

Open up for workshop details

Birmingham's Mind Body & Soul Weekend

Saturday 7th/Sunday 8th November 2009, 10am - 5pm

Clarendon Suites
Edgbaston B16 9SB

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Debby Carter
Karen L French
Maggy Whitehouse
Martha Roe
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Dr David Hamilton
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The book 'Teens, You Have the Power' is an indispensable guide for teenagers to increase their confidence, realise their true potential and develop the skills that will empower them, to set goals and success at fulfilling them.

☎ 0121 382 6444 🌐 www.achieveandbe.com

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Dr David Hamilton, Author

David will be selling and signing his books – It's The Thought That Counts, Destiny vs. Free Will and How Your Mind Can Heal Your Body. 🌐 www.drdauidhamilton.com

Eastern Healing, with Charan Surdhar

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Eckankar, with Gurmit & friends

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Created by **Sandy Newbigging**

As seen on UKTV and Discovery Health

For information about Sandy's clinics, workshops and retreats please visit:

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Sandy Newbigging

Mind Detox Method for Health & Happiness. Sandy is an author as seen on Discovery Health.

☎ 0131 2084828 🌐 www.sandynewbigging.com

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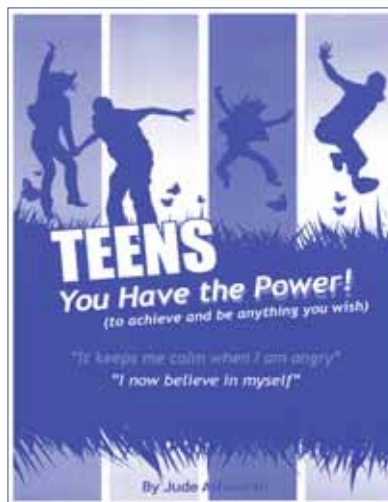
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Date: Sun. 8th Nov. 2009

Time: 3.00 – 5.00 pm

Venue: Birmingham's
Mind, Body & Soul Event -
Clarendon Suites, Hagley
Road, Edgbaston
Birmingham B16 9SB

For Further Information:
Please contact
Gary on 0772 1928008 or
Chris on 0208 4459716
eckankarwestmidlands@
googlemail.com
Website: www.eckankar.org

Presented by ECKANKAR – Ancient Wisdom for Today
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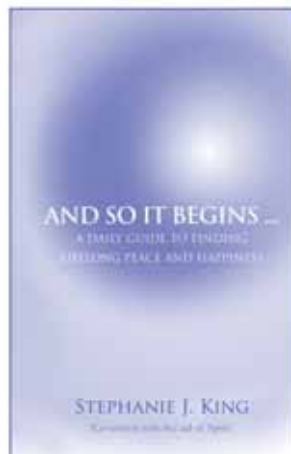
Understand the reasons your life has been the way it has, where you've been stuck and others too, where you're heading, what you're part of - and what you intended to achieve before you came here... You'll know exactly why you're here living life in this time frame - and what sits waiting patiently for you still to do...

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Welcome to the 2009 Birmingham's Mind Body and Soul Weekend

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Feedback

We would like to hear from any future potential exhibitors, speakers or performers. We are open to all suggestions on how you can contribute to making the shows better in the future. The only requirement is that you have to know what you are talking about and be prepared to work with others.

Win Prizes

To be notified of future events, please enter our prize draw by completing one of our yellow slips with your postal and email address. We will list the prizes available during the event. Any comments or requests are welcomed too. Please write them on the reverse of the slip. We value your opinion.



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Workshop Timetable

All workshops and talks are free to attend but some are very popular. Please arrive early to secure your seat.

SATURDAY 7TH NOVEMBER

Time	Workshops Room 1	Workshops Room 2	Workshops Room 3
11a m - 11.45 am	Easy Natural Eco Living – Janey Lee Grace. Broadcaster and author of the number one Amazon best seller Imperfectly Natural Woman, Janey Lee Grace shares insights into living holistically, she'll suggest alternatives for personal care products through to cleaning your home without chemicals and how to reduce the effects of pollution in the home. www.imperfectlynatural.com		
12noon - 12.45 pm	Spiritual Guidance for All – Frances Munro. Guidance can not only show you what you can do with your life, but throwing off the traces can be fun too. www.francesmunro.com	Sacred Geometry – Karen L French. Without geometry there would be no time, no space and no possibility of your existence. Discover how a few basic sacred geometric shapes & principles can totally change the way you look at your life. Karen L French is the author of 'Gateway to the Heavens' www.gatewaytotheheavens.com	Making Friends with Money – Robin Currie. Discover your beliefs about finances (often inherited!) and how this is different from your genuine, personal truth. If you can change that, you can radically alter your relationship with money & with the world. www.makingfriendswithmoney.co.uk
1.00 pm - 1.45 pm	Feel the Fear & Do It Anyway – Diane MacDowall & Andy Nicholson. This talk is for anyone who is allowing fear, anxiety, guilt or worry to reduce their enjoyment of life. Learn how you can move from powerlessness to a place of authentic power, energy & excitement... This seminar is based on the international best selling book 'Feel the Fear and Do It Anyway®' written by Susan Jeffers PhD. Andy & Di are licensed tutors, authorised to present 'Feel the Fear and Do It Anyway®' which is a registered trademark of Susan Jeffers and is being used with her express permission (www.susanjeffers.com) www.dimacdowall-lifecoaching.co.uk	The Tarot – Demystifying the 'BAD' cards-Richard Abbot. We can release fear and break negative patterns by looking at the Tarot in a new light. By taking the 'difficult' cards and seeing the positive power within them we can move away from darkness and toward a world where you are the master of your own life. Richard will approach cards such as The Tower, Death, Ten of Swords and others positively and the session will be empowering and energetic. Richard Abbot a Personal and Spiritual Development Expert, Author and Speaker and one of the founders of this event. He now travels the UK and US empowering people to recognize their special talents and uses many ancient discovery tools to enable them to do more and to be more. www.yourwayforward.co.uk	Discover the Enneagram; The Blueprint of Life – Veronica Croft. The Enneagram, taught in ancient civilisations, brings compassion, tolerance and harmony instead of criticism and judgement of ourselves and others. It uncovers your true gifts, enables permanent letting go of negative patterns, gives deep insight into attitudes, reaction, and behaviour of yourself and others, improves all relationship dynamics. Come and discover how to change your life forever! www.enneagram-uk.com
2.00 pm - 2.45 pm	How Long is Now? – Life on the New Edge - Tim Freke. Join world famous standup philosopher Tim Freke who will teach you a simple wake-up technique to give you a tantalizing taste of the Magical Mystery Experience. www.timothyfreke.com	UFOs are here to stay – Mark Bennett, Aetherius society. Many UFO's are extraterrestrial spacecraft. Why are they here? What is their message? Are they friendly? Discover the spiritual significance of UFOs revealed through the channelling of Dr George King-one of 20th Century's most amazing contactees. Mark, from the Aetherius Society, is co-author of 'Prayer Energy' & 'Gods, Guides and Guardian Angels', voted best book on spirituality 2007. www.aetherius.org (A double workshop)	Energy Field Healing – Sue Zange. Your opportunity to find out what is different about this revolutionary form of healing and how it can aid your health and wellness. Learn all about the layers, structure and flow of your energy field (aura). www.energyfieldhealing.com
3.00 pm - 3.45 pm	Heal Physical Problems with the Mind Detox Method – Sandy Newbigging. The Mind Detox Method is a remarkable way to discover & heal the hidden mental & emotional causes of physical problems and enjoy more peace of mind & happiness during your daily life. Sandy, author & creator of the Mind Detox Method, has been seen on TV in 30 countries around the world on channels including BBC & Discovery Health. www.sandynewbigging.com		Your Merkabah and You – Sarupa Shah. Do you know what a Merkabah is, how would you access yours and when and what for? In this session, Sarupa with the support of Melchisedec, will provide some of the answers that you are seeking, before taking you on a journey where you can experience your own Merkabah. The Merkabah is a divine tool, which can support your own personal ascension and evolution. It can move you forward and bring you closer to your true essence-your divine blue print. If you are ready to consciously prepare for your next step and learn more about personal ascension, enlightenment and bliss (your very own manifestation of heaven on earth) then this session will be what you are seeking! www.heavenlyspaces.co.uk This is a 90 minute workshop.
4.00 pm - 4.45 pm	'How to Manifest the Partner of Your Dreams' – Joginder Bola & Marketa Rozsypalova, The Law of Attraction and Tantra teachers & facilitators. Does it seem a mystery to you how to find the perfect love partner? Well it's no mystery! You're a magnet for everyone who's ever walked into your life...including your relationships! Discover how to change your magnetic pull so that you attract your dream partner. www.treeoflifemagazine.com	Conversations with Angels – Glenn Harrison. Glenn will talk about his experiences with the Archangels which turned him from an atheist and 'non-believer' into a spiritualist. Come along and discover what the Archangels are doing to help mankind, and what our future holds for us. Free Archangel-guided Meditation CD for all who attend. www.anewbelief.com	

SUNDAY 8TH NOVEMBER

Time	Workshops Room 1	Workshops Room 2	Workshops Room 3
11am - 11.45am	Past Lives – Karen E Wells. Explore the concept & reality of Past Lives. Are they part of our imagination or real? www.karenewells.co.uk	Angel Communication – Jill Harrison. How to recognise when your Guardian Angel is trying to talk to you. Jill is trance-channelling Archangels Michael, Gabriel, Raphael, Uriel, Metatron and many others. They have given Jill a mission to help others connect to their angels. Free Archangel-guided Meditation CD for all who attend. www.angelmasterclasses.com	Surfing the Psychic Web – Mhairi Kent BA (Hons). This workshop is a very practical exploration of the energy both within us and in the outside world. Come and learn about using this energy positively with techniques that will empower you. www.hartlands.co.uk
12noon - 12.45pm	Why Kindness is Good for You – Dr David Hamilton. David will share some scientific evidence of why kindness, gratitude and compassion are good for your health and explain why, genetically, we are hardwired to be kind. This is why kindness makes you feel good and even reduces stress and why, when we don't show kindness, compassion, or forgive, it stresses our nervous system. He'll also talk about the impact of positive emotions on the heart, suggesting simple ways to improve your health and happiness. www.drdauidhamilton.com	Introduction to Crystals – Liz Wheeler. An introductory talk on the Quartz family, covering Quartz, Agate, Jasper, Tigers Eye & Chalcedoney. www.dkwcrystals.co.uk	Crystal Ki Healing – Global Healing Awareness – Janine Regan-Sinclair. Janine, spiritual teacher, visionary and author, talks about her self healing and purification workshops, global healing awareness and her book 'The Angel, the Witch & the Warrior' containing 40 chapters teaching self-cleansing, Karma, 2012 planetary changes, Angels and Ascended masters to removing fear. Her 2nd book 'Saving the World from my Bath tub' is coming soon. www.crystalki.co.uk
1.00pm - 1.45pm	Open your Heart to your dreams and your wishes – Cate Mackenzie. This is a talk to enliven and awaken you to love. When you are in connection with love then you can listen and hear your truth and your intuition and what steps you should take in life to live a full and abundant life. Cate is a Life Coach and workshop leader working in the UK, Spain, Greece and Kuwait. www.catemackenzie.com	The Quest of the Soul – Maggy Whitehouse. Each human soul is individual, formed over many years with both strengths and weaknesses. For most of us in the modern world, the soul's call is over-ruled by the ego and the requirements of everyday life. Poverty begins through neglect of the call of the soul's quest. As it says in the Coptic Gospel of Thomas "If you will not know yourselves, you dwell in poverty and it is you who are that poverty." This talk will help you to understand the calling of your own soul and give you the tools you need to set out on your own quest for a life that is abundant on all levels. www.pureprosperity.com	Psychic Development – working with your Spirit Guides – Sue Geis. Discover how to link with your spirit guide/angels and find ways to strengthen your connection with them. Experienced, international medium, spiritual teacher and healer, Sue Geis runs Feathers Healing & Awareness Centre with her husband John. www.feathers.us.com
2.00pm - 2.45pm	Tantra Magic – Joginder Bola & Marketa Rozsypalova, Sacred Sexuality and Tantra teachers & facilitators. Discover the principles of Tantra - the ancient art of sacred sexuality and ecstatic enlightenment. Attract joy & passion into everyday, enhance your personal power, flow with your creativity and say YES to life! 'A flower opens and a universe is revealed.' www.treeoflifemagazine.com	Learn the Experience of Good Quality Meditation – Sue Zange. Learn the skills to develop your meditation practise so that you can restore, energise, enlighten & grow. Sue will share the 'Quick Easy Tips' for good quality meditation that everyone can achieve. www.joaslight.com	Introduction to Buteyko – Martha Roe. In 2007 Martha reversed ME/CFS diagnosed 15 years ago by practicing The Buteyko Method supervised by Senior Practitioner Christopher Drake. In 2008 she started to help others reverse their symptoms of chronic disease. The Buteyko Method is an extraordinary and effective approach to reversing a diverse range of chronic diseases and health problems. Improving our breathing has a profound effect on reversing these conditions. Martha will present the intellectual ideas developed from Buteyko's research, how the practice works and the benefits for health. www.learnbuteyko.com
3.00pm - 3.45pm	Teens You have the Power – Jude Ashworth. A taster session on the Nine Tools for Positive Change which are the core of Jude's book, 'Teens You Have The Power, to Achieve and Be Anything You Wish'. It is an indispensable guide for teenagers to increase their personal well-being, build self esteem and confidence, reduce stress, and achieve their goals. www.achieveandbe.com	The Balance Procedure – Jenny Cox. The Balance Procedure (TBP) is an easy and fun way to transform any situation because it depends on thought and imagination, not will-power!! Test the power of this simple procedure on yourself and feel how remarkable it is. Join author and creator of The Balance Procedure and her husband Alan for an inspirational practical introduction to this accredited Energy Technique. www.thebalanceprocedure.com	Discover the Spiritual Secrets of Relationships – Chris Mueller, Rona Harding & Mun Yee Ng. This workshop can help you to find greater happiness in your relationships! You will discover the source of love, the secret of all relationships, wisdom on strengthening a marriage, how to love yourself, how to find solace when a loved one dies & your bond of love with all life. www.eckankar.org . (A double workshop)
4.00pm - 4.45pm	Discover your Inner Goddess – Debby Carter. A workshop for women who would like to squeeze more juice out of our life! Come along and explore how the G.O.D.D.E.S.S. approach can help you to enjoy greater levels of health, happiness, emotional wellbeing and success in your life, with Transformational Coach, Workshop Leader and Author, Debby Carter. www.discoveryourinnergoddess.co.uk .	Personal and Spiritual Development – Why 'they' don't want you to do it- Richard Abbot. The quest for personal growth and spiritual development is an old one, but many in our scientific and technological 21st century seek to discourage us from pursuing higher truths. Who are the people that are resisting such changes? Why are they almost fundamentalist in their resistance to any form of spirituality and most importantly, how can we continue forward in spite of their efforts? Richard Abbot a Personal and Spiritual Development Expert, Author and Speaker and one of the founders of this event. He now travels the UK and US empowering people to recognize their special talents and uses many ancient discovery tools to enable them to do more and to be more. www.yourwayforward.co.uk	