

Renascent College of Intuitive Sciences

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February 2009 Newsletter

HAPPY CHINESE NEW YEAR!!!

Hello.....

Welcome to 2009. Wow! – what a ride in 2008! We are excited to begin this year with a great sense of what we endured and how we succeeded through a very challenging year in 2008.....We have had the privilege of experiencing many of your stories and trials, as well as how you overcame and still persevere to overcome what was presented to you. I have to say that we are all looking forward to a positive year despite the World forecasts of doom and gloom.....**This year I, Daryll, will be taking on the daunting task of filling Lesley's boots** in regards to informing you of our latest and greatest ideas, inspirations and insights, as Lesley focuses more on her authoring, publishing & business mentoring. She is also looking forward to leading the Lijiang tour in September and teaching a few highly requested classes.

Lesley is still having a big stock clean up & is regularly placing many **specials & clearance items on eBay.**

Click here for current eBay auctions offered: <http://stores.ebay.com.au/Renascent-College?refid=store>

Lesley will also be writing a metaphysical insight at the bottom of each newsletter for you to enjoy Lesley will also be writing a metaphysical insight at the bottom of each newsletter for you to enjoy, commencing with the next edition.

We have had a lovely break after the busy and transforming year of 2008 spending time with the kids and reflecting on our paths, how we managed last year and where we are going now and in the future. With the great assistance of our friends, John (Sticky web productions) and Matthew (cameraman), **we completed THREE Series of Amazing Event** workshops and now have a wealth of material for our beloved friend to edit so we can bring these to you.

This frees up our time in teaching in person and so other workshops can be presented that are evolutions or expansions of the previous materials. This year I am wanting to **teach one day and two day workshops in Qigong** so that students can gain more clarity, accuracy and skill in using Qigong for personal reasons or stepping up to teach this valuable skill. This will allow us to spend time on each of the particular styles taught at the Renascent Centre and to really allow the student to understand the essence of each style, from correcting movement, correct breathing, posture, attitude, Qi field information, history etc.

Also it is my wish to again, after a break of so many years, to give **Feng Shui information** regularly to assist all of you to place the proper remedies, and to know of course what energies are present throughout the year.

CHINESE NEW YEAR:

Thank you to all of our wonderful friends and students who supported our Annual Chinese New Year party. (Many blessings went out to those who could not join us in person also). Wonderful stories were shared from the past year, great food by all, party games, auctions, Blessing and discourse for 2009. We shared **Feng Shui advice** as well as some of the uplifting moments that we have experienced and have been shared with us.....a great time was had by all.....thanks again.

Here's some pictures of only a few of those who joined us for the evening (we had around 80 celebrating with us in person).





HEALTH NEWS:

SUMMER SUPPORT: Summer is upon us and Heart/Small Intestine qi is often weakened during this time especially due to the excess heat qi. Circulation and transportation of nutrients will be affected and we can suffer from excessive bloating, rising of qi, fullness in the chest and dryness of Lungs/Large Intestines. This leads to diminished Qi and Blood functioning**SOLUTION ?.....**Cooling foods, **avoid red meat, too many spices** and keep a cool head! Make sure you drink plenty of water and visualize cool water qi falling gently over the entire body.....improve digestion by avoiding cold drinks and foods, talk to us about a good Pro-Biotic to re-establish the healthy gut flora and to assist to strengthen the immune system.

I will be giving you some pointers and suggestions for supplements and suggesting the use of **Metagenics Practitioner Products** to assist various health issues. More on this later!!!

It is no surprise that Qigong features in my life and for good reason! **The best health support system available** and the easiest to learn! All other systems of health maintenance either are inspired from the vast Chinese cache of knowledge or have worked along side it. Whether it is the toning of the muscles, bones ,tendons etc or the internal support for the organs, blood etc, Qigong accommodates all of these requests. Why go to cluttered gyms, pound the pavement or pay through the nose for ridiculous equipment, when you have already what you need to be healthy.....your body and how to use it to the best advantage for your individual needs.....I can show you this.

After all, all of the hard martial Arts days training and running up Mountains, swimming under raging Waterfalls and eating good nutritious food for years had to have had an affect.....yes!.....I know what I am talking about because I have been there.....most of you do not know that when I was young **I suffered from Bronchial Asthma and severe allergies** that almost took my life.....after the doctors kept me alive for most of my early day and then again through my teen years, I took it upon myself to investigate, read and challenge the system to find another way.....the result of this was education in **Macrobiotic eating**, Martial Arts and a positive attitude that has enabled me to be where I am now, healthy, cheeky and full of life!!

After many years in thoroughly working with and **studying Martial Arts**, my passion evolved to work and understand Qi!.....yes that wonderful stuff that flows through our blood, tissues and meridians, that when looked after, gives us vitality, and when neglected, well, does the opposite of course!!

My role to is to assist you to do the same.....to move away from apathy and stuck patterns and move towards and embrace your wellness, on all levels!!

FENG SHUI NEWS!!!

Want more Prosperity and better Human relations? Place an object that represents a **Mountain in the North East** and **Water in the South West** until Feb 3, 2024. These can be symbols inside or larger objects outside. Eg:- a building in the North Earth can represent your Mountain and a swimming pool in the South West is your water remedy!

The beginning of the **Solar Year or Xia Calendar** starts on **Feb 4 2009 at 3.51pm.....**this is the **10/1/4706 by the Chinese Lunar Calendar**. The Unfavourable direction is East (San Shas – Three Killings), Unlucky for those born in 1943 and **Lucky for those born in 1984**. **The Yearly Flying Star is 9 Purple** and 5 Yellow is in the North.....see below for some advice!!

Tai Sui – NNE (15 - 45) - Grand Duke (Ox) – Avoid renovations or facing this direction for 2009

Sui Po – SSW (195 - 225 degrees) - Opposite Grand Duke (Goat)

Zhen Shen – best direction for this 20 year period (2004 – 2024) – NE

Zhao Shen – 2nd best direction for 2004 – 2024 - E

Ling Shen – Worst direction for 20 year period (2004 – 2024) - SW

San Shas for 2009 – S – Avoid having back to this direction for 2009 – place Bagua outside facing South for 2009 to lessen effects

FLYING STARS

5 Fatality Star in the North – remedy with 3 vertical metal coins (for those without feng shui knowledge – you can purchase chinese coins from www.renascentcollege.com or the Renascent centre and stick / blue tack them in position.

2 Illness Star in the West – remedy with 6 metal coins in a circle

Counter Fatality Star in the South – the qi also not so good

8 Good Luck Star in the SE to assist Wealth and Prosperity

4 Travel/Romance Star in the South affected by Counter Fatality Star

3 Argument Star in the NE – remedy with something Red

ALL REMEDIES TO BE PLACED FROM FEB 4, 2009 – FEB 3, 2010

**Those who are empowered to use the Medicine Buddha Mantra or the Mantra of the Buddha of Compassion will keep away bad luck this year – especially for the Goat, Dog, Dragon and Ox.*

This Year of the **Earth Ox** equates to *Earth over Earth* regarding the Heavenly Stems and Earthly Branches – those who have done Professional Feng Shui and Chinese Astrology with us will have better understanding of this information. Professions which are ruled by Earth (Real Estate, Pottery, Stone Masonry, etc) will prosper in the dominant Earth Year.

Those who are weak in the Water element will suffer by the controlling effect of the strong Earth influence this year. *Lesley and myself have strong water and need Earth and Wood to benefit our Chinese Astrology Qi.* This year will assist to calm our strong Water Qi.

Earth also implies steady, steady in our approach to ventures and undertakings, so persevere and keep moving forward to gain benefit.

- The effects of negative Flying Stars and Star Gods, Grand Duke etc are actual energies and are best treated accordingly. This being said, those of use that practise Higher Qigong principals and also give from the Heart, forgive others and cultivate Spiritually will always have the chance to over-ride these negative influences. Or in the least reduce their effects.

*Have a Prosperous, Happy and Healthy 2009 from all the team at Renascent.
Hun Yuan Ling Tong!! and Xin Nian Kuai Le or Happy Chinese New Year!!*

Now on to the Renascent News.....

QI GONG FOR WOMEN is now back on TUESDAY MORNINGS 9.30-10.30am

The energies for this class are gentle and lovely, although tailored towards the female anatomy and energy physiology & Lesley loves being a part of the 'girls' **No need to book - just turn up**, your first class is free and then \$12 per class after that.

This class is held every Tuesday (except for school holidays)

PUBLIC HEALING IS OFFERED EVERY TUESDAY 10.45am This means that you can come along (all welcome) at 10.45am for public healing or come and do Qi Gong for Women and stay for a healing session straight after - wonderful! **No need to book - just turn up** - A chance to come along, have a **group healing session** where Qi Gong healing energies are brought in. Many miraculous healings have taken place. Previously we have done individual healings, from 2009, these healings will move forward to the more traditional form of **group healing**, where participants are seated (in a relaxed meditation seating style), the Qi Gong healing is 'invited' into the room after creating a Qi Field and the healing is completed in around 10 - 15 minutes. Many students and Lesley also have had great healing utilising ONLY this form of healing. Lesley had a 'so called' non curable bone disease, as it was described by the specialists, and after only a few sessions of group healing, her bones re-established themselves to the amazement of the Doctors present for her scans etc. Payment for this is by donation, so come as often as you can.

QI GONG FOR EVERYONE is now on every WEDNESDAY EVENINGS 8-9pm.

\$18 per class, Come alone or bring a friend, all welcome. **Bookings required - just call or email 24hrs prior (or catch us on the day), please ensure you speak to us personally to confirm, as in the event of no bookings received (on 1 evening) this class may not be conducted that evening. However, due to our regular students, this class is pretty much always run.**

All Qi Gong classes are now accredited and your hours are recognised. Click on the Diploma Application forms on www.renascentcollege.com to see how these hours are accredited or [click here](#) to take you there directly.

OUR WEBSITE: We are both working in our free moments to update the **website**. Our shopping cart is working well & new items will be added when possible and updates will also.

Lesley is going to get a "SPECIAL OFFERS" page up soon for when there are only 1 or 2 items remaining. Great bargains!

Fabulous new products in stock now include:-

- **UV testers** which will determine the level of UV filtering through & therefore the time you can spend in the sun safely at this location. (Perfect right now)
- **Hydration pens** that target fine lines and wrinkles around the face and safely eliminate them with tiny pulses,
- **Pinholes glasses** for eyesight corrections & much more.
- **Gem & crystal treasure pages** with some pieces that have truly special energies.
- Absolutely divine **Highest quality teas & drinking chocolate** we have sourced the most beautiful quality teas from around the world, added some gorgeous flavours, spices and herbs and then infused them with the highest Qi Gong healing energies. [You just have to take a look – click here for fabulous teas.](#) Our connoisseur teas are heavenly and I promise the divine drinking chocolate (hot or cold) will have you licking the cup. Mmmmm.....

At present we are updating the information and prices on most items. Most are still at old prices and in line with current economic trends, we will not be slugging you with great price increases, **so rest easy and shop happily!!**

Please jump on to www.renascentcollege.com & have a play and if there is anything that you find difficult or anything you would like to see we are most grateful for your feedback - thank you!

You can **book online for courses** (please disregard the March events).

Log on and enter in your details so you can create a "Wish List" perfect with Valentines day & special events coming up. You can select any items you like and then email your list to a friend(s) so they can choose from your special items. Some times we even offer discounts on any items that are currently in your "Wish List" so make sure you create one ASAP!

If you would like to create a Renascent college account:

Please go to www.renascentcollege.com - look on the right hand side column where it says "YOUR ACCOUNT", enter your email address and make up a password that you will remember, it will ask you for a few more details & will then keep your details on file for us to contact you.

The benefit of this is:

1. You will receive a free gift
2. Should you wish to purchase from our website, your session will not time out, saving the items you have in your virtual shopping cart
3. If you decide not to purchase today, but wish to keep a list of the items you are interested in, your account will hold them for you
4. You will be able to set up a "WISH LIST" of items you are interested in and email it to anyone who asks what gifts you may like (or those that you think should ask) - yay! no more socks for Christmas - how about a hamper of natural skin care products, exquisite teas, some amazing gem & crystal treasures, Chai latte or a fabulous home study course)
5. You will periodically receive special offers, free gifts & insights from Renascent
6. Throughout the year - we will offer on line sales which you will be notified about, ensuring you are first to know about a great (some times one off) bargain.
Thank you for sharing with us.....

2009 QI GONG HEALING RETREAT will be held in September 2009, with Mr Wei's centre in XIAN (near the Shaolin training monastery). The energies with Mr Wei are lovely and the benefit of studying on the outskirts of Xian are that it is cheaper for international flights and you may also do some Chinese sightseeing whilst you are there. Dates are scheduled for September 2009 (see date sheets) over the Victorian school holidays & I will get back to you early 2009 with full itineraries and costings, we are hoping to keep it similar to the last retreat. We are in meetings all this week to finalise it for you.

PRIOR TO THE QI GONG HEALING RETREAT -

Lesley here: I am absolutely thrilled to be invited to be the tour leader in September 2009 for the **LIJIANG INDULGENCE RETREAT NEAR THE Tibetan Border**. We will spend a day in Xian, then fly to Lijiang – the most

exquisitely charming village, here we will immerse ourselves in culture, shopping, sightseeing, be moved by an open air theatre with 600 actors under the snow capped Jade snow mountains. We have the opportunity to be blessed by a Shaman and make fire offerings to the spirits. We will delight in fabulous food and walk the cobble stone streets of the village at night. The history of the minority tribes is rich and fascinating, I am moved in my heart every time I think about it. If you are a romantic – you will be in heaven, a shopper – fantastic, a culture buff – terrific, a healer – wonderful or perhaps just for indulgence & daily massages. I LOOOOOVE Lijiang. I fell in love with Bali 30 years ago and now I am in love with this wonderful place. The people are charming, the entire city is set amongst mountains. You can find pictures on my facebook site

- Lijiang = <http://www.facebook.com/album.php?aid=44089&l=4c04f&id=777459991>
- Luoyang (outside of Xian) = <http://www.facebook.com/album.php?aid=44094&l=13249&id=777459991>
- Shaolin Monastery = <http://www.facebook.com/album.php?aid=44095&l=6ebc4&id=777459991>

or search www.facebook.com for renascentcollege@gmail.com (Don't email us at this email address – we don't check it) to see them. Come with me and join in this fascinating journey.

The last 2 days of the Lijiang tour will be doing some amazing sightseeing to the surrounding areas and Xian (which will coincide with the 1st 2 days of the Xian groups tour – so you can join us on 1 or both tours but we will all spend these 2 days together in Xian)

After Lijiang – you can join us on the Qi Gong Retreat, stay in Xian or Louie will happily organise you any other travel you may desire within China:

**All Itineraries & prices for tours available soon, let us know of your interest ASAP
We hope to share some amazing times with you**

CLINIC SUCCESS: We are delighted to say we have a 100% success rate of conception & live births with our IVF girls. One of our clients had been on IVF unsuccessfully for 6 years, after 1 clinic session she went home & conceived naturally that evening. She gave birth to a lovely healthy baby boy a couple of weeks ago. Our clinic clients in Beijing have now all successfully conceived & the last one gave birth later last year – wonderful! I have also recently received emails from people to let us know that terminal (incurable) diseases have miraculously 'disappeared', relationships with children/partners are much better, areas of difficulty in lives have become easy, life directions have become focused and many reports of greatly increased energy & general health & vitality. Thank you so much to all our clients who take the time to write in & let us know of your experiences – it makes it immensely rewarding.

DO YOU LOVE A SAVING?: Don't we all! As part of our continuing Renascent support we often feel that students / patients would accelerate their healing / studies much better if they could afford to attend more regularly. For years now we have been pondering a way to make this viable and after working diligently in China clinics & with our master practitioners we have accelerated Daryll's healing sessions requiring slightly less time for an even better healing experience. Now we have a great offer for you.....

PRIVATE CLINIC TIMES: Are now 45 minutes & are available **Tuesday:- 11.30am – 4.45pm, Wednesdays:- 6.15pm-7.45pm, Fridays:- 9.30am – 11.45am** and we have some overflow slots available each week varying around events. **FEES:** Are \$85 per session or discounts are available below - take advantage of some of our new offers.....

CLINIC FRIENDS: Bring a friend! During a clinic session there is a period of healing and then a period of integration time, then further healing, bring a friend with you & Daryll will work on them whilst you are integrating & vice versa. You both receive private sessions during the same time slot in separate areas (within the large room, dividers are in place for privacy). **FEE:** \$100 for 2

PAY AS YOU GO CLINIC DISCOUNTS: Collect your clinic discount card on your next visit. Valid for 12 months & your 6th session is completely free. (save \$85)

PRE PAY CLINIC DISCOUNTS: Book & pre pay for 6 sessions (valid 12 mths) for \$390 (save \$120)

ENERGY EXCHANGE CLINIC SESSIONS: We are happy to consider energy exchanges for services or skills. We are always grateful for gardeners / cleaners / baby sitters / A day or 2 away at your holiday house / etc, so if you have a service you may like to offer us feel free to do so and let's see what we can do together.

Can't afford the full clinic fees ?: Chat to Daryll directly. Like you we have bills to pay and need a financial turn over to keep the Renascent centre (& us) operating, however – your health & well being are important to us. If you need to come in and cannot afford it, please chat with us and we will see what we can work out with you.

2009 EVENTS: we have revamped the date sheets – please check out the 2008-2009 date sheets for all the news & updates.

OPENING HOURS FOR RENASCENT CENTRE are 12 noon – 3pm every Friday in Victorian school terms or by appointment. A chance to catch up, have a chat, answer any questions you may have. Pop in for a cuppa & a chat - we look forward to seeing you SOON!

PRIVATE QI GONG CLASSES Are now available - can't make it to any classes? No problems, book a private 1 hour session with Daryll Mitchell for just \$60 (1 Person / \$70 for 2 / \$85 for 3 / \$100 for 4), often you will only need a few to get you started and may then follow on with DVD's at home. Bookings required, available at any clinic time slot.

Thanks for reading and welcome again to 2009!!!
Good Qi to you all from Daryll & Lesley Mitchell