

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 July - 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

NEW DIRECTIONS



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

PROGRAMME SPRING/SUMMER 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

PROGRAMME SPRING/SUMMER 2018

16th January

2018: DREAM, THEN DREAM BIGGER!

with Annie Conboy

Annie is looking forward to a new flow of manifesting energy starting in 2018. Join her to find out how this energy year will help you bring in all that you require and desire. Which month will be best for expansion and which month will be the time to retreat from the world? When are energy shifts going to happen? And how to make the most of 2018 for all of your dreams. Using a mix of astrology, energy reading and guidance from the Earth's Guardian Angels let Annie 'read' 2018 for you.

20th February

SEVEN ESSENE MIRRORS

with Trevor Morris

Trevor Morris, author of 'The tree of becoming' will be giving a thought provoking presentation on the 'Seven Essene Mirrors' that are referred to in the Dead Sea Scrolls. He will be expanding on the references to the Seven Essene Mirrors in Gregg Braden's book the Divine Matrix, explaining how each of the seven mirrors reflects back to us what we need to learn on our spiritual journey.

As we evolve as conscious beings, the Universe reflects back to us different lessons that we need to learn. For example, the second mirror reflects back to us 'the things that we judge' and the sixth mirror reflects back to us 'our greatest fears'. By being aware of how these mirrors work in our lives we can gain greater insight into our lives and the challenges we face.

20th March

THE WONDER OF SOUND - A GONG BATH

with Kath Reade

Kath is a Sound Practitioner and GongMaster with a growing following in Hebden Bridge and elsewhere. Kath will briefly talk about the power of sound frequencies to bring more harmony and balance to body, mind, and soul.

She will play sacred sound instruments such as Gongs, Tibetan Singing Bowls, the 528hz Love frequency, and use the healing power of the voice. Not to be missed!

There is plenty of floor space so you are welcome to bring a blanket to add to the enjoyment of the meditations.

17th April

A BRIEF INTRODUCTION TO SHAMANISM

with Spirit of the Sacred Drum

Have you ever felt that there was more to life than just the physical world? Have you felt awe in the natural world, had a sense of aliveness in all living things? Perhaps you have felt a calling....but a calling to what? Shamanism, a powerful earth based spirituality, helps lead you back to truth....back to your soul and authentic self.

Learn more about the power of shamanism and how it can help you awaken you to the beauty and wonder of life and how you can learn to live more in balance and from the place of your soul.

Rick and Sheila Blackwell are shamanic practitioners based in West Yorkshire.

We will be giving a brief introduction to Shamanism - the role of a Shaman, an insight into Shamanic Healing and how it can help to heal and empower your life and a little bit about the Shamanic journey- there will be an opportunity to experience a shamanic journey to the beat of the drum!

15th May

VIBRATIONAL MEDICINE

with Kate Herbert

"Going to Jack Temple was a life-enhancing experience. He cured me, my sister, my mother and my children of all our ailments. He is a genius worker." - Jerry Hall

"Why live in misery when the power of nature is all around?"

During vibrational medicine the cause of your priority symptom is treated. Dowsing is used to find the cause of the illness, then your body is balanced energetically by removing any negative influences and putting positive vibrations in that resonate with healthy body tissues. So allowing your body to heal itself. The medicine is always completely safe; using only the resonance of nature's pharmacy to cure.

You will have personalised health information to take home with you, for your benefit after the session.

19th June

NUTRITIONAL HEALTH & WELLBEING

with Sonja Macura

Sonja will talk about nutrition and it's relation to health including the importance of the gut to overall health, especially the immune system, the brain, and the limbic system which controls the emotions. She will address various aspects of health and disease and how to maintain health physically, mentally and emotionally.

Included in the talk will be information about deficiencies, diet, supplements and supporting overall health.

Sonja will also discuss mental health; dementia and Alzheimer's disease and how to help prevent these.

JULY
GROUP EVENING MEAL OUT
Date & Venue to be advised