	Time	Price
Metaphysical Science	Monday evenings	7:00pm–9:00pm	\$30.00
Advanced Metaphysics – Self Mastery	Mon or Fri evenings (pre-requisite to attend this class)	9:30pm–11:30pm	Ask about pre-requisite requirements)

Courses:	Date	Time	Price
Reiki I & II (Certificate Course)	Sat 29 & Sun 30 Oct	10:00am–5:00pm	Normally: \$370.00 Early Bird: \$305.00*
Weight Loss for Life 6 Week Course	Tuesday's 8 Nov – 13 Dec	7:30pm – 9:30pm	Normally: \$300.00 Early Bird: \$250.00*
Stress Free Living Through Meditation	Wed 9, 16, 23 and 30 Nov	7:30pm – 8:30pm	\$50.00 payable in advance
Intuitive Tarot Beginners - Level I	Sat 5 Nov	10:00am–5:00pm	Normally: \$189.00 Early Bird: \$159.00*
Intuitive Tarot Advanced - Level II	Sun 19 Nov	10:00am–5:00pm	Normally: \$239.00 Early Bird: \$189.00*
Ajna™ Tibetan Healing – Level I (Certificate Course)	Sat 26 & Sun 27 Nov	10:00am–5:00pm	Normally: \$330.00 Early Bird: \$279.00*
Ajna™ Tibetan Healing – Level II (Certificate Course)	Sat 10 & Sun 11 Dec	10:00am–5:00pm	Normally: \$330.00 Early Bird: \$279.00*

Seminars/Workshops:	Date	Time	Price
Aura Seminar – Special Event	Thursday 3 Nov <i>Bookings essential</i>	7:30pm–9:30pm	\$15.00 \$12.00 concession
Aura Workshop	Sat 12 Nov	10:00am–5:00pm	Normally: \$215.00 Early Bird: \$159.00*

Retreats:	Date	Time	Price
Sacred Journey™	Sat 3, Sun 4 & Mon 5 Dec	Three Day Retreat in Gembrook	Normally: \$1,750.00 Early Bird: \$1,250.00*

Community:	Date	Time	Price
Green Heart Meditation	First Wednesday evening of each month	7:30pm–8:30pm	\$10.00

*Early Bird: To be paid 2 weeks prior to course, except for Sacred Journey which is paid 4 weeks prior the retreat

**For more information please call us on 9480 0111 or
 email us on: info@icmh.net**