

**5 January: THE CHRIST, THE HOLY SPIRIT AND THE MAGDALENA FLAME with Edwin Courtenay**

2010 is a powerful year when the Christ energy, through the Maitreya, and the Magdalene flame, the feminine Christ force - through Lady Nada, ascend to Earth, through the Grace and power of the Holy Spirit, the Maha Chohan! Such a year is most rare and unique and clearly an indication of the intense preparations for 2012. The evening will include a live channelling about what we might expect in this extraordinary year of change, also mantras, meditation and maybe even a miracle or two!

**12 January: Informal Evening**

Browse through our Library, or join in meditations, discussions, therapy practise etc.

**19 January: ELEMENTS OF NATURAL HEALTH with Simon Essex-Crosby**

Our bodies strive constantly to be healthy. Lifestyle choices, farming practice, environmental factors and modern medical dogma can leave many of us woefully short of some elementary building blocks for the natural health that is our birthright. Simon's tireless research into modern health fundamentals has led him to question much of our accepted medical 'wisdom'. His work has taken him into such varied problem areas as autism, arthritis, fertility and women's health, fibromyalgia, ME, IBS and digestive problems, low thyroid, auto-immunity and food cravings. You can bring your questions! (This is a change to the printed leaflet)

**26 January: Informal Evening**

**2 February: HOW TO COMMUNICATE WITH YOUR ANGELS with Jill Harrison**

Discover the many ways in which your angels try to talk to you and how you can have a 2-way conversation with your angel guides and guardian angel. Jill is an Avatara - a medium who trance-channels at the highest level and has been chosen to deliver messages for the benefit of mankind.

**9 February: QUESTION TIME**

Bring along your spiritually-based questions and, hopefully, receive a range of answers from our members and guests. This promises to be an enjoyable and informal evening!

**16 February: CENTRE CLOSED**

**23 February: CRYSTAL AWARENESS with Mario and Bev of Global Tribe, Leeds**

Bev and Mario have been working with crystals on a daily basis since 1999. They will be covering different ways to use crystals for spiritual, emotional, mental and physical assistance. Crystals will be provided for use and will also be for sale during the evening.

**2 March: Informal Evening**

**9 March: NUMEROLOGY with Richard Abbot**

This is an introductory workshop to the Secret Language of Numbers. Our physical bodies exist in the material world, and the very essence of that world is numbers. During this evening discover and identify your uniqueness and learn how to recognise and go with the flow.

**16 March: BOOK SALE**

An opportunity to buy and sell Mind/Body/Spirit Books, CDs etc.

**23 March: CONVERSATIONS WITH ARCHANGELS with Glenn Harrison**

Discover how Glenn went from Atheist and non-spiritual believer, to a spiritualist on a mission, after his first encounter with Azrael, the Angel of Death. From then, trance-channelled through his wife, Avatar Jill Harrison, he communicated with Archangels, Ascended Masters, and many others. Come and find out what 2012 has in store for us all, direct from the angelic realm!

**30 March and 6 April: CENTRE CLOSED**

**13 April: ISLAM with Mr M Y Adrian Bashforth**

Misunderstood,? Misrepresented? Misinterpreted? All media outlets appear have a very different view of Islam from that our Speaker. Let Mohammad Yusuf Adrian Bashforth explain what Islam is, how similar it is to Christianity and Judaism and how Muslims should live their lives. Let him explain how this religion is pure, sincere, peaceful, truthful and how his life has changed for the better since he accepted Islam 18 years ago. He now gives talks to people of all walks of life on issues relating to Islam. The talks are aimed at putting the record straight regarding Islam and are delivered in plain English.

**20 April: Informal Evening**

**27 April: JASON CHAN'S HEALING SOUNDS with Alison Loncan**

A series of chi kung movements designed to clear the chakras. The sounds create a vibration which releases the negative trapped chi in these energy centres. High vibrational sound is then used through the whole of the body giving a feeling of space and a sense of deep peace. Come along and join in the fun, let your inhibitions go!!!!

**4 May: Informal Evening**

**11 May: TRANSFERENCE HEALING, ALCHEMY AND ASCENSION**

**with Nicola Strand**

Transference Healing® is a new, unique healing and Ascension process, described by many as profound, empowering, magical and life-changing. It is multi-dimensional, working with the integration of light and the Lightbody, and is profoundly effective at this vital time of Earth and human evolution as it provides powerful alchemical shifts and supports deep internal transformation. This healing system is suitable for all ages, conditions and illnesses.

**18 May: GROUP ANNUAL GENERAL MEETING**

**25 May: LIFE WITH THE NATIVE AMERICAN INDIANS with Sioux Lowe**

The word Sioux is a collective term for 7 tribal groups which lived over a vast area of North America. Sioux Lowe lived with them and believes their life, culture, history and art should be respected and honoured. She will talk about how it used to be before White settlers arrived, working with nature, the spiritual side and the ancestors for guidance and survival.

**1 June: CENTRE CLOSED**

**8 June: THE PRINCIPLES OF JIN SHIN JYUTSU with Karl Marshall**

An opportunity to hear about and practise some of the simple, fun to learn, self-help techniques of this ancient Japanese healing art, which balances your body's energies by using fingers and hands. Learn ways to unlock the natural energy of the mind and body for increased health and happiness.

**15 June: Informal Evening**

**22 June: THE TAO I CHING - THE MYSTIC GATEWAY with Tom Leworthy**

Tom's amazing discovery of the elements, gives you easy and instant access to the wisdom of the Ancient Chinese. The Tao I Ching is a profound, spiritual insight into the energy we use, providing a spiritual clarification and practical direction in our busy modern world, showing us how to live in the present, more effectively, with ease and confidence. It will answer any question you have about your life and show what lies ahead.

**29 June: Informal Evening**

**6 July: SUMMER PARTY**

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