



791 –793 High Street, Thornbury, 3071

Ph: 1800 888 546 or 9480 0111

Email: info@icmh.net

Newsletter Issue 15

April-July, 2006



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 judgment, without fear without discrimination or bias.

It means going beyond the mind to see the beauty of each and every human being on the planet, to see the God force within, to see their 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.

I had a vision

Today I had a vision, I had a dream.

A dream where the day would herald a new light,
A light that would brighten our world, and our hearts
and we could see the brilliance in all things and in all human beings.

I know this day is coming,
it is fundamental to our human nature to find out
who we truly are, to touch our essence, our soul, to understand how we can strive for
an opening,
a spiritual awakening,
a new day
a day of true enlightenment

Imagine a new world where you will understand how to be true to yourself,
where you will see and understand your purpose,
where you hear the call of your heart,
where your dreams and hopes can come true.

This day will feel like you are going home, to your centre, to your being, to your heart.
Your heart will beat stronger and greater for you realise
you can impact humanity and you can make an impact on your life.

The light will fill your heart with warmth and love.
A natural warmth and love, where struggle and difficulty will no longer exist.
Be one of those who will lead the way towards a future of peace and joy for all.
This is one of the visions the International College has for you.

By Grand Master Dr Issam Kadamani

Upcoming Events

- Ajna Tibetan Healing™ I & II
 - Aura Seminar
 - Meditation
 - Intuitive Tarot
 - Sacred Journey™
 - Reiki I & II
 - Weight Loss for Life
- (see back page for dates and prices)*

Courses/Retreats

Ajna Tibetan Healing™

(Certificate Course)

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.

"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

"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

Ajna Tibetan Healing™ can be experienced through:

- a. Private consultations with Grand Master Dr Issam**
- b. Ajna Tibetan I Healing™ course - 20 & 21 May**
- c. Ajna Tibetan II Healing™ course - 17 & 18 June**

Reiki I & II - (Certificate Course)

Sat 24 & Sun 25 June

The worldwide healing phenomenon rediscovered by Dr Usui, over one century ago. The International College of Meditation & Healing follows his original teachings in this inspiring and practical healing course. Learn to be a hands-on healer, in this easy to follow practical course.

Spirituality/Metaphysics

Monday night class

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes." --Marcel Proust

Metaphysics means to go beyond the mind. These enlightening classes are taught by Grand Master Dr Issam and allow you to gain greater insight into yourself and the world around you.

The Sacred Journey™ - 3 day retreat

Sat 22, Sun 23 and Mon 24 July

Self-confidence is a special elixir that Spirit has prepared to help each of us face and surmount the challenges of life. It's an aromatic blending of invigorating essences, attitude, experience, wisdom, optimism, and faith." -- Sarah Ban Breathnach

At this unique and inspiring retreat course discover what is missing in your life. Unlock the joy that is you. Find your inner power and inspiration, to get what you truly want out of life. Don't just be a participant in life, claim the person you deserve to be and become strong in your own reality.

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

Weight Loss for Life - 4 week course

"If anything is sacred, the human body is sacred." -- Walt Whitman



Are you confused by what to eat and how lose weight? Uncertain about whether to go low fat or low carbohydrate? Does the CSIRO diet work?

In this step by step workshop you will not only understand why you eat but how and when to eat. Unlock the secrets to losing weight for life!! Eat normal food and live your life to the fullest without feeling deprived and hungry.

Stress Free Living Through Meditation

4 week course



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

Elisabeth Kubler-Ross

Meditation has been proven to have many benefits including better sleep, increased creativity, peace and wellbeing, as well as minimising pain, improving the immune system and heart and blood pressure.

This easy to follow course teaches methods that will allow you to incorporate meditation into your day to day life. Our meditation course is based on practical techniques that are effective and easy to follow (non religious).

Give yourself peace of mind!

Intuitive Tarot - (Certificate Course)



A wonderful course that will allow you to read the tarot cards within the first 15 minutes! If you have never believed you have psychic ability the easy to follow methods in this course will unlock your intuition and show you psychic abilities you never believed you had. It's fun and interactive, using different layouts, that will allow you to read the cards deeply and powerfully.

Call now 9480 0111 and make difference in your life

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.

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 appointments.

For a personal consultation phone: 9480 0111

QXCI



Designed after 28 years of research by a NASA scientist.

The most advanced energetic medicine machine in the world, used to treat chronic disorders and to diagnose allergies and toxic substances.

APS

The Aps machine uses safe electrical currents to stimulate muscles. Excellent for pain, muscular problems and spinal regeneration.



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 energy called Chi (in Chinese).



IFAS

This machine uses frequencies to stop bacteria and stimulate cell regeneration

Laser Therapy

Advanced healing used by hospitals and doctors worldwide. A laser light penetrates deeply into the layers of the skin. Excellent for scars and muscle re-generation, arthritis, swelling and psoriasis.

Call now 9480 0111 and make difference in your life

Health Facts

Did you know?



Studies have shown when dealing with stress, many people turn to overeating and smoking for relief and don't exercise.

Brisk walking for only 30 minutes per day can immediately improve depression, and add years to your life by improving the condition of your heart.

When depressed, women eat comfort foods which contain sugar such as ice cream or chocolate. But for men, comfort foods are a reward when life is going well.



Crystal Power



Tiger's Eye

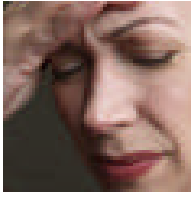
Tiger's Eye has a brown-yellow colour. The combination of brown-yellow colours means it has the energy of the earth (brown) and the energy of the sun (yellow).

Tiger's Eye is an excellent stone for healing. It can aid in helping internal conflict and in issues of self worth and self criticism. It can help you to make changes and lift depression.

At the International College of Meditation & Healing we have Tiger's Eye in many forms including pendants, tumble stones and pyramids.

Come and browse our wide range of crystals.

Health Topics This Issue



MIGRAINE

A migraine is a severe headache often felt on one side of the head.

During a migraine, blood vessels in the head swell and the nerves around them become very sensitive, resulting in pulsating or throbbing pain. Some migraine sufferers see flashing lights, have blurred vision, or tingling pain prior to the migraine.

Symptoms of the migraine are severe pain on one side of the head, a throbbing sensation, feeling nauseous or vomiting, strong sensitivity to light or noise. The pain can be so intense that sufferers describe the feeling as being constantly hit by a hammer on one side of the head.

Treating Migraine Naturally

Migraine in some sufferers can be due to stress, hormonal changes, changes in weather, lack of sleep, some foods eg chocolate, alcohol, not eating meals on time, or medication. After looking at possible causes of migraine, listed above, treatments that can help are the QXCI, APS or Cupping. Ajna™ Tibetan Healing can stimulate the energy centres (chakras) within the body to strengthen and rebalance any weaknesses. Natural food supplements can help to regulate the body's hormonal system.

**Ring the International College of Meditation and Healing
on 9480 0111 for healing migraines and
all your health concerns.**

CREATIVITY

Teacher let me swim in a puddle
Let me race a cloud in the sky
Let me build a house without walls
But most of all,
Let me laugh at nothing things.

Don't you see the rainbow teacher?
Don't you see all the colours?
I know that you're mad at me
I know that you said to colour,
the cherries red and the leaves green.
I guess I shouldn't have done it backwards,
but teacher don't you see my rainbow?
Don't you see all the colours?
Don't you see me?

*(from: The Geranium on the Window Sill Just Died, but
Teacher You Went Right On)*



Special Event - AURA SEMINAR

Presented by one of the world's greatest Masters
Grand Master Dr. Issam Kadamani



WIN
An Aura Reading
with Grand Master
Dr Issam Kadamani

- ✓ Create your best possible life
- ✓ Attain what you desire and attract success
- ✓ Give yourself permission to feel good again
- ✓ See how your aura affects your money and relationships
- ✓ Learn how to cleanse and heal your aura through Ajna™ Tibetan Healing

Thursday 11 May 2006
7.30PM - 9.30PM
\$12 and Concession \$10



International College of
Meditation & Healing
791 - 793 High Street
Thornbury 3071

Call 9480 0111 to reserve your place
Seating is limited - BOOKINGS ESSENTIAL

Course Calendar and Prices

Course	Date	Time	Price	Early Bird Price
Metaphysical Science (On-going)	Monday evenings	7:00pm-9:00pm	\$30.00	-----
Ajna Tibetan Healing™ Level I (Certificate Course)	Sat 20 and Sun 21 May	10:00am-5:00pm	\$330.00	\$279.00*
Ajna Tibetan Healing™ Level II (Certificate Course)	Sat 17 and Sun 18 June	10:00am-5:00pm	\$330.00	\$279.00*
Reiki I and II (Certificate Course)	Sat 24 and Sun 25 June	10:00am-5:00pm	\$370.00	\$305.00*
Sacred Journey™ (three day retreat)	Sat 22, Sun 23 and Mon 24 Jul	Sat 9:00am – Mon 3:00pm	\$1,750.00	\$1,250.00**
Aura Seminar Special Event Bookings Essential	Thr 11 May	7:30pm – 9:00pm	\$12.00 Concession \$10.00	-----
Intuitive Tarot Beginners – Level I	Sat 1 June	10:00am-5:00pm	\$189.00	\$159.00*
Intuitive Tarot Advanced – Level II	TBA	10:00am-5:00pm	\$239.00	\$189.00*
Weight Loss for Life (4 week course)	Tue 9, 16, 23 and 30 May	7:30pm-9:30pm	\$300.00	\$250.00*
Stress Free Living Through Meditation (4 week practical course)	Wed 10, 17, 24 and 31 May OR Wed 5, 12, 19 and 26 July	7:30pm-8:30pm	\$50.00	-----
Green Heart Meditation (On-going)	Wed evenings Mar 29 - June 14	8:30pm – 9:30pm	\$10 Conc. \$8	Discount if paid by term

* To be paid 2 weeks prior to course **To be paid by Friday 23rd June

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, or your credit card details to "International College of Meditation and Healing" for the total amount of the course.

Post to:

International College of Meditation & Healing
791-793 High Street, Thornbury, 3071

A receipt and confirmation letter will be forwarded to you

By telephone:

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

In person:

Cash payments can be made at reception.

PHONE: 9480 0111

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.