

NEW DIRECTIONS



New Directions first started in 1994, and the Group celebrated its 20th Anniversary in September 2015.

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 always very pleased to welcome open-minded people of all ages who wish to join us and explore a variety of alternative viewpoints.

For further details about our Group, or to download a copy of our next programme which will be available in December - see our website

www.newdirectionsgroup.co.uk

Alternatively, contact:

Jean Casson on 01484 715804

Or Linda Whitehead on 01422 348351

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

MAURICE JAGGER CENTRE



LOCATION

Off Winding Road

Opposite Halifax Bus Station

Maurice Jagger Centre

Lister Street

Halifax HX1 1UZ

NEW DIRECTIONS



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

PROGRAMME AUTUMN/WINTER 2018

TUESDAY EVENINGS

Monthly from 7.30 to 9.30 pm

Maurice Jagger Centre

Lister Street

Halifax HX1 1UZ

Contribution (including refreshments):

£5.00 at the door

Website: www.newdirectionsgroup.co.uk

20th August

SEEING THE LIGHT IN ALL THINGS
with Richard Abbot

What is the most powerful, positive force in our lives?

What is the life-giving energy that we cannot live without?

Answers to these questions plus exercises, tips and insights for injecting greater meaning and purpose into your life will fill the evening.

It will be ancient ideas with a unique, Richard-style, twist.

18th September

THE POWER OF ASKING
with Ann Banks

We are told in the New Testament 'Ask and it shall be give to you'. In this illustrated session we shall be looking at what this means and how we can align with the great Law of Attraction in more positive ways. We shall be exploring how to identify our current point of attraction (clue: what is happening in your life right now and is this what you want?) and the vital role our emotions play in this dynamic process. As part of our time together we shall investigate tools, techniques and unique visual images, all of which can help us to shift our point of attraction from more of what we don't want into creating an alignment with the more abundant life, which we are also told in the Bible, is available to us here and now! This is not a talk about theology or Christianity! It's about the practical application of wisdom which all the masters of old have told us about.

PROGRAMME
AUTUMN/WINTER 2018

16th October

THE HEART OF LOVING AWARENESS
An Evening of Meditation
with John Siddique

The true purpose of meditation is to awaken us to the truth of who we really are - The original, beautiful, flowering awareness which is life itself, and from where we can live our daily lives authentically and with grace.

Join meditation sacred teacher and writer John Siddique for an evening of guided practice and being together in the spirit of truth.

John runs Authentic Living which works to help all sincere seekers to meet their own lives with authenticity and grace.

More information www.authenticliving.life

NOTE: As we have plenty of floor space available, and in order to enjoy the meditation experience to the full, you are welcome to bring a throw or cover should you wish to lie down

20th November

THE WONDERFUL WORLD OF CRYSTALS & CRYSTAL HEALING
with Cathy Ritchie

Join Cathy, an intuitive Angelic Crystal Teacher and Healer, as she talks about and shares her passion for crystals, and shows us how to choose crystals intuitively for ourselves, home and workplace. She will show us how to work with them safely and effectively to achieve the best energetic results for healing, protection and manifesting. Cathy will give a demonstration of healing and balancing the chakra system - our life force energy systems.

December

CHRISTMAS DINNER

Date & Venue to be advised