



W.O.W.

(Women Of Wisdom)

This support group is organized by and for mature women (50 and over) who seek stimulating interaction with peers in an atmosphere of acceptance and congeniality. Many ideas for providing discussion, spiritual development, workshops, films, outings, social interaction, educational presentations, etc. are presented, discussed and are continuously being developed.

Meetings are held on the second Thursday of each month September until June, from 10.00 a.m. until 12.00 (noon) and are held at the Women's Centre, Suite 229. **There is no charge, but a love offering is welcomed** for speakers who offer their time and talent free of charge to cover cost of gas, handouts and tokens of gratitude.

Meetings for 2009/2010



September 10, 2009 – **Kris Belfry**. What a way to start of our new season. We have Kris to talk to us on the "6 essentials to healthy living" a very interactive discussion in which *Enerkinetics* are discussed and a demonstration is given. Enerkinetics literally means 'movement of energy'. The body's REAL potential to heal comes from within and Kris talks about how this is done. Enerkinetics is a system which allows the body to heal itself. A giant step forward in natural healing.



October 8, 2009. **David Hamnett** is here to talk about the Laws of Success as described in Napoleon Hill's *Think and Grow Rich* which is a motivational personal development and self-help book. This book was an inspired suggestion by Scottish-American billionaire Andrew Carnegie. It was published in 1937 during the Great Depression. It remains the biggest seller of Napoleon Hill's books, selling a claimed 30 million copies over the past 70 years. This will be not only an informative meeting but will provide information for us to practice to improve the financial aspects of our lives.



November 12, 2009. **Una West**, is here again to share her wisdom on "*Transformative Mindfulness*". "We've always known about the power of the mind in sports...but we can use the same power of the mind to heal ourselves and create what we want to experience. Transformative Mindfulness focuses on harnessing the power of the mind to transform problems and situations into positive outcomes. Una West will describe simple yet powerful methods that thousands of people have used to achieve better health, better experiences, and develop a personal sense of purpose and contentment.



December 10, 2009. **Christina Reeves** is here to talk about "*The Radiant Woman*" and to teach the world her "magical energy" powers which are really a new healing method that anyone can learn called EFT (Emotional Freedom Techniques). There will be an in-depth overview of the Five Principles for becoming a Radiant Woman. Going through the stages of development as women, noting along the way the places where we may have become stuck and how to free ourselves. There are traps we as women and society on the whole, set for us to thwart versus support each other. This understanding will help us understand how we can have much stronger connections with women and why that is so important. We must learn the importance of trust and surrender, setting boundaries in our lives and the gift in trusting our deep inner wisdom. There will practical tools for restoring passion to our relationships, whatever the form. See what Christa has to share about how we can live more juicy, full, authentic lives!



This is our **Christmas Meeting**, when we bring finger foods and celebrate each other in the Spirit that we are.



January 14, 2010 – **Allannah James.** Have you ever wondered how psychics obtain their information? Allannah is here to share with us the difference between all the psychic modalities, i.e. *Clairaudience, Clairvoyance and Clairsentience.* When a psychic is giving a message what do they hear, see and feel. How is that interpreted in order to deliver an accurate “message”. Can anyone be a psychic? Can this gift be developed and if so how? If you have ever wondered about this aspect of humanity, this is the meeting for you.



Valentines Day Celebration. We will then celebrate each other as the love we are with healthy finger foods and beverages.



February 11, 2010 – **Dr. Dennis Chong and Jennifer Chong.** Many of you will remember Jennifer’s understanding of Past Life Regression. Both Dennis and Jennifer have become known as leading authorities in the *Art of Communication.* They have co-authored several books, video-tapes and audio cassettes and produced seminars on various topics. They are here today to share with us the benefits of their experiences in the field of communication and we are sure to leave with ideas for improved communication in our own lives.



March 11, 2010 – **Pennie Forma,** is a Hypnotist & Psych K Advanced Facilitator. Her interests are the power of the subconscious mind and discovering ways to change limiting beliefs in order to have breakthroughs in your life so you can be less stressed and enjoy life to the fullest in any way that you choose. Pennie will be with us to share her understanding of Dr. Masaru Emoto’s staggering revelations on the “World of Water!”. Our bodies are 80% to 90% water. Come to find out why it is that we need to know how that affects us. Dr. Emoto says *“The messages from water are telling us to look inside ourselves.”* Pennie has many slides to prove that what we think about affects our lives in positive or adverse ways.



April 8, 2010 – **Anne Gorman – MEDITATING AND WHAT IT CAN DO FOR YOU.** Are yes, but how does one do it. In any case why should I. Are we too old? Does one have to be “religious.” Can any one do it.? Come to hear Anne Gorman and hear what there is to know about this “thousands of years old” practice. Why has it lasted so long and why? Is there something we have been missing? Anne not only goes into the details but she will also tell us how and lead us into a meditation. You certainly will not want to miss this.



May 11, 2010 – **Johannes Linstead,** Musician and our Guest Speaker for the day. Johannes will be here to share his knowledge of *Buddhism.* Buddhism is a family of beliefs and practices considered by most to be a religion and is based on the teachings attributed to Siddhartha Gautama, commonly known as "The Buddha" (the Awakened One), who was born in what is today Nepal. Buddha lived and taught in the northeastern region of the Indian subcontinent and most likely died around 400 BCE in what is now modern India. Among the methods various schools of Buddhism apply towards this goal are: ethical conduct and altruistic behaviour, devotional practices, ceremonies and the invocation of bodhisattvas, renunciation of worldly matters, cultivating continuous mindfulness, meditation, physical exercises, study, and the cultivation of wisdom. We could all learn something useful from this presentation.



June 2010 – **A HEALTH FAIR.** Yes it is time for us to step into summer in a healthy vibrant way. So we have invited some experts in the field to get us in shape. This event will be limited to our regular members only. Have you ever had a reflexology, reiki, massage, sacrocranial, aromatherapy, etc., treatment? Well now is your opportunity to experience a treat of a lifetime.