



SOCIETY FOR CONSCIOUS LIVING

The VIC Society for Conscious Living (SCL) 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 SCL 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 SCL 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)
- ▶ *Dream analysis*

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>).

Regular Club activities

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 in the Club Room, F1040

THE FOLLOWING TREATMENT OPTIONS ARE OFFERED:

- 1) - Vitaflex treatment - 20 minutes, EUR 20,-
- 2) - Vitaflex treatment - 30 , 40 or 45 minutes according to your available time, price upon request
- 3) - Raindrop treatment - 80-90 minutes – EUR 65,-
- 4) - Raindrop treatment 80- 90 minutes, at practitioner's own studio (also evenings and weekends), price upon request

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

WEEKLY MEDITATIONS

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

CALENDAR OF EVENTS FOR JANUARY – JUNE 2012

Lunchtime forum/movies start at 12:15 and last approximately 50 minutes.

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	Lunch forum Monday 30 January	Mercedes Gomez Nuñez	ENERGOSOPHY What is it? How can it assist you in living life with improved physical & emotional health while becoming more joyful & conscious of self-sabotaging programs. Energosophy - the other option for adults, children and pets helping on the origin of pain and illnesses.
FEBRUARY	Lunch forum Wednesday 8 February	Marian Russell	TOUCH FOR HEALTH and Donna Eden's Daily Energy Routine Participants will learn practical techniques for improving the flow of energy in the body's meridian system, and balancing their emotions related to past, present, and future issues. Anyone suffering from chronic low-energy can be tested for the condition of homolateral energy flow and learn the correction for it.
	Evening lecture Tuesday 21 February	Shuping Hong	THE SECRETS AND USE OF THE FIVE CHINESE ELEMENTS IN DAILY LIFE
MARCH	Evening lecture Wednesday 7 March	Carol Hontz	EVOLVING RELATIONSHIPS Are you into Separation and No-choice in those relationships, repeating some of the behavioural patterns of being controlled or controlling others? Through using Specialized Kinesiology, we are able to break down self-destructive patterns that are based on fear and pain from the past, creating healthy, fun relationships.
	Lunchtime movie Wednesday 21 March		HAWAIIAN SPIRITUAL TECHNIQUE/PHILOSOPHY <i>Ho'oponopono</i> "Spring" cleaning of ourselves and the world
APRIL	Evening lecture Wednesday 18 April	Anita Calzadilla	BACK TO OUR (LAUGHTER) ROOTS! A Laughter Yoga presentation: laugh for no reason- what's that? a joyful experience in a group cobining deep breathing (pranayama) and qi-gong exercises with unconditional laughter without relying on humor, jokes or comedy! A short abstract of the history of laughter yoga, gelotology, the health and social aspects of laughter yoga and the spirit of laughter will flow into a proper laughter yoga session! Silence and unconditional laughter: living our essence.

	Lunch forum Monday 30 April	Alexandra Fröhlich	<i>JOHN OF GOD</i> from Brazil (João de Deus), a very powerful spiritual healer, and his work spreading now around the world. Learn more about him and the 33 spirits that work through John of God's body at our lecture.
MAY	SPECIAL EVENT Saturday 12 May	excursion	Excursion to <i>The amethyst world in Maissau</i> with private cars (car-sharing basis) detailed programme to follow in NL
	Evening lecture Wednesday 23 May	Michael Rupprich	<i>CRYSTAL SKULLS</i> Crystal Skulls are keepers of universal knowledge and wisdom, facilitators of raising the vibration and transformation of humanity and planet Earth in these times of change on a conscious level. We will go on a mystical journey to the crystal skulls and span a bridge from the starpeople to the legends from Atlantis til today.
JUNE	Evening lecture Tuesday 12 June	Ileah Moore	<i>"THE FEMININE SIDE OF GOD"</i> Who is the Feminine Face of God? Why are her apparitions being seen throughout the world at an ever increasing rate? And what is her message to humanity at this time? http://www.mothermaryteachings.com
	Evening movie Tuesday 26 June	Discussion on movie & close of semester celebration	Title of movie to be announced in due date

Please contact our club (societyforconsciousliving@gmail.com) 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