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Newsletter Issue 16

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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 on the planet, to see the god force within, to see everyone's 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.

What's On

- Ajna Tibetan Healing™ II & III
- Intuitive Tarot
- Meditation
- Reiki I & II
- Sacred Journey™
- The Enneagram

(see back page for dates and prices)

All human beings are born into the light. Through the day to day struggles of our lives it is easy to lose the knowledge of this light. However it is our soul's purpose to find its origin, its source, to find the light. Each soul is unique, but each soul as the same and integral purpose, it has its own life force which seeks to find the original life force and the connection to the light.

The more we grow and develop ourselves the closer to the light we get. Our own light becomes stronger and creates a link to the eternal light force.

Every moment of our life is a way of connecting to the consciousness of our higher self or moving away from that consciousness. This is what it means to find the light, to elevate ourselves or to become enlightened in our understanding.

Consciousness and connection to the light is a choice we make on a minute by minute basis. As you move towards the light, you will begin to recognise the light, and as that realisation takes place you will



see and understand there is no such thing as separation. We have the ability as three dimensional beings to learn from the reality

of our world, to change the illusion of the mind and to transform our mundane search for the material into our spiritual search for the life source.

As you grow in your own consciousness, so does your aura become finer and more attuned. Your aura becomes attuned to higher frequencies, a shining light or brilliance within which is the very essence of who you are, the nature of all things. So open your heart to understand the divine, to be a shining one, to reflect the true spirit of life. Follow this path and you will know for certain who you can become.

Support is here for you, a support that only sees the good in you, your true essence and purpose to live as your soul has destined you to live.

Your individual role and participation is vital to the expanding evolution and development of humanity. Open up your heart and mind through compassion and you will have found the path that leads to the source of the human spirit.

By Grand Master Issam Kadamani

Courses/Retreats

Ajna Tibetan Healing™



"Hands that help are holier than lips that pray". *Sai Baba*

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.

"The course helped provided me with the tools and confidence I needed to be able to treat people. I also felt an enormous sense of calmness and energy through the practice healings". -- *Ayten Isik*

"Ajna Healing allows you to become part of the consciousness of healing. You become active and commence your cultivation of your will". -- *Stephen Spano, Shiatsu Massage Therapist*

Ajna Tibetan Healing™ can be experienced through:

- Private consultations with Grand Master Dr Issam
- Ajna Tibetan II Healing™ course – Sat 21 & Sun 22 Oct
- Ajna Tibetan III Healing™ course - Sat 18 & Sun 19 Nov

The Sacred Journey™ - 3 day retreat

The Sacred Journey is being held at Gembrook on Saturday 25, Sunday 26 and Monday 27 November, 2006.



Move your life forward now.

Call the International College of Meditation & Healing to book your place at this life changing course.

"We are not creatures of circumstance: we are creators of circumstances" *Benjamin Disraeli*

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

Reiki I & II - (Certificate Course)

"Reiki- the greatest secret in the science of energetics"
- *Hwayo Takata*

Reiki is often called a love energy or unconditional energy. It allows you to understand the universal energy flow and the ability of the healer to do as Hippocrates stated "healer, heal thyself". This is a great course for beginners or those wanting to learn more about how healing works. The origin of Reiki has its roots in an old tradition that has been handed down over the centuries. This healing was re-discovered by Dr Usui in the middle of the nineteenth century. It is now taught around the world.

The Reiki I & II certificate course will be held at the International College of Meditation & Healing on Saturday 23 and Sunday 24 September 2006.

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!

Spirituality/Metaphysics

Monday Night Class

"Everything in life that we really accept undergoes change."

-*Katherine Mansfield*

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.

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).



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.

IFAS

This machine uses frequencies to stop bacteria and stimulate cell regeneration.

NEW

Health Screening Instrument

Computerised health screening instrument utilised by a skilled practitioner to detect imbalances in the body energy system and assist the practitioner to design the optimal treatment program to bring the person back to balance and good health.

The Merid

The Merid is a new development within the complementary medical world. It enables the practitioner to measure the energetic status of the meridians and the organs. It also can determine the nature and cause of the blockages and disturbances within the body.

Call now 9480 0111 and make difference in your life

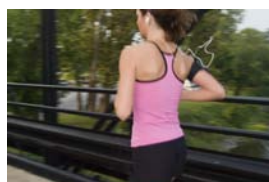
Did you know?



Studies show that eating only one unhealthy meal with saturated fat can affect the good cholesterol in your body.

Children as young as 5 years old can pick up bad attitudes about food such as fad dieting, calorie counting and insecurity about their body image from their mother.

Daily exercise can lower high blood pressure and help to reduce the need for medication.



Crystal Power – Carnelian

Carnelian grounds and anchors you in the present. It is a stabilising stone with high energy and is excellent for stimulating creativity.



Carnelian also has the ability to cleanse other stones. Carnelian is useful for overcoming abuse of any kind this stone helps you trust yourself and your perceptions. Carnelian is able to improve analytic abilities and clarifies perception. It is able to sharpen concentration and remove lethargy. Carnelian is a great stone to calm anger and banish emotional negativity. Also it is a powerful protector against envy, rage and resentment.

Come and browse our wide range of crystals.



Health Facts

Stress

What is stress?

Stress is a part of everyday life, a consequence of living in the modern world. The best way to describe stress is as a type of pressure. Stress has a number of different symptoms, ranging from the psychological to the physical. Some of the physical symptoms include a

racing heart, feeling dizzy or tense, difficulty breathing, profuse sweating, feeling restless, headaches or chest pain, tightness in muscles, feeling nauseous. Mental symptoms include: inability to concentrate, difficulty sleeping, indecision, confusion and feelings of dread.

However the best treatment is to make lifestyle changes. These lifestyle changes are not difficult to achieve and will help you to manage stress effectively.

How lifestyle changes can help you manage stress

The key is to slow down your breathing to allow more oxygen into your body and allow your body's heart beat to slow down and thus allow your body to work more efficiently. Other techniques include muscle relaxation exercises, ie. tensing and relaxing different muscle groups.

Meditation is excellent. It can bring more peace and a sense of being able to cope with life. Exercise, is also helpful; it can take the form of running or even tai chi or yoga.

Lifestyle changes such as prioritising tasks, taking time out, cutting down on smoking and drinking, eating healthy, well balanced meals, finding the ability to say no, accepting life and its challenges, having a strong support group, and finally smiling. Studies show the healing effect of laughter on illness and stress.

THE ENNEAGRAM

- How your personality affects your relationships

The Enneagram comes from two Greek words meaning 9 paths. It is a study of personality types that originated in Mystery schools and has links to the ancient Greek philosopher Pythagoras and to the Sufi mystics. Each personality views the world in a unique way and behaviours according to learned expectations from parents and significant people as the child was growing up. The Enneagram allows us to understand ourselves and others on a deeper level. Each personality type has a particular way of behaving.

From a young age children learn how to behave according to what they perceive in the world around them. Children watch, hear and feel what their parents say to them, and therefore understand from the age of 3 years onwards their parents expectations of them (and later friends and school).

Which personality are you?

Personality type one- *the Perfectionist*

This personality type loves order, and as the name suggests, perfection. They constantly worry about what is right and how to improve themselves or others. They have a huge internal critic. Example of a perfectionist – Jane Fonda

Personality type two – *the Giver*

The two personality type tries to get love from others by being helpful. They bend over backwards to please others and have difficulty saying no. They learn to avoid their own needs, often becoming a doormat. Example of a giver- Mother Teresa

Personality type three - *the Motivator*

This personality type has learned in childhood to win love through achieving and creating a successful image. Status is important to them, they love to impress others and often make good salesmen. Example: Bill Clinton

Personality type four- *the Actor*

The four is drawn to relationships and wanting to feel special in relationships

with others. They can be creative, but often become too involved in their emotions or fantasies and lack discipline and focus. Example - Elizabeth Taylor

Personality type five - *the Thinker*

The number five are often detached from their emotions. They have focused on how to impress others through knowledge or information. Example - Bill Gates



Personality type six – *the Loyalist*

Loyalists like to belong to a group. They are filled with worry and doubt and find it difficult to trust themselves. Example: Princess Diane

Personality type seven – *the Generalist*

The generalist is a jack of all trades, master of none. They are big on ideas but small on follow through. They are often

the life of the party and need constant stimulation. Example- Mel Gibson

Personality type eight – *the Boss*

As the name implies, the Boss likes to be in charge. They can be strong leaders, but also have the ability to be controlling and aggressive. Example- John Howard

Personality type nine- *the Peacemaker*

The nine personality type has a calm, peaceful manner, however can become non-assertive and lack the ability to take action, rather than to wait things out. Example- Gandhi

If you want to know your personality type and understand how you relate to others, the International College of Meditation & Healing is running a one day Enneagram course on Saturday 11 Nov 2006



Phone 9480 0111 and book now for this interesting and inspiring course