

# Spiritual Rays Holistic Centre



## Welcome

### TRADITIONAL CHINESE STORY

A frog lived deep down in the centre of a well below a big blue sea. He had stones and broken bits of tile and brick to hop around each day and was very satisfied with his wonderful home

One day a giant turtle swam past the opening of the well. He looked down the well and called out a greeting to the frog. The frog invited the turtle to come down into the well and see his wonderful home, but the turtles body was so big that only his head fit into the opening of the well.

"Tell me about the sea" said the frog, "is it as big as my home?"

"Why", replied the turtle, "I cant even fit into your well".

"How can I possibly compare the two - a small well and a vast ocean?"

The frog on hearing this couldn't believe it. "How can your sea be in any way as wonderful as my well?"

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What do you want to change in your life? How many unrealised hopes and dreams do you have? Perhaps in the past you have asked for what you wanted and been disappointed. Perhaps, you have had some success and want to have more? Or maybe you just have a sense that something is missing and you want help to define it.

You probably have some or even many ideas about what you would like to bring more of into your life. Perhaps you want something new, a relationship, or job? How about what you want less of? Stress,

Upcoming Events at  
Spiritual Rays!

Workshops  
May 2008

Spiritual Awareness  
Course  
30th May, 2008

Workshops/Courses  
June 2008

Meet your Guardian  
Angel  
Course  
7th June, 2008

Meditation Evening  
18th June, 2008

Reiki Level 1  
28th/ 29th June 2008

RAINBOW ANGELS  
COURSE

12TH JULY, 2008

NOT TO BE MISSED!

[Register Here](#)

unhappiness, fear or illness? Your answer may be "Yes but I don't have any choice"

If so perhaps like the frog in the well, you haven't noticed that there is an ocean of possibilities waiting for you out there. The Universe is full of opportunities, you don't need to know how to *find* them, just how to *accept* them!

Imagine just for a moment that you really can have everything you want to have, be or do in your life today. How? Through learning how the Spiritual Laws of the Universe operate and how to make them work for you.

There are many Spiritual Laws, but the three we need to work with for manifesting our dreams are *The Law of Attraction, The Law of Deliberate Creation and the Law of Allowing!*

## IT IS YOUR CHOICE

You *can* feel trapped in the rat race, feel fear, anger, frustration and other negative feelings **OR**

**YOU CAN SOAR AND FLY.  
YOU CAN CREATE PROSPERITY,  
YOU CAN FEEL HAPPINESS,  
YOU CAN FEEL EXCITEMENT  
YOU CAN HAVE FUN AND JOY**

**AND YOU CAN EXPERIENCE ALL THESE THINGS DAILY  
IN YOUR LIFE**

### "Spiritual Awareness Course"

**On this course you will learn how to work  
with these powerful Spiritual Laws to  
bring in to your life anything you wish.**

**BOOK NOW PLACES ARE LIMITED**

**9.30 A.M. - 6 P.M.**

**30TH MAY, 2008**

**INVESTMENT €180  
(SEE SPECIAL OFFER DISCOUNT)**

**SPECIAL OFFERS**

## Holistic Centre Opening Hours

**TUESDAY THURSDAY  
EVENINGS  
7pm to 10pm**

- **Friday**  
Daytime  
10 am to 4 pm  
(closed lunch 1 - 2pm)

**Special Offers  
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difference!***

**Further enquiries:**

Contact Yvonne by mail:  
**info@spiritualrays.com**  
or **087-2490972**

[REGISTER HERE](#)

**087 - 2490972**  
**BOOK YOUR PLACE NOW**

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## **NLP SEMINAR IN AMSTERDAM**

I attended a seminar in Amsterdam earlier this month with my NLP Trainer. The Seminar was given by Richard Bandler and John Lavallo from the United States of America. It was attended by over 400 people, some were NLP Practitioners and there were NLP Trainers and Master Trainers from almost every country in Europe and some also came over from the States.

Richard Bandler is the originator of NLP (Neuro-Linguistic Programming) as far back as the early 1970's. Basically, Richard studied the most successful people in each profession and modelled them. Which effectively means he took everything that worked from their experience and modelled it and formed strategies which when applied in any situation WORK!

Richard is a very gifted and intelligent man who has also got degrees as a physicist, psychologist, hypnotherapy and many more fields of human studies. He spent many years putting his models into practice and having spent many years documenting his experiences of working with people who came to him with many difficulties, he then started to teach his models of success to others. He named these strategies and models, Neuro Linguistic Programming, as basically what the strategies are doing is re programming the mind to change from using unhelpful thinking patterns to using successful thinking! The Linguistic part refers to the importance of the language we use to form our thoughts and actions. By learning the strategies of NLP you will become a successful communicator, be free of phobias or fears and be equipped with the tools to live a happy life NOW!

Obviously, this is my summary of NLP, but it is so much more also...too much to include in one page here to do it justice. One of the most amazing things about

NLP is how successful it is in dealing with everything from simple to extremely complex issues, fears, phobias and mental states, *totally content free* and without the necessity for the person to re-live the traumatic event over and over again as is the case with conventional medical intervention, and best of all - it is all done WITHOUT DRUGS!

NLP works through understanding how the brain works, how language affects the brain in specific ways and how to structure your communication and thinking to get the results that you want. Through understanding the ways in which people think and how to alter this through using language, NLP practitioners can assist people to control their emotional state, change any unwanted habit or behavior and communicate more effectively with anyone.

There are many applications and processes within NLP. The applications of NLP virtually cover the realm of human experience. Rather than asking the question 'What can you do with NLP?' a more appropriate one might be 'How can NLP assist me in this situation?' Most people's problems exist with **'how they process'** rather than with the content they are dealing with.

Using NLP it is possible to determine how a person is using their senses (mind) and literally how they are thinking in a given situation. From here it is possible to apply NLP in assisting them to become more efficient and effective.

Imagine being able to easily change a life long habit, or inefficient pattern of behaviour quickly and for the rest of your life. NLP provides powerful ways of doing this.

Attending this seminar was a truly amazing experience. Watching the Master of NLP at work on stage and listening to him tell of the many many successes that he has had (and will continue to have) using NLP in so many varied cases to date. He is also a very happy and humorous individual which makes learning from him so easy and enjoyable.

I truly enjoyed every minute of the four day seminar.

I will qualify as an NLP Practitioner at the end of this month and when I receive my Certificate as a fully Licensed NLP Practitioner from Dr Richard Bandler, I will then be in a position to start working with clients. I will keep you updated but

WATCH THIS SPACE

**NLP Therapy is about action.  
it is dynamic and energetic,  
making the changes you want  
happen now!**

**RAINBOW ANGELS COURSE**

Colour is simply light of different wavelengths, and each colour has its own specific wavelength and vibration. Each colour resonates with energies in different areas of the body.

We absorb colour energy through our eyes and also through our skin and our Aura. By working with each of the seven rainbow colours we are working with each of the seven energy centres and each corresponding physical part of our bodies.

This is one of the reasons colour healing works so well.

By working with the Archangels of each colour ray, we experience a heightened energy vibration which amplifies the healing power of each colour.

We are attracted to different colours each day and by learning why and working consciously with the Archangel of each colour, we can bring healing into our lives on a daily basis.

On the workshop we will connect with the Archangels Light Rays and tune into the distinctive healing energy of colour. The Archangels energy is gentle but a powerful healing energy, we will make this connection through various meditations

and exercises.

**12TH JULY, 2008**

**9.30 A.M. TO 5.30 P.M.**

**INVESTMENT: €100**

(Non-Refundable Deposit of €40)

### **WORKING WITH ANGELS/ARCHANGELS**

The feeling of peace, love and happiness that you experience when you are in touch with Angels is unmatched in the physical world, and the wonderful thing is their love and care is immeasurable and limitless.

Check out the **Calendar of Events** link for Angel Workshop details and schedules

or **Register here** for this Workshop.

[www.spiritualrays.com](http://www.spiritualrays.com)

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