**NOMINATIONS**

Georgie Hunter and Bowny have announced that they will step down from their current positions - Georgie as the BAHA Representative and Bowny as the LAH Treasurer. Nomination forms will be sent out in the new year along with Membership Renewal Forms, Members this is your association, please use your nomination, let your voice be heard and represented.

**WELCOME NEW STUDENTS**

Melanie Stafford 177A (Peterborough)

Pauline Jackson 178A (Spalding)

Jason Woodlifts 179A (Grimsby)

Shirley Hales 180A (Scartho)

Michelle McLoughlin 181A (Hull)

Susan Peck 182A(Bourne)

Susan Buck 183A (Spalding)

**Congratulations on Achieving**

**Full Healer-ship -**

Nigel Cave 137A (Spalding)

Nigel Clegg 165A (Hull)

Sandra Cobley 167A (Grimsby)

Ann Davies 140A (Stamford)

Jill Eve 146A (Peterborough)

Koren Ellis-Martin 166A (Hull)

Rosemarie Fordham 160A (Peterborough)

Stella Gray138A (Peterborough)

Rosalind Rime 147A (Peterborough)

**Tutorship -**

Alan Player 162A (Bourne)

**Assessor**

Vanessa Johnson - **Catvan13@Outlook.com**

Jo Kendall – kendall1970@hotmail.com

Rita Lawrie - **RitaLawrie@hotmail.co.uk**

**LINCOLNSHIRE ASSOCIATION OF HEALERS**



**JANUARY 2020**

Hello Members, welcome the year 2020.

The festive season has been and gone, now a fresh year starts with abundance of opportunities of what might be ahead this year.

Whether you set yourself new year resolutions or prefer to have goals to achieve – may we all attain them.

It is always good to start with small changes, aiming for the possible rather than impossible.

**MEDITATION**

How many of us mediate and meditate daily?

Fellow healers the chances are you do meditate at some point whether that be daily or intermittently.

We say this as through the healing movement, the number of healers we have met personally, a popular factor that came up was meditation.

When meditating, frequently mentioned was how wonderful, peaceful it felt during the meditation and afterward.

Again its about time, time to just be at one with ourselves, the energy that surrounds and fills us.

Anyone new to meditation, it can take more than a few attempts to ‘meditate’ without everyday thoughts occurring, your brain constantly thinking about your to do list, daily chores. With each attempt to meditate, you do learn to push such thoughts away until you quiet your mind – reach a point of peacefulness.

For any one wishing to try meditation, definitely try from 10 minutes to begin with eventually building on that time.

Also some find it easier to meditate within a group, with or without music. If you would like to give meditation a go, preferably in a group - Please seek out a group within your own healing centre or local to you.

We definitely can recommend meditation – time out from a busy lifestyle and breathe.

CHAKRAS

WHAT IS A CHAKRA?

What sort of question is that considering this is a newsletter for a Healing Association.

During a Healing session the Chakras are an area where healing is channelled.

Hence as a Healer, we should know what a chakra is. What each represent in correspondence to their position in the body.

We have a multitude of Chakras. The main seven that aline the central physique from the base of the spine to our crown.

A chakra is an energy centre or like a spinning circle of energy which alter continuously depending on our well being, be that mental, physical emotional, also what we encounter day to day – just as our mood can be influenced by circumstance so do the chakras – the chakra’s energy field, making them out of sync.