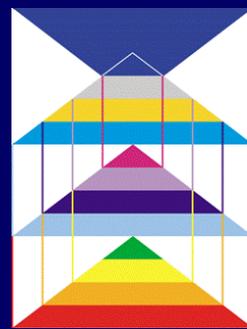


Rumblings and Ruminations

Newsletter June 2007



Triune Healing—Integrating Science, Psychology and Spirituality



Welcome to the new face of Rumblings and Ruminations.

I was inspired to create a newsletter that is not only interesting to the mind, nourishing to the heart but also beautiful to the eye.

It is hard to believe that Rumblings and Ruminations will be two years old in July.

In celebration of the past extraordinary two years I invite you to share a moment of Joy that you will never forget, that occurred in the past two year and I will publish it in our July issue.

Sharing one moment of joy in your life is like tossing a tiny pebble into a quiet river and watching the ripples spiral and spiral outwards.

Triune Healing

A Gift of Grace

Suddenly we were crying.

Jill and I have been friends for about 10 years. In all that time there have been some stormy moments where we found ourselves on different sides of an adjoining fence.

Jill is also a health practitioner and specialist in a number of demanding modalities.

We have worked together on committees, in workshops, and referred patients to each other. As with most good friends we have shared our joys and our sorrows with each other.

Today I shared a special moment with her. It was on April 17th this year and I was in my daughter's home in the desert of Israel, called Beer Sheva. We were alone, as my twins had returned to Haifa with my husband in order to give Sheli and I a little time to ourselves. After waking that morning with a head-ache I decided around noon to lie down and have a sleep. At 3pm I awoke and looked for Sheli.

"Mummy?" Sheli called me from her room. I went in and she was lying down also having a rest. I lay down with my head at her feet and wrapped my arms around her legs.

And there we lay -for hours just talking, sharing, being in deep and loving union with each other. Mother and daughter.

As the sun began to set we heard the most beautiful sound. It was the Holocaust Memorial day and men had begun to chant the holy prayer for the dead. The sound of their voices lifted high up into our room and surrounded us as if they were right there with us. We listened amazed as their chanting spun spirals of prayers around the bed.

And then it became silent again. We talked and listened to the thoughts and hopes and dreams of each other. It was pitch black when we realised we

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Website www.sharonsnr.com

Products To purchase a copy of Sharon's latest book, *The 12 Levels of Being*, please go Sharon's website and click on The 12 Levels of Being

Services: Counselling and Psychotherapy sessions are available Tuesday, Wednesday and Thursday from 10 am to 8 PM. For appointments call: 0418249739

More About Us: Our mission

Triune Healing came into being in year 2000. It embodies the integration of science, psychology and spirituality. To live and work in Global harmonious cooperation, loving and open communication, and unconditional Light- Heartedness.

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listened to the thoughts and hopes and dreams of each other. It was pitch black when we realised we were hungry. And slowly untied our arms and legs that had held each other for over eight hours and made our way downstairs.

A deep and profound peace had entered into our hearts that night and remains there gently beating to the rhythm of our lives every day.

Jill listened without saying a word. Tears filled her eyes as she said, " That was a Gift of Grace."

I nodded, though in truth I was not sure that I understood what that really meant.

What I do know, however, is that in those hours when mother and daughter lay in each others arms something profound happened. Something that not only drifted into our room that night, on the wings of a prayer, but love flowed out from our room into a world that will never be the same.

A Gift of Grace?
Perhaps I do understand after all.

Until next month

In Love and Light

Sharon

Dates For your Diary

June 16 Workshop: The 12 Levels of Being-

VENUE- The Centre, Francis St. Randwick. Contact : 0418 249 739

July 28 Workshop: The 12 Levels of Being-

VENUE-27 Sylvan Ave. East Lindfield -

Cost: \$240

Cost: \$240

Early Bird before June 28 \$200 incl. Postage of *The 12 Levels of Being*

August 10, 11, 12 Meditation Retreat and The 12 Levels of Being -

Levels 1,2 3 and 4 -

VENUE- The Brahma Kumaris Spiritual Centre

Brahma Kumaris Centre for Spiritual Learning

186 Mt Hay Road, Leura NSW 2780

Tel: 02 4784 2500

Fax: 02 4784 2522

Email: leura@bkwsu.org

bookings

Bookings can be done online by clicking on the link for the at you would like to book for below.

Book early as places fill very quickly

accommodation

twin share rooms are available. Ensuite bathroom.

vegetarian diet

All food is prepared on the premises and is vegetarian. Please inform us at the time of booking if you have special dietary requirements.

clothing

warm clothing required between May-August. Please allow for cold weather by bringing extra warm clothing. Umbrellas are also a good stand-by.

conditions

The retreat venue is alcohol, smoke and drug free. Full-time accommodation is not available