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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 office@life-alignment.co.uk



Hi Dear Friends,

I am so mindful of our profound interconnectedness with each other and all of life. Through my travels, I have the privilege to observe how a small shift in people in one country has a significant effect across the world. The theme in one workshop is expanded upon in the next, no matter where it is held. In the UK we held the Throat Chakra workshop where the dominant theme was living our truth. This was followed by 'Crisis as Opportunity' where the theme continued to build and deepen. This brought awareness that as we do our own personal transformation, we make a shift in the whole Universe. The energies that have been present to support us in this process have been incredibly profound and give a feeling of intense presence of power and grace in our practices and workshops.

This past year I have felt a powerful call for us to live in alignment with our purpose. A fine line is being drawn between what we sense as our purpose and our actions, bringing our hearts and minds into clear alignment, as if the universe is saying - 'your presence is needed now more than ever' and many are responding to this call with a deep sense of dedication and service.

The worldwide Life Alignment family continues to astound me - I feel so blessed and privileged to journey in this sea of love and deep friendship. I am filled with so much gratitude for the people who, throughout the year and in so many countries, play a significant part in extending deep healing into world consciousness.

I send you my love and abundant blessings for the festive season and New Year and trust we continue to spread our light into this troubled world. This is truly an opportunity in this crisis to bring true joy.

Jeff





Events from 2013 by Philippa Lubbock

What a year! Each workshop was a jewel, but there were three outstanding events:



Jeff & Fiona Muzeé
(One of our prize winners)
Wearing a Superman Jeff
T-shirt
"Life Alignment
Saving the World"

ILAA-UK Open Day: "Growing your Prosperous Practice"

At the Open Day 'Growing your Prosperous Practice' in July, students, practitioners and members of ILAA, chose from an array of excellent brief presentations on all aspects of Life Alignment, and Hilda Scullion's 'kitchen' provided delicious, heartwarming food throughout the day. We finished the day with a raffle draw with some wonderful prizes that had been generously donated. The consensus was: ***we must do this every year!***

Teacher's Intensive

The UK's first *Teacher's Intensive* 3-day residential retreat in October, was a rare opportunity for teachers to spend time together, to explore and refine how we teach, and have time for personal work. Again, those of us who attended want this to be an annual fixture! It was a warm and loving environment in which we deepened our commitment to sharing this Work.

Jeff's Master Class

After many years of practicing Life Alignment, I learned so much during Jeff's November Master Class. There is no other workshop where we can look, in such depth, into the technique, our practice, and our spiritual alignment with the Work. For me this workshop is a priceless diamond, and the key to moving our practice to a higher dimension.

Thank you, Jeff, for giving such gifts to us all!



"It was a warm and loving environment in which we deepened our commitment to sharing this Work"



LA People

An Interview with... Caroline Mann

www.carolinemanncoaching.co.uk

How long have you been involved with Life Alignment?

For about 4 years.

What aspects of Life Alignment do you currently practice?

I'm a practitioner and use up to Module 5 processes, Vortex and Life Path.

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

I'm constantly amazed that Life Alignment gets to the underlying core of an issue and is able to release it.

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

No.

What aspirations do you have for your practice?

I would like to expand my practice and reach more people. I would like to raise my own consciousness and therefore be a useful channel for healing. I would also like Life Alignment to support me financially so that it is the centre of my working life.

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

Challenges = scepticism. Opportunities = more people wanting to see beyond materialism and seek answers to their issues.

How can Life Alignment UK respond to these?

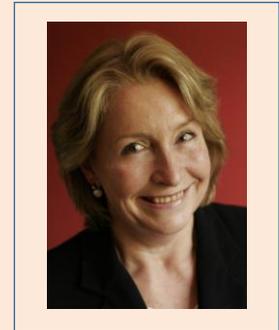
The Life Alignment practitioners can respond to scepticism by being able to link Life Alignment with the latest scientific research that backs up Life Alignment and therefore grounds it. Life Alignment can respond to people wanting to see beyond materialism and wanting answers to life dilemmas, by giving workshops / talks etc. to raise the Life Alignment profile.

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

I'm just at the beginning of building a successful practice, so I'm not the one to ask about this yet - I'll tell you when I'm there!!

What is your favorite vortex card?

I love all of them but if I had to pick one it would be the Heart Card.



Caroline Mann: practitioner in Salisbury

"I am constantly amazed that Life Alignment gets to the underlying core of an issue and is able to release it."

"I would like to expand my practice and reach more people. I would like to raise my own consciousness and therefore be a useful channel for healing."



New Arrivals

NEW PRODUCTS - available in the New Year!

PENDULUMS

An exciting new range of resin pendulums has come out. They come in a variety of colours and finishes, including pearlescent and metallic. They also contain a vortex card.

COST: £25



*Pearlescent
White*

*Aztec
Gold*

*Antique
Bronze*

PENDANTS

The latest range of personal protector pendants have an embedded Life Alignment flower, where the petals are filled with glass paint in the colours of the seven Chakras, as well as black and white. They are made of zinc and include a silver grey adjustable and removable cord. The black one includes a black cord.

COST: £55



POWER CARDS - Set of 4 cards

Jeff brought out the Power Cards earlier this year and we have enjoyed the opportunity of working and experimenting with them. During a balance, they help to bring a feeling of stability, resilience, strength and grounded-ness for the client, and create a deep sense of safety when placed around the body.

COST: £140 for the set



RECEPTIVITY

At the same time, he came out with the Receptivity card, which is placed on the chest and opens pathways for receiving higher energies from the Universe. The POWER and RECEPTIVITY cards work beautifully in unison.

COST: £40





LA School

Congratulations!

To all Practitioners and Teachers who have qualified this year. We are so proud of you. Keep up the good work.

PRACTITIONERS

Penny Beale, Raquel Rios, Zena Wright and Adam Tallamy have all qualified as Practitioners this year.

TEACHERS

Adrian Oliver has qualified as a Module 1 teacher.

Our Body Spin teachers, who qualified last year, are now all busy teaching their courses and Karen Portsmouth in Yorkshire is also now offering themed open workshops to her clients. Keep up the good work!

Lynne Carr is training to become a Vortex and Module 2 teacher.

Support on your journey by Cherry Tyfield

How can we help you to become better practitioners? Over the years of teaching, I had begun to notice that while students are training they are methodically going through case studies, supervision and practice sessions. But once qualified, the big question looms ‘what do I do now?’

This prompted us to hold the ILAA Open day ‘Growing your Prosperous Practice’ to help you in the intricacies and challenges of building a practice. It was a very successful day, and we would love to run another one next year. Give us your suggestions and get involved!

Spreading our teaching wings

After the very successful launch of Philippa’s Life Alignment book in Norway, we have held several training workshops there this year. In August I taught two Body Spin workshops that were filled to capacity. I returned in October to teach Module 1 and will follow this next spring with Module 2. It is very exciting as they are very hardworking and enthusiastic students and so far the language has not been a barrier!

Next year, through Renate Stoëcker, our German teacher who trained here in the UK, we are branching into Holland and I will go there to teach Module 1 in January. She is also teaching in Germany, Holland and Switzerland.

It is with sadness that we say goodbye to Stéphane Flasse in the UK, who has been such a vital contributor to our LA school. He will, however, be spreading the word once he has settled down in his new home in Belgium and hopefully, will join us for some of our workshops here. Bonne chance, Stéphane, we will miss you!!

“It was a very successful day, and would love to run another one next year”.



Modality Mondays



'Creativity Alignment' by Ali McNab



'Skin' by Deborah Tyfield

What a year! We've held 12 Modality Mondays, some with speakers, some exploring the different modalities and even doing some balances.

From 'Exploring Astrology' with Pam Carruthers, 'Creativity Alignment' with Ali McNab, 'Tree of Life' by Michael Wetzler to 'Skin' by Deborah Tyfield, including discussions on various modalities (ranging from children to sex therapy to ecological), much fun was had by all!

So - next year, in 2014, we're changing the evening starting with **THURSDAY 9 January** (Mondays not so good for everyone - other days not so good for alliteration but hey - you can't have it all!)

We're broadening the scope to a monthly Life Alignment evening - sometimes to talk about specific things, sometimes to just be with each other and exchange news and views, sometimes we can do some balances, or talk about Modalities or Questions - or what YOU would like!

So come along and join the group - watch this space, the ILAA-UK website and the LA-UK Facebook page for dates and information.



Highlights for 2014

LAUNCH OF MODULE 6 IN THE UK

12th - 15th June (Early booking is essential!)

Don't miss the chance to be the first Module 6 group. Although Jeff has not told us much about this module, we understand that we will be working with technology to access the Soul and learn procedures that enhance our connection to our Soul and life purpose, while releasing old karmic patterns. We are all waiting with great anticipation.

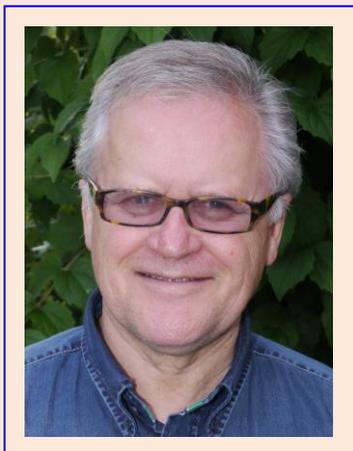
OPEN WORKSHOPS

ACTIVATE YOUR INNER WISDOM - 21st - 22nd June

In this workshop we will release the blockages that obscure the pure voice of our inner wisdom to bring harmony, clarity and guidance to all areas of our lives.

AWAKEN TO THE TRUTH - 8th - 9th November

In this workshop, we will 'tune in' to the voice of our Truth and open our consciousness to receive its boundless knowledge and guidance. With willingness, we will step into the unknown with courage and say 'I choose to live my Truth'.



For more available courses, information and details for practitioner training please see the Open & Training schedules, visit www.life-alignment.co.uk or contact the office on 020 3551 8790 or via email office@life-alignment.co.uk.