

college of complementary medicine



the vibe

monthly newsletter

November 2008

Welcome to our November edition of the Vibe! As I write these words I am surrounded by the regular and hypnotic sounds of a beating drum as our Shamanic Students are gathered together in a healing circle outside on the grass. It reminds me all that we have the potential innate ability to heal and sometimes that means surrendering to and understanding more of our own life experience, something that the ancient Shamans were practicing so many years ago! For those of you who have been patiently waiting to learn more about the ancient philosophies of the Shamans...your wait is over! We invite you to come and visit and explore symbols, myth, ritual and ancient healing techniques, all informed by a psycho-spiritual view of the world.

This month we are celebrating our Shamanic studies and we have a few events coming up. Hala Franka, a Shamanic graduate who has now opened up her own healing center in Blackheath, shares her story with us and Margaret Rainbird, Shamanic practitioner and former GP is facilitating a Labyrinth for all who are interested!

We also welcome back our team of Art Therapists and Kinesiologists who as part of the Healing Hand Project ventured to Kenya, Africa to help the somewhat forgotten communities in this remote region. Check out the details below if you would like to see more!

If you feel you need a change and you would like to explore your inner landscape and re-train in complementary medicine, look in on one of our short courses, or step out for day to enjoy one of our last free workshops for the year. We are enrolling now for our 2009 Diploma courses and reward the organised with our early bird rates!



visit the SOTEMS website <http://www.sotems.com.au/>

HOT HEADLINES!

EARLY BIRD DISCOUNTS AVAILABLE NOW FOR THE ENROLLMENT IN 2009 COURSES!

TRANSPERSONAL COUNSELLING INTAKE NOW STARTING MARCH 2009 due to popular demand

DATES FOR NEXT YEARS COURSES HAVE BEEN CONFIRMED

If you would like any information about these headlines please call our course advisors! **02 9482 3603**

LAST WORKSHOPS FOR YEAR!

Please note that the LAST FREE COURSE DAY dates for 2008 are as follows:

SHAMANIC PRACTICE Tuesday 11 November and Saturday 29 November. Come along and find out why 90% of the world's cultures are grounded in Shamanism.

HOLISTIC KINESIOLOGY Tuesday 18 November and Saturday 29 November

TRANSPERSONAL ART THERAPY AND COUNSELLING Saturday 22 November and Tuesday 25 November

SPORTS KINESIOLOGY Friday 5 December

Call our course advisors on **02 9482 3603** to find out more about these **FREE and inspiring days** and to book your place.



EXPERIENCE SHAMANISM

Shamans are usually initiated into the profession through a profound ordeal. In this way, they learn to identify their own medicine and also embody the mythology and worldview of their people. They are then able to travel through the many worlds in which human beings can dwell in the service of healing and expansion of awareness.

Labyrinth Walk

Details: Sunday 30th November at 9.00-11.30am

In this half day workshop we will explore the wonder of the labyrinth. It is a very powerful (and subtle) tool for meditation, healing and self awareness. We will look at the commonly asked questions: What is it? Where does it come from? What do we use it for?

Then, more importantly, you will have the opportunity to walk the labyrinth and create a collage as a permanent reminder of what the experience was like for you. You will receive the seed of the labyrinth pattern so that you can then go on to create your own on any scale from decorating a cushion to building one in your backyard.

Dr Margaret Rainbird was a G.P. for 20 years before leaving medicine to pursue a more transformational path for herself and her clients. She has a Graduate Diploma in Counselling and recently completed the Diploma of Shamanic Practice at CCM (it seemed to be destined with a name like Rainbird!). Margaret discovered the power of the labyrinth as a tool for meditation, healing and self discovery seven years ago. She conducts monthly labyrinth walks in Mona Vale on Friday evenings and has run several full day workshops for community welfare workers.

Cost: \$30, call us to book in on 02 9482 3603

Sweat Lodge

Come along and book your place for one of the most ancient and time honored rituals....

The sweat lodge is a sacred ceremony most often associated with Native American traditions. However, there are many such practices throughout the world...in South America and Europe, Scandinavia, Russia, Siberia, Japan and Australia. In all these cultures, the central action is the same: heated rocks are placed in an enclosed space. Water is then poured on the rocks to produce intense waves of heat. Sometimes herbs are burned or crushed in the lodge or added to the water to produce a soothing fragrance. Some ceremonies include specific healing procedures and rituals.

The sweat lodge encompasses both beginnings and endings. Each time we take part in a ceremony, we take a journey to the centre of our being, joined with the others in the sweat lodge and yet also alone. It is about birth, death and rebirth. We change as a result of participating.

If you would like to book in for a Sweat or find out more information please contact Robert to book your place.

ph: 43561562 or email robertboyle@aapt.net.au

SPECIAL EVENTS!

Healing Hands Project Kenya 2008

Our team of practitioners have returned home to Australia, celebrating their healing journey into Africa. A group of Kinesiologists and Art Therapists have been practising their skills in their various modalities in Kenya creating an opportunity for lasting change for some of the recipients. If you would like to check out the Success stories, growth and potential of this African Project please drop in for an evening of fun, sharing, and pictures!

We invite you to hear and see the work with the various communities of:

- The Children's Shelter Village (Simba) and their amazingly strong and visioned children;
- The Community Health Workers and clients of Riruta Health Clinic, Kawangware;
- The courageous women's support groups of Kibera Slum;
- The wonderfully 'spirited' kids of the Children's Garden;
- The amazing women of Umoja Women's village;

Thursday November 13th – 6.30pm

College of Complementary Medicine, No 2 Burdett St Campus
2 Burdett St, Hornsby.

Wednesday November 26th - 7.30pm

Neutral Bay Health and Wellbeing
Suite 2, 146 Wycombe Rd, Neutral Bay.

To book your place email natalie@inspiringlives.com.au light refreshments provided.

Certificate IV in Work Place Training

- At CCM **December 6-8 then 10-16**, open to anyone at just \$1090 for the full course, **CCM STUDENT and STAFF DISCOUNTS** available, contact Victoria for more information by phone or via email vgodfrey@ccm.edu.au <<mailto:vgodfrey@ccm.edu.au>> . Normally this course is quite expensive with even distance learning courses being well over \$1000. Students who have studied this course in the past at college with our guest lecturer Colin Abbot have said he turned what could be a very dry course into something interactive and fun, they also said that doing it in a block was great.

SPOTLIGHT ON:

Hala Francka



This month the spotlight is on Hala, a part time Shamanic Practice Graduate. Hala, is originally a Sydney girl how is now located in the Blue Mountains, Blackheath, where she has owned and operated a jewellery gallery for the last 14 years, specialising in Amber designer and Artist Jewellery, imported largely from Poland. Always having had a strong connection to the earth and nature, her decision to enroll and study Shamanic Practice at CCM was accelerated by an experience in a sweat Lodge in Tepoztlan, Mexico. She has now opened a healing center in the Blackheath called Ansita Wisdom, the name originating from the ancient idea of the world tree, everything coming from oneness. She works with people from all walks of life and has with team of 11 other practitioners including a fellow graduate, Tanya Craig who has studied both Art Therapy and Shamanic Practice at CCM. As well as one on one work, Hala is also available for moon Ceremonies. We asked Hala for some time to answer a few questions and here's what she had to say:

Q) What is the best thing about being an Shamanic Practitioner?

As a Shamanic Practitioner I am trained in keeping my clients soul healthy. The soul holds the key to an enriching and fulfilling life. A healthy soul allows people to make the right choices in life and fully engage in lifes riches and magic. Watching people blossom, engaging in a better life which overflows into their communities is fabulous.

On a personal level, being a shamanic practitioner, I need to be deeply engaged in nature and have a clear life path. Working on and with these things although challenging, creates so much abundance in my life. Also, working with my spirit guides and teachers, and my extended self is absolutely fascinating.

Q) What stood out to you as a student?

Having a direct community to work with and to talk about the shamanic realms/life is a must in this work, and being a student offers all this.

Q) What advice would you give to anyone thinking about becoming a Shamanic practitioner?

Emmerse yourself in nature, listen to the wisdom of the grasses, trees and animals. Communicate with your natural surroundings. Notice everything. Speak with your ancestors and guides. Work towards total health, walk your truth and live with integrity.

If you would like an appointment with Hala or one of her fellow practitioners please call **4787 6728 or 0414 303 603** or check out the website at www.ansitawisdom.com.au.

LIST YOUR BUSINESS OR SPECIAL EVENT IN the vibe

CCM had space available to our students, staff and graduates to promote their businesses to the CCM community. The vibe goes out to over 2500 contacts monthly during the first week of each month, ads are just \$60 each or \$80 when you book for two consecutive months. Contact Victoria by phone or via vgodfrey@ccm.edu.au for more info. Ads are due by the 21st of each month for placement in the following months newsletter.

So Concludes our November Newsletter! We wish you a rewarding month of November!

Thank you

PLEASE NOTE NEW ADDRESS

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