

# Natural Connections

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I N S I D E



## Sheela – A Symbol To Help Heal Our Planet!

by Dr. Maureen Concannon

This article describes how ancient stone carvings of the Goddess of the Earth, lost, buried and forgotten for centuries, are turning up all over Ireland and the continent. The Great Goddess in the form of Sheela na gigs is returning to Collective consciousness, with a powerful reminder that we must love the Earth for peace, prosperity and healing to occur.

Sheelas are symbols of God in feminine form –symbols of the Great Goddess in her role as Earth Mother, creatrix of all living things. The Goddess of the Earth is also Sovereign over death – the womb of Her body is the tomb of burial. The Irish like all ancient peoples worshipped God in female form as the source of the life and death. Newgrange and Creevykeel in Sligo are examples of Goddess temples similar to those on the Orknew Islands and in Malta. This island retained a matrifocal social order long after mainland Europe was overtaken by the warrior/hero/patriarchal influences.

Sheela carvings are perhaps the only artifacts that have survived from that pre-historic period when God was worshipped in feminine form. The rivers and lakes, mountains and hills and the earth itself were all associated with creativity and the body of woman was seen as a symbol of that creativity of the Great Goddess. The Druids

brought that concept into early Christianity when she was called “the Divine Hag of the Celts”. Sheelas were placed beside wells all over the country as protectors of the waters. This is the same Sovereignty Goddess who chose the rightful candidate and married him in a sacred ritual at his inauguration. If he was true to his promises prosperity and peace and fruitfulness filled the land. If on the other hand the king broke his contract, the Goddess divorced him and famine and pestilence followed. Down to the 13th century these little

carvings of the Divine Hag were inserted into the churches at Irish

monasteries, not only in Ireland, but wherever the early Irish missionaries

established their centres: in Scotland, England, Wales, northern France, on the pilgrim routes to Compostela, Spain, Slovenia, and Czechoslovakia.



The Irish form of Christianity was very different to the form developed in Rome, which was strongly influenced by the Roman Empire and its political structures.

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## Maligned and Misunderstood – Restoring the Divine Feminine Element in our Time

By Kathleen McGowan

*It all began with Queen Maeve of Connacht.*

I am an Irish-American, with family ties to County Sligo. And while most Irish kids cut their teeth on the great legends, and specifically The Tain, aka The Cattle Raid of Cooley, for Sligo people the great queen’s legend holds special meaning. Maeve is omnipresent in the landscape there, and her burial cairn at Knocknarea looms over the county as a fitting monument to a formidable feminine force.



But I have often wondered about the character of our queen. Certainly she is colorful, but by all recorded accounts she is anything but noble. The Tain depicts her as a greedy, vainglorious, shallow harpy who will stop at nothing to get what she wants. One account even has her murdering her pregnant sister out of jealousy! And of course she is lascivious, an insatiable creature who disposes of her lovers when she tires of them, which is often.

Yet I have often wondered just how fair this depiction is. Maeve’s legends are deeply ingrained in the legends and the landscape, and it seems to me that there must have been something heroic about her in there somewhere. We have a few clues from the old legends that key us into the idea that the way she is now remembered may not be accurate. For example, Maeve had three primary criteria for her husbands: that they be without fear, without meanness and without jealousy. Without meanness? Isn’t this a curious request from a woman who is by most accounts essentially evil?

*continued on page 16...*



Yvonne Fitzgerald  
Editor

**Welcome to the Autumn Edition of Natural Connections 2007.**

Hello again Everyone,

By now we are into the change of season as Autumn makes itself known. The evenings are beginning to have a chill and we are lighting up our homes with fires and candles as the daylight diminishes. As our seasons change Mother earth is also

showing us by the many world tragedies and disasters that she will do everything in her power to restore order and balance in her earth body as she continues despite the efforts of many, to be overused, abused and overlooked. Think about doing a little everyday to look after our earth and she in turn will look after us.

This edition has increased from the previous 16 pages to 20 and even with that we could not fit in all that we received. It is great as N. C.'s is becoming self generating and is attracting naturally those who wish to advertise, place editorials etc. Once again we are issuing the publication FREE and are asking a small contribution of 5 euro for postage for the 2007 issues ( 4 incl. back issues if you have not received them ) as we wish to expand the newsletter. Some people like reading the hard copy at their leisure and for others the email version is available to those with Broadband in PDF form FREE. Ph. 086-2787213 to order your postal or email version or text your details. The website [natural-connections.com](http://natural-connections.com) is on its way asap.

Enjoy the variety of write-ups, trainings and therapies available. Dr. Maureen Concannon is launching her 'Sheela' book and cards having extensively researched the 'sheela na gigs' found on churches etc all over Ireland. Her writeup is educational and worth the read. The Divine Feminine theme is appearing everywhere as she takes her place in our world waking us up to her many attributes and recognising her place once again. Read the many articles on healing therapies and when you are finished please recycle or pass this newsletter on to a friend. Thank You.

*Love, Light & Blessings Yvonne*



**National Federation of Spiritual Healers trainings in Ireland.**

New updated training syllabus taught by Roy Hutcheson (Lic.NFSH Tutor) with Yvonne Fitzgerald and Mary Meade. Trainings will shortly be available countrywide according to demand. We will travel to your area for groups of 10 to 18 upon request. See [www.nfsh.org.uk](http://www.nfsh.org.uk)

*CPD Points* available shortly for trainings.

**Healer Support Groups in Dublin and Cavan.**

*For training details, support groups and NFSH healing sessions please phone Yvonne Fitzgerald Irish Co-ordinator at 086-2787213 or 01-458 2592 and see pages 7 & 10.*

**RECYCLE, REUSE,**  
PLEASE PASS ON YOUR COPY OF NATURAL CONNECTIONS TO A FRIEND WHEN YOU ARE FINISHED WITH IT.

**Natural Connections Newsletter**

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# The Work With Heart

The Work With Heart is a magnificent new experience that has burst upon the world of Human and Personal Development. With workshops currently taking place monthly in Dublin and now New York, Natural Connections asked some recent participants to share their experiences.

Shiera O'Brien, Corporate Trainer and NLP Coach, attended The Work With Heart in July 2007 and describes it as "a wonderful day of gentle exploration; enjoyable, beneficial, with lots of magic moments that made it so worthwhile". She is very complimentary of The Work With Heart creators, Carmel Clark and Oliver Brady, saying "they make a natural team, each bringing their own innate gifts to the workshop. It seems almost natural that they would work together, as they complement each other so well." This comment was echoed by all the four of The Work With Heart participants interviewed here. Eileen McGrath, a Holistic Therapist who works with people with mental health problems and has participated in a variety of personal development and healing workshops attended The Work With Heart on the recommendation of a close friend. She recalls, "There was a very warm and comfortable atmosphere in the room during the day. Through the workshop, a lot of deep emotions came up for me so that I felt very vulnerable, but there was a beautiful strong sense of support, understanding and strong love that put me at ease." She was delighted to release a lot of negative baggage through the day, and to see herself and her life in a totally new and positive way. "It was as if someone – or more to the point myself – had taken the blindfolds off."

Mary Anderson, Reiki master and medium, had also participated



in a wide variety of healing workshops before attending the Work With Heart, focusing on Reiki and energy healing, psychic development, tarot-reading, mediumship, meditation, Angelic healing and attunements, crystal therapy and heart forgiveness. She was pretty sure she was not going to learn anything too new.

"I was wrong. The Work With Heart is that 'better way' I have been looking for. I recommend it to all my clients, and to everyone." Mary reports that The Work With Heart has benefited her in that she is able to consciously create her reality; her personal life is calmer, and her business is booming. "I use my personal mantra as directed by my Magnificence. I have found that when I am distressed but not sure why, I can say it and the way certain words resonate with me I can focus on the problem that is creating the distress and bring it more into consciousness to resolve it."

For Barry Mullins, The Work With Heart was his first workshop experience, and he had no idea what to expect on the day.

"As it turned out, it was a wonderful experience that left me with a sense of expectation about my own inner potential. I recognised my self worth that day." Since attending The Work With Heart, Barry reports having a huge sense of anticipation about the future, and his part in it. "My confidence and belief in my own ability have soared. Everything I need is already inside me." So would The Work With Heart participants recommend it to others? All are extremely enthusiastic.

Eileen summed up her feelings: "The Work With Heart is a true and beautiful gift. It gave me THE KEY of self worth, self respect and self love. I have been more assured, confident, positive, and with a deep sense of fulfilment; something which I have never experienced in my life... and WOW what an amazing way to feel. It's heaven!" Shiera recalls, "The high points of the day for me were the beautiful meditations conducted by Oliver and Carmel, which took me on an unexpected, exquisite journey. It's a really wonderful way to get to know yourself better, and uncover all those 'magnificent' diamonds waiting inside of everybody. First-timer Barry also loved the meditations, and has no hesitation recommending the experience: "The Work With Heart experience is definitely something everyone should incorporate into their daily lives."

Mary's final comment is perhaps this simplest and most direct: "The Work With Heart is magnificent!"

Carmel's first career was in the fashion industry. As a top session stylist she worked internationally with the industry's most acclaimed photographers, models, and celebrities. Her work has been featured in Vogue, Elle, Tatler and Harpers and Queen. On leaving that industry in 1993, Carmel set off on a journey of self discovery, journeying to South America to find her true self and life meaning. This magical experience profoundly changed her life and she returned to England awake, free and happy. With qualifications as a Life Coach and an Integrative Counsellor, Carmel has now been involved in Spiritual, Human and Personal development since for more than a decade. Oliver's early career was as an Artist, Sculptor and Designer. In that time he was involved in the design of some of the most prestigious and successful café bars, clubs and hotels in Ireland. During this time, while at his most creative, he experienced periods of spiritual bliss, which inspired him to search for the secret of this essential yet elusive state. During his search, Oliver qualified as a Master Practitioner in NLP, TimeLine Therapy and as a Life Coach. From these various disciplines he took only what resonated deeply for him, and began to use it in his own unique way with his client's to great effect. In 2004 Oliver met Carmel and they merged their experience and three fundamentals blossomed: Awareness of Your Magnificence, Responsibility to have a Gorgeous Life and Commitment to only embracing Life. These are the foundations on which they have built The Work With Heart.

**Thank you to Shiera, Eileen, Mary and Barry for sharing their experiences.**

**Readers who would like to attend The Work With Heart can find dates and make bookings online at [www.theworkwithheart.com/workshops.html](http://www.theworkwithheart.com/workshops.html) Or telephone on; Ireland +353 (0) 1 612 1481 England +44 (0) 207 754 5435 Email: [enquire@theworkwithheart.com](mailto:enquire@theworkwithheart.com)**

**The Work With Heart is a life-changing one day experience.**

**It is a magical and mystical adventure where participants recover and discover their Magnificence. This extraordinarily simple yet powerful process of healing and freedom, enables unresolved mental and emotional blocks, limitations, and negativity, at a mental, physical and spiritual level to be released.**

**Other benefits include;**

- Reduction in stress and anxiety
- Increased confidence and motivation
- A new sense of happiness and well-being

**On the day, participants unlock their internal code to discover their unique sacred formula to their magnificence. The Work With Heart creators Carmel Clark and Oliver Brady look forward to welcoming you to The Work With Heart experience.**



# MARY ANDERSON

## REIKI MASTER/TEACHER

Member of the Reiki Federation of Ireland

### ANGELIC MEDIUM

TWO LOCATIONS

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 085-775-0599  
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 Call for your appointment  
 085-775-0599

Hi. I would like to introduce myself. My name is Mary. I am 24 year veteran of the Healing Profession as a Registered Nurse with expertise in Critical Care, Accident and Emergency ,and Renal Care, as well as General Medical Surgical Nursing. In my practice as a nurse I could see the effects that emotions thoughts and ideas had on physical illnesses. I had worked very hard in the physical healing of the body through nursing and medicine but knew that there was more. I am able to now offer more to

clients through the practice of Reiki. During my study of Reiki I began seeing and hearing Angels as I did when I was a child. I also began feeling clients emotions, pain and, sometimes even taking on characteristics of the clients or people they know. All these things have come together to allow me to provide the best possible service I can. Stop in and see me either at Crystal Wings or the Rainbow Holistic Healing Center. Schedule and Angelic Session or a Reiki Therapy. As a Reiki Therapist I provide Universal Life

Force Energy for your body to begin a healing process for your physical, spiritual, mental, and emotional body. Also check out the websites for listings of Reiki Classes and Angel Workshops. www.angelicvoices.moonfruit.com www.rainbowhealingcentre.net Check out the fourth Sunday of the month from 10pm-1pm on East Coast fm where I visit Louise Kings and the Sandman each month for discussion of the paranormal and on air readings. It is a pleasure to meet all of you. Stop by and let's have a chat.

**ANGEL ORACLES 30 min €40 1 hr €70**

*Hear what your angels are saying to you. Let them assist you to find a clearer path.*

**AURA ENERGIZING €15 EURO**

*Opening of the aura allowing more healing light to enter. Increases energy and general well being. A great pick me up*

**ENERGY CLEARING €25 EURO**

*Assessment and clearing of the body's energy centers(CHAKRAS) to enhance energy and general well being. Great for introduction to Reiki Energy*

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*Passing of healing attunements for mental and emotional spritual and physical healing.*

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*Forgiveness assessment and healing which allows forgiveness with the mind AND THE HEART.*

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*Full Reiki Session. Healing for the mental emotional and spiritual body. Includes all or some of the above.*

**SURVIVAL GUIDE FOR EARTH ANGELS €60**

Held in both loctions. Call for dates. A guide for those Earth Angels who need their lives back. How to fulfill your purpose without going under. Join me for a day of discovery and fulfillment. All participants receive Angelic Attunements. Space is limited so call for your spot now. **085-775-0599**

**REIKI CLASSES-BLACKROCK LOCATION CLASS SIZES ARE LIMITED SO CALL NOW TO RESERVE YOUR PLACE €50 NON REFUNDABLE DEPOSIT.**

**USUI REIKI LEVEL I-Learn the history of Reiki.**

Learn to sense energies. Do Reiki for yourself, friends and family- €150 Sept. 1&2 Sat & Sun 10 am -6pm Nov 3&4 Sat & Sun 10 am-6pm

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This course is one to one tuition with some group classes. Taught at students pace over minimum of 3 months. In depth Chakra discussion and training. Working with Earth Energies. How to give instruction. Intern Teaching. Basic uses of crystals ,aromas and much much more. Receive Master Attunements. €600

**TIBETAN MASTER LEVEL-Prerequisite Reiki Master.**

Advanced Techniques in Tibetan Reiki. Tibetan Master Attunements and more.€200

**ANGEL WORKSHOP-€60- Held in both locations call for dates.**

A workshop to assist you to hear your angels more clearly and hear the guidance they bring. Receive Angelic attunement and Angelic meditations. Join me for a fabulous day of discovery and fun.- call 085-775 0599

# About Maya Lila

The name "Maya Lila" is taken from the Sanskrit words for illusion and play. It explores the illusory nature of our perceptions within the play of life, relationship and nature. Maya Lila combines Body Mind Centering, Developmental Movement Patterns and Authentic Movement to explore its body based approach to therapy, the arts, performance and spiritual practice. This approach has been developed by Joan Davis over a period of fifteen

years within her thirty two year span of working in the area of professional dance, choreography, therapy and the healing arts. It examines in depth, relationship to ourselves, to others and our environment in nurturing and supportive ways and provides a basic understanding and experience of the origins of our movement and our ways of being in the world. Maya Lila needs to be experienced before it can be understood... its a little like trying to

describe deep sea diving if you have never entered the ocean.

If you have little experience of bodywork or movement then you are welcome to attend the Maya Lila Taster days which will take place on September 8th 2007 and January 12th 2008 -- Private sessions are also available.

Maya Lila has several strands and applications and can be availed of as a Personal Therapeutic

support, an adjunct to any other Therapeutic Training, an Arts Practice, a Performance Practice, a Physical Education, a Spiritual Practice.

## FACILITATOR

Joan Davis has been exploring the nature of creativity most particularly from a body based perspective for over 30 years. She pioneered Contemporary Dance in Ireland in the 70's & 80's and has consistently experimented with

collaborative art as a professional artist and therapist.

Joan is a Body-Mind Centering® Practitioner, has studied Authentic Movement with Janet Adler, and Voice Work with Chloe Goodchild and Rajeswar Bhattacharya.

She has extensively studied Process Oriented Psychology (Mindell) and is a Hakomi Sensorimotor Trauma Psychotherapist.

[www.gorsehill.net](http://www.gorsehill.net)

## MAYA LILA FOUNDATION COURSE

In 2007 and 2008, Maya Lila is offering a Foundation Course in Somatic Studies. This Foundation Course will take place over twelve weekends from September 2007 until July 2008 and will consist of two modules.

**Module One: Six weekends in Developmental Movement Patterns and Body Mind Centering**

**Module Two: Six weekends in Authentic Movement and Body Mind Centering.**

It is possible to take Module One OR Module Two. It is also possible for people who have experienced this work before to 'mix and match' weekends of their choice. To satisfactorily complete the whole Foundation year, 85% of both Modules One and Two must be taken.

**MODULE ONE** is for therapists, bodyworkers and people interested in exploring the origins of their movement and ways of being in the world. In Module One, the combination of Developmental Movement Patterns and Body Mind Centering reinforces a strong and stable sense of our bodies and invites a support for our everyday actions, perceptions and ways of relating in the world. It offers basic movement awareness skills that are not technique oriented. They are natural to every human being.

**DEVELOPMENTAL MOVEMENT PATTERNS**, also known as Basic Neurological Patterns or BNP, teach us about the origins of our movement and our ways of being in the world. We revisit actions such as rolling, creeping, crawling and walking, and explore locomotive forces such as yielding, pushing, reaching, holding and pulling. We learn how our patterned

movements inform us about being in relationship and how to nurture new patterns that better serve us.

**BODY MIND CENTERING® (BMC)** invites us to experience our own tissues and cells and to find the support for the above developmental movement patterns

through embodying the different body systems - for example, our bones, muscles, nervous systems, our ligaments, fluids, endocrine and organ systems. The practice of BMC invites us to experience our bodies from within.

These six weekends will serve to offer an education and experience of DMP and BMC and would be of particular interest to Trauma Therapists, Psychotherapists, Councillors, Yoga, Alexander, Feldenkrais or Pilates teachers, Dancers, Actors, Artists and any Body Workers who wish to deepen their existing practice by incorporating the body more

fully into it. It is strongly advised that you commit to all six weekends.

**MODULE TWO:** is for those people who have some basic body and movement awareness and who wish to learn the process of compassionate witnessing and have an embodied Spiritual Practice. Module Two will offer ongoing mindfulness skills, development of compassionate witnessing, restoration and nourishment for the practitioner and experiential anatomy.

**AUTHENTIC MOVEMENT** is the practice of moving from the most authentic place within ourselves. We follow our own movement impulses and truth in the moment of that truth arising. Authentic Movement is always practiced in the presence of a witness. The mover usually moves with their eyes closed and learns to follow their own experience from within. The witness witness's with their eyes open and although the

witness is not in movement, they learn to follow their own experience from within whilst in the presence of the mover.. Afterwards there is exchange between mover and witness. Witnessing is the ability to follow and welcome your own inner experience whilst you are in movement or indeed engaged in any activity or at rest. We cultivate the attitude of loving presence, welcoming, curiosity, encouragement. and playfulness in the witnessing of ourselves and others.

To receive a Certificate of Completion for the Maya Lila Foundation Course in Somatics, 85% of the weekends must be fully attended and each participant will be required to keep a journal of their process throughout the course.

**FOR FURTHER INFORMATION, PLEASE CONTACT JOAN DAVIS AT 01 2876986 OR EMAIL [mayalila@gorsehill.net](mailto:mayalila@gorsehill.net) [www.gorsehill.net](http://www.gorsehill.net)**

## Indian Raga with Rajeswar and Suekali

# Real teaching in fickle times!

Do you long for some authentic teaching? Something real and substantial that truly nourishes? In our workshops, you will be immersed in the ancient and vast tradition of Indian raga, and taught by an internationally-renowned master who does not compromise in helping you to truly sing from the depths of your heart. Many of our students have been with us for over a decade, finding this work to be a reliable ship that navigates them through the turbulent waters of life and their own internal processes. You can also touch the depths in one weekend, and find that the nourishment lasts for months. The methods used in teaching Indian raga help develop the voice at a very primal level, and so whatever style of singing you enjoy, it will help increase the resonance, range and flow of your voice. People who have been told they 'can't sing' as well as professional singers have all benefited and found a path that welcomes all, yet has no end. Singers of Indian raga just keep maturing; there is no upper age limit!

So what happens in our workshops? We generally begin with an hour of First Nature ([www.firstnature.org](http://www.firstnature.org)) body and breath work taught by Suekali. This is a subtle yet strong form of body and breath work developed specifically for voice work, and connecting the physical, energetic and spiritual domains. The rest of the day is spent singing Indian raga and possibly learning a song from the 'Kheyal' tradition, or some 'dhrupad', or

'thumri' – all different traditions in Indian classical music.

Rajeswar's teaching is unique in that he is true to his roots and maintains much of the traditional approach in teaching singing, yet together with Suekali, they have spent the last 11 years making this approach accessible to westerners without compromising the essential elements. So the essence of this approach is the Guru-disciple relationship; the teaching happens through transmission, not through our own efforts alone. This is good news! We just need to be present, relax and let the teacher take care of our singing! Simple but surprisingly difficult – similar to the experience of 'trying' to meditate or follow other spiritual practices. Often the students who believe they 'can't sing' let go and tune in much more easily than the 'musicians' who have more to let go of! Entering the stream of a tradition means that we can trust a process much bigger than ourselves; whatever our mood, whether happy, sad, frustrated or blissful, the raga carries us along and takes us into its heart. We just need to be present and open.

In practical terms, Rajeswar uses the harmonium, a type of organ, and Suekali accompanies on the tampura – a haunting drone instrument that provides the essential foundation of Indian music. He will sing short phrases which we absorb with our whole bodies and particularly the heart, and

then we repeat back to him, in the same way that a young child would spontaneously try to repeat nursery rhymes to their grandmother. So we try to 'not think' and just let our bodies respond, and then not judge what happens. The process of hearing and repetition gradually strips away layers of artifice that we have built up over our natural voice and raw hearing over the years. This is what thrills people about Indian singing; at any moment we can touch a particular quality of note and tuning that is literally aligned to universal resonance – we vibrate at the same frequency as the earth, the plants, the stars! We experience this as ecstasy and long to be able to access this space more consistently. That's the beginning of the journey!

Suekali has been organizing workshops for Rajeswar in Europe for eleven years, and this will be our 4th workshop in Ireland. The fully residential venue offers us the chance to really relax and enter deeply into a singing retreat. For those who want more, this workshop will be an excellent preparation for our 18 day workshop in India, next January. We are also running workshops in London and Brighton in the UK. For more information about our teaching and the workshop programme, see our website: [www.thesingingheart.com](http://www.thesingingheart.com). For information about Rajeswar see [www.rajeswarb.com](http://www.rajeswarb.com) There was also an article in Natural Connections Issue 5, 2006.



## Soul of Bengal

with **Rajeswar Bhattacharya** (Kolkata, India)

and **Suekali** (UK)

*In a stunning residential venue, near Roundwood, deep in the heart of the Wicklow Mountains*

**Concert: Thursday, October 4<sup>th</sup>**, (details to be confirmed)

*Exquisite and evocative Songs of Rabindranath Tagore, together with classical Indian raga. Rajeswar is the foremost performer of Tagore songs in W Bengal today, and Suekali is his student of 19 years. Cost: C15*

**Weekend Workshop: Saturday 6<sup>th</sup>-Sunday 7<sup>th</sup> October 2007**

**and 4 day option: Sat 6<sup>th</sup>-Tues 9<sup>th</sup> Oct.**

Study with a renowned Indian master, visiting Europe only once a year. Whatever type of singing you enjoy, practising Indian classical raga with Rajeswar will help you find more flow, resonance and freedom. No previous experience or skill is required; just turn up, be present and relax! You will experience real teaching without compromise! Letting go into the raga opens the heart and nourishes the spirit – creating the possibility for ecstatic resonance with the universe. Whilst you are welcome for the weekend only, if possible book for the whole 4 days – this work takes time and is cumulative. This nourishing residential setting will allow you to retreat deeply into the heart of Indian classical raga. We will also do an hour of First Nature body and breath work per day, opening our bodies and freeing up our breathing.

**Book soon to guarantee your place!**

**Cost**, incl. full board, teaching and materials: **Weekend rate: C330. (deposit C150) 4 day option: C630 (Deposit: C250)**

**Bookings/enquiries:**

**Ireland: Colm Nolan 00353 (0)876836688 Email: [nolancolm@gmail.com](mailto:nolancolm@gmail.com)**

**UK: Suekali 0044 (0)1273 727289. email: [Suekali@thesingingheart.com](mailto:Suekali@thesingingheart.com). (visa payment via PayPal accepted)**

**Website: [www.thesingingheart.com](http://www.thesingingheart.com) and [www.rajeswarb.com](http://www.rajeswarb.com)**



## National Federation of Spiritual Healers

www.nfsh.org.uk

### Professional Healer Trainings in Ireland With Roy Hutcheson ( Licensed NFSH Tutor) with Yvonne Fitzgerald and Mary Meade.

NFSH, National Federation of Spiritual Healers, is a Registered Charity and the largest membership organisation of Spiritual Healers in the UK, with over 5000 members. It was founded over 50 years ago.

NFSH provides training for those who wish to become Spiritual Healers and accepts into Membership those who meet the organisation's standards.

Spiritual Healing is a natural energy therapy. It complements conventional medicine by treating the whole person - mind, body and spirit. Spiritual Healers act as a conduit for healing energy, often described as 'love and light' which relaxes the body, releases tensions and stimulates self-healing. The benefits of healing can be felt on many levels, not just the physical, and the effects can be profound.

#### What is Spiritual about it?

Spiritual in this context relates to spiritus; the life force energy and breath that is within us all.

Spiritual Healing is about treating the whole person. It energises body, mind and spirit and so its effects can be felt on many levels, not just the physical.

#### Isn't it Faith Healing? What's the difference?

No. Spiritual Healing is not Faith Healing. The term 'Faith Healing' implies that the recipient needs to believe in a deity and that that deity is the source of healing.

Spiritual Healing is not linked to a particular religion. Faith by the patient is not required and healing can help people regardless of their religious beliefs.

#### Where does this 'energy' come from?

Healing energy is all around us. In essence it is 'universal' - part of nature itself. It is available for everyone to use for the greatest good. Healers learn to use their ability to tap into this natural energy and pass it on.

Depending on their individual beliefs some healers and recipients see the energy as divine; others see it as pure universal energy. It is often visualised as simply 'love and light'.

#### Are Spiritual Healers properly trained?

##### How are you regulated?

Healers who belong to NFSH complete a two-year comprehensive programme of training, practise and development as Probationer Members before they are eligible to be considered for Healer Membership.

NFSH Healers abide by the organisations Code of Conduct.

#### What does the NFSH do?

NFSH is the largest Spiritual Healer membership organisation in the UK. It is a registered charity established to promote public health by the promotion of spiritual healing for the benefit of the public.

The charity provides opportunities for members of the public to receive spiritual healing through its UK Referral Service (0845 123 2767), at NFSH Healing Centres, at Exhibitions, and through NHS support services.

NFSH develops and sets standards for healers which our members must meet and in conjunction with other organisations has set standards to be met by healers in a large number of different healing organisations. In recent years the training courses have been revised in line with the NFSH commitment to raise standards for the protection of the public.

NFSH works closely with the medical profession and supports research into Spiritual Healing. NFSH was established during 1954. Harry Edwards, probably the most well-known and significant healer of his generation became the first NFSH member and later President of NFSH.

**For NFSH Trainings in Ireland please contact Yvonne Fitzgerald at 01 – 458 2592 / 086 2787 213 or yvonne.fitzgerald@ireland.com**

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*continued from front page.*

The Irish combined their own nature religion with Druidic law and practice, and from the desert fathers of Egypt they learned the practice of silence, hermitic retreats, fasting, praying and writing texts, mainly the Gospels and living the message of Jesus. Their monasteries were under the head of an Abbot or Abbess who was the final authority in all matters. There were many women amongst the founder saints of Ireland and most of the early monasteries held mixed communities of men and women. Celibacy was held to be the highest level of spirituality, but marriage was probably the state of the majority living in community.

An important aspect of the Irish Church was the vow of 'peregrinatio', of traveling to teach the word of God. During The Dark Ages (5th to 9th century) when anarchy raged throughout the Continent, Irish missionaries set up literally hundreds of monasteries across Europe and thousands of pilgrims came here to study and live in monastic communities. In fact the Irish saved European civilization during that Golden Age of saints and scholars. Yet, today the only evidence of their presence in some places is the remains of 12th century churches with Sheela carvings on the outer walls.

As Europe became more stabilized with strong rulers, the Papacy too began to grow stronger. Motivated by an Imperialist model, the Popes allied themselves with the Kings of France, England, Germany and Spain in order to make Roman Christianity supreme. Gradually, beginning in 664 AD the Celtic Church was dismantled. Irish laws regarding the land and Sovereignty were changed so that the Pope, not the Goddess of the Land bestowed sovereignty to kings and appointed clergy and hierarchy. Power and money were centralized in Rome as a result of Church Reforms, particularly in the twelfth century.

By the end of that century Roman patriarchy had effectively suppressed the Celtic Church. Pope Adrian, the only English pope wrote a letter encouraging and approving of the invasion of Ireland by the Normans on behalf of Henry II King of England. Shortly after the Norman conquest, Continental orders of priests arrived. Over 200 native Irish monasteries were closed, replaced by Cistercians and Franciscans, Benedictines and Augustinians who built in the continental style replacing native Irish monasteries. The carvings of the Divine Hag were demolished in many cases, or preserved by Irish chieftains and placed on their castles as a symbol of their divine right to the sovereignty of Ireland.

It took nearly one hundred years for the Irish nobility to realize that their very existence was threatened, not only by the English, but

also by the Pope. Fortunately for the Irish, there were not enough Normans to affect a complete conquest of this country and so an accommodation was reached in which they married into the Irish nobility and 'became more Irish than the Irish themselves'. The Gaelic Revival lasted for around two hundred years during which the Irish language, poetry, music, culture and history flourished – and Sheelas began to appear on Norman castles as well as those of Irish chieftains.



No longer symbols of the Sovereignty Goddess, Sheelas became the 'luck stones' of Chieftain families and came to be considered a hex on the

enemy and a protection for the owner of the castle or the lands on which they were placed.

However the efforts of Henry VIII and his daughter Elizabeth I, and finally of Cromwell ensured that the fifteen hundred years dynasty of the Milesian kings could not be revived. By the seventeenth century Ireland was bereft of its leaders when the last of them left to find refuge on the continent in what was called "the flight of the Earls" in 1607 – four hundred years ago. Ironically, by the nineteenth century only a very small percentage of the land of Ireland was owned by Roman Catholics.

Moreover, the people of Ireland experienced famine and pestilence on such a scale that it still influences at a subconscious level the present generation of Irish in Ireland and the wider diaspora of some seventy millions.

Once again She is reappearing – this Divine Hag – in grave yards – resurrected by FAS workers doing conservation work, and on the side of churches and castles formerly covered with ivy. Dozens of them lie hidden away on the floor of the National Museum of Ireland gathering dust, "an insult to women" according to a former Director of the museum. The carving at Tara was branded as "rude and crude" in an old pamphlet. No doubt they do inspire strong and varied emotional reactions. That is a sign that they speak to the unconscious – they help us access that part of our psyches we would rather keep hidden, the part Carl Jung called 'the Shadow'. Religious symbols, to be effective, must elicit a powerful emotional response from the viewer and Sheela carvings certainly do that.

For me Sheela symbolizes not only fertility, but all of nature on this planet Earth. She is sovereign over birth and death and

regeneration and transformation. She has synchronistically reappeared at this critical point in history, emerging from the Collective Unconscious to remind us of what has been so violently and persistently repressed over the past 2000 years and more.

She has come to remind us that, contrary to the Hebrew Old Testament, the Earth will not be conquered and subjected to man, in spite of all the damage that has been done to the planet by human beings. Sheelas have returned to remind us that there is a better way than conquest and domination of the planet and the subjection of women who are the living symbols of the Great Goddess of the Earth, of the Land.

We as individuals must each make a solemn contract with the Goddess. There are no more kings and so we – men and women – must marry Her, promising to respect and honour the land we walk on, live in, the soil under our feet. We must protect her from all the toxic

material that has been and is being dumped on her. We must realize that what is happening to the Earth Mother is also happening to the feminine in both men and women. We must respect our own bodies, protect them from abuse from self and others, value that part of ourselves that is creative and productive for the good of the whole.

We must learn from her the secrets of love –neither grasping nor fearful, but generous and courageous even to the point of facing death, knowing that it is only the next stage in the eternity in which we live. If we can become Sovereign over ourselves, Sheela promises, as her name in Sanskrit means "Peace of the Earth".

*Maureen Concannon M.A., Dip. Psych., Ph.D. is a Psychologist, Member of the Psychological Society of Ireland, and of the American Psychological Association. She has written two books on the history of Irish clans, and a book on Sheela na Gigs, entitled "The Sacred Whore" (Collins Press, 2004).*

**"Sheela Cards" – Symbols of the Sacred Feminine" by Jakki Moore and Maureen Concannon (2007) The cost is 38 euro including postage and packaging. Contents: 40 different Sheelas in vibrant colour drawings, along with a 52-page booklet describing and interpreting each carving and giving a brief history, in a presentation box. To order, send cheque to Awareness Publications, 96 St. Stephen's Green, Dublin 2.**



## INNER CORE ENERGY READINGS

*At the core of our being we are created perfect. Our lives are our choice. We are here because we chose to be here. Sometimes we need clarity about our lives and the choices we have made. We have all journeyed difficult terrain, to enable us to experience life to the full. Sometimes the difficulties we have encountered confuse our own sense of who we are. Life is not intentionally confusing and disorientating, but a constant challenge for our growth and potential while we walk this Earth.*

### Inner Core Energy Intuitive Distance Readings

- ❖ *Will enable you to gain a deeper insight about yourself and your journey here and now. Why you made the choices you did. What is your potential at this point in time.*

### Private Alignment Session

*Core Energy Alignment sessions are undertaken by those who know they have done everything in their power to connect with the highest within themselves. Sometimes the assistance of a process is needed to enable one to be freed of residual patterning; the wear and tear of life. The Alignment Session are complete in themselves. How you then utilise the alignment is integral with your freewill. To change requires courage, I Facilitate the process during the session ; the full integration of the process is a gradual, organic one taking three months for it to be fully realised.*

### Alignment Sessions will enable one to:

- ❖ *Reclaim personal wholeness*
- ❖ *Balance Masculine and Feminine Energies*
- ❖ *Unfreeze Past Emotional Trauma*
- ❖ *Connect back to your perfection*

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CHRISTINE ON 074 91 20997**

## Inner Core Energy Alignment Article

by Christine Farmer BA

During the Inner Core Energy Alignment Session I am assisting others to reconnect with their wholeness and perfection. During my work I am assisted by the Angelic realm and those in the higher realms who work cooperatively with us all. My client's freewill at every level of their being is paramount during the session; none of us has to change, we do so because change is desired already and only needs the appropriate process to accommodate it.

My perspective of my work is based upon my experience and my knowing that I carry a gift; it is the embodied energy of the gift I bring into the sessions. The Inner Core Energy Alignment process has evolved organically alongside my maturing relationship with life and the Divine Energy of Love. We are spirit in matter, making a journey here and now upon this earth. We have life because we chose to be here. Being here in this dimension of reality is difficult for us all. We are constantly challenged by our lives and shaped by our responses to our life. Life is a process of growth and change; we are empowered to make choices that challenge our individual perspective upon life. Our focus can become far removed, by the difficulties in life, from that which we had when we first entered life, our own knowing can become a distant reality to us.

We are living within a physical reality designed to assist us in our choice to unfold beyond the limitation of the concept that our relationship with the Divine is one of separation. The Divine is eternal and abides within



all things in this universe and beyond. When we know this to be the truth for ourselves, we have a different perspective upon our life and the life process. Our perception of the life process then becomes reframed within the concept that we are eternal beings abiding within matter. Our life is a constant opportunity to deepen our relationship with Divine Love in all its forms.

Acquired concepts may have defined very clearly that we are separate from the Divine Energy of Love; the Divine Energy of Love however shows a different truth. At the Core of your being is the perfect you experiencing life in this particular life time. My gift works to achieve, that which I value the highest, the personal freedom to have a deeper relationship with unconditional love and oneness. What is Oneness, could it simply be the knowing that we abide in the energy of love and the energy of love abides within us? Love is energy, energy is Love. Love is the eternal energy indwelling within us throughout our many life times upon earth, travelling with us always accessible never denied. Recognising patterns, releasing restrictions and reclaiming, in the now, a conscious connection to the core of your being; this is what the work with my gift achieves.



# NFSH Professional Spiritual Healing Trainings in Ireland

## Foundation Courses 2007/2008 in Tullow, Co. Carlow

Start Date : Part 1 & Part 2 Fri. 23rd - Sun. 25th November 2007

Further details contact Yvonne on 086-278 7213 or 01-458 2592

## Foundation Courses 2007/2008 in HolyCross, Co. Tipp.

Start Date: Part 1 Sat. 22nd - Sun. 23rd September 2007

Further details contact Maria on 085 -723 4234

## Foundation Courses 2008 in Milltown, Co. Cavan

Start Date: Part 1 & Part 2 Fri 11th - Sun 13th January 2008

Further details contact Mary on 049- 436-4021 or 087-410 4519

### Roy Hutcheson NFSH Licensed Tutor



Roy is an experienced healer and teacher who has been involved as a tutor, manager, public relations and media person for the past 25 years. During this time had access to some of the finest spiritual healing practices in the world. Roy has been interviewed about Healing for TV, radio worldwide, national magazines and newspapers. He has also been a guest speaker at many healing exhibitions. Roy says "I am honoured and blessed to be able to share universal healing techniques".

**NFSH training officer and tutor, environmental balancing and self awareness tutor, reiki master teacher, life coach, hypnotherapist, neurolinguistic master practitioner.**  
email: roy.hutcheson@btinternet.com Ph.: 0044 1524 262621

### Yvonne Fitzgerald NFSH Licensed Trainee Tutor



Yvonne is a qualified healer whose professional practice since 1990 has included Massage, Reiki, Polarity Therapy, Body Harmony, Aromatherapy, Reflexology and NLP. She completed her professional healer training in 1994 with the Annwn Institute and became a course tutor from 1997 to 2002. She co-ran and taught a 2yr Prof. Healer training, a 1 1/2 yr Personal Development Journey and energy sensitivity workshops from 2002 to 2005. In 2006 she taught massage on an ITEC Prof. Massage training. Yvonne became a Full Healer member of the NFSH in 1997 and began tutor training with Roy in 1996. It is Yvonne's heartfelt wish and privilege to share the beneficial effects of Spiritual Healing and Personal Development to all who choose them and to support healers in training and qualified, on their paths.

Email: yvonne.fitzgerald@ireland.com

Ph/ Fax.: 01-4582592 Mobile: 086-2787213

Address: Alacoque, Cromwellstown, Rathmore, Naas, Co. Kildare, Ireland.

NFSH Co-ordinator for Ireland

Web: www.natural-connections.com coming soon.

### Mary Meade NFSH Licensed Trainee Tutor



Mary is a qualified healer whose professional practice since 1993 has included Massage, Aromatherapy, Reflexology, Stress management and Bereavement therapy. Mary joined the NFSH in 1997 as a probationer healer and successfully completed her training in 1999 to become a full healer member of the NFSH. In '99 Mary moved to Cavan to begin her dream of building her own healing centre. Tullywood Lodge and it is now officially a centre for healing, spiritual & personal development. Mary began her tutor training in February of 2007 and is currently tutor training with Roy. It is Mary's wish to provide fully recognised healing courses at her centre. Providing alongside this the back up and support necessary for all probationary and training tutors of Spiritual Healing.

Email: tullywoodlodge@eircom.net

Ph/Fax.: 049-436 4021 Mobile: 087-410 4519

Web: www.tullywoodlodge.com

Address: Tullywood Lodge, Corglass, Milltown, Co.Cavan

### PART ONE

What makes a Healer;  
Spirituality of Healing;  
History of Healing;  
Breathing; Grounding,  
Attuning, Protection and  
Permission;  
Distant Healing;  
Sensing the Chakras; Sensing  
Subtle Energies;  
Grounding Exercises;  
Healing Demonstration?

### PART TWO

The Healing Act – (Preparation,  
Opening and Closing  
a healing session);  
Basic Principles of Relaxation;  
Positive Thought – Lifestyle;  
The Charkas;  
Our Subtle Bodies;  
Healing Practise;  
Being a Probationer  
member of the NFSH.

### PART THREE

The Physical Body;  
Stress Management;  
Visualisation and Meditation;  
The power of the Creative Mind;  
The Healers Role in the Cosmic  
Plan; Self Healing understanding  
your inner self and Self Healing  
Strategies; Healing Practise; The  
Code of Conduct;  
Logbook and Assessment.

### PART FOUR

The Healing Environment –  
(Practical preparation for healing.  
Administration. Record keeping.  
Evaluation Space clearing);  
Couch Healing;  
Health and Safety / First Aid and  
Emergencies;  
Death and Dying;  
Listening Skills;  
Healing Practise;  
Taking Training Further –  
NFSH Membership.

For further information contact Yvonne Fitzgerald at:  
**Phone: 01 458 2592 Mobile: 086 2787213 Email: yvonne.fitzgerald@ireland.com**

**NOTE:** This recognised training is open to beginners and the experienced healer.  
It will lead to recognition with the National Federation of Spiritual Healers upon the successful completion of the Training,  
a Probationary Period beginning with membership of the NFSH and NFSH Panel Assessment. (CPD points).

# International School of Awareness



## TWO x 3 Day, Certified Courses in 'Dowsing' "SELF AWARENESS" & "ENVIRONMENTAL BALANCING" with Roy Hutcheson.

### Course 1: SELF AWARENESS: 28th, 29th & 30th September 2007 in Wicklow

- Module 1** Self Awareness
- Module 2** Self Analysis
- Module 3** Face the challenges of physical daily life
- Module 4** Using charka energy
- Module 5** Emotional Blackmail versus Universal Love
- Module 6** Think, Believe, Know
- Module 7** Off earth communication
- Module 8** Balance
- Module 9** Am I? I Am!

The universal balancing charts used in this course have a unique and beneficial way of increasing the recovery time of any imbalance that has an affect on the body. The body is the last place to show us where something may be out of balance. The imbalance can be due to emotions, attitudes or simply an unhealthy curiosity regarding the future (spiritual or material).

Everyone attending receives a certificate from the International School of Awareness which can be used, should you wish, as part of your therapy work. The charts are instrumental in finding the original source of any 'problem' being encountered by an individual

and are of particular value to those experiencing repeat pattern behaviour. Once the source is discovered and the individual is prepared to work on rectifying that reason, the therapist will appear to execute a miraculous cure.

#### What are the benefits of dowsing for Self Awareness?

Dowsing, or divining as it is also known, is a route to personal power and self-discovery. Human beings from way back in time have wanted this power and wisdom, and still do today. This personal awareness is about being able to connect with your higher self, which knows everything, so that we have more understanding and tolerance of ourselves and matters around us. This in turn leads to inner peace.

### Course 2 : ENVIRONMENTAL BALANCING: 17th, 18th & 19th November 2007 in Wicklow

- Module 1** Self Awareness
- Module 2** Self and Earth Analysis
- Module 3** Earth Energies
- Module 4** Earth Balance Energies
- Module 5** Earth's Bodies
- Module 6** Cosmic Communication
- Module 7** Interference by Man
- Module 8** Atmosphere and Environment
- Module 9** Negativity
- Module 10** Interplanetary Energies
- Module 11** Radiation
- Module 12** Universal
- Module 13** Planetary Changes
- Module 14** Crystal Light Energies
- Module 15** Peace Pentagon

The universal balancing charts used in this course have a unique and beneficial way of increasing the recovery time of any imbalance that has an affect on the environment. The physical matter is the last place to show us where something may be out of balance. The imbalance can be due to man's ignorance or carelessness. Like humans, Earth has a purpose to fulfil and because we are here on earth at this time, a part of our own purpose is to help Earth through its present transition. Each one of us will be involved in a slightly different way, for none of us has precisely the same purpose. Once we have understood just a little of this, we can go forward with hope, not just believing peace on Earth is possible in our present life time but knowing it is so.

#### What are the benefits of Dowsing for "Environmental Balancing"?

Dowsing, or divining as it is also known, has been used for a long time for finding water, seeking sources of minerals and energy lines in the Earth. More methods

using dowsing have been developed with the use of Universal Healing Charts, which allow us to be accurate in detecting where energy of the earth is out of balance.

The Self Awareness and Environmental Balancing trainings are a revised version of the original put together in 1992 by Michael Mann and Pauline Turner. They take into consideration the needs for the individual to constantly adjust and align themselves with Earth during all the changes that are happening to Earth now. A very special gift of dowsing is finding solutions with the use of Universal Healing Charts. There are times when we want to make a decision or need direction, but may find it difficult to select the right option or path. Asking questions and getting honest answers is an advanced practice of dowsing with the use of a pendulum or rods.

*Gaining knowledge or information is personal power and if you wish to gain a better quality of life and to help others using the art of dowsing contact Roy Hutcheson on ++44 (0) 1524 262621, email roy.hutcheson@btopenworld.com Contact Yvonne Fitzgerald on 01 4582592, mobile 086 2787213, email yvonne.fitzgerald@ireland.com for course venue, dates and fees. CPD points*

# Sound Healing & Consciousness Growth

by Daniel Perret



My understanding of sound healing comes from having studied the human energy fields and the impact of sound for more than thirty years. I have been focusing on understanding the quality of sounds and how they are generated by different instruments or indeed the voice. I use this in my work as a music therapist in two children's day clinics in Central France as well as in my work on consciousness growth with adults. As a musician I have developed

a deep interest in who is actually creating sounds and music. Where does sound and creativity come from? What do we express when we spontaneously and truly express our feelings? What is our 'deep inside'? Does it at some point extend beyond the personality level? Studying energy helps to us understand the impact of sound and how its benefits can be made to last.

Sound healing operates within the universal laws of energy and spiritual healing. Sound healing is using the specific qualities of sound and how it can bypass our

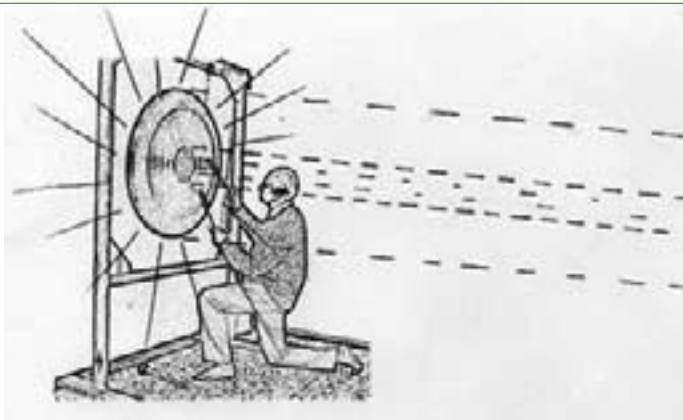


defences, the resistance of our ego structures. Sound does not heal by itself, but readily opens doors to hidden places within us. This opening will last only a short time, sometimes up to a few hours. During that short lapse of time we have the opportunity to put our foot in the door, that is, use our consciousness to bring light into these hidden corners, so that the effects of sound can become lasting. We often need to change our attitudes, beliefs and habits in order to be able to use the opportunity that sound offers. If we are engaged in a path of consciousness growth, then sound and music can be a valuable aid bringing joy and fun. Without a conscious effort sound alone

may be very impressive at times, fascinating, unusual, you name it, but the effects will usually not last. Our defence system will usually take over and close the door again to the area which had been activated by sound. True consciousness growth is not just for our own personal benefit. It aims at developing compassion and the understanding of the nature of mind. If we put this musically: at harmonising the different partners and elements so that they cohabit with respect and care.

Sound can work, for example, on an etheric level using specific sinus frequencies, that is a machine generated sound – a fascinating domain but very boring from a musical standpoint. Sound can be used with the help of a music therapist in a dialogue using musical instruments. You may want to use sound on yourself or on others with your own voice or the use of simple yet effective instruments like a Tibetan singing bowl, a gong or suchlike. To understand how to work with sound and to obtain lasting effects you need to use your awareness and have the support of an experienced therapist or guide. The recent decades have provided us with some extraordinary therapeutic recordings. Both, simple sounding instruments, our voice or specific recordings can be used either on ourselves or on others in the context of a therapy,

**Sound impact on a bowl of water with a light mirroring on its surface.**  
Lauterwasser's new book 'Wassermusik'



a sound experience evening, an expression workshop or a healing session. These are domains that usually are not part of what conventionally is known as music therapy. The paths with music and sound are manifold but the understanding of subtle energy and the laws of how sound works is essential in order to go deeper into it.

It is fascinating to observe how sound emanates from an instrument. It does not spread uniformly. It takes certain paths, creating lasting traces and structures in the etheric field around an instrument. These etheric structures can be felt around the instrument and in a room sometimes long after you have sounded the instrument or your voice. The drawing shows the example of the emanations of a gong. There is a central stream moving out several meters, then a radiation from its edge, sidewise, slightly forward and one from its edge coming straight forward.

A key to understanding how to detect and direct the quality of sound can be found in using the

five elements earth, water, fire, air and space. They are a way of describing all there is in terms of five fundamental qualities. Some instruments tend to be more fiery, some more watery. On top of this your way of playing may be in itself more airy or earthy, etc. The person you may play or sing for may be very watery and lack fire or space. These qualities link to specific areas of our body, with their specific emotional structure and thought connection. You can find the details in my books.

Sound in its different forms can be a very potent tool to work with in healing, psychotherapy or development. It is very helpful to study subtle energy and transpersonal psychology in order to learn how sound works in healing. Since 1996 I have been teaching a two year experiential training programme on Sound Healing in several countries. I taught two programmes in Ireland in recent years. At the beginning of 2008 I will offer a three day introductory workshop near Dublin. The training programme focuses on the healing effects of sound and will help to develop intuition, feeling awareness and an understanding of the transpersonal dimension of human beings. If you are interested I invite you to come along to the Introductory workshop. You can also visit our website or read one of my books 'Sound Healing with the Five Elements' (Binkey Kok Publications, NL, 2005), 'Roots of Musicality, Music therapy and Personal Development' (Jessica Kingsley Publishers, 2005, London; foreword by Prof. Colwyn Trevarthen).

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<http://perso.orange.fr/CentreduVallon>  
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### *Introduction to Crystals & Energy Awareness*

*@ The Junction, Derry.*

*Dates for upcoming weekends Note need only attend one weekend for accreditation.*

**Sept 15th-16th and 29th –30th /**

**October 13th - 14th and 20th - 21st / November 3rd – 4th.**

The weekend introductory programme is designed to give participants an insight into crystals and how they can be used as a tool for healing as well as in daily life. It is an opportunity for those who are interested in professional training, but who would like a taste before committing to such in depth work. The weekend is accredited and serves as the first part of the Two Year (part-time) Diploma course in Crystal and Spiritual healing. Content.

- **Meditation techniques.**
- **Observing Energy Fields.**
- **How to choose, cleanse and tune crystals.**
- **Uses of crystals in daily life.**
- **How to ground, strengthen and protect your energy field with the use of crystals.**
- **An understanding of at least 15 different crystals.**
  - **Some basic sound work.**

Meditation and visualization work with crystals, energy sensing exercises and looking at self-healing. Much of the weekend will be experiential, so participants have the opportunity to practice what has been discussed. The weekend is facilitated by Liam Cunningham MVHF, MCHF, BA., who organises and hosts introductory workshops for Vibrational Healing Foundation in Ireland.

**Mobile:RI 00353 (0)877873407 NI 07932646757**

**email: [liam@creativelements.org.uk](mailto:liam@creativelements.org.uk)**

**Cost: £100 per weekend to be paid in advance**

## *The Vibrational Healing Foundation Diploma Course*

**November 2007-08-27**



*The foundation is offering a 2yr part time professional training in crystal healing and spiritual healing.*

*The Venue: The Junction, Derry*

*VHF. Contact details:*

*London 02077360283 (ask for Henriette)*

*Email: [VHFLondon@aol.com](mailto:VHFLondon@aol.com)*

*Website:*

*[www.vibrationalhealingfoundation.co.uk](http://www.vibrationalhealingfoundation.co.uk)*



Director: Martina Barrett. Address: c/o Kachina Natural spa, Moneen, Castlebar, Co Mayo. [www.beamsholistic.ie](http://www.beamsholistic.ie)

### **PROGRAMMES 2007 – 2008**

#### **SEPTEMBER 2007 ANATOMY & PHYSIOLOGY CERTIFICATE COURSE I.T.E.C. (M Barrett)**

**Dates:** Introductory evening & Registration 25th September 2007 7:30 – 8:30PM

**Venue:** The Parish Centre, Chapel Street, Castlebar, Co Mayo.

**Completed application form and deposit to be submitted at latest 25<sup>th</sup> September 2007**

#### **October 2007 WORKING WITH BACH FLOWER REMEDIES (Kathy Ryder)**

An introduction to the fascinating world of Dr Bach and his Flowers remedies that help us cope with the emotional aspects of our lives.

**Venue:** Parish Centre, Chapel Street, Castlebar, Co Mayo

**Date:** Saturday 13<sup>th</sup> October 2006. Time 9:30am – 4:30pm **CPD Credits 50**

**Application in writing, with deposit, before 5<sup>th</sup> October 2007 Deposit: €50.00**

#### **November 2007 EAR-CONING TRAINING – THERMO-AURICULAR THERAPY (M Barrett)**

**Dates:** 3rd Nov 2007 – Time 10:00am – 4:30 pm (A. Certificate of Attendance only) **CPD Credits = 50**  
& 27th Nov - Time 7.00pm – 10:00pm (plus case studies) (B. Certificate to practice) **CPD Credits = 100**

**Venue:** Parish Centre, Chapel Street, Castlebar, Co Mayo.

**Appy using application form, with deposit of E100 non refundable before 8th February 2008.**

#### **Jan 2008 HOLISTIC THERAPEUTIC REFLEXOLOGY DIPLOMA COURSE IRI-AOR**

**Dates:** Information Evening & Registration 25th Sept 2006. 8:30 – 9:30pm

**Venue:** Parish Centre, Chapel Street, Castlebar.

**Latest date for receipt of applications 10<sup>th</sup> Dec. 2007. (Application form). Anatomy & Physiology a pre-requisite.**

#### **November 2007 CANCER & REFLEXOLOGY (M Barrett)**

Explore the possible approach(s) to use when working with those living with cancer using reflexology.

**Venue:** Parish Centre, Chapel Street, Castlebar, Co Mayo

**Date:** Saturday 24<sup>th</sup> November 2007. Time 10:00am – 5:00pm **CPD Credits 50**

**Application in writing, with deposit, before 15 November 2007 Deposit: €50.00**

#### **December 2007 REFLEXOLOGY REFRESHER DAY (M Barrett)**

**Title:** Reflexology -Practical Day -Revision of Techniques - using minimum energy for maximum effect

**Venue:** Parish Centre, Chapel Street, Castlebar, Co Mayo.

**Date:** Saturday 8th December 2007. Time 9:30am – 4:30pm **CPD Credits 50**

**Application in writing, with deposit, before 30<sup>th</sup> November 2007 Deposit: €50.00**

#### **November 2007 WORKSHOP “HEALING & LIGHT ENERGIES” (Peter Goldman)**

**Venue:** Murt O’Brien, 18 Ballyguild Mor, Greenhill Rd., Wicklow Town.

**Dates & times:** 23rd-25th November 2007.

**Application in writing, with deposit of €100, to Murt O’Brien at The Wicklow Art Gallery, Rathnew, Co Wicklow, before 9<sup>th</sup> November 2007. Enquiries contact Murt on 0404-64633 or 086-2587027**

**For further information or to book on the courses contact:**

**Martina Barrett, Kachina Spa, Moneen, Castlebar, Co Mayo. Tel 094-9027110. e-mail [martina@kachina.ie](mailto:martina@kachina.ie)**

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 Founder & Course Director Martina Barrett is renowned for her knowledge as a therapist and an educator. She was involved with personal growth programmes and became a training manager with Junior Chamber Ireland, winning the world award for the best "Self Development Programme" in 1981. Martina has been practising Natural Therapies, including Reflexology & Aromatherapy since 1986. A founder member and former President of the Irish Council of

Reflexology, she was one of the driving forces behind the unification of the main organisations of Reflexology in Ireland. Martina served as a Committee member on the amalgated organisation, The Irish Reflexologist's Institute. From 1994-1998 she was the representative for the Irish Reflexologists Institute at European and International Level.

Martina holds the distinction of being the first Irish person to deliver papers at 3 Major International Conferences; European Conference of Reflexologists, England 1994, 5th World Conference of Reflexologists, Canada 1995, & European Conference of Reflexologists, Holland 1996. Martina delivered the concluding presentation at the RiEN Conference in Limerick 2006.

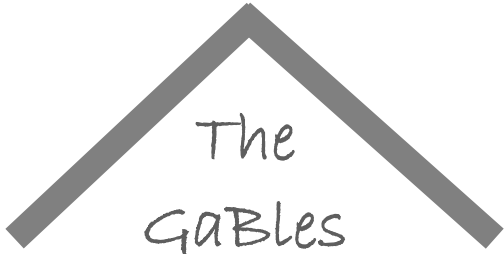
**REFLEXOLOGY:** Reflexology is a method of encouraging the body's natural healing ability by working on the reflex areas of the hands and feet. The practitioner uses thumbs

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**COURSE CONTENT**  
 The aim of the course is to provide participants with the necessary theory and skills to practice as Professional Reflexologists. Emphasis is placed on the ability to identify and work on reflex points of the feet systematically and with skilled pressure to bring about a state of relaxation, a sense of well-being, improvement of nerve function, lymph and blood supply, excretion of toxins from the body, and balance and harmony to the whole being. The inter-connectedness of body, feelings, mind and soul and their acknowledgement when treating clients, is an integral aspect of training. Candidates are also encouraged to become aware of the necessity for positive self awareness and to be able to utilise their own personal resources. Telephone / e-mail support is available for any situations that may arise as you progress with your study.

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*continued from front page...*

During the summer of 1983, I had an encounter with Queen Maeve that changed my perspective, and my life. While wandering down Wine Street in Sligo, I was struck by an odd sight. In the window of a butcher shop, interspersed with carcasses and cuts of meat, were strangely evocative wood carvings of figures from ancient Irish legend. Written in pencil were descriptions of the characters, one of which was my notorious warrior queen. I decided to investigate, and entered the shop of the butcher of Wine Street, one Michael Quirke. Six hours later, I was still sitting on his countertop, listening with awe as he recounted the stories of Sligo's history and legend.

I came to realize that Michael Quirke should be declared one of Ireland's national treasures. Not only is he an unparalleled historian, folklorist and storyteller, but he is a great proponent of remembering and restoring the divine feminine element in Irish tradition. The hours I spent with him that day – and in many subsequent visits – opened my eyes to just how much the role of women in history – all history – had been altered, and often even eradicated. It is through the traditionally preserved local legends that Maeve is remembered in a very different version than those that were recorded in monasteries in the Middle Ages. Here, our Queen Maeve is the great protector of her people, entrusted to protect the holiness of her land. Sligo has more ancient monuments – standing stones, stone circles, dolmens – than any other place in the world and was considered the most sacred and powerful territory in ancient Ireland. It was in trying to defend this land that she developed her reputation as an unparalleled warrior. It is far more likely that Maeve was a noble and fierce warrior who was successful in defeating would-be conquerors from neighboring regions, like those from Ulster. She is even remembered in oral traditions as the Mother Goddess, as one of the three great faces of divinity!

So where did her public relations hit a snag? In the same place that many women lost their battle in history, particularly women who represented the feminine aspect of spirituality, essentially the divine feminine principle. During the monastic period. Celibate monks in the Dark Ages and Middle Ages were not inclined to include women in their legends, and when they deigned to do so, their roles were either diminished or transformed into villainous creatures – untrustworthy inciters, usually driven by lust and greed. There is even evidence that during some of these monastic cycles, the scribing monks believed that women did not have souls and were bound by their belief to depict them that way – as soulless and evil. Further, the idea of divine femininity, of any aspect of God having a female principle, was anathema to these monastic orders. There was a

concerted effort to eliminate the entire idea of the Divine Feminine.

Thus it was that Ireland opened my eyes to the plight of women in history and spirituality, and transformed my path into a quest for the truth. The great warrior queens, once considered the soul of their nation and the protectors of their people's spirit, were rewritten by later clerics as the reason for wars, pestilence and worse. This idea of strong women getting a bad rap, or in some cases written out of history completely, became my chief motivation as a writer. I began to feel an overwhelming obligation to question history. With all that I discovered, I realized that I was now on the razor's edge of a potentially radical perspective – that I essentially didn't trust anything that had been written down as historical evidence! I took the battle cry of another great Celtic warrior woman, the Icenic Queen Boudicca, as my own: *The Truth Against the World*.

Perhaps the lucky women were eradicated. The others were vilified and made notorious. Nowhere is this more true than with Mary Magdalene.

In 1989 while pregnant with my oldest son, I set out to write a book about women who had been maligned and misunderstood by history. Initially, there were about a dozen women in the line-up from various historical periods, including: my original muse, Maeve, the aforementioned Boudicca, Cleopatra, Lucrezia Borgia, Marie Antoinette, Mary Queen of Scots, Catherine the Great. Mary Magdalene was just one of the women on this list, but she was a great place to begin as she represented the one woman who we knew definitively had been misunderstood. We knew because the Vatican admitted that Mary Magdalene's story had been conflated with that of an unnamed sinner during the reign of Pope Gregory the Great. Ostensibly, this was done to create an icon of repentance. If this sinful woman could repent to become the first witness to the resurrection, then surely no one was beyond the redemption that the Church could bring?

In 1997, I wrote my first non-fiction book proposal called "The Magdalene Line". It contained all of my research into the history, legend and secret societies in Europe that have preserved the legacy of Mary Magdalene for 2000 years. I approached the proposal like a journalist; it was meticulously detailed and covered the often explosive revelations within while including some of my methods and sources. I asserted that Mary Magdalene, at the very least, was a founding force for Christianity and needed to be regarded as such. There was tremendous cultural proof on the Continent that Magdalene had come to France following the crucifixion and created the first true missions – churches, schools, even shelters. Of course, this idea of Mary Magdalene as chief apostle and religious heroine was

overshadowed for many by the more controversial element in her story: Magdalene as wife of Jesus and mother of his children.

The response from the publishing industry was deafening silence. I was told, more than once, that I would never get away with this book because I was a woman, and really, didn't it all just look like revisionist history from a feminist with an agenda? Who was I kidding with my "Divine Feminine" element in Christianity? That was too outrageous to consider. One agent even referred to my proposal as "feminist rage". Because I was treading upon Biblical scholarship, it was also explained to me in no uncertain terms that I was not welcome in "accepted" publishing circles because I did not have tenure at a major university. The brutal truth is that the layman's opinion, no matter how well researched, is neither wanted nor respected. It is, in fact, anathema to academic and publishing circles.

But the very point of my work is that I ventured outside of traditional academic sources. I was not interested in re-hashing the corrupted perspective recorded by clerics with a misogynist agenda and was perfectly happy to leave that to the scholars. Since the dawn of written records, the vast majority of materials that scholars consider academically acceptable have been created by men of a certain social and political status. We believe in the veracity of documents simply because they can be "authenticated" to a specific time period. But carbon dating ink and paper cannot tell us anything about the perspective, intention or potential agenda of the human hand that committed those words to paper. How many magnificent stories have been lost to us because the women who starred in them weren't deemed important enough, or even human enough, to merit mention? How many women have been removed completely from history?

What I was interested in was seeking out alternate sources in the culture and traditions of the locales that preserve these ancient legends with great love and reverence. Scholars argue that these sources are not reputable. My response is that they are perhaps the most reputable and pure sources that exist.

There are elements of Mary Magdalene's story as I tell it that cannot be corroborated through any readily acceptable academic sources. They exist as oral traditions and have been preserved in highly protected environments by those who have feared repercussions for centuries. Here, it is critical to understand the mindset of a culture that does not commit their beliefs to writing because to do so would only lead to persecution, arrest and the most horrific forms of torture and death. The ancient followers of Mary Magdalene, known as the Cathars, lived with the fear of such retaliation, and for good reason: they were hunted down by the medieval

church, brutally tortured and executed in the most horrific ways. Close to a million people were massacred in France for their "heretical" belief in the role of Mary Magdalene as the wife of Jesus and subsequently as the true spiritual founder of Christianity in the Western world. The Cathar people learned through unimaginable hardship that the only way to survive would be to keep their knowledge and traditions highly protected and secretive. They remain so to this day, where secret societies quietly preserve the pure faith of their people – the teachings of Jesus as they were brought to Europe by his beloved spiritual partner.

Through my years of research, I have discussed, questioned, argued and even conceded many points with clerics and believers from a number of faiths. All of these individuals are a part of the mosaic of my belief system. Despite the myriad differences in their philosophies, each of these people blessed me with the same gift – the ability to exchange ideas and engage in dialogue freely and without anger.

I have found that Mary's message is one of love, tolerance, forgiveness and personal accountability. It is a message of unity and non-judgment for all people of all belief systems. For this is the essence of the Divine Feminine spirit. When we lost Mary Magdalene in the life of Jesus, we lost the love in Christianity. We lost the nurturing and the maternal element. We lost our community, and maybe even a part of our spirit. When I speak in public, I often ask my audiences to consider what the history of the last 2000 years would have looked like if we had protected the idea of Mary Magdalene as the wife, partner and successor of Jesus, if we had preserved the female principles of love and nurturing in our spirituality. I dare to say that history would have looked different, and that there would have been a lot less bloodshed.

It is my greatest joy that the consciousness of the world is being challenged and raised through the revival of Mary Magdalene's true story today in the 21st century. It is her time to shine now, by returning us as humans to a state of grace and balance through her wisdom.

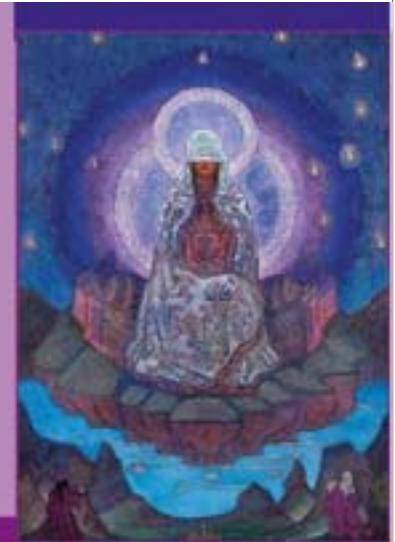
Kathleen McGowan is the author of *The Expected One*, a novel that tells the true story of Mary Magdalene's life with Jesus and her place in Christianity. It is an international bestseller and has been translated into over 30 languages.

***Come meet and hear  
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# Awaken to the Divine Feminine

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