

JOPO NEWS

NEWSLETTER 35

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富有 PROSPERITY 健康 GOOD HEALTH 和平 HARMONY

FEBRUARY – MARCH 2012

Happy New Year to all, it looks like this year is going to speed by just like 2011 did.

Firstly I'd like to thank all those involved with JOPO last year. The workshop facilitators put in so much time and effort, some like Suzy Plummer travel from the Central Coast (by public transport), others like Tricia spend hours writing up notes for the students. I know you will join me in saying "Thank You". We really do appreciate their efforts.

Over the break we did some major changes in the shop. Janice and Nina were absolutely wonderful. They put in so much physical work, creative ideas and just gave me a push when I needed it. I remember ringing Janice one night and asking her in frustration "tell me again why I am doing this" she just laughed and said "because it will look great when it's done" - yeah right, I was surrounded by stock, dust from the builder and wasn't too sure we were ever going to be organized. But guess what—we did it. A big thank you too, to Steve and Dave. Dave solved my biggest nightmare—the glass cabinets, and Steve put up the new slat wall. This has definitely been a joint effort. Thank you so much to everyone. Friends—what would we do without them!!!

It's so good to hear all the positive comments regarding our new look, makes all the work worthwhile. We will be restocking over the next couple of months. I started this week with some beautiful new crystals - but more to come.

Lucy is back with us and will be regularly at JOPO on Thursdays, plus we have twisted her arm for a few Saturdays as well. Lucy is always popular so remember to book in early for your reading with her. Ester has had a few health hiccups but will be back real soon.

Now to Workshops for this year. The first for the year will be Pangenta's Cauldron on Thursday 2nd February and then Andrea is returning with Inner Spirit Circle and Lighthouse. Carole will have a two day reflexology workshop and also her Indian Head Massage. Lindsay Drummond has come up with an amazing workshop, combining music and manifestation, a unique approach. It has been a while but it will be wonderful to have Luke back teaching NLP and Hypnosis. Meditation nights at JOPO have changed, Tuesday is now Meditation Night. Luke will be facilitating one week and Doris the next. Luke currently has a Meditation group at Penshurst alternate Tuesdays and he has agreed to join us here at JOPO on his *off* night. Perhaps some of our local males may be encouraged to come along. Tricia will have a two day Crystal Workshop, a great new one on Dreams and a long awaited Numerology Workshop too. Check out our workshop area for all the details.

We have a few new workshops in the planning stages—Iridology for Idiots, Crystal Healing, Gua Sha, Understanding Your Relationships through the Zodiac Signs and a very talented lady who will spend the day doing Spirit Drawings (*I'm not telling who she is, but she is amazing*). plus some other ideas on the backburner.

Drumming and Open Circle won't be run at JOPO this year—for details go to www.crystalstargate.com.au.

More dates for your diary—9th, 10th & 11th March HUNTS Mind, Body, Soul Expo Casula.

2012 appears to be off to a flying start here at JOPO, please support our hard working workshop facilitators and have some fun too.

Please, when you email JOPO 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

CAFÉ CHAT

3rd Friday each month 7pm-9ish

CRYSTALS WITH TRICIA

Sunday 1st April AND Sunday 15th April
10am-4pm

DREAM WORKSHOP

Sunday 19th Feb 10am-4pm

FOOT REFLEXOLOGY

Sun 12th Feb Pt 1
Sun 26th Feb Pt 2

HEALTH & WELLBEING

Sun 29th Apr 10am-3pm

HYPNOSIS & NLP

Sun 11th Mar 11am-6pm

INDIAN HEAD MASSAGE

Sun 25th Mar 10am-4.30pm

INNER SPIRIT CIRCLE

2nd & 4th Wed each month

LIGHTHOUSE

2nd & 4th Thurs each month

MEDITATION

Tuesday 7pm-8pm

Please note change of day & time

MUSIC FOR MANIFESTING

Sun 18th Mar 11am-4pm

NUMEROLOGY

Sun 4th Mar 10pm-4pm

PAINTING WORKSHOP

Sun 22nd Apr 2pm-5pm

PANGENTA'S CAULDRON

1st Thurs each month
7.30pm

PENDULUM WORKSHOP

Fri 24th Feb
7pm-9.30pm

JOPO SHOP HOURS

**Wednesday, Thursday,
Friday**

10am—5.30pm

Saturday 10am—2pm

(Closed Sun, Mon, Tues).

The present is the only time we will ever live in; the future and the past are projections of our imagination or our memory.

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INNER SPIRIT CIRCLE

This year the focus will be on healing for this circle. Kindle the spark from within and reignite your passion for life through the healing connection with the universal consciousness. Learn techniques to improve your general wellbeing through meditation and easy to follow exercises. Deepen the understanding of the connections between your mind, body and soul. Share the healing message with other members of the circle as well as people around you. See a positive change in you as you start your healing process from the inside out.

\$25 per night or \$135 for 6 nights.
Bookings are a must.

2nd & 4th Wed of each month
7.30pm

New participants are welcome at any time.

LIGHTHOUSE

with Andrea

Learn the nuts and bolts of working with Spirit through this well-grounded and supportive circle. Andrea will take you on a journey to allow you to discover your own unique connection with the spiritual realm while in a safe and ethical environment. This circle is for those who have participated in psychic development previously and are ready to expand their knowledge about mediumship. This is a circle that requires a level of commitment and regular attendance to take full advantage of the teaching and development.

2nd and 4th Thursday of each month 7.30pm
\$25 per night or \$135 for 6 nights.

MEDITATION & SELF HYPNOSIS with LUKE

Come and see how meditation and self-hypnosis can really make a difference to your health and wellbeing!

Explore practices such as mindfulness, generative trance and guided imagery with hypnotherapist Luke Dixon. Whether you would like to learn how to relax deeply, get in touch with your inner wisdom or super-charge your manifesting abilities, there's bound to be something here for you.

When – Every second Tuesday
starting February.

Feb. 7, 21 and Mar. 6, 20

Time – 7pm – 8pm

Cost – \$10 per session

Please arrive early as doors are locked at 7pm.

inSpirit Magazine

The latest issue of this great magazine is now available at JOPO.

This Magazine is a great read, and only \$5

WORKSHOP BOOKINGS

Just a reminder that workshop bookings will close **one week** prior to the event.

If minimum numbers have been attained, the workshop will run, otherwise we will have no alternative than to cancel.

Workshop bookings will require a deposit of 50% of price, if they are cancelled by JOPO a full refund will be given.

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) —9. 30pm

Cost \$25 (includes all materials used such as herbs, oils, potion bottles plus tea/coffee.)

PENDULUM WORKSHOP

with Doris

This workshop covers all you need to know to get full use from your pendulum in a fun, insightful and informative workshop. Be amazed at the usefulness of this wonderful tool. Includes a fabulous crystal pendulum (many to choose from) fold out charts and detailed instructions.

Makes a fabulous gift !

Friday evening 7pm-9.30pm

24th Feb \$59 per person

HYPNOSIS and NLP with LUKE

Are you intrigued by hypnosis and the ability of your mind to heal your body and transform limiting behaviors? Learn self-hypnosis and Neuro-Linguistic Programming (NLP) techniques to harness the infinite power of your thoughts and emotions and make your dreams become reality!

Build confidence, self esteem and spiritual awareness

Be motivated towards your goals

Overcome stress and anxiety

Improve communication in your relationships

Join Clinical Hypnotherapist Luke Dixon to have your questions answered and experience the true power of your mind!

Sunday 11th March, 2012

11am-6pm

\$130.00

MEDITATION with Doris 7pm—8pm

Doris focuses on gentle breathing and relaxation to ease the daily stresses from your body and mind. Both will love you for it and you may sleep better, improve your digestion, find life and perhaps your overall health just a bit better every week.

The only way to know is to try.

School term only. Not school holidays.

Cost \$10 per session

No booking required.

When— every second Tues starting February.

Feb 14th, 28th and Mar 13th and 27th

Please arrive early as doors are locked at 7pm.

PAINTING WORKSHOP

with Doris

Get out of your head; get over your doubts... get in touch with playfulness and fun! Learn to relax and allow your creative juices to flow.

Discover the joy and freedom in creating something for YOU. All materials including prepared canvas (various sizes), lots of different paint, brushes, jewels, glitter etc included. Doris taught herself to paint (seen her paintings at JOPO?) and she will show you how simple it is to create abstract art...

Let's play!

Sunday 22nd Apr 2pm-5pm

For \$80 you get 3 hours of workshop *and* take home an original artwork

FOOT REFLEXOLOGY WITH CAROLE

Would you like to learn how to help yourself and others with reflexology?

This course will allow you to give friends and family a full reflexology treatment and give you an understanding of reflexology principles. It will also give you a basic insight to the person through their feet.

This is a truly holistic treatment.

Notes will be provided.

Over 2 days

Sunday 12th & 26th Feb

9.30am-4.30pm

Cost \$300 for both days.

Limited to 6 students.

Additional details are available on Carole's website www.trueselfhealing.com.au

INDIAN HEAD MASSAGE WITH CAROLE

Would you like to learn a massage that is easy to do and will benefit you, your family and friends?

Indian Head Massage works on the upper back, shoulders, arms, neck, head and face to relieve stored tension, tight sore neck and shoulders, stress,

headaches, eye strain, insomnia, mental tiredness and anxiety. It is the perfect massage for people who carry their stress in their shoulders or don't like to undress. No oils are used, making it ideal in an office situation.

This is a very hands-on course and every student is given the opportunity not only to give, but to receive wonderful massages.

Sunday 25th Mar

10am-4.30pm Cost \$130

Additional details are available on Carole's website www.trueselfhealing.com.au

WHITE OWL SPIRITUALIST CHURCH SERVICE

Panania Senior Citizens Hall
77 Anderson Avenue, PANANIA 2213
7.30-9.30pm

24th February, 23rd March,
27th April, 25th May

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CAFÉ CHAT

Doris has been asked for two years now (by spirit) to create a place and occasion to gather spiritual, intuitive seekers of truth. Here it is...Cafe Chat a place to share and receive from each other. Looking for clarity, greater understanding? Seek like minded people to discuss freely, without judgment the important things in life? Open your mind and feed your curiosity whilst sharing a coffee and a chat at JOPO

3rd Friday monthly, evenings 7pm-9ish
All adult ages, genders, beliefs and walks of life welcome. No joining or ongoing commitment, just come because you want to. Cost \$15 (or by donation). Feel free to call or text Doris for more info on 0418 580 922. Starts 17th Feb

CRYSTALS with TRICIA

A two-part workshop.

This is a 2 part Workshop teaching you the profundity of Crystals and learning how to work with them in your daily life.

This workshop offers information into the world of Crystals and their connection with the Universal Laws of Nature and Healing.

We will be investigating Atoms, Molecules, Elements and the connection with Crystals and their vibrational energy patterns.

You will enter into the various Kingdoms in Nature and the Elementals that dwell within Crystals. Understanding their role in the Universe will help to broaden your knowledge and intuition.

You will learn how to programme Crystals along with understanding their connection with colours.

There will be meditation journeys into your chakra vibrations as well as entering into one of Egypt's famous healing Pyramids.

There will be many opportunities to learn more about your own intuitive abilities by working with the vibrations of Crystals

"The divine Plan is hidden in the geometry of a crystal, and God's radiant beauty is stored in the colour of a precious stone"

\$250 per person
Sunday 1st April AND
Sunday 15th April
10am—4pm each day

DREAM WORKSHOP with Tricia

Dreams are an extremely profound subject and understanding this realm of your life opens up doors to many and varied aspects of yourself.

Your dreams are you and understanding them leads you to in-depth insight and healing.

You will venture into a world that appears mysterious and unexplainable to find that it is actually of your own creation.

This is a realm that communicates to you via Universal and personal symbols.

You will get to know and understand how your daily life and your dream world interact with each other so that you can consciously work with what your dreams are disclosing to you

This workshop is the first step in understanding the 'Magical and Intriguing Inner World' of our existence. You will be captivated by the information contained in this workshop.

Please bring a dream that you have written down for an exercise

Sunday 19th February 10am – 4pm
\$125 per person

MUSIC for MANIFESTING

with Lindsay Drummond

From Lullabies to Anthems, from Kirtan to Love Songs!

Music has the incredible power to move you and change your vibration and state.

In this fun and amazing workshop learn to harness the beautiful power of music to manifest your highest intentions. Find your Musical Mantra. Sing your Soul's song. Harmonise your Heart and get ready to Manifest through Music!

You will even get a copy of your Musical Affirmation to keep!

Sunday 18th March 11am—4pm
Cost \$100 per person

NUMEROLOGY with Tricia

Pythagoras was one of the greatest Philosophers BC

His students needed to pass a period of 5 years of contemplation in absolute silence enabling them to acquire the element of faith which to them was 'Pure proof' of their knowledge.

The Universe is comprised of numbers and there are Masters who govern these numbers. This Workshop will take you down the paths of many different subjects explaining how numerology comprises the Universe and ourselves.

Numbers are an energy vibration and they have their own energy and power in our lives.

\$125 per person
Sunday 4th March 10am - 4pm

HEALTH & WELLBEING with Tricia

Major illness, Anxiety, Panic Attacks, Stress We are all subject to varying experiences in connection with health issues throughout our lives.

Our inner-self communicates any Mental, Physical or Emotional problems to our body and when they remain unresolved they then in time affect our health in one form or another.

In this workshop you will begin to understand more about the origins of health issues and how you can work through the cause of them. You will venture down many avenues on this subject and gain information that will enable you a fuller understanding of how your mind-body interacts.

Sunday 29th April
10am – 3pm \$100 per person

READINGS

Tarot readings with Estealia, Mediumship/ Tarot reading with Lucy, Energy readings with Doris, Astrology readings with Tricia. All these are available through JOPO, please ring or email for details.

"How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, tolerant with the weak and the strong, because someday in life you will have been all of these." ~ George Washington Carver.

MY EDITORIAL

The past year has been a difficult one for many, but if you are reading this—guess what—you survived !! We are all sent what I call life's curve balls—or speed bumps which we must negotiate the best way we can. I remember my Mum saying—"you only get given as much as you can handle" - well someone up there has a sense of humour that at times isn't funny at all.

A couple of our regulars have had a particularly trying year, but we hope to see them back on deck really soon. I know they truly appreciate the healing and good wishes that have been continually sent by those associated with JOPO.

Along the same lines—on Australia Day I purchased the Daily Telegraph and read the heartbreaking story of Laurence and Samantha Barlow who endured the stillbirth of their daughter Harper Elizabeth. I remember when almost three years ago Mrs Barlow, a police officer was bashed and left for dead in Kings Cross. Although at the time many thought she would never walk or talk again, Mrs Barlow made a remarkable recovery, only for this to happen now. Both the Barlow's are Police Officers, not that this excludes them from heartache but you really do wonder how one couple copes. There was a poem included in Harper's funeral booklet which brought me from tears to a smile—Harper is obviously a cheeky spirit. I would like to share this poem with you now, (see page 4). Hopefully I won't be in trouble with the Telegraph for doing so.

On a lighter note—well maybe not—I received this recently—could explain a lot !!

"Ascension ... may feel like your on a ship and the sea is choppy and all over the place, there's calm, there's storm. You've been thrown from one side to the other and you're holding on, gripping tightly. You don't want to lose the grip as you might lose yourself. The sea calms again and you take a look and check for damages, all is well. You feel unsettled, nervous, what's happening to me, the storm sets in again, but I never asked to be on this ship, I don't want to sink with it, let me off, let me go home. But you are home, you are safe, you're just changing, releasing the old, clearing and aligning, attuning to the new way. You have two choices, embrace it, let yourself go, flow with the rhythm of the ship or hold onto the old, tight, tighter still and you'll feel the negative emotions x 10. What to do? Connect with Nature, Connect with love, Connect with yourself. Ask your body mind and soul what it needs to make this process easier, ask what you don't need and release (or try to). The divine and the angels are waiting to be asked, they want to guide you to the foods, the places and the people who can help you. Be open to their love, be trusting of your ability to hear and sail the boat home safely."

We can but try.

Well that's about it for now so get out your diaries and book those workshops you have been meaning to do. Cheers, Joye

My Parents Lie

My mum and dad, tell a lot of lies,
they never did before.
But from now until they die,
they will tell a whole lot more.

Ask my parents how they are and
because they can't explain,
they will tell a little lie
because they can't describe the pain.

Ask them how they are,
they will say "I'm alright".
If that's true then tell me,
why do they cry each night?

Ask my parents how they are,
They seem to cope so well,
They don't have a choice you see
Nor the strength to yell.

Ask my parents how they are
"I'm fine, I'm well, I'm coping"
For God's sake Mum and Dad, just tell the truth,
just say your hearts are broken.

They will love me all their lives,
I loved them all of mine.
But if you ask them how they are
they'll lie and say they're fine.

I am here in heaven.
I can not hug from here.
If they lie to you don't listen
just hug and hold them near.

On the day we meet again
we'll smile and I'll be bold.
I'll say "you're lucky to get in here
with all the lies you've told!"