



Inner Journey Centre for Conscious Living

A Sanctuary in the Heart of the CBD

June 2008 Newsletter

Finding peace with the voice inside your head



I love the way that meditation teaches us to know our self warts and all and in the process find self acceptance and peace. One of the things that happens when we start to meditate is that we begin to observe our thoughts and the various voices inside our head. This June I would ask you to close your eyes and start to listen. Who is the voice inside your head? Is it an inner tyrant reminding you of endless things you “should be doing” to be the perfect partner, parent, employee or friend? Is the voice in your head an inner critic waiting for the slightest mistake to tell you that you are a fool? Nowadays when I hear the voice of my inner tyrant saying “you should be doing such and such...” I try and pull myself up I and ask “why?” I close my eyes, go within and see how I feel when I think of doing this? Does it make me feel happy or do I feel burdened? Am I doing it just because I think it will please someone else? What are the **real** consequences if I don’t do it? I remind myself that there is “no should” - only choices. Once I do that, even if I choose to do the thing, I feel lighter because it is my choice not some arbitrary

obligation. Imagine responding to your inner critic – “yes I could do better but my efforts are perfectly satisfactory in the circumstances”. What freedom!

In my work I see hundreds of successful people who burn out driving themselves for outer perfection. At **The Inner Journey** magic happens. People allow themselves to ignore the Inner Critic who tells them that they can’t sing, meditate or draw or that laughing is silly. For just one hour a week they allow themselves to just enjoy the process of letting go of perfection to discover the sheer joy that comes from just giving it a go!

Last month my work in Melbourne went extremely well. I even made time to spoil myself at a day spa in Daylesford – well I have to practise what I preach! This month we feature all the regular weekly meditation, laughter, art and singing sessions. Laughter Lawyer Jackie Curran and I are also offering a new mid winter retreat - **The Joy Within** - a day of laughter and meditation. Why not treat yourself to a full day of inner discovery and delights. More information attached.

Weekly Sessions and Classes

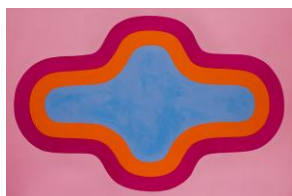
Meditation - Sandy Wright is a former corporate lawyer. Over the past decade Sandy has shared her passion for meditation with hundreds of people from all walks of life. She has also taken her workshops into the boardrooms of some of the largest companies in Australia and worked with the legal profession in Australia, the UK and Hong Kong. Her approach is grounded, practical and unaffiliated. To find out more about individual sessions, corporate or group sessions call Sandy on 92794545.

Meditation & Mindfulness in Everyday Life (6 week Programme) this is for beginners who want to learn to meditate, as well as experienced meditators who want to deepen their practise. We also explore different insights that come from meditative practise to show how you can live more consciously.
1- 2 pm lunchtime & 6.00- 7pm. Sandy is taking enrolments for next group starting June 17th now!

Laughter Yoga - Mondays 1-2pm

Jackie Curran is a lawyer who has trained in laughter therapy with the creator of Laughter Yoga Dr Madan Kataria. She facilitates Laughter Yoga workshops for organisations, businesses and community groups, and offers weekend workshops as relaxation, fun and stress relief. Join Jackie every Monday 1- 2pm for a unique lunch time class blending laughter, relaxation and breath work. Watch your health and work performance improve each week as you release stress and add fun to your work day. \$10 casual class so you can join at anytime. Contact Jackie on 99042885.

Art Classes – Thursdays



Kristin Coburn is a well known artist from Sydney's Northern beaches. In the early 80's she was the co-founder of the Australian Bush Flower Essences and brought her artistic awareness to the teaching of the Flower Essences. She has been teaching art for 20 years and now joins The Inner Journey to run Thursday lunchtime art classes. If you have never done art before, Kristin can help you to discover the joy of connecting with your creativity. For information ring Kristin on **99972318** or **0407257943**.

Next Sing in the City Friday 13th June 12.30 – 1.30



Ganga Karen Ashworth is a classically trained singer. With her extensive background in teaching, she is highly sought after for her skills as a Conductor, Singer, Facilitator and Voice Empowerment Coach. Bringing voices from diverse backgrounds and levels of experience to join together in harmony, fun and laughter is Karen's rare talent. Join the fun of the monthly lunchtime choir **Sing in the City** for just \$20 for an uplifting hour. This is a casual class so no booking is necessary. Even if you think you can't sing, Karen guarantees that you can! To book a private voice empowerment sessions ring **0412 5511 82**.

Seminars and Workshops June & July

Romancing the Home - Contemporary Feng Shui Sunday 27th July

"Your home is a partner in how you feel, what you think and in what comes to you." James Neal
Ever wondered how your home could really be? James Neal author of Adyar's No 1 feng shui story *Romancing the Home*, shows you in an enjoyable day how changes in your home empowers your life. Discover the importance of an inviting entrance. Learn the necessity of a home office in improving your finances. Rekindle intimacy with changes in your bedroom and bring connected conversations to your dining table. With these simple changes experience new levels of abundance, romance and empowerment in your life.

Register now and receive a complimentary evaluation of your home. For information visit www.romancingthehome.tv

New The Joy Within - Laughter and Meditation Retreat

Sunday 29th June (general) and Saturday 26th July (lawyers only)

Experience the joy that comes from within at our day of laughter and meditation. Both meditation and laughter therapy raise your energy levels and create a clearer and more positive approach to life. Extensive medical research also shows that meditation and laughter strengthen your immune system, lowers your blood pressure and changes your brain wave patterns from a state of stress to focussed calmness. **Sandy Wright** and **Jackie Curran** come together to present a one day retreat combining the fun of laughter and the calming effects of Meditation. We guarantee that both new and experienced meditators and laughers will feel huge benefits. For more information or to register see flier attached.

By popular demand Working with Energy – Sunday 6th July

Sandy Wright developed this workshop to share her extensive experience of how psychic energy works. Working closely with either individual clients or groups can be very draining. Sandy will show you practical techniques that you can use to avoid burn out and ensure that you maintain a high energy level for the benefit of you and your clients. This workshop is for you if you ever feel that people drain your energy. **A must for any health care practitioner, trainer, manager, presenter or person suffering from chronic fatigue syndrome – in fact anyone who works closely with others!** See flier attach or ring Sandy on 9279 4545.

The Inner Journey Centre for Conscious Living is conveniently located (near the corner of King and York Streets and opposite the Grace Hotel) Sydney. To find out more about **The Inner Journey** please email sandywright@optusnet.com.au or ring **9279 4545**.

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