



LA Community

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The Power of Getting Together

First Organisation Alignment for Life Alignment in the UK

In mid-September a group of practitioners gathered in London, together with the witness and spirit of more than 25 others who couldn't be with us in person. We had a lovely successful day working through the OA, lead beautifully by Stéphane Flasse. The day revealed the 'mission' for all of us here in the UK, and even beyond - whether student, practitioner or teacher, which is:

Serving Divine Purpose and surrendering with trust in service to the community, bringing harmony and healing for all who touch Life Alignment, transforming lives, increasing consciousness and awareness of spiritual dimensions.

Several people have said that they felt the impact of the OA almost immediately!

Other dates...

Jeff's Workshops Contact office for details

There are still some places available. See page 5 for details. Path to Self Mastery was deep, intense and joyous and Transcend the Chaos promises to help us deal with the chaos around - and in ourselves!

Saturday December 1 10-5pm Contact office for details

Our next community **Organisation Alignment** day. The first was very successful with several people reporting changes including more clients! Come and share in the second day.

Modality Mondays - First Monday of every month

We're re-introducing Modality Mondays starting in January next year, hopefully with a talk on Astrology! What a way to start 2013! Each first Monday of the month we'll have a talk on a modality at a venue in London (tbc), so that we can get to know more about the modality and who to recommend. Stay tuned for more information.

We hope you like the newsletter – this is your voice and we would like to receive your contributions on business development, news, best practice, local events, or LA stories - anything you want to share. Please send your ideas to newsletter@life-alignment.co.uk.



LA Healing in Action

The Power of Body Spin A Life Alignment Case Study

By Simone Narcheska - Module 1 student

“The insomnia she had had for years had disappeared...the incessant chatter in her mind before sleep had gone!”

Sarah was kind enough to volunteer to be one of my Body Spin case studies. She was a very busy woman running a business from home along with her partner, and raising her young child. There had been some difficult times recently and Sarah was feeling out of sorts and asked for a general balance. In her first session she was very talkative and restless but open-minded as to what might happen in the session. Her body was tense as she lay on the treatment table and the first priority that came up was the Central Nervous System. This made sense to Sarah, not because she was a nervous type, but as she was often stressed. After using the Seed of Life and Resonance cards, Sarah became much more relaxed and shared with me that she often gets pains in her body when she is stressed. I was not surprised to see that the next priority was Muscular, and the third was Connective Tissue. The most interesting part of the session was when Sarah got really hot and felt flushed all over, but after she got off the treatment table she was cold and shivery, and finally her temperature normalised before leaving. There was a sense of calm about Sarah as she left.



Simone Narcheska

Sarah returned for the second session in high spirits and was happy to announce that her insomnia that she has had for years had disappeared and she was able to sleep well all week. The incessant chatter in her mind before sleep had gone! In the second session the first priority was the Autonomic Nervous System which was in line with Sarah's history. After using the vortex cards my pendulum indicated that we were not done with this system and after some enquiry I realised that it was time to do an Emotional Release. My pendulum indicated one word 'Hopeless'. Sarah instantly connected that word with the feeling of 'anger' and though she was not comfortable discussing the exact situation I could see she was very clear in her mind on the issue at hand. We moved through the Emotional Release and Sarah chose to feel and receive Hope. The change in her body and face from when we first discussed 'Hopeless' and 'Anger', compared to the end of the release when Sarah welcomed in 'Hope', was dramatic. She shared that she often had digestion problems and that she could now feel her tummy moving and processing.

For both sessions Sarah's modality was journaling, and she left the second session with a renewed commitment to start journaling and to report back and let me know how she is getting on.



LA People

An Interview with... Hilda Scullion

Hilda.totalpc@me.com

How long have you been involved with Life Alignment?

I did module one in 1999 in Zimbabwe and did up to module 4 in South Africa. I was practicing in Zimbabwe until I moved to the UK where I have been for two years and now have my UK License to Practice.

What aspects of Life Alignment do you currently practice?

Body Alignment.

What do you enjoy the most about Life Alignment, and what inspires you about the work?

I love the multi-layered approach of Life Alignment, allowing the client to do their psychological work and raise their consciousness. This is the work that will change the world.

Do you target a specific market or find you attract a particular client base?

There is an unseen pattern to it all. Often people come in who are working on things I relate to or understand.

What aspirations do you have for your practice?

I would like to do teacher training as I have a passion for teaching but I have not done it yet.

What do you think are the biggest challenges and opportunities facing Life Alignment in the UK?

In South Africa most people in the alternative therapies world have at least heard of Life Alignment. I don't find that in UK. We need to build awareness of Life Alignment in the UK.

How can Life Alignment UK respond to these?

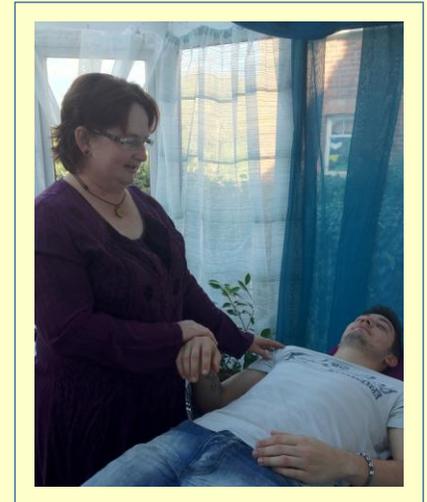
The festivals are great. At the Mind Body Spirit festival there was a lot of interest. Magazine articles also reach many people but if we could get a slot on a TV show that would be fantastic. It will be good for us all to keep circulating Diana's fabulous TEDx talk.

Do you have any tips that have helped you build a successful practice that you would like to share with others?

Have faith in the power of the work.

What is your favorite vortex card?

The Opener is my current favourite. I haven't had it long but it is currently coming up a lot. As soon as I set eyes on it I knew it had to come home with me!



Hilda Scullion: practitioner in Battle and Sussex. Here she is with a client.

"I love the multi layered approach of Life Alignment, allowing the client to do their psychological work and raise their consciousness. This is the work that will change the world."



LA Marketing & LA Community

ILAA-UK Update

Tracy Barlow working for the Association

The International Life Alignment Association - UK is now contributing a third of the cost of the extra day a week for Tracy, our Life Alignment Administrator. She is doing a lot for the Association and we're talking with her about managing LoLa too! Here she introduces herself to us:

"Having newly immigrated to the UK from South Africa, I found my feet quickly and soon enough stumbled upon Cherry. We couldn't have been better suited! After being with Life Alignment for a year now I have grown so fond of the entire 'LA family' and see each day as an exciting new adventure.

"I ensure all the 'behind the scenes' activities are taken care of, from processing of bookings and dispatching orders to preparing for workshops. I am also now involved in the administrative running of the Life Alignment Association so my four days are kept very busy and are full of variety."

Cherry says Tracy has made a real difference. "She is wonderful and has done a fabulous job of keeping this office running smoothly. In her quiet and unassuming way, she sees what has to be done, and just gets on with it. I feel she has taken a huge load off my shoulders and I value the day she walked into my life. She is a real office angel! Thank you, Tracy, from all of us in the LA family."

LA UK - Connecting Globally

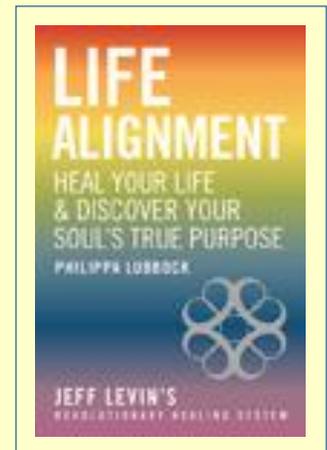
Stephane Flasse continues to develop Life Alignment in both Belgium and France. Says Stephane; "The progress of Life Alignment in France takes its time but is solid. The core is in Lille, with a committed group of students. We had a Module 2 in May and so hope to see the first practitioners very soon. Over the first weekend in October, we had the honour and pleasure to have Jeff for a two-day open workshop for the first time, with more than 20 people, coming from several French towns, including Paris. So we can see Life Alignment growing in the near future! We had deep balances and a wonderful group. Jeff also had a special time with the students. We had great fun too!"

Get in touch!

We'd love to hear about what other practitioners are doing around the country to get LA into their local communities. Please let us know what you have planned and we'll include it in our next newsletter (email details to newsletter@life-alignment.co.uk).



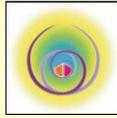
Tracy Barlow



A Great Christmas present!

Encourage your family, friends and clients to buy on Amazon to keep the Life Alignment profile growing

"...deep balances and a wonderful group in Lille."



LA School

“Our school continues to grow as we qualify students in all areas of the UK.”

CONGRATULATIONS!

Our school continues to grow as we qualify students in all areas of the UK. Hilda Scullion has recently qualified and runs a practice in Battle, East Sussex and Roger Brown has just done his witness session with Anne Gregory and has a practice in Telford, Shropshire. Congratulations to you both. We are looking forward to many trainees qualifying next year.

It is so important to begin to grow the school outside of London, so a number of our experienced practitioners have begun to train as **Body Spin teachers**. Our first teachers’ training was attended by Diana Rice, who plans to teach in London and Cumbria - and who knows, maybe China! Adrian Oliver will be based in London, but will be happy to travel elsewhere to teach. Karen Portsmouth plans to teach in North Yorkshire. Renate Stöcker has already been asked to teach in Germany and Holland. The four trainee teachers did their qualification workshop recently and are now planning their first workshops as teachers!

Lynne Carr has completed her training for **Vortex Alignment** and will hold her qualification workshop in the new year. She and Jane Raworth have also begun to train as Module 2 teachers.

Jeff’s Public and Training Workshops 2012

There are still some places available on the following workshops. Do not miss out on working with Jeff. Contact the office on 020 3551 8790 to book or for further information.

10 & 11 November: **Transcend the Chaos** – MovingArtsBase, Islington

16-18 November: **Journey through the Chakras: Solar Plexus** – Florence House, Seaford, East Sussex. (Residential).

24 & 25 November: **Living Abundance** – Quorn Village, Loughborough

2013 - NEW AND EXCITING WORKSHOPS

There are many new and exciting events and workshops planned for 2013. Jeff Levin’s open workshops continue to be inspiring and transformative and it is a great gift to work with such a renowned healer. The themes for the new open workshops are ‘**Walk the Path of the Hero**’ which follows the hero’s journey to overcome challenges encountered and ultimately reveal the hidden jewel. The other new workshop’s title is ‘**Crisis as Opportunity**’, which will work to identify the blessings in the challenges we face in our lives.

Here is some very exciting news for our advanced practitioners, Jeff has hinted at a **Module 6!** I could not prise any information from him, other than to plan it for November next year. Watch this space!

