



helloNOVEMBER

It's just under twelve months since my last newsletter. I knew this year had been an amazing, full-on ride, but twelve months?! So, a great big **'Hello!'** and **'Welcome!'** if you're receiving this for the first time.

Although I've continued to be very active on the main **Lotus Star Facebook page** (facebook.com/lotusstartherapies), and running my weekly **Mindful Meditation classes** (Tuesdays, Aberfoyle Community Centre, 7.45pm start with places available), I took a break from teaching this year to focus on supporting my daughter following her Autism Spectrum diagnosis. I'm pleased to say that the timing is now right, and foundations set, and I will be returning to teaching early 2018, with new class offerings, and updated formats to my existing Crystals and Zentangle® Mindful Art programs.

I'm super excited to announce my new, and long-time coming, **Soul Circle Spiritual Development Group**, starting in January 2018 :

Soul Circle – A Conscious Journey Into Self Spiritual Development Group

Discussion and teachings around Energy Awareness, Crystals, Meditation, Angels, Law of Attraction, The Aura, Chakras, Reading for Self and Others, and so much more!

All of us achieve understanding in our own way. The journey towards spiritual enlightenment is a personal one of self-discovery. These sessions provide a safe, supportive environment in which to come together to share, learn and grow.

Personal growth is something that is going on all the time, every hour of every day. Our main responsibility within these Human lives – that we have chosen to live at this time - is to do our full duty, to be the best version of us that we can.

We will focus on a different subject during each monthly Soul Circle group session.

You do not need to walk this journey alone. All are welcome.

3rd Friday of every month, starting Friday 19th January 2018 with Energy Awareness

7.30-9pm

\$20 with light refreshments

O'Halloran Hill – studio address provided upon booking



Dates for your diary : Fridays 19th January, 16th February, 16th March, 20th April, 18th May, 16th June 2018

Practical sessions with discussion, teaching and meditation elements included. Reference materials provided where required. Bookings in advance please, for room and catering considerations. Numbers will be limited so be quick to secure your place. Cancellations are welcome to transfer to another person or session date.

All enquiries to Elizabeth on 0474 197707 or elizabeth@lotusstar.com.au

*'When you are evolving into a higher-self, the road may seem lonely
but you're simply shedding the energies that no longer match the frequency of your destiny.'*

Unknown

Gratitude always to new subscribers, clients and class attendees.

It continues to be an honour to serve and share ♥ Elizabeth

READ ON FOR NOTICES AND CHRISTMAS GROUP CLOSURE DATES AND **SPECIAL OFFER DETAILS**

Continued overleaf...

NOTICES

There will be **NO MINDFUL MEDITATION** on Tuesday 12th December. Our last session for 2017 will then be on the following week, Tuesday 19th December. We resume on **TUESDAY 9th JANUARY 2018**.

My new **Soul Circle - A Conscious Journey Into Self, Spiritual Development Group** starts **Friday 19th January 2018**, O'Halloran Hill, 7.30-9pm every 3rd Friday. Discussion and teachings around Energy Awareness, Crystals, Meditation, Angels, Law of Attraction, The Aura, Chakras, Reading for Self and Others, and so much more! See overleaf for full details.

I am now offering **Angel Tarot readings via Skype** at \$60 for an hour. Also available in person around Adelaide. Receive in-depth insight and guidance into a particular situation or the energies currently manifest in your life using the Angel Tarot – we simply come together to chat and learn. Supported by crystalline energies.

My **online store is now up and running at www.lotusstar.com.au** I'm still uploading my classes and services in full but many are now available to book online. PayPal and all major cards accepted. Postage payments are now available online for Soul Art Mandalas.

SPECIAL OFFERS

Just ****ONE WEEK REMAINING**** on the **Soul Art Mandala NOVEMBER SALE!!** Be quick to order your fully personalised, unique hand drawn mandala; a channelled graphical representation of the energies manifest in your life and accompanied by a full written interpretation. Choice of focus, colour and sizing. Soul Art Mandalas make wonderful gifts.



12-month Angel Tarot projection readings SAVE \$20 on orders placed before 31st January 2018. Find out what each month holds in store for you during 2018. Awareness helps you to navigate your way through life more effortlessly. Usually \$95, on sale at \$75 and delivered to your inbox.

Full details and online ordering via www.lotusstar.com.au or talk to me on **0474 197707** or elizabeth@lotusstar.com.au

READINGS and TREATMENTS

All healing is self-healing, although sometimes we need a little help. I am available for appointments both from my home studio at Happy Valley or I can come to you. I offer the following, and full details can be found via www.lotusstar.com.au :

Vibrational Energy Healing : Combining Colour, Crystals and Reiki. A blissfully relaxing treatment including chakra balance and channelled guidance. Can be combined with a reading for additional insights and focus. Choice of 60mins \$60, 90mins \$75, 2hours \$90. Minimum 90mins if reading included.

Past Life Regression Therapy : A talking therapy whereby a light trance state is induced and we explore together to unlock and release any blockages and/or trauma rooted in a past/future lifetime. Very powerful at clearing long-standing and repeating patterns of behaviour, also releasing karmic contracts and ties that no longer serve. Insights and intention can lead to powerful shifts, affecting real change. Fascinating also to explore past times and previous lifetimes - answers to questions if you find yourself drawn to a place or time but have never quite understood why. Allow 90mins-2hours \$90.

A choice of readings including Crystal Mandala, Intuitive Oracle Wisdom, Angel Tarot, Numerology, Soul Art Mandalas. Available via Skype, delivered to your inbox and in-person. From \$40.

Bookings are essential. Contact Elizabeth on 0474 197707 or via www.lotusstar.com.au/contact

Elizabeth James : Holistic Health and Well-being : Art

Intuitive Soul Art ✦ Readings ✦ Mindful Meditation ✦ Mindful Art Workshops ✦ Spiritual Development
Past Life Regression ✦ Crystals & Colour Therapy ✦ Reiki ✦ Daily Oracle Wisdom

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