

# Love & Serendipity

New Age Development and Learning Centre

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info@loveandserendipity.com.au

## Retail trading hours

Monday to Friday 10am - 4pm  
Saturday 10am - 2pm  
Sunday / Public Holidays - Closed  
Some workshops and treatments are available outside of these hours

## January 2009

We would like to start by welcoming everyone who is receiving the Love & Serendipity newsletter for the first time, we hope you enjoy reading it and find the services we offer at the centre of help to you.

We are pleased to welcome some new faces to Love & Serendipity since our last newsletter and appreciate the energy each has brought to the centre:

Lyn Maher specialising in Reflexology

Doris Wittman is an artistic channeller and healer

Shantari will be bringing new meditation classes

Darren offers Psychic readings 2 days a week

Gudrun Sjalander offers Reconnective Healing

June Turner will be holding 1 day Feng Shui workshops

Susy Plummer is a Visionary Artist and teacher and be holding Intuitive Art workshops

Darren & Shantari also run an amazing Satsang group each month

Along with all the other services the centre offers; we have a retail shop selling crystals including a large range of tumbled stones, over 100 varieties of incense, a range of beautiful candles, soaps, perfume oils, massage oils and more. For those of you who have not been into the centre, we are located in Gosford on the corner of Mann St & Beane St and welcome you to call in and visit. Look for the coloured bali flags out the front during business hours:

Monday to Friday 10am - 4pm

Saturday 10am - 2pm

A special thank you goes to our friends at Quality Inn The Willows Wyoming who made lucky door prizes available through the year for the psychic fairs as well as buy one get one free vouchers for our Newsletters.

Love & Serendipity would like to wish you all a safe and happy Christmas & New Year, and look forward to seeing you next year.

Love and Serendipity will be CLOSED over the Christmas / New Year break and will reopen on Monday 5th January 2009.

Melissa and Jason

## Love & Serendipity Members Card

Call into the Love & Serendipity centre and collect your card for FREE and receive the following benefits:-



- Continue receiving the Love & Serendipity Newsletter

- Receive 10% discount and member only specials from retail items in our shop.

## WHATS COMING UP.....

### Ecstatic Chant Satsang!

There is no chanting or singing experience required to enjoy ECSTATIC CHANT only the willingness & open the heart to have some fun!

This gathering is for people who have a longing in their hearts to sing their own "YES!" to Life... a longing to sing, "THANK YOU!" to Existence... a longing to celebrate Love, and to open the door to their own Inner Peace.

By using the voice, chanting ancient sacred mantras, devotional songs and dances we feel ourselves uplifted on the wings of harmony. We become aware of our voices melting with others, entering a world of undiluted bliss.

It doesn't take much, just a willingness to let go into love, a willingness to drop the mind and dive into an ocean of sound. Here we experience the joy of being One with others, and with everything.

We can feel it... because we are it!

3rd Friday of each month.

Next Satsang is Fri 16th January 7pm

### Life Energy Reading

With Doris Wittmann

An Aura reading is an energetic reading of what's going on in your life at the moment.

It can be a great visual tool & reminder of who you are and where you're going.

"I tune in to you. I share what I see, sense and hear with you in words, drawing in vivid colours (soft pastels). Everyone has a different Aura. I have never drawn two the same! I can also draw the energy of a relationship, family, your home, workplace or pet. I do group readings".

Includes full colour A4 sized drawing with each reading.

Bookings being taken now



## Congratulations

The following people were lucky draw prize winners at the recent Mingara Psychic Fair

F. Dioguardi

S. Shaw

C. Hobbs.

C. Cumberland

J. Hayes

K. Jones

B. Iles

K. Najduch

M. Rowland

## Central Coast's Biggest

# PSYCHIC & ALTERNATIVE FAIR

Mingara Recreation Club  
Sunday 4th January 2009

Doyalson RSL Club  
Sunday 25th January 2009

# Who's at Love & Serendipity?

## Spiritual Surgery Practitioner

Melissa Crozier

Do you have an ailment you would like to remove from your life?

Melissa is an amazing healer specializing as a Spiritual Surgery Practitioner. While Melissa doesn't perform physical surgery as we know it, she will gently treat you on a spiritual level where you will feel positive results.

Melissa is available for consultations on Tuesday, Wednesday & Saturday mornings.



## Healer & Teacher

Llwellyn

Llwellyn has been reading Tarot cards for many years, both in person and on the internet. She is constantly reminded and astounded by the truth they reveal about love, life and prosperity. Llwellyn teaches "Tarot for Beginners", this is a unique hands on course for first-time readers. Course commencing early February 2009

Llwellyn is available for Tarot Readings on Saturdays.



## Intuitive Reader, Healer and Hypnotherapist

Leonie

With over 16 years experience in Reiki healing Leonie can bring balance to your life through a Spiritually Guided Tarot Reading. Leonie can help guide you in the direction the universe is pointing you on your journey. Leonie teaches a beautiful Reiki-Seichem I Course as an introduction to healing.

- Reiki Master
- Angel Intuitive
- Emotional Freedom Technique (EFT)
- Quit Cigarettes in Sixty Minutes
- Readings by appointment Tuesday & Thursday
- Hypnosis for: Stress Reduction / Weight Reduction

Leonie is available on Thursdays, or other days by appointment.



## Susy Plummer

Susy Plummer

Susy Plummer is a Visionary Artist and teacher. She is a channel for information through the form of Spirit Guide drawings and Inner light readings. Previously, Susy worked as a practitioner of Holistic Pulsing, EMF Balancing technique and Aura Soma. Susy will be holding an Art and Intuition Workshop on Sunday 8th February 2009 from 10am to 4pm.



## Psychic - Clear and insightful spirit guide readings - 3rd generation

Darren John Maxwell

(Flying Eagle)

Exceptional accuracy, 10 years experience.

Darren is an initiated Shamanic Teacher, Healer and Spiritual guidance workshop facilitator originally from the Kurna lands south of Adelaide

Today he lives on the Darkinjung and Guringgai lands that form the Central Coast region of NSW.

He travels extensively doing spiritual guidance readings and is the pioneer researcher exploring the magic and the universal mystery behind the New Age Appearance of the Australian Shaman Message Stick Oracle.



Darren is available for readings on Fridays

## Reflexology

Lyn Maher (Cert IV Reflexology)

Reflexology promotes physical and mental wellbeing

- Improves sleep
- Detoxifies the body
- Increases vitality
- Helps with pain relief
- Nourishes the whole person
- Reduces stress/tension/anxiety

This deeply relaxing therapy works on the principle that all parts of the body are reflected in the feet, hands and ears.

It is gentle and non-invasive – soothing and calming the nervous system and balancing the systems in the body.

Pressure techniques are used on the feet, hands or ears, stimulating the body's own ability to heal.

It may feel like pampering but it has a powerful effect on the whole body and your sense of wellbeing.

Lyn is available for consultations on Saturdays

## Massage, Yoga, Pranic Healer and NLP Practitioner

Vickie Teudt

Vickie invites you to engage your body and mind. Yoga & massage help to synchronize muscles, blood flow, organs & to detoxify the body.

"We can maximize our body & mind awareness to help us make the most of our personal and professional lives.

If you are interested in developing your interest in yoga & relaxation & finding out what helps to balance your mind, body & spirit".

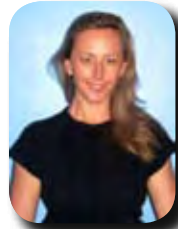
If you are interested in unwinding at the end of the day then this is a great way to re energize & relax yourself.

Massage – Swedish, Remedial - Saturdays

Pranic Healing or NLP

Holistic Facial – Using beautiful organic products.

Private tuition and Corporate programs available.



Bookings essential.

## Spiritual Teacher, Tibetan Reiki Grand Master

Shantari

Spiritual Teacher, Tibetan Reiki Grand Master trained in the sacred practice of Inner Stillness & Consciousness from the lineage of Paramahansa Yogananda, Kriya Yoga, Ishavay Monks, A Course in Mastery & The Universities of Metaphysics (USA) and Applied Psychology (SYD) 18 years experience.

Satsang - Meditation - Tibetan Reiki - Orion/Theta Healing - Re Connections - Holistic Psychotherapeutic Counselling - Life Mastery: Advanced Spiritual Awareness Courses & Transpersonal Therapy - Chakra & Aura balancing and Alignment - The "Presence" Initiation.

Fortnightly Meditation classes commencing Wednesday February 4th at 7pm. Tea/coffee will be provided and only costs \$30 for the 3 weeks. Bookings being taken now.



## Wu Tao Dance

Helen Cooke

Helen will teach you an amazing dance & exercise program that will have you feeling energized, destressed & peaceful in one hour. Wu Tao has its foundations in oriental medicine & is a system of healing, with a holistic philosophy that restores balance to the person on all levels.

Thursdays Class Times:

Intermediate 10am-11.15am

Beginners 11.30am-12.45pm

Private Tuition 1pm-2pm (Bookings essential)



## Intuitive Hypnotherapist - Fears, Phobias and Past Life Regressions

Brendan

Your subconscious mind stores every experience and thought you have ever encountered. It is at this level that we create blockages as fears and phobias, sometimes we are not sure why we have these blockages, but our mind has placed these in the way. Through Hypnosis Brendan will take you to a highly meditative state where you are very relaxed but still totally aware of what is being said. It is at this level that your minds new perceptions can be made.

Sometime these blockages can be passed over from a previous lifetime. Brendan can help take you back prior to this life and clear your obstructions. Of course you don't need a fear or phobia to do a past life regression, you can look into your past for the fun of it.

Brendan has been a hypnotherapist for 13yrs and has a Diploma in hypnotherapy.



## Civil Marriage Celebrant

Ceremonies for all occasions customised to suit your needs

For more information contact me on 4329 5534 for an obligation free quote  
Gail Emerton-Rance



## Intuitive Awareness Teacher

Marika

Marika started teaching spiritual awareness over 20yrs ago. Each month Marika will run a meditation and spiritual awareness development group where you can sharpen your understanding of your intuitive awareness. With Marika's gentle approach you will learn to interpret your meditations and recognize your own daily intuition.



Course commencing early 2009.

## Artist, Channel and Healer

Doris Wittman

Doris is a visionary, an energy sensitive, artist, channel and healer. Doris does Inner Vision Art Groups, Channelled Q & A with your guides & Life Energy Readings - which are a great visual tool and reminder of who you are and where you're going. Doris will share what she sees, senses and hears with you in words and drawings in vivid colours.



## Reconnective Healing

Gudrun Sjalander

you can experience healing frequencies that are baffling the world medical community and attracting the top research institutes worldwide!

Reconnective Healing is often a life-changing experience, utilizing new frequencies to allow for the healing/balance of mind, body and spirit. "If you're lucky, your healing will come in the form you anticipate. If you're really lucky, your healing will come in a form you've not even dreamed of-one which the Universe specifically has in mind for you"



Eric Pearl

In the sessions, which are hands-off, you will be relaxing face up (shoes off) on a massage table and asked to "let go".

The Reconnection will be done over two sessions on consecutive days  
Reconnective Healing by appointment.

## Crystal Awareness Workshops, Medium

Melanie

Melanie will do an introduction to crystals, how to care & store your crystals & meditation techniques using crystals. Melanie will hold another Crystal Awareness Workshop shortly.



Congratulations to Melanie and her family on the birth of her baby boy Eden on 22nd October.

## Motivation and Empowerment

France

What about a life without procrastination but instead action toward your goal, such as losing weight or looking for a new job. Come and get empowered to change your life as well as your attitude towards a positive life.



France Licastro has experience in weight loss for the last 12 years and Motivation and Empowerment in Community Centres Educated at the Australian College of Applied Psychology in Sydney.

Session can be conducted in Spanish if required.

Bookings essential.

## Feng Shui Practitioner, Healer

June Turner

June Turner has been practicing Feng Shui for 17 years specializing in southern Hemisphere Feng Shui.



She says, she will never stop being amazed at the results clients get, or take Feng Shui for granted.

She is a Licensed Builder since 1978, has a Diploma in Interior Design, Angel Intuitive, a Reiki Master. Marriage Celebrant and carries out Personal Feng Shui.

June holds 1 day Feng Shui workshops "How to get your home in order"

## Behavioural Hypnotherapist

Hamish Bruce

Hamish specializes in Relationship Strategies. Hamish will help you gain insight into your relationships - past, present & future. Hamish will explain why your partner behaves the way they do, how the subconscious mind affects your actions, & behaviour. Find balance without compromise.



Synergy - when two people work together they will produce a result greater than they could by themselves.

*Love & Serendipity*  
New Age Development and Learning Centre

Are there any other courses or services you would like to see at Love & Serendipity? Maybe you would like to run a course or provide a service from our centre.

**LET US KNOW HOW WE CAN HELP YOU**

**WILLOWS RESTAURANT** Award Winning

**NOW OPEN FOR LUNCH**  
Wednesday - Friday

Buy one get one free (main meal) to the same value, upon presentation of this coupon. \*Conditions Apply

Serving the Coast for over 30 years!

FREE Live Entertainment Friday & Saturday night

Quality Inn The Willows  
512 Pacific Hwy Wyoming  
For Bookings  
4328 4666  
www.thewillows.net.au

**Feel good story**

Hi, I read your 'feel good story' and would like to share one with you all.

When my Mum was dying I noticed that there were yellow crested cockatoos every time I walked outside. This seemed quite strange as we were in the middle of Sydney. I knew that the cockatoo would always be a sign.

And sure enough the morning my Mum passed I woke up knowing in my heart this was the day, I felt very calm and ready.

When I got out of bed and opened my curtains, a yellow crested cockatoo flew down onto my verandah and said hello.

Since this day when I think of my Mum a yellow crested cockatoo will appear letting me know my Mum is near.

You may receive messages everyday if you just look for them.

Luv and Light, Shaz

**Love On The Rickta Scale**

- The love of money (greed)
- The love of thyself over others (selfishness)
- The love of possessions (materialistic)
- The love of a parent (conditional)
- The love of a partner (emotional love)
- The love of non relations (outreaching love)
- The love of the world and everything and everyone in it (pure love)
- The love of God (heavenly love)

Only a "Pure Heart" can give "Pure Love"  
How Pure Is Your Heart Right Now?  
Courtesy of Gypsy Steve

# QUICK & EASY CHICKEN & AVOCADO SALAD



## Method

1. Remove the skin from the chicken and slice the meat. Discard the skin.
2. Cut the carrot and capsicum into thin strips and slice the avocado. To serve, combine the chicken, carrot, capsicum, avocado and sprouts in a large bowl. Drizzle with sweet chili sauce and serve.

## Notes & tips

- Try other ingredients such as canned tuna or grilled steak instead of chicken. Add other vegetables if desired like sliced button mushrooms, diced tomato, snow peas, Lebanese cucumber or celery sticks.
- This is a great recipe if you don't have much time to cook or just don't like cooking!

## Preparation Time

10 minutes

## Ingredients (serves 4)

- 1/2 barbecued chicken (240g)
- 1 carrot
- 1/2 red capsicum (seeded)
- 1 avocado
- 1/3 cup (20g) snow pea sprouts (trimmed)
- Sweet chili sauce (to serve)

# SPIRITUAL PARTIES

Find that connection between friends at your next private party where each person will receive a:

- Tarot Reading
- Healing
- Astrology

Contact Love & Serendipity for more details

## BOOK REVIEW

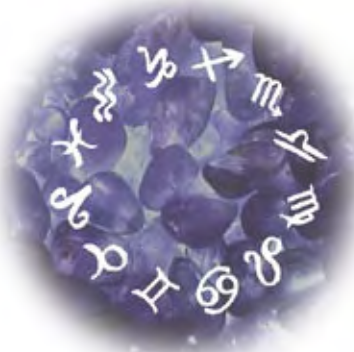
### The Crystal Bible Judy Hall

This has to be one of the best reference books you'll find on crystals. There is a huge variety of crystals listed in this book with descriptions of their attributes, what the crystal is used for in healing, and what position is best for the maximum benefit of use.

This book will also cover crystal care, crystal meditation and crystal healing. In the back of the book you will find some useful information about the crystal shapes for e.g.: wands, clusters and balls, which will give you some clarity about what particular crystal shape may be best for you to use.

Melissa - available at Love & Serendipity for \$25

# ZODIAC SIGNS AND CRYSTALS



Each of the Zodiac signs has affinities with the crystals listed below, whether it's the month of birth or from the planets that are connected to the zodiac sign.

Please note: these are just some of the crystals listed for each of the zodiac signs, all of which we carry in the Love & Serendipity shop.

### **Aries March 21 – April 19**

Amethyst, Aventurine, Carnelian, Citrine, Garnet, Jasper

### **Taurus April 20 – May 20**

Lapis Lazuli, Malachite, Rose Quartz, Rhodonite, Selenite, Tiger's Eye, Tourmaline

### **Gemini May 21 – June 20**

Tourmaline, Agate, Calcite, Chrysocolla, Citrine, Tiger's Eye

### **Cancer June 21 – July 22**

Moonstone, Carnelian, Calcite, Chalcedony, Rhodonite

### **Leo July 23 – August 22**

Tiger's Eye, Carnelian, Chrysocolla, Citrine, Garnet, Orange Calcite, Quartz, Rhodochrosite

### **Virgo August 23 – September 22**

Carnelian, Chrysocolla, Citrine, Garnet, Moonstone, Sodalite

### **Libra September 23 – October 22**

Aventurine, Lapis Lazuli, Moonstone

### **Scorpio October 23 – November 21**

Malachite, Garnet, Moonstone, Rhodochrosite

### **Sagittarius November 22 – December 21**

Blue Lace Agate, Chalcedony, Garnet, Malachite, Snowflake Obsidian, Smoky Quartz, Sodalite

### **Capricorn December 22 – January 19**

Carnelian, Fluorite, Garnet, Malachite, Quartz, Smoky Quartz

### **Aquarius January 20 – February 18**

Amethyst, Fluorite, Moonstone

### **Pisces February 19 – March 20**

Moonstone, Amethyst, Blue Lace Agate, Calcite, Fluorite