

The Path of Ease and Grace

A series of practical, spiritually uplifting seminars that will help you grow, heal, love, achieve your highest destiny and live in peace

IGNITE YOUR SPIRIT I AND II

Teachers Del King and Jo McKay from the Harmony Centre Cooranbong

IGNITE YOUR SPIRIT I

Saturday, February 21, 9.30am for 10am start
Sunday, February 22, 9am for 9.30am start

IGNITE YOUR SPIRIT II

Saturday, March 7, 9.30am for 10am start
Sunday, March 8, 9am for 9.30am start

At Smithurst Theatre, Gunnedah

Bring vegetarian food to share for lunch on both days

Cost: Donation by the value you receive
(Normally recommended \$330)

Numbers needed by February 13, 2009

You can leave your name with Robyn, Marg, Therese, Nikki or let Deb know at Mystic Circle

Support for all who do the course will be ongoing, with weekly evenings for practice and questions

For more information call

Robyn Campbell 6742 1066 AH

Marg Jones 6742 3749 AH

Therese Jones 0427 493 517

Nikki Pegg 0410 292 462

or the Harmony Centre web site

www.kimfraser.com.au

Info afternoon at Essence

Saturday, January 31, 2009

3pm for 3.15pm

Seminars ignite spirit

MEMBERS of the community are being invited to ignite their spirit through a series of seminars developed by Kim Fraser, founder of the Harmony Centre Foundation at Cooranbong.

The Path of Ease and Grace is designed to help individuals create an enriched spiritual life full of love, joy and peace.

Essence Natural Therapies is the venue for an information session this Saturday at 3pm for 3.15pm - everyone is invited to come along and discover how to value themselves, reach their highest potential and live with ease and grace.

Local co-ordinators Nikki Pegg, Marg Jones and Robyn Campbell are encouraging local residents to take advantage of the seminars, which are non-denominational and based on sound universal principles relevant to today's society.

"The Path of Ease and Grace teaches people how to love more, open their minds, heal themselves and stand in their own power," Nikki said.

"Participants can also learn how to dissolve conflict, feel their own spirit, find their inner child and divine consciousness.

"The teachers will be Del King and Jo McKay



LOCAL co-ordinators of the Path to Ease and Grace seminars, Robyn Campbell, left, Nikki Pegg and Marg Jones, are inviting interested members of the public to an information meeting at Essence Natural Therapies this Saturday.

from the Harmony Centre in Cooranbong, who will reveal secrets to having a happy relationship and working with your energy field to learn basic energy healing as a means to help yourself and others."

Spiritual teacher, healer, author and mother of two, Kim Fraser, established the Path of Ease and Grace seminar series to help people access richer and more fulfilling lives.

She says the essence of good spiritual teaching is love.

Ignite Your Spirit (session 1) will be held at the Smithurst Theatre on the weekend of February 21-22, followed by session 2 on March 7-8.

There will be ongoing support for course participants with weekly evenings for practice and questions.

Access to Essence Natural Therapies is via the laneway next to Mags Boutique and Second Edition in Conadilly Street.

Bookings for Ignite Your Spirit can be made

with Deb Vigor at Mystic Circle in Barber Street, next door to Studio 33, Robyn Campbell (6742 1066 AH), Marg Jones (6742 3749 AH), Therese Jones (0427 493 517) or Nikki Pegg (041 029 2462).

Bookings should be made by February 13.

□ Satsang - a multi-faith celebration of divine love for all, with meditation, singing and chanting, continues at the Smithurst Theatre this Sunday from 9.30am to 10.30am. All welcome.