

The Quill

an irregular newsletter/update to wish you a

A Breathtaking 2003

"And now the day has come, when the risk for you to remain as tight as bud is more painful than the risk it will take you to blossom" (Anon)

Seminars of D'Light Updates

Updates	Dates
1. Rebirthing - Conscious Energy Breathing	Ongoing & Consistently good!
2. Dan Brule	February 15, 2003 (OYS only) February 16, 2003 (open)
3. Bach Flower Remedies Seminar - Basic	March 9, 2003 May 11, 2003 August 9, 2003
4. Total Health 2003 Conference (Convention Centre)	March 28, 29, & 30, 2003
5. The Fundamentals of Rebirthing - Training	April 4, 5 & 6, 2003 October 3, 4 & 5, 2003 October 31, Nov. 1 & 2, 2003 December 5, 6 & 7, 2003
6. Rebirthers Convention with Leonard Orr in the USA	month of July 2003
7. GIC 2003 (Global Inspiration Conference) in Australia	June 27 to July 4, 2003
8. Sondra Ray ("Sacred Relationships")*SPECIAL EVENT* in Toronto	September 20 & 21, 2003
9. Personal News Update	Ongoing

- ♦ The purpose of this (irregular) newsletter is to have people who touch my Life and whose lives I've touched, be connected in an ongoing way for learning and growth and to inform you of events - so that you can plan for current & future events

1. Conscious Energy Breathing - Rebirthing

"Breath restores me to my exact self". - The Song of Solomon in the Old Testament

Ongoing and wonderful! People are making profound changes, as always, and it's a privilege to support and guide them through major Life transitions as well as daily life situations. If you have done some Rebirthing before and would like to continue with a session or two, please feel free to contact me and set up a session. I'll be happy to welcome you. A Rebirthing brochure is available, upon request, and the information can be viewed on my "new and improved" website at www.tamarapenn.com. The new email address is breathe@tamarapenn.com. Rebirthing work is my *passion* - each session continues to d'Light. I will be speaking at Total Health Convention in March on Rebirthing.

2. Dan Brulé - Breath and Chi Gong Master

Dan Brulé, one of the first rebirthers trained by Leonard Orr, will offer a seminar on Breath Mastery. Dan has been a rebirther for over 20 years. He has also studied breathwork in China and Russia. This seminar is open to the general public on **Sunday, February 16th, 2003** from 10:00 am to approximately 6 pm, and will be located in Central Toronto. For those who have experienced Dan, no doubt, you will want to participate with him again. Dan is the person with whom I traveled to Bolivia during 9/11. **Cost:** \$225.00 (plus GST). Send in your registration as soon as possible to reserve your space. Each person brings a potluck dish to share and a willingness to learn, grow & have fun.

3. Bach Flower Remedy Essences - Basic

*** Sunday, March 9, 2003 * Sunday, May 11, 2003 * or * Saturday, August 9, 2003**

This seminar is for professionals and beginners, as well as for those who wish to deepen their experience of the Essences. If you intend taking this seminar, please send your registration in as early as possible with a cheque. Some people were very disappointed recently because the seminar was full by the time they got around to registering. If you need a copy of the flyer, please contact our office.

Cost: \$150 (plus GST).

"Everyone of us is a healer because everyone of us at heart has a love of something, for our fellow man, for animals, for nature, for beauty in some form. And, we, every one of us wish to protect and help it to increase" Dr. Edward Bach

4. TOTAL HEALTH 2003 CONFERENCE

March 28, 29 and 30, 2003

Toronto Convention Centre, 255 Front St. West

Tamara Penn (yours truly) will be a speaker on the topic of Relationships, Birth and Breath. If you were born and have a navel, then you can identify with this presentation. Every one of us has taken a first breath and that first breath dictates how we identify our lives and our relationships.

5. The Fundamentals of Rebirthing - Training

*** April 4, 5 & 6, 2003**

*** October 3, 4 & 5, 2003**

*** October 31, November 1 & 2, 2003**

*** December 5, 6 & 7, 2003**

The Rebirthing Weekend is both a rebirthing training and a personal growth program. It provides an environmental for personal clearing and an in-depth study of Rebirthing. The training is informational, experiential and fun. Our being together is designed to explore the Rebirthing tool for personal growth, discuss birth and how it may affect choice, understand that thought is creative and accelerate your own Rebirthing process and increase your aliveness.

The weekend includes a group rebirth and 2 paired rebirthing exchanges. The times are Friday 7-11 pm; Saturday 10-6 pm; Sunday 10-6 pm. **Cost:** \$350 (plus GST). Reviewers: \$175 (plus GST). Deposits made to Penn & Associates.

6. Rebirthers Convention

RBI Annual Rebirthers and Conscious Breathers Convention will take place in Virginia during the whole month of **July**. You are invited to join and participate. This annual convention is presented and organized by Leonard Orr, the founding Father of Rebirthing. He personally supervises this month long training. Contact Leonard Orr at 540-885-0551 or www.leonardorr.com for full details.

7. 10th Annual GIC (Global Inspiration Conference) in Australia

Living the Dream - Get Real About Breathwork

Contact neminath@breathconnection.com.au or +61(0)2 6689 7455 or www.ibfnetwork.org. For brochure for the GIC 2003 conference, please contact Tamara Penn at (416) 544-9244.

8. SONDRA RAY ** SPECIAL EVENT **

September 20 & 21, 2003

After a long absence, Sondra Ray is back - more dynamic, more insightful, more connected. This seminar explores dynamic techniques to bring spiritual solutions to everyday situations. Some of the things this seminar will include are: Techniques to release your negative thoughts; Mantras to calm the mind, take you to the highest thought and increase your inner knowing; Divine Mother prayers and pujas to purify and heal the body and overcome depression, anger and fear. She is the author of:

- I Deserve Love
- Loving Relationships 1
- Rebirthing in the New Age
- The Only Diet There Is
- Celebration of Breath
- Ideal Birth
- Drinking the Divine
- Birth and Relationships
- Pure Joy
- How to be Chic, Fabulous and Live Forever
- Inner Communion
- Interludes with the Gods
- Loving Relationships II
- Essays on Creating Sacred Relationships
- Healing and Holiness

Healing and Holiness, her most current book has been tooted as a "runaway success". Sondra will be taking people to the Next Step and present a dynamic 2 day seminar. During the time that Sondra will be in Toronto, she will be participating in book signings, and media interviews. We anticipate that this event will be fully booked and attended by international participants. We would love to have you participate. Please book early to ensure your space. Accommodations can be arranged in nearby hotels, if you are coming from out of town. **Cost:** \$425 (plus GST) if registered by July 31st, 2003; or \$450 after August 1st, 2003.

9. Personal News Update

My grandchildren are teaching me more day by day. My granddaughter is walking and loves the sound of her own voice. She is charming, very animated, and such a totally different personality from her brother.

For the festive season I received, a wonderful collage created by Jeremy of the 3 Wise Men. How smart it is to give it to his wise grandmother. My relationship with them continues to deepen.

I'm getting very excited that more and more people are getting to experience the true value of energy breathing/Rebirthing. The circle continues to spread and I was very flattered that somebody would take the time and trouble to fly in from Vermont to do 3 days of Rebirthing with me twice!

Towards the end of 2002 I was invited to MC a Channeling conference organized by Serge Granbouis. Serge channels "Kris" and the readings are clear and very helpful. David Watson who channels the "Willows" was also there and both of these excellent channels give some deeper understandings during the sessions. I highly recommend you have a session with "The Willows" or Kris who are both available for private sessions. If you wish to attend during a small group gathering with the Willows or Kris let me know.

If the truth be told, I'm rather pleased that 2002 is over and very optimistically anticipating 2003.

Ecology Consciousness

If you would prefer to have this newsletter emailed to you, please send an email to info@tamarapenn.com

As you can imagine, this newsletter goes out to all those who have done seminars or inquired about seminars in the past. Each mailing uses time, energy, paper and human endeavour. Help us to keep our mailing to those who welcome the information and updating. If you choose not to be on our mailing list, please let us know so that we will delete your name- and save some trees. You could pass this newsletter to a friend who would appreciate hearing from Seminars of D' LIGHT.

On the other hand, if you ENJOY hearing from us, we'd like to know that as well.

We look forward to connecting with you soon,
In Truth, Simplicity and Love in Service to the Higher Path,

Tamara Penn RIHR

P.S. I've just returned from Treasure Island where I participated in a three day training on "Sacred Renewal Breathwork" with Sondra Ray and Sharda. It was transformative. I am now the first registered Sacred Renewal Breathwork Guide in the world. If you wish to have a deep experience, O book a session. It will be a priveledge to guide you. It is about sacred space sacred mantra, sacred journey.