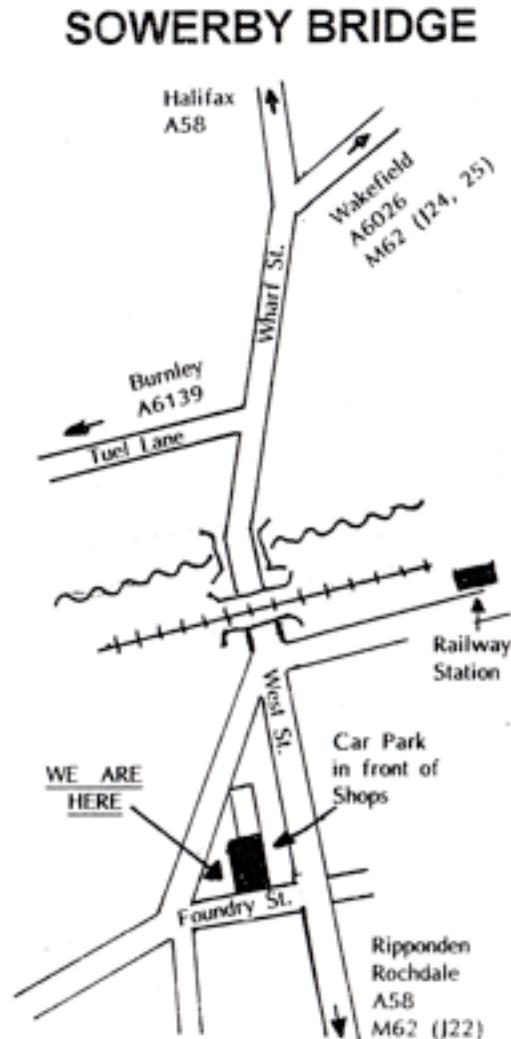


For further details about our Group, or to download a copy of our next programme which will be available in December, see our Website. Alternatively, contact:
Maureen Thomas: 01282 870581 or Jean Casson: 01484 715804

Please Note: In future in the event of adverse Winter weather conditions, please ring to confirm that the meeting will still be taking place.



NEW DIRECTIONS



**LIKE MINDS, SHARING IDEAS ON
BRINGING HARMONY
TO MIND, BODY AND SPIRIT**

**TUESDAY EVENINGS
7.30 to 9.30 pm**

**at the Youth and Community Centre
Foundry Street, Sowerby Bridge,
Near Halifax HX6 3AS**

Contribution (including refreshments):

**Talks: Members £3 Non-Members £5
Other Evenings: Members £1 Non-Members £2**

ANNUAL MEMBERSHIP FEE: £10 (£6 Concession)

Website: www.newdirectionsgroup.co.uk

AUTUMN PROGRAMME 2014

New Directions, which first started in 1994, will be celebrating our 20th Anniversary on 2 September 2014.

We are proud to say that we are probably the most successful and longest-established Mind/Body/Spirit Group in the West Yorkshire area.

Our Group has a warm and friendly atmosphere and we are very pleased to welcome open-minded people of all ages who wish join us and explore a variety of alternative viewpoints.

ANNUAL SUBSCRIPTIONS:

Annual Subscriptions are due at our Meeting on 2 September.

(See front cover for Subscription Details)

Payment can be made from 7.00 - 7.30 pm.

PLEASE COME EARLY!

2 September: HOW OUR EMOTIONS AFFECT OUR PHYSICAL HEALTH with Stephen Woodhead

Why should it be that musculoskeletal pain tends to arise when we are suffering substantial emotional stress or have recently experienced a major change in our life?

Until relatively recently there was only anecdotal evidence linking emotional well-being with general health but there are now well-studied and accepted physical mechanisms which explain these links.

Stephen's talk aims to explain how the "evidence-based" approach of mainstream medicine is finally catching up with the daily experiences of physical therapists.

16 September: AN EVENING OF MEDITATION

Relax and unwind with us at our informal evening of Meditation

7 October: EXPLORATION OF TRANCE MEDIUMSHIP AND THE ALTERED STATES with Emma Treadwell

Emma Treadwell, from Leeds, will be telling us about her own personal journey with Trance Mediumship. During this talk we will explore the development of the medium, the role of Spirit Guides and also some interesting historical information. The talk may include a message from Emma's guides and helpers in Spirit.

Emma is an experienced clairvoyant, channel and medium who is well-known in the Calderdale area.

(The talk, 'Who You Are' with Kathleen Pimlett, as advertised in our printed Programme for 7 October, will now take place at a later date in 2015)

21 October: THERAPY EVENING

An opportunity to try a complementary therapy, relax and unwind, join in discussions and socialise.

4 November: TRADITIONAL JAPANESE REIKI with Chris Krow Summers

'Usui Reiki Ryoho' or Usui Method of Natural Healing is widely used throughout the world as a 'hands-on' complementary therapy, and as a method for personal development and deeper self-awareness. Best of all, it is very easy to learn and anyone can use and benefit from Reiki after completing the basic training.

Reiki builds confidence, helps deal with stress, anxiety and negative thinking and can help to naturally improve physical, mental and emotional problems.

The First Degree level includes working with 'Ki' or 'Life Force Energy' with meditations, breathing exercises, self-healing techniques and simple ways to use Reiki with your friends and family.

Chris plans to run a First Degree Reiki Course in this area - join him tonight for a most interesting evening.

18 November: THE EARTH - HER SPIRITUAL SECRETS REVEALED with David Trimble

The Earth is a living being, an ancient intelligence who has accepted the limitations of her current physical form to provide us with a planetary home. She has given us a wonderful place to gain experience after experience in the journey called life.

For millions of years we have reincarnated on Earth, mostly with little thought of offering even a token of thankfulness for her great sacrifice. However, a great change is taking place. According to the Law of Karma, mankind cannot reside here indefinitely while indulging in the futilities of war, pollution, excessive materialism, etc. Unless we change, we will no longer be allowed to continue to reincarnate upon earth.

David will also tell us about the outstanding, controversial and inspiring revelations given by the founder of the Aetherius Society, Dr George King – one of the most remarkable mediums the world has ever seen.

2 December: SERENDIPITY

Have you ever made an amazing discovery, completely by chance, which has given you an insight into your life's purpose or a greater understanding of events surrounding you?

There are ways to access wisdom and guidance - numerous angel and oracle cards, the ancient I Ching and divination - all will be available for you to try this evening. Come along and discover what these can reveal for you!

9 December: THE HEALING POWER OF SOUND with David Sargent

Discover how to use special therapeutic sounds to keep the physical body and its energy field (aura) aligned and in balance. Experience this for yourself as you bathe in a special blend of these powerful healing tones, created using tibetan bowls, theta drumming, vocal toning through the seven main chakras, and quartz crystal singing bowls

16 DECEMBER: CHRISTMAS DINNER - (See Group Notice Board for further details)