

JOPO NEWS

NEWSLETTER 22

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PROSPERITY

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GOOD
HEALTH

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HARMONY

AUGUST SEPTEMBER 2009

Hello everyone, here we are in the third quarter of the year, just please don't mention Christmas to me !!!

At least the weather is warming a little so we hope to see many of you join us in our Workshops, and are there some great ones coming up !! Check out the list and book in early to avoid missing out.

Queen for a Day has been rescheduled for Sunday 9th August.

If you would like a day of pampering this is a day for you !!

Phil and Bec will be returning in October. We really appreciate the long drive they take to get here, the work they do and then the long drive home again.

The long weekend will have Past Lives II—don't worry if you missed the first one—Phil will quickly bring you up to speed and he promises that this workshop will be a very "hands on" one with exercises to get practical results—personally I can't wait!!!

For those of you who are starting into crystals—Christine's Intro to Crystals is a must do workshop—see over for details. For the rest of us I know we will learn more too.

Ruth will be teaching Tarot—from Intro to Advanced. A great teacher, Ruth will give you all the basics and confidence you need. See over for details.

Kerrie Wearing will return to JOPO for two Workshops in September—Introduction to Mediumship and Living your Spirit. It will be great to have Kerrie back and I know these workshops will prove very popular.

We finally have dates set for Reiki I & Reiki II—many of you have asked and Loraine has been kind enough to agree. These fill quickly, so book asap.

Curious about Astrology ? "It's too hard" is what I hear—yes, astrology is complicated, but we are not asking you to *learn* it—Tricia has already done that —what you will do is *learn from her knowledge of it* !! It's a little like having a Tarot reading—you don't have to interpret the cards—that's the readers job. So come along to Tricia's free Astrology Talk—Sat 1st August 2.30pm in the shop and see for yourself.

Michael Bray returns to JOPO Mon 10th August—see over for full details.

Now to new arrivals at JOPO—firstly Judy Hall has just released her "Crystal Bible 2". Those of us who love her original Crystal Bible will really appreciate this great new one. Life Among the Dead by Lisa Williams an entertaining, yet informative read. Debbie Malone our own local psychic also has a new book—We Are Never Alone. I have just finished reading it and although it is not good bedtime reading, it is a fascinating insight into her life as a Medium. It made me realize that most mediums do not have it as easy as they appear. Spirit Whispers by Charmain Wilson also proves the same point. She is an amazing lady who has suffered greatly and come through it to help others, another book I just couldn't put it down. Also some great Children's Meditations on CD and some lovely chill-out music. Check out the book display.

I'm going crystal shopping again very soon—so there will no doubt be some nice surprises when you are next at JOPO. I never know what I am likely to come across as my favourite wholesaler does exactly what I do and goes shopping in person—only difference is he travels the world to shop!!!

Our website is "getting there" Fiona is doing a great job. I'm the one who is a bit remiss, but we hope to have it up and running very soon.

Just a reminder when you email JOPO please put "JOPO Newsletter" or "JOPO Enquiry" in the subject line as I receive so much spam there is a risk your email could be deleted. Please feel free to pass this Newsletter on to your friends.

WISHING YOU

Prosperity, Good Health and Harmony

Joye@JOPO

JOPO WORKSHOPS

MEDITATION

Mondays 10am
Mondays 11.30am
Tues evening 8pm
(see details for new format)

DRUMMING

2nd Friday of the Month
7.30—9.00pm
NO DRUMMING IN SEPT

PANGENTA'S CAULDRON

1st Thurs each month
7.30pm

THREE MEDIUMS

20th August (Thurs)
15th October (Thurs)

OPEN CIRCLE

Third Friday each month

RELATIONSHIPS

Sat Sept 26th 2.30pm-5pm

ASTROLOGY & STAR SIGNS

Sat 12th Sep 2.30-4.30pm (Pt I)
Wed 16th Sep 7.30-9pm (Pt II)

YOU & YOUR EMOTIONS

Wed Oct 14th 7.30-9pm

THE PLANETS WITHIN

Sat 8th Aug 2.30-4.30pm
Wed 12th Aug 7.30-9.30pm

DREAM WORKSHOP

Sat Aug 22nd 2.30-4.30pm (Pt I)
Wed Aug 26th 7.30-9.30pm (Pt II)

TAROT CLASS

Intro to Tarot Reading Sun 30th Aug
10am-4pm
Tarot Intermediate Sun 13th Sept
10am-4pm

REIKI I

Sat 10th & Sun 11th Oct

REIKI II

Sunday 25th Oct

PAST LIVES

Sun 4th Oct

FREE ASTROLOGY TALK

Sat 1st Aug 2.30pm

CREATIVE EXPRESSION WITH COLOUR

Sunday 27th Sept 10am-2pm

ANGELS & HEALING

Mon 10th Aug 7.30 pm

TAROT READINGS

Tarot Readings with Ruth.
Reading &/or Foot Spas with Cassie
Available Fri or Sat.
Other days by special request.
Bookings are a MUST.

JOPO NEWS

MEDITATION

Weekly Meditation with Doris has a changed format. "I have felt the need to separate the meditation from the channeled messages and healings for some time and will now offer:

Monday Mornings 10am-11am

A guided relaxation meditation, you can simply bliss out and relax or tap more deeply into your own spiritual guidance. \$12pp

Monday Mornings 11.30am-12.30pm

I shall channel messages and access healing frequencies from the higher dimensional beings for those seeking to raise their energy vibrations. We have been blessed with the presence of Quan Yin, Lady Nada, Mother Mary, Jesus, Saint Germain, Buddha, AA Metatron, Raphael and many others. We have visited Temples in Mesopotamia, markets in India, healing realms in other dimensions. These channels are about realizing your awesomeness and stepping into your fullest self, no matter where you're at now. We have no idea of just how much better it can get! Are you ready? \$18pp

Tuesday evenings 8pm-9.30pm

Spiritual chill-out and development evening, a combination of Meditation, Channeling and some time for discussions and sharing. Come and relax, have a coffee, lift your energy and connect to other spiritual journeyers, your spiritual guides and family. We are after all, on this Human journey together. \$15 pp

Pick up a flyer at JOPO for more information on weekly meditation styles and activities as they will vary or just drop in and join us. See you there Doris!

DRUMMING.

This is a fun evening. Come along and enjoy the sounds of the drum, as we experience the togetherness of rhythm, vibration and song.

BYO Drum if you like.

Second Friday of each month

7.30pm-9.00pm Cost \$20. **No** Drumming in Sept

PANGENTA'S CAULDRON

This is a wonderful fun group.

"Learn some of Gypsy Lee's secret formulas for love, success, eternal youth and much, much more. Brew your very own custom made potion in a bubbling cauldron, meet like minded people and have a lot of fun. If you have ever fancied yourself as a bit of an alchemist, then this is the workshop for you."

First Thursday of each month

7.30 (sharp) —10.30pm

Cost \$25

(includes all materials used such as herbs, oils, potion bottles plus tea/coffee.)

REIKI I & II

Lorraine will be running Reiki I over 1.5 days.

Saturday 10th Oct 2.30pm-5pm

& Sun 11th Oct 10.30am-5pm

Cost \$220

For those wishing to continue their Reiki journey with Reiki II

Sunday 25th Oct 10.30am-5pm

Cost \$350

\$100 deposit required on booking, limited numbers.

THE PLANETS WITHIN

There are a lot of misconceptions in regards to the "Planets" in Astrology. It is a reverse concept as to what most people think and understand. Planets in the sky are symbols for the Planets within a person and they represent energy patterns. Certain energies can be blocked, inhibited or abused. This workshop explains the potent force of the planets "within" and how they can affect your life. Each planet represents a different aspect of you, they all have a Karmic influence. In this workshop you will begin to understand your Karmic connections

Sat 8th Aug 2.30-4.30 \$50

Wed 12th Aug 7.30-9.30 \$50

Book in now.

DREAM WORKSHOP

This workshop helps you to understand that your dream-world is an extension of your daily life. You will learn about the various objects and people in your dream and what they are telling you. A variety of different dreams will be discussed and you will be working with your own dreams in order to better understand why you have certain types of dreams. This workshop will be over a period of two sessions.

Sat Aug 22nd 2.30-4.30pm

Wed 26th Aug 7.30 - 9 pm

\$100.00

Bookings essential to ensure placements

YOU & YOUR EMOTIONS

What is your understanding of emotions?

Are you frightened of them?

Do you keep them locked away so they don't hurt you or interfere with your life?

Perhaps they dictate your life to you?

Do you understand what your emotions are trying to tell you?

Did you know that they are an integral part of your life and the most powerful healing attribute you have when you work with them.

An eye opener of a workshop teaching you how vital your emotions are and where they go to when you don't deal with them.

You can learn to understand how your emotions affect you on all levels of your being.

Are your Emotions your Friend or Enemy?

Please bring along your workbook

Wed 14th Oct 7.30-9pm \$50.00

Bookings Essential to ensure placements.

PERSONAL BELIEF SYSTEMS

Your thoughts and beliefs and how they affect your life. We create our everyday reality through our thoughts and beliefs. You will learn about the positive and negative affects of projecting your thoughts and beliefs into the world and onto others. This workshop helps you to begin to see your underlying negative beliefs and what you can do about changing them. By understanding your beliefs you can put a stop to your inner and outer battles and change your personal world to one of peace and joy.

Sat 15th Aug 2.30-4.30 \$50

Please book early.

CREATIVE EXPRESSIONS WITH COLOUR

You hear your mind, feel your emotions the body speaks through pain and discomfort, but when did you last communicate with your soul? This workshop is a wonderful opportunity to tune in to you and allow true expression from all parts of you. Discover the fun and relaxation of painting. It relieves stress, grounds and centres in a way nothing else can. It is awesome to stand back and see what you've created. Come with no expectations or judgments as this is about discovery. You will amaze yourself. You will complete a painting on a prepared canvas frame ready for hanging. You choose from two sizes, 50 x 50 or 60 x 75 (approx) so come and play with colour !!!

Sunday 27th September 10am-2pm

\$189 per person inclusive of materials

\$170 pp if paid before 31st August.

ASTROLOGY AND STAR SIGNS

What is your understanding about Star Signs?

Did you know that you chose to come in under the energy of your particular birth sign for a reason?

Do you realize that your Sun sign symbolizes an energy pattern within you?

This is a most informative, educational and inspiring workshop about the different star signs and the positive and negative aspects to them. This workshop touches on your connection with your opposite but complimentary polarity and will be held over two sessions. Please bring along your workbook

Sat Sep 12th 2.30-4.30pm

Wed Sep 16th 7.30-9pm

Cost \$100

Bookings essential to ensure placements

RELATIONSHIPS

The one area of life that we most have problems with is in our various relationships.

These relationships can take the form of family members, work colleagues, partners and even your relationship with yourself.

This is a very comprehensive subject which has a powerful impact on people's lives. There can be a tremendous amount of stress and heartbreak attached to problems in our relationships. This workshop will enable you to understand why certain types of relationships occur and how you can begin to change the circumstances that surround them.

Sat Sep 26th 2.30pm - 4.30pm \$50.00

Bookings essential to ensure placements

THREE MEDIUMS

20th August

15th October

(both Thursdays)

7.30pm

Tickets \$25

Limited Numbers. Bookings essential.

JOPO NEWS

SPIRITUALIST CHURCH SERVICE

Panania Senior Citizens
77 Anderson Avenue, PANANIA 2213
Service will be conducted the 4th Friday
of each month 7.30-9.30pm
Dates for next 3 months
28th August
25th September
23rd October

INTRO TO TAROT READING

Ruth will be teaching this basic
beginners course.
She will show you how to interpret the cards.
Sunday 30th August 10am-4pm
Cost \$130
Class numbers are limited so book early. Bring
notepad, pen and Rider Waite Tarot Deck.
Book soon !!!

TAROT INTERMEDIATE

The follow up to Intro to Tarot
Sunday 13th Sept 10am-4pm
A good workshop for those who wish to
learn more. Cost \$130
Class numbers are limited so book early.
Bring notepad, pen and Rider Waite
Tarot Deck.

INTRODUCTION TO CRYSTALS

Christine will be sharing her knowledge with us .
Crystals are living energies that work with us more
than you know. Working with crystals is not only
satisfying, but a way for us to heal and help
ourselves.
During this discussion you will learn about these living
energies and the healing powers that flow through
them. Learn to programme and cleanse your crystals.
Understand what crystals are telling you, by using and
trusting your intuition.
Tuesday 18th August
10am-2pm
Investment \$75 (includes handout)
(\$25 non-refundable deposit)
Please wear comfortable clothes and bring a Journal/
notebook and pen to take notes.
Some places still available—ring to book.

CONNECTING WITH YOUR GUIDES.

Doris will be channeling your Guides during this
evening and providing a unique
opportunity for you to have your questions answered.
A chance to receive personally relevant information!
You have much loving support and this is your chance
to get closer to them and receive their guidance.
Sunday 23rd August
3pm—5pm
Cost \$27 per person.
Bookings essential.

PAST LIVES

Phil and Bec will be back in Sydney to
run another Past Lives Workshop.

Both are passionate about the work they do
and have an amazing chemistry that allows
them to make their workshops not only lots of
fun, but very informative too. The wealth of
knowledge they have causes people like me to
constantly pick their brain . Phil takes it all in
his stride and often answers a question with a
question (don't you just hate that !) but in
doing so he makes *you* think and maybe look
within yourself for the answer.

Past Lives II—don't worry if you haven't done
the first one, they will bring you up to speed
very quickly so that you can continue the
journey and see where you may have been
and how those lives may be affecting you
now.

Sunday 4th Oct 10am-5pm
Cost \$175

Bec will facilitate the Chrono Too workshop
later in the year. This will be over two days
and if it is anything like the first "Path of the
Chrono" workshop then I can highly
recommend it. Perhaps finding out you were a
herbalist, healer or even a witch is a past life
will ensure your determination to attend
Chrono Too!!!!

Dinner—Discussion Group/Open Forum. Those
who attended The Path of the Chrono,
Spiritual Healing or the first Past Life
workshop with Phil & Bec through JOPO are
invited to attend a social dinner/ discussion
group/ open forum night
Sat 3rd October
at a venue to be advised.

Should you wish to attend please email me
and I will let you know when details are
finalized. Ex students of Phil and Bec will be
using this night to continue discussions we
didn't have time to complete at the
workshops, (some of us needed to sleep those
nights!!) plus probably other things that have
eventuated from these workshops.
Ring JOPO to book in.

ANGELS & HEALING

Michael Bray returns to JOPO !!
Michael has been living in the country and
North Coast for a while now, so it has been
some time since we have seen him.
He has been missed !!!
Monday 10th August, Michael will join us
for an evening of "Angels & Healing", as with
any of his workshops, no doubt it will be a
fun, enjoyable and enlightening night.
Please book early for this one as those who
know Michael will be eagerly looking forward
to catching up with him.

Mon 10th August
7.30—9.30/10pm
Cost \$30pp
Bookings now open.

OPEN CIRCLE

Do you want to try meditation before
committing your time on a regular basis?

Come and join Sandra and Karren who are
experienced teachers, mediums and
healers on the third Friday of each month
for an open circle. Explore and learn
about your inner self.

This is an evening of meditation to
decrease your stress and increase your
inner strength, and exercises to help you
develop your psychic abilities.

17 July
21 August
18 September
16 October
20 November

6.45pm for a 7pm start. \$20

KERRIE WEARING WORKSHOPS

Kerrie has agreed to run a couple of
interesting workshops here at JOPO.

INTRODUCTION TO MEDIUMSHIP

We are all born with the ability to
communicate with Spirit. Come along and join
psychic medium Kerrie Wearing, founder of
The Australian College of Mediumship as she
show you how simple this really is. Covering
topics such as the 3 C's, energy protection
and giving your first Spirit message, this
workshop will be fun, lighthearted and have
you connecting with Spirit in no time.

Wednesday 2nd September
7.30pm
Cost \$25pp

LIVING YOUR SPIRIT

Dream the Dream. Live Your Spirit. Join
psychic medium Kerrie Wearing, founder of
The Australian College of Mediumship as she
shares with you the key to living life from
your Spirit, helping you to unlock that inner
guidance which will see you on the path to
the life of your dreams.

Monday 21st September
7.30pm
Cost \$25pp

*Both of these workshops will certainly fill fast
so book and leave your deposit at JOPO asap.*

DEPOSITS FOR WORKSHOPS

Unfortunately a minority have spoiled it for
the majority. Bookings for workshops are
now required to be confirmed by a deposit of
50% (unless otherwise stated) as some have
booked in and not attended or even bothered
to ring on the day. Most of us are aware that
unavoidable *things* happen sometimes but it
seems common courtesy
ain't that common anymore!!

JOPO NEWS

CRYSTALSTARGATE WORKSHOPS

August Workshops

8th Developing the Psyche (1)
9th Spirit Guide Workshop
15th & 16th Chakra Workshop
18th Intro to Crystals (at JOPO)
22nd Developing the Psyche (II)
23rd Aura Workshop
check out www.crystalstargate.com
or ring Christine or Geoff for further details.

READINGS

Tarot Readings with Ruth.
Reading &/or Foot Spas with Cassie
Available Fri or Sat.
Other days by special request.
Bookings are a MUST.
Please ring JOPO on 9785 0798.
Other days and times by appointment **only**.

Cassie's Foot Spas are becoming a regular thing with some customers—they say that they just feel sooo much better after them and that the effects last too.
Great remedy for our "power surges" girls!!!

LIFE ENERGY DRAWINGS

Don't forget—Doris is also available for Life Energy Drawings at JOPO.
She will be at the shop on the 1st & 3rd Saturdays of each month.
Come along and have a drawing or if you are curious and want more information, Doris will be only too happy to explain what she does. If Saturday is difficult for you and you would prefer another time, please ring during business hours on 9785 0798
As you are no doubt aware we stock Doris's beautiful cards—well we now have a few of her paintings as well—be sure to take a peek when next at JOPO.

MEDITATION CD

Do you want to Meditate, relax and gain wisdom and healing from a higher source in the comfort of your own space and time?
JOPO now stocks the weekly recordings of the In'spiri-ence channeled meditations with Doris on CD at \$18 each, a worthwhile investment.

UPCOMING WORKSHOPS

We had hoped to finalize a date for the "Crystal Bowl Meditation", but alas hiccups caused us to still be waiting confirmation.
We will let you know asap.

QUEEN FOR A DAY !

We have put together a pamper day for you. You will enjoy a day of good company, delicious food & relaxation: rejuvenation of mind, body and spirit.

Detox Foot Spa by Cassie,

Negative Ion molecules are found in high numbers in natural environments such as *mountains, oceans, forests & waterfalls*. You may remember feeling invigorated by the power of negative ions after a time at the beach, or in nature. Negative Ions attract toxins within the body. The Ion foot spa draws these toxins out through your feet visibly into the water within 20 to 30 minutes.

Indian Head Massage by Carole

Indian Head massage is a very gentle relaxation massage which works on the upper back, shoulders, upper arms, neck, scalp, ears and face whilst seated and fully clothed. A gentle & highly effective treatment, this relaxing massage relieves tension and headaches, neck and back pain and has been practiced in Ancient India and other Asian countries for over 5000 years. We often do not realize just how much tension we hold in our face, scalp and neck until it's gone.

Channeled Meditation by Doris

During this relaxing meditation you will discover a calming breathing method, allow your body and mind to relax whilst receiving loving guidance from Master Gautama BUDDHA. Doris is a voice and energy channel for Spirit, bringing the teachings and guidance of the Archangels and Ascended Masters for your spiritual growth.

Light lunch

Yummy home made delicacies, please advise us of any special dietary requirements.

Tea/Coffee and Refreshments

We will be serving hot and cold beverages and snacks during the day.

Participants bring a sense of adventure, prepare to laugh, relax and re-energize.

Sunday 9th August
Time: 10am-4pm
Cost \$130.00

Bookings and payment:
Joye on 9785 0798

Enquiries Doris: 0418 580 922

Some spots left for this one—be quick and spoil yourself!!!!

LOST PROPERTY

I have gained a "brand" name pair of Sunglasses and a child's "comic character" watch. If you or yours have lost these items, please ring and describe and arrange to collect.
These still remain unclaimed!!

LAY-BYS

JOPO is happy to do Lay-bys on purchases, giving you three (3) months to pay. For larger purchases longer time periods can be negotiated. 10% deposit and monthly payments required.

PRODUCT REVIEW

Has someone been supportive to you ?
Been there for you when you felt lost ?
Rejoiced with you a special event?
or just been an ever-present in your life, people that you *know* are there if needed.

Why not honour your friend with a lovely gift of one of the very special circles or honour them with a gift to yourself—an ongoing reminder of how lucky you are to have or have had these people in your life.

We have a variety of "Circles" now at JOPO

Circle of Angels
Circle of Friends
Circle of Mates

These lovely stone circles, with a place for a candle are something special for someone special.

PRE LOVED BOOKS

Don't forget JOPO has a great selection of pre-loved books. Also some deck of cards available too.

At around half the normal retail price—well worth a look.

New stock is arriving all the time.

JOPO SHOP HOURS

Wednesday,
Thursday,
Friday

10am—5.30pm

Saturday 10am—2pm
(Closed Sun, Mon, Tues).

Email addresses

A number of emails have bounced recently, if someone you know receives this Newsletter and has changed their email address please ask them to advise us of their new one so they don't miss out on all the JOPO news.

I Believe...

That just because two people argue, doesn't mean they don't love each other.
And just because they don't argue, doesn't mean they do love each other.

That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

That we don't have to change friends if we understand that friends change.

That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that..

That true friendship continues to grow, even over the longest distance. Same goes for true love.

That you can do something in an instant that will give you heartache for life.

That it's taking me a long time to become the person I want to be.

That you should always leave loved ones with loving words. It may be the last time you see them.

That you can keep going long after you think you can't.

That we are responsible for what we do, no matter how we feel.

That either you control your attitude or it controls you.

That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

That money is a lousy way of keeping score.

That my best friend and I can do anything, or nothing, and have the best time.

That sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

That maturity has more to do with what types of experiences you've had, and what you've learned from them.....
and less to do with how many birthdays you've celebrated.

That it isn't always enough to be forgiven by others. Sometimes, you have to learn to forgive yourself.

That no matter how bad your heart is broken the world doesn't stop for your grief.

That our background and circumstances may have influenced who we are, but we are responsible for who we become.

That you shouldn't be so eager to find out a secret. It could change your life Forever.

Two people can look at the exact same thing and see something totally different.

That your life can be changed in a matter of hours by people who don't even know you.

That even when you think you have no more to give, if a friend cries out to you.....you will find the strength to help.

That credentials on the wall do not make you a decent human being.

That the people you care about most in life are taken from you too soon.

The happiest of people don't necessarily have the best of everything. They just make the most of everything.

Thank you God for all the wonderful people who help us throughout the journey of life..

Thanks Albert & Dianne