

The Centre Mind Body Spirit

April 2016

Well "Hello" Here at last I hear you say!

Hi everyone, well its nearly the end of the second week of April and your newsletter has not been delivered to your mail box, sorry but trying to get the sack and its just not happening!

Not really, things have just been mad for me personally, mainly my mum having an op last week. I'm glad to say all is well so my asking for help has been answered.

Then I've had to jet set all over the county to interview for your articles this month! Well Rainham, Chatham and Gillingham take ages in the traffic you know!

This month there wasn't even room for a puzzle, will make it up to you next

month. There is a lot of interesting reading this month and I hope you agree.

Billy Cook is the next big event for the centre as he is an international medium and he is visiting our little centre! So come and support next Friday and if possible get yourself booked on-to Saturdays workshop.

If you would like a private reading with Christina Green next Saturday contact June for a time slot! Be quick now as they go quick.

Just so you all know I am part of the Wednesday morning healing team, some of you have experienced my healing already and I hope you all continue

to attend the morning session, another note for your diary it starts at 10 am and finishes at 11.30 if you cannot make Wednesday morning then there is always Tuesday nights.

Hope to see you at the centre soon enjoy your read.

Signing off now as Yvonne is waving her big stick making sure I get next months out on time! (love you xx lol)

Newsletter rules kettle on and feet up and chilled music in the background.

Debs xx



Billy Cook—International Medium

The centre is delighted to announce that Billy Cook who is an international medium will be doing an evening of Clairvoyance on Friday 22nd April at 19.30pm entrance price for this event is **£7.00**

Then on the Saturday 23rd April, there is an opportunity for you to attend a workshop to

develop your spiritual and psychic gift under the guidance of Billy. He will help you find, develop and enhance your gift with a number of exercises that can help you get more closeness with our guides and helpers, that can help you become a better and stronger instrument for our spirit friends. Billy has been where the student has been and understands the difficulties that

we all go through in our development.

We need a minimum of 15 people to make this day viable so come on now get yourself booked on the course if you haven't already.

The cost is £45.00 per head.

Inside this issue:

Billy Cook	1
A Different Journey	2
Crystal of the Month	2
Aprils Poem	3
Sharing, Learning	3
Beltane Blessings	3
Tree Tops	4

Special points of interest:

- Book for Billy Cook
- Healing Available every Tuesday night and Wednesday morning
- Yoga available Tues 6.30pm plus Friday & Saturday
- Meditation every Wednesday 6.30pm



A Different Journeyor a road less travelled

It is true to say that life is a lesson, a journey as some see it, in which we all learn and grow. Sometimes we do not realise that this is happening and are unaware of changes taking place. Yet, at other times we specifically set out with a strong sense of purpose, determined to work on either mind, body or spirit and to become what we perceive to be better people as a result of our efforts.

When a group of us decided to work with Lucinda Drayton, we embarked upon a journey that would take us deep within ourselves. For the last six months we have looked at how and why we react to different situa-

tions. For example; what makes us quick to anger? Or why we often do not feel worthy or good enough. What fills us with joy?... and what is it that we have buried over the years refusing to deal with?

The work we have done so far has been life changing and I think I am right in saying that we all have a greater understanding of ourselves and others as a result of Lucinda's brilliant teaching. Everything we are is born out of either love or fear. The biggest lesson for me so far is that the mind, body and spirit are intrinsically linked and that in order to grow we need to look at all three as one. I can't recommend Lucinda enough. If you

have the opportunity to attend a workshop with her.... it is a journey well worth taking.

Lucinda is back in concert at the centre on

Saturday 26th November



Crystal of the Month—Rhodochrosite



The crystal this month is the gorgeous Rhodochrosite the crystal of "love", This is a fab crystal for learning to love ourselves, as that is essential for letting others love us.

This is a warm, pinky — white marbled effect stone which opens our hearts enabling us to trust and to love. It unites all of our different personality traits and heals deep emotions, especially those concerning our parents, making us feel loved, healthy, happy and worthy.

It gives us the courage to make changes, helps us forgive and balances our emotions. It also aids with finding and loving our inner child and brings feelings of joy and happiness to the surface and really getting to the root of things that are troubling our heart. It helps us accept our feelings and encourages honesty.

It is known as a "sexy" stone as it helps bring passion into our lives, such a positive stone feel the love peeps.

Aprils Poem

*I am the daughter of Earth and Water,
And the nursling of the Sky;*

*I pass through the pores of the ocean
and shores;*

I change, but I cannot die,

*For after the rain when with never a
stain*

The pavilion of Heaven is bare,

*And the winds and sunbeams with their
convex gleams*

Build up the blue dome of air,

I silently laugh at my own cenotaph,

And out of the caverns of rain,

*Like a child from the womb, like a
ghost from the tomb*

I arise and unbuild it again.



Percy Bysshe Shelley

1792—1822

Sharing.....Learning.....Fun.....Passion

Sharing We love to share! And we are very fortunate to have many people around us that feel the same. We have always had this idea that if you know something that could benefit others, share it. Make that 'something' accessible to everyone, or at least, those that want to know about it! Passion for a subject has been more important than having certificates or, as we like to call them sustificates. Now, to me, that does not mean that what you get is anything less than others who provide

a certificate, but it certainly is less expensive. Our idea is that if you want to know about something, we give you the knowledge, the tools the enthusiasm for it and if, you want to take it further you can....you can pay the fees to do accredited courses...but does that make it any more effective than what you received with us. NO! Now having said all that, many of our courses are run by accredited trainers and teachers but some are not. If you are given all the relevant training, the do's and don'ts, the right and wrongs etc, then the only thing extra you have is an ology! Now don't get me

wrong, I am not saying don't get one or they are not valid...I am just saying that when we share with passion, integrity and for the highest good of each person with us, they are getting something done with passion rather than for a financial reason...and that, I think, means the training has depth and meaning above and beyond a certificated course. In addition to this, all our courses, workshops, craft evenings are done with much love and often with a lorra lorra laughs! So, why am I saying all this? Come and join in some of our courses and you will learn more than just what the subject matter is, you will work with wonderful, passionate, enthusiastic people

Beltane Blessings



Beltane Blessings to you all. ... May 1st is a fire festival in the pagan calendar to celebrate fertility. "April showers bring forth May flowers". This is a day of high magick. Go outside and just feel it. Mother Earth is ready to burst into rich, fertile, fresh green. Pink and white blossoms fill the warming air. The birds are singing her into wakefulness. Use all your senses and look, listen, smell, touch and sense all the rising energy around you. A Magic Spell for Beltane. This is a very ancient spell for you to do on Mayday. Choose a ribbon, choose the colour carefully and write on this ribbon your wish. It may be for love, for money, for a job, for healing of mind, body or spirit for yourself or for someone who needs healing. As you write this, see it happening, believe it is happening, intention is all. Then take your ribbon out to a tree or shrub and tie it on a branch and allow the wind to carry your wish to fruition. The traditional name for a magickal tree adorned with wishes is a cloutie tree, so tie your clouties on tight and just Believe.

And my Beltane wish for you all is.....

May The Goddess bless and keep you always,

May your wishes all come true, May you always do for others And let others do for you.

May you build a ladder to the stars And climb on every rung,

May you stay forever young.

May you grow to be righteous, May you grow to be true,

May you always know the truth And see the lights surrounding you.

May you always be courageous, Stand upright and be strong,

May you stay forever young.

May your hands always be busy, May your feet always be swift, May you have a strong foundation When the winds of changes shift. May your heart always be joyful, May your song always be sung, May you stay forever young. Author: Bob Dylan
Blessed Be xxxxxx

The Centre Mind Body Spirit

Moto Service Station
Rainham
Kent
ME8 8PQ

Phone: 07788 791677

E-mail:

enquiries@thecentre-mindbodyspirit.co.uk

www.thecentre-mindbodyspirit.co.uk

Don't forget the rooms can be let out for hire at very reasonable rates contact June for details and availability.

More detailed information is available on the webpage and all events are posted on the facebook page. These are posted out in bulk and yes it can get too much information at times, but if you want to be removed from the events list just say and we can action this request.

Don't forget anything you would like to see more or less of just say, all comments and ideas will be considered. Debs x

Coffee Morning in aid of Tree Tops

Karen took another delivery of all the goodies which you kindly left in the plastic boxes for Tree Tops last week. They are over the moon with all the kind generosity that are receiving from the centre. So please keep it coming.

To that end on Saturday 23rd July, we are holding our first event where all the monies raised is being donated to Tree Tops.

So if you want a Tarot reading or some healing put your name down, other things will be available, so put the date in your diary and come along and solve

your curiosity. There will be a charge for any treatment or activity taken as money is being raised for an excellent cause.

Members of Tree Tops are aiming to bring along some of the animals for us to see.

So another date for your diary;

Saturday 23rd July,

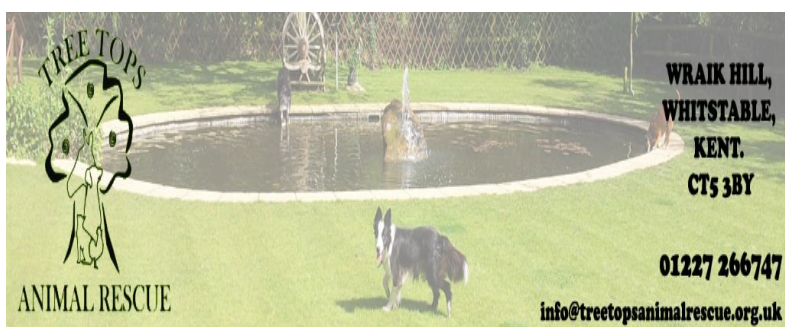
11.30 to 15.30pm



Happily Ever After

Well lots of animals find their way to new loving homes, but this little fellow found his way to someone who is close to the centre, our Karen who has given him a loving home, along with Baz and where he has plenty of play mates, 4 Cats and a female companion Jack Russell, he loves his walks and balls especially, but hates anything Yellow or Red. Also partial to a bit of loft insulation!

Only if its in the neighbours garden!



WRAIK HILL,
WHITSTABLE,
KENT.
CT5 3BY

01227 266747

info@treetopsanimalrescue.org.uk