



VIC BODY, MIND & SPIRIT CLUB

The VIC Body, Mind & Spirit Club (BM&S) is a non-commercial, non-denominational and nonprofit VIC-recognized club, serving staff members and external guests interested in personal development and expanding of one's spiritual and mental awareness. The BM&S offers a chance to see life from a larger perspective, to create a better quality of life and to enhance our human experience through applying this larger perspective to our daily lives.

The Club provides information and tools for the development of our lives through reaching deeper levels of understanding of ourselves and the world around us. Our path is the path of adventure, in opening our minds and hearts to new concepts and belief systems. The BM&S committee organizes introductory lectures, discussion groups, short workshops and the like on a wide range of many other physical and spiritual health-related topics. In 2012, lectures and lunchtime-discussion groups on the following topics are planned:

- ▶ *Peace and tolerance* (as fundamental attitudes)/▶ *Chakras* (energy centres of the body)
- ▶ *Meditation* (numerous relaxation and visualization techniques)/▶ *Bach Flower Remedies* (natural flower extract remedies used as complementary healing method)/▶ *Shiatsu* (Japanese massage technique)/▶ *Crystals* (Mother Earth's tools for enhancing our lives)/▶ *Ayurveda* (ancient form of alternative medicine from India)/▶ *Crop-circles* (sacred geometric crop formations)/▶ *Feng-shui* (ancient Chinese wisdom, putting the emphasis on harmonizing our living and working environment in order to improve human well-being)/▶ *Indigo and/or crystal children* (children of new genetic make-up who display an unusual set of psychological attributes)/▶ *Numerology*

In the past, several world-famous personalities as well as club members themselves have given lectures and seminars under the auspices of this Club. These include: Jasmuheen (www.jasmuheen.com); Steve Rother (www.Lightworker.com); Mechthild Scheffer (www.bach-bluetentherapie.de); Leonard Laskow (www.laskow.net); Ronna Herman (www.ronnastar.com); Dr. Eric Pearl (www.thereconnection.com); Neale Donald Walsch (www.nealedonaldwalsch.com); Liz Macdonald (<http://angelreading.com>), Mabel Katz (<http://mabelkatz.com>), Arjuna Ardagh (<http://arjunaardagh.com>)

Regular Club activities in Room F-1040

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VITAFLEX and RAINDROP treatments **(a form of aromatherapy massage)**

Offered to members and non-members every Thursday afternoon
(Monday afternoons can also be arranged)

By a trained and certified therapist

Advance appointments are indispensable.

Please contact Ms. Marjorie Vargas Gomez, Raindrop Practitioner/Trainer, for setting up your appointment. marjorievargas2000@yahoo.de or call 067645 00 752

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Weekly Meditations

Guided meditation **every Friday from 13:10** to approx 13:40, in the Club Room, F1040

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Cranio-Sacral-Balancing & Quantum -Touch
Fridays afternoons with Sonja Slavik
on Fridays in F1040
appointments: sonja.slavik@gmx.net or 0664-310 26 10

CALENDAR OF EVENTS FOR January to JUNE 2013

Evening lectures start at 18:00 (6 p.m.) and last approximately 90 minutes

All lectures are held in the Club's room, F1040, unless otherwise indicated

Month	Proposed Date & time 2012	Lecturer	Subject
JANUARY	Tuesday 15 January	Gernot Haas	Spiritual Healing – Healing techniques based on the teachings of Daskalos (1912-1995).
FEBRUARY	Tuesday 12 February	Christiane Werzowa	<i>WALKING THE RAINBOW - The impact of light and colour on body, mind and soul</i>
MARCH	Thursday 14 March	Ramakrishna Rebbapragada	<i>THE GAYATHRI MANTRA</i> - meaning, practice and benefits of Vedic mantras. Tips for practise and benefits of chanting will be outlined. There will also be an opportunity to participate in group chanting of the mantra during the lecture
APRIL	Tuesday 2 April	Arjuna Adargh	<i>LIVING AWAKENING</i> Arjuna Ardagh is an awakening coach, writer, teacher and public speaker. He is the author of seven books and many audio and video products, including the 2005 bestseller <i>The Translucent Revolution</i> , and his most recent book <i>Leap Before You Look</i> . He is the Founder of the Living Essence Foundation , in Nevada City, CA, a non-profit organization dedicated to the awakening of consciousness within the context of ordinary life.
APRIL	Wednesday 24 April	Dr Eric Pearl	<i>EXPLORE THE NEW FREQUENCIES OF HEALING</i> The Reconnection® founder, Dr. Eric Pearl, has been featured in top media including Dr. Oz and The New York Times ; he has presented at leading venues including the United Nations and Madison Square Garden ; and his internationally-bestselling book, The Reconnection: Heal Others, Heal Yourself , now in more than 36 languages, has been endorsed by notables including Deepak Chopra, MD and Wayne Dyer, PhD .
MAY	Thursday	Ondrej Zouhar	BALANCED LIVING AND CREATING

	16 May		WHAT YOU ENVISION – after overcoming severe exhaustion and health problems through completely changing his life, Ondrej is now an author, certified fitness and a health and nutrition coach in Southern California. His book "Reverse: Sometimes we need to take a look back to take a better step forward" was published in the USA last year and will be published in Europe later this year. He's at work on his second book "Create What You Envision". He will discuss the "how to" of a balanced life – concrete steps to take, on the spiritual as well as physical levels, with the purpose of creating a joyful, healthy, productive life for yourself.
JUNE	Date TBD	Tibor Zelikovic	THE BEGINNING OF A GOLDEN AGE TIBOR ZELIKOVICS was born in Hungary in 1948, emigrating with his family to the United States in 1956. He studied philosophy and political science at the <i>University of California, Berkeley</i> and <i>UCLA</i> ; Old Testament theology at the <i>Yeshiva Hebrew Academy</i> in New Haven, Connecticut. Mr. Zelikovics has been residing in Europe since 1971, and is co-founder and director of the <i>Vienna Metaphysical Society</i> as well as president of the <i>Metaphysical Society of Switzerland</i> . Mr. Zelikovics has written hundreds of book-reviews and magazine articles as well as three books and is regarded as a leading authority on the subject of Biblical metaphysics. He is also the founder of one of the most successful spiritual magazines in Europe. His specialties are the development of trends and societal tendencies within the new global transformation, prophecies and the architecture of a new global government
	Monday 24 June	Film evening	THE NINE CELESTINE PROPHECIES

Please contact our club (VIC.BMSClub@unvienna.org) for exact timing and confirmation of dates for lectures and special events

If you wish to receive our bi-weekly newsletter to be informed of other activities, or to become a member of our club, please send us an email at the above email address