

The Quill

an irregular newsletter/update to wish you a

A Wonderous Winter & a Happy New Year 2002

"I am here not to teach you, but to love you: Love itself will teach you..." Amrit Desai

Seminars of D'Light Updates

Updates	Dates
Special announcement * * The Anti Aging Show Booth #415	January 11-13, 2002
1. Rebirthing Conscious Energy Breathing	Ongoing & Consistently good!
2. One Year Seminar	January 19, 2002
3. Bach Flower Remedies Essences - Basic Seminar	February 10 th , 2002
4. Flower, Tree & Gem Essences Advanced Seminar	March 9 th & 10 th , 2002
5. Inspiring Love Event	Feb. 16 th & 17 th , 2002
6. International Breathwork Foundation (IBF) for all Breathworkers	Ongoing
7. Conferences Update & Future Events (Venezuela GIC 2002)	June 29 th July 9 th 2002
8. Personal News Update + The Bolivian trip	Ongoing
9. Philippines & India Journey	November/December 2002

◆ ~~*****~~ 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

* * Somehow I *had* to slip this in here (I couldn't "fiddle" the columns) to let you know that the

ANTI AGING SHOW at the Metro Toronto Convention Center on January 11th, 12th & 13th, 2001 -

Both Jeannie Mackay and I will share a booth to promote our upcoming seminar "Inspiring Love Event" (see # 5 for full details) Rebirthing (which is youthening) and Jeannie's 13 CDs

1. Rebirthing Conscious Energy Breathing

"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.

Books I highly recommend are as follows:

- 1) *Rebirthing and Breathwork* by Irish N/C, Catherine Dowling one of the best rebirthing books;
- 2) *Breathe Deep, Laugh Loudly* by dear, Judith Kravitz, Co-Founder of Transformational Breathwork;
- 3) *Soul Therapy* by Joy Manne's book sincerely and beautifully written and it goes very deep;
- 4) *Finding Serenity in the Age of Anxiety* by Robert Gerzon excellent understanding of stress;
- 5) *Breathing the Rhythm of Success* by Viola Edward, the N/C for Venezuela;
- 6) *The Immortal* by J.J. Dewey a must read.

2 One Year Seminar (OYS)

Imagine a group of spiritually conscious beings meeting one day every month for year. Just think of the love, the commitment, the level of intimacy and sense of completion felt at the end of 12 months.

What is the OYS **One Year Seminar**? A Breathing, spiritual community who meets once a month - its loving and transformative. Imagine participating with a group of spiritually growing, aware beings.

What an amazing group of participants have been in previous One Year Seminar groups. Please go to my website www.tamarapenn.com and read the testimonials of previous participants in the OYS.

While Rebirthing Sessions are most often conducted privately in a one-on-one setting, a unique concept for pursuing the Rebirthing experience as a member of a supportive community was created by Leonard Orr (Founding Father of Rebirthing) when he came up with the concept of the One Year Seminar. The OYS is not a seminar that is conducted continuously for the duration of an entire year, but rather it is a series of single-day seminars that are held once a month over the course of a year. Just as a blue whale can cross a vast ocean underwater, but must still rise to the surface periodically to breathe, the OYS participant can move a great distance in the ocean of their personal evolution over the course of a year, with the help of the periodic inspiration of the OYS sessions to revitalize their personal vision.

The OYS has always been the cornerstone of the Rebirthing movement. It's not only the training for those who wish to become Rebirthers, but also a safe space for all to discover the Self through the Rebirthing process and enhance Life with the seminars that go hand in hand (it is not just for Rebirthing training) For further details, refer to the website. The next seminar that you may attend is **January 19th, 2002 at 10:00 am-7:30 pm**, and is located in Central Toronto. I will co-lead this seminar with my dear friend and colleague, Dan Brulé from Massachusetts. He is the person with whom I traveled to Bolivia . The cost is \$175.00 (includes GST) for the day. 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 for the day.

3. Bach Flower Remedy Essences *

Basic Seminar

Sunday, February 10, 2002

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.

"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. Flower, Tree & Flower Essences* Advanced Seminar

Saturday-Sunday, March 9 & 10, 2002

This is a long-awaited for seminar for students who have already worked with essences & attended the basic seminar.

CANADIAN FOREST TREE ESSENCES and LIVING LIGHT ENERGIES systems will also be discussed. Even if you have not been working intensely with Essences and would now like to rekindle and further your education, I would be pleased to have you participate.

4b. The Flowering

Thursday July 25th till Sunday 28th , 2002

Summer retreat for Flower Essence student who wish to discover their "Essence" through the flowers. A special time to be "away" , to make an essence and to be in and with nature a time for Self discovery and joy. (Basic Essence seminar is a pre-requisite to attend)

5. Inspiring Love Event

Come! Be inspired, awakened and healed!

Darling Valentine, this is a loving gift to yourSelf and your Beloved (that could be yourself and a partner, friend, lover you choose) The INSPIRING LOVE EVENT will heal and enrich the heart.

Saturday & Sunday, February 16 & 17th, 2002, Toronto, Ontario, Canada

This seminar will be conducted by **Tamara Penn, RIHR**, with her friend and colleague, **Jeannie Mackay, B.Sc, B.Ed.**

A **Healing Process** with an impact beyond measuring - birthing an upward spiral of energy to the consciousness of being a Being of Love. The combined talents, skills, knowledge and experience of these dynamic leaders are highly complimentary. Experiencing this powerful seminar creates ripples of positive change throughout the lives of each participant forever! **Our intention is to empower you to heal your heart and access the infinite possibilities of being a BEING OF LOVE.**

Beautifully designed and skillfully taught, this seminar is intended for those who are seeking the essence of LOVE. The cumulative effect of your attendance and participation is of immeasurable benefit for all. It allows you to access & heal old patterns and paradigms. You open to the Lightness of Being inherent in Love.

Ask yourself these questions? (Put a check off box beside each question)

- ~~EEEEEE~~ Have you ever been broken hearted?
- ~~EEEEEE~~ Have you loved and thought you'd lost?
- ~~EEEEEE~~ Have you sealed the pain deeply locked inside?
- ~~EEEEEE~~ Have you thought you'd never love again?

If you answered "yes" to any of the above questions, register for **Inspiring Love Seminar** now.

An opportunity to:

- ~~EEEEEE~~ access the infinite possibilities of being a Being of LOVE
- ~~EEEEEE~~ heal your heart
- ~~EEEEEE~~ meet like hearted people
- ~~EEEEEE~~ create a new opportunity
- ~~EEEEEE~~ enrich your daily life with profound LOVE
- ~~EEEEEE~~ hear deeply moving Archetypal love stories
- ~~EEEEEE~~ experience powerful Energy Breathwork
- ~~EEEEEE~~ experience a group Holographic Repatterning
- ~~EEEEEE~~ receive Flower Essences Projection

6. International Breathwork Foundation (IBF)

As the National Co-ordinator for the IBF, I strongly encourage you to register as a member of this worldwide organization to keep you connected with breathworkers around the world.

It will also give you an opportunity to register in their international directory.

As a result of being a member of this organization, I have received several referrals from people who have come to Canada and want to get connected with Rebirthers. The registration fee is \$100 U.S., when you attend the Global Inspiration Conference, you would receive \$50 U.S. discount from your registration fee as a member - in addition to receiving the IBF Newsletter which keeps you up to date on important issues and on what is "happening" around the world in breathwork (published 4 x a year) You also get a copy of Breathe Magazine (published in England) with the newsletter. The IBF are working on a standardized breathwork school curriculum for a degree accreditation affiliated to an alliance of alternative health therapies.

This year 22 countries were represented at the Global Inspiration conference in Wisconsin. I am pleased to say that I was re-elected as the Canadian National Co-ordinator for the IBF and I am able to report that 11 Canadians attended the conference many from the west as well as from the east and one wonderful woman from Yellowknife, NWT.

7. Conferences 2002-2003

The Global Inspiration Conference in Wisconsin (GIC 2001) was an incredible event. Leading Rebirthers, Breathworkers, Psychotherapists and Healers from all over the world participated. And, over 21 Breathwork schools were represented there. One of the most exciting things to report is that an International Breathwork Training Alliance is being formed, and an accredited university degree program (BS, MA, PhD) in Breathwork is being developed in the USA. Three committees are being formed: 1) Principles and Ethics, 2) Training Standards, and 3) International Certification. Stay tuned ...

As many of you know I am the Canadian National Coordinator of the International Breath Foundation (IBF) and am happy to inform you that at the Global Inspiration Conference, *Uniting in One Breath*, I presented to a group of 30 participants on Essences and how they successfully support the Breathwork process. It was so well received that I was asked to repeat my presentation.

22 countries were represented and I am pleased to say that I was re-elected as the Canadian National Co-ordinator for the IBF. 11 Canadians were registered as members of the IBF at the conference.(see IBF)

I also had an opportunity to act "the clown" at a variety/talent evening at Devil's Head Resort for the GIC 2001. All 230 delegates were rolling on the floor with laughter at my presentation. A smash hit!

1. **GIC 2002 in Venezuela 'A Caribbean Invitation'** June 29-July 6, 2002 Website:

[www //go.to/gic2002](http://www.go.to/gic2002)- will be held on the island of Coche (Margarita) Venezuela . I have some information and would be pleased to send it out to you. As a member of the IBF, you will receive \$50 U.S. discount on your registration for the conference. It promises to be "paradise in the sun". We will have the complete island to ourselves.

2. **GIC 2003 in Australia "Living the Dreaming" the down-under experience!** June 27 July 4, 2003.

3. Campaign for the Earth **World Healing Event** 14th Annual Peace Prayer/Meditation Monday morning, December 31, 2001 at 6:30-8 am. **Your participation makes a world of difference!**

4. The Holographic Repatterning Conference "Coherence- exploring the Universal Patterns of Life"
June 6-9, 2002 Sunburst Resort, Scottsdale, Arizona, USA www.holographic.org

8. Personal News Update

I am delighted to announce the birth of my grand-daughter, Aviva Sarah, born on November 9th, 2001, who (as I prepare this newsletter) is 6 weeks, gaining weight well, and is most loved and welcomed by her family. Her brother Jeremy, who is now 2 years and 10 months, is very loving and protective of his sister.

A little granny story about Jeremy. When he was 2 ½ years of age, he was quite the conversationalist, except for the occasion when I phoned him, and he was being called to the phone, I heard his voice in the background saying "I'm busy". There you go that's what comes from being a member of a busy family but not too busy to be having a welcomed sibling for Jeremy. Question: "Jeremy, who is having a baby?" Answer: "I am". Question: "And who's carrying the Baby?" Answer (with a big smile): "My mommy". Question: "And who made the baby?" Answer (with a big smile): "My daddy and my mommy". He's a big smiler. We're lucky.

After the GIC conference, I remained in Wisconsin to attend an advanced seminar of Breathwork with Jim Morningstar and Cathy Gawlick. Both Jim, the Founder of the School of Spiritual Psychology, and Cathy, the school's senior trainer, conducted an intense, valuable, transformative workshop. I have great respect and admiration for them both and their work. I feel a profound shift within myself.

On a personal note, GIC 2001 afforded me the opportunity of meeting old and new dear friends in the Rebirthing / Breathwork movement. Leonard Orr, who gave a marvelous evening presentation and received a standing ovation, was there as well as my friends, Bob Mandel, Dan Brule, Jim Morningstar, Judith Kravitz and many others. I met many people whom I had heard about for years and was d'Lighted to see the faces behind the names and make a heart connection with them.

ANNOUNCEMENT Welcome to the World Brandon & Kyle Richmond. Twins born July 31st at 7:27 & 7:29 am. What an honour and privilege it was to support their mother and father during the anticipation of their birth. I love the work of welcoming new life into the world and offer my self to support the birthing as well as the Rebirthing process.

September took me to **Bolivia** to support and assist my good friend and colleague, Dan

Brulé. It was an adventure of a lifetime. On September 11 we were at Samipata a sacred and mysterious place (I am told is very much like Machu Pichu in Peru.) In addition to doing seminars in Santa Cruz and La Paz.e we visited 3 very sacred sites of Samipata, Lake Titicaca, and Tiahuanaco (the prospect of visiting Lake Titicaca was the trigger to get me to Bolivia in the first place). The other two special places were the bonus and the *real* reason I went. (see what happens when you follow deep guidance?) September 21st (my birthday), was spent welcoming the sun through a doorway in the ruins at Tiahuanaco, a very ancient and mysterious sacred site, with many local and "other" Shamans in addition to the indigenous people. I'm attempting to post some of the photographs I took (well over 300) onto my website www.tamarapenn.com stay tuned.....

Santa Cruz (bordering the jungle) were our first trainings then on to La Paz where not only did Dan do trainings, but we went to the prison to rebirth 11 inmates. THAT was an experience quite an eye opener for me. To my surprise, I was not afraid. Something very deep inside has "switched on" my life feels different. About 9/11 and our experiences in Bolivia (we were actually on Samipata at the time)

" What I learned from this tragic event, here it is in a nutshell: If a person is filled with fear, everything will make them afraid. If a person is filled with anger, anything can make him mad. Squeeze a person who is filled with fear, and fear will squirt out! Poke a hole in someone who is filled with anger, and anger will leak out.

Events like 9/11 shake us to the core. They bring to the surface hidden layers of fear and anger and doubt and confusion. What I learned is that a person who is filled with love cannot be controlled or manipulated by fear or anger or violence. If we fill ourselves with love, it doesn't matter how we are poked, squeezed or shaken, by people, situations or events: only love can result! Use every opportunity, no matter how painful, to grow in love!"

Dan Brulé:

9. Travel Plans: 2002 for the Philippines & India

This is the beginning of a new cycle. In 1989 I took a group of wonderful "seekers" on a healing journey to the Philippines. We spent 17 days learning, healing and opening to ourSelves and the Universe. Rev. Alex Orbito, my dear friend, probably one of the best know Phillippine healers know today, organize this tour with me. SO much has transpired since then. . November is Alex's birthday and there is always a specially wonderful party to commemorate this occasions.

I feel again that it is time to revisit this "School of Life" The Internationa Healing Festival & Seminars are happening at this time set to coordinate with Alex's birthday. People come from every corner of the planet to experience these energies. Healers from across the Phillipines and the world are there to be of service. My long time friend and mentor Dr. Rolando Carbonelle also known as Swami Devaleilanana will guide us into very powerful transformational locations and adventures. An opportunity to experience one of THE most amazing men on the planet. To be with him will transform you forever.

If there is enough interest I will look more closely at the possibilities of going with another group.

So far there are a few people who have said "count me in" the only time I know that it is

time to count, is when I hear from you and you make a full commitment.

INDIA beloved India. I was in India in 1989. (as a *round-a-bout* result of going to the Philippines !)

Well, a wonderful woman from Gujerat (not the correct spelling I know) has invited me to teach at her Reiki school she tells me she has about 400 students. Katel is a d'lightful person and (as I write) she is in Amnabad organizing for me to teach Rebirthing and Flower

Essences there in early December. Again, the only time I know that you wish to be considered, is when I hear from you. You are welcome to come for all or parts of these journeys. In Amnabad I will be pleased to have some experienced breathers with me as assistants., For this, you will be given accommodation by the local people. I hope to go to see Amaji in her ashram in Kerela and hopefully we will get to Hairikaan (Babaji's ashram in the foothills of the Himalayas) These plans are quite "loose" at the moment. Does the idea strike you as somewhere you would like to be in

November/December 2002? Let me know if some or all of this has struck a cord.

Ecology Consciousness

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 or e-mailing list , please let us know so that we will delete your name- and save some trees etc. You could pass this newsletter on 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. This list is kept confidential.

We look forward to seeing you soon,
Truth, Simplicity and Love in Service to the Higher Path,
Tamara

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