



LA News

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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 to newsletter@life-alignment.co.uk by 15 June.

Update From The Steering Group

By Jane Turney, Chair

It's been quite a while since our last newsletter as we have had a pause before moving forward into the next phase of LA's development. However, all that is changing now, as you'll see from the activity in this newsletter... more about that later.

Future vision

The Steering Group got together for a powerful vision day in April. High among the intentions that emerged from this:

- To bring the Association and LA school together into one body in the next few years so that there is one cohesive organization running LA in the UK.
- To find a centre for LA in London with space for workshops and meetings, client sessions, a café, and an office base.
- To build stronger relationships within the LA family - through events, meet-ups, support groups etc. locally and nationally.

But we need everyone in the community to contribute to the vision - we'd love to hear your views and get your help and input at an **LA Open Meeting and Party - 23rd June 2012.**

This meeting is for everyone in the LA family to explore together our communal vision for LA. What excites you about LA? What do you want to see happen? And how would you be prepared to get involved and help create this? There's a lot of energy flowing through LA now - this is really the time to come together, support each other and put LA firmly on the map of holistic healthcare in the UK.

The afternoon meeting will end with a **Summer Solstice** party - so please put 23rd June in your diary now and we will send out more details shortly.



LA Healing in Action

The Aligned Business

An Organisational Alignment Case Study

(Excerpt from Lynne Carr's "The Aligned Business Matrix" - stories about Aligning Business Heroes).

"We worked on visioning, refining, checking the energy field, clearing fears and negative patterns from her energy and those around her, healing the way forward, and holding her and all the elements of her business 'matrix' in light.."

Leia came for a Body Alignment session during a harrowing divorce, with a small child to care for, no work, and no money to fund the court case: she was on the edge of breakdown.

From this edge, the regular Body Alignment sessions held her steady, and took her through to emotional stability and clarity. It became clear that her deep need to be personally and financially independent required her to work and get her fashion design business from non-existent to earning in the shortest possible time.

All the key components of a viable business start-up were there: she is gifted, has a realistic knowledge of how her industry works, and the skill and desire to work hard and smart. All that held her back was self-doubt and fear. Looking at Leia's enormous talent, the people around her who could support her to get started, and clearing the veils of self-doubt, we interspersed Body Alignment and Organisational Alignment balances, and many, many, Tree Of Life's, working face-to-face, by Skype, texts, emails, at all hours and across time zones

Days were spent caring for her small son, and prepping for the many divorce court sessions, at which she was representing herself. Nights were spent cutting patterns and sewing seams. She recruited family and friends to help with child care, interns with the sewing, and patrons loaned money and resources.

Realising that LA works fast if the client does the work, she persevered through the fearful times and the painful realisations: accepting the insights that come from a Balance and letting go of the out-worn beliefs she had absorbed from others. The frequency shifts steadied her nerve, ensuring a cool head for decision-making. Potential investors who were not in alignment with her vision dissolved away, leaving associates with integrity in her field.

As Leia began to shine, her luminosity drew unprecedented assistance: an investor funded a first collection, a venue was given, a show was held, all the big names came to look and reported a triumph. Commissions and sales have begun to follow, she has slowly started to pay back the loans, and her dresses are worn by style gurus to premiers. She is now receiving serious critical acclaim in the industry. This is impeccably stylish couture with truly aligned principles.



Lynne Carr

We welcome case studies on any aspect of Life Alignment. Please email the newsletter team on newsletter@life-alignment.co.uk with your story ideas.



LA People

An Interview With... Anne Gregory

How long have you been involved with Life Alignment?

I saw Jeff at the Mind Body Spirit show in London in 2000. He was doing a Vortex demonstration on a lady from the audience who had severe structural problems and lived in constant pain. Once he aided her to release the emotional blockage, her structure straightened out. I was amazed and I knew it was something I had to do. I signed up to train without even having a treatment, and am now a Life Alignment practitioner and teacher, teaching up to Body Alignment module 2.

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

I love the massive potential and variety of the work and that we tap into our clients' wisdom, going to root causes and patterns. I always feel honoured and humbled to be part of my clients' healing journey.

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

I find most of my work is via recommendation, or enquires from people reading the Life Alignment book. Thank you Philippa.

What made you decide to become a teacher?

A door had recently opened for me to teach complementary therapies (related to health and social care) at Leicester College, near to where I live. This opportunity gave me confidence and experience, so when I heard a discussion about new LA teachers, I knew it was something I was meant to do. It's really exciting to be helping to develop Life Alignment north of London.

What aspirations do you have for your practice?

I have a beautiful, quiet, self-contained clinic at my home so I already feel very blessed, but hope to continue to increase my client base and teaching. I have always felt I would also work with sports people or a team, and I have just been employed by Loughborough University (well known for its sports training) to offer Reflexology, Aromatherapy and Reiki in its 'Therapy Zone'. I feel this could open doors for me to introduce Life Alignment in the future.



Anne Gregory: practitioner and teacher in the W Midlands

"I love the massive potential and variety of the work and that we tap into our clients' wisdom, going to root causes and patterns."



LA People cont...

"We can hold ourselves back with our own fears and limitations of what we can achieve."

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

Even though people are opening up to energy therapies, there is still quite a bit of skepticism and fear of something new. I also think we can hold ourselves back with our own fears and limitations of what we can achieve. Even though we want to help others, we also have to make a living, so we need a large enough client base. This can take time and a lot of therapists need to keep working their other job, which can take over.

How can Life Alignment UK respond to these?

I think we need to find ways of getting information out to more people and keep it real. Be aware of how we describe Life Alignment. I find if I keep my explanations simple in every day terms, most people get it. I like the idea of business training days give us practical help on getting ourselves out there and letting people know what we do.

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

I have been a complementary therapist for 14 years. I found that once I let go of results - worrying if people didn't get what they 'wanted' or didn't come back - it all changed, as people can sense that energy. Now I am relaxed, they come back when they feel like it, rather than being pressured. I muscle test to see if and when the next treatment should be, to guide them if needed, and I also educate them to listen to their body.

I also feel that being connected, grounded, centered and working from the heart is vitally important to the whole balance and their experience. Have regular therapy treatments yourself, clear your stuff, and keep your energy high.

What is your favorite vortex card?

They are all so useful! I love the Body Spin cards as they are so powerful, my Vortex Pendant and my Rainbow card, because I was so sensitive to electromagnetic radiation and geopathic stress. They have really changed my life.



Anne at work in her clinic

If you would like to be profiled in the next newsletter, please contact the newsletter team on newsletter@life-alignment.co.uk.



LA Marketing

Two FIRSTS - Life Alignment at TEDx talk - in China!

By Diana Rice

“Have you heard of TED talks?” asked the man I’ve been introduced to three times in my life - by the same friend. “Yes”. “Would you come and present at the Great Wall of China?” Gulp! It took me a couple of months to decide - is it my ego or my heart saying yes? Will it be worth it? Well, in the end I realised it was a fantastic opportunity to get Life Alignment out to the world and one not to be missed. So Saturday June 2 will see me being passionate about an ‘idea worth spreading’ as I talk about Life Alignment - in just 10 minutes!

After an evening brainstorming ideas, sharing views and laughing with Jane Turney, Sarah Graham and Lynne Carr, I’m beginning to get the outline of the talk. The theme of the event is ‘breaking down walls’ - couldn’t be better. I’m currently thinking about how to link the traditions of Chinese energy work with quantum ideas - how the observer changes the outcome - and how Life Alignment enables the internal ‘emotional walls’ we build up to come down. With five defined categories to talk ‘under’, I reckon I’m nearly there - that an *entrepreneurial* focus, to *educate* and *encourage* people to *explore* the internal *environment*, leads to wonderful *eureka* moments.

What’s so exciting for me is how this can benefit the whole LA family in the UK as there will be a film of the talk which might even go on the TED website. It’s something we can use on our Facebook page, post on YouTube, link to via the national LA website, and can be used by any practitioner in their own marketing.

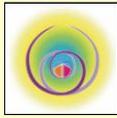
So wish me luck! I’ll be in touch once I’m back...

News From Around The UK

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

Practitioner and teacher Diana Rice is off to China to present at TEDx.

“Saturday June 2 will see me being passionate about an ‘idea worth spreading’ as I talk about Life Alignment – in just 10 minutes!”



LA School

Congratulations new Practitioners!

By Cherry Tyfield

"The training modules were not only fascinating and enjoyable, they were also healing. Becoming a practitioner has truly enriched my life. I thought I knew a lot - but there is so much we don't know."

*Nishah Dennison,
London*

What an amazing group of new practitioners have come through already this year. Within a few short months they completed their case studies, bringing with them an openness and willingness to grow and learn, even when it was difficult. I am so proud of you all.

The New Standard Practitioners so far this year are: *Ursula Barbieri, Chris Carr, Nishah Dennison, Karen Dodd, Kim Hutchinson, Caroline Mann, and Katarzyna Rutkowska-Parkes*. Congratulations to you all and keep up the good work!

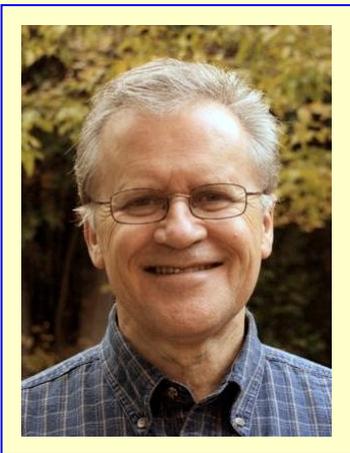
The new professional standards structure has created a sense of support that has encouraged and produced dedicated, well trained and confident students, most of whom have now become active practitioners.

Their enthusiasm is infectious and quite inspiring: says one of the students,

"The variety of techniques used in Life Alignment is one of the main reasons that drew me to this healing technique. The combination of energy work, emotional process, anatomy, kinesiology etc, allows both the client and the practitioner full participation in the balancing process. This technique fully empowers the client, making him the subject not the object of each session. If you are looking for a healing modality which combines both mind and spirit, Life Alignment is definitely for you." Kasia Rutkowska-Parkes, London

Jeff's Public and Training Workshops

We're really excited about the open workshops that Jeff has lined up in the UK this year, and there are still spaces left for those interested in experiencing Jeff's wonderful healing presence. For more information, or for details of the practitioner training schedule, please visit www.lifealignment.co.uk/ or contact the office on 0203 551 8790 or via email at lifealignment@tyfield.com.



See Jeff Levin at one of his public workshops this year.



LA Community

Building Community Through Practitioner Led Initiatives...

By Nina Thornhill, Chair of the Comms Group

Life Alignment Meetup group

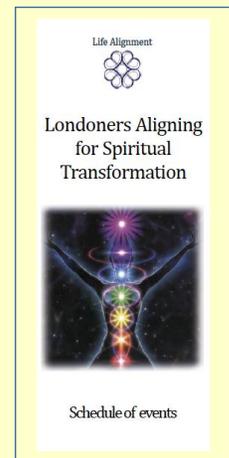
I am very excited to be involved with a new Meetup group that aims to get LA 'out there' to a wider audience. 'Londoners Aligning for Spiritual Transformation' was initiated by Lynne Carr and is now supported by a number of practitioners and students. Meetings are held in Covent Garden, London, and since the beginning of the year we have hosted a number of exciting LA-focused workshops on the second Saturday of every month, each led by a different practitioner. We have a great workshop line-up over the next few months, including Philippa Lubbock. Full details can be found at: www.meetup.com/Lightworkers-alignment.

From 9th June, we will be offering a Life Alignment drop-in clinic in Covent Garden. This will offer members of the general public an opportunity to receive a balance for a small fee. We are keen to involve as many students and practitioners in the LA community as possible. These clinics will run on 9th June, 14th July and 11th August. For more information, please contact Ursula Barbieri, who has also been very involved with this, or Nina Thornhill (contact details on back page). You can let us know of your availability by clicking on the link: www.doodle.com/mkpt5qt4mt2p5h93. We look forward to seeing you there!

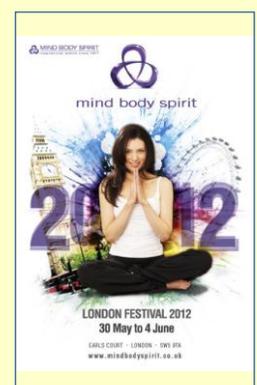
Mind, Body Spirit Show: Earls Court 30th May - 4th June

I found myself somewhat dismayed at the prospect of Life Alignment not being at this year's Mind Body Spirit show. I decided to take matters into my own hands and was blessed with an opportunity to take a stand at a great discount, saving nearly £3,000 on last year's costs! The outcome has been an agreement involving a number of practitioners, and the Association to form a collaborative venture.

We have the backing and support of Jeff who will be there for at least one day. Cherry and Philippa have also pledged their support although this will be on a much more scaled down version than previous years. This means there are plenty of opportunities for other practitioners to come to the event and give balances and for others to help with our stand. If you would like to know more please contact me for more details (see back page). Alternatively please 'doodle' your availability at: <http://doodle.com/wzeubtipahmnnfgf>. We hope to see some of you at this year's show!



"The cost of the stand made it very difficult to justify the expense and we were therefore faced with the real prospect of LA not having a presence at this year's show."





LA News cont...

More From The Chair ...

Community and Communications

Another recent initiative has been to set up a 'Comms' group (Nina Thornhill (Chair), Sarah Graham, Ursula Barbieri and Maggie Jarzykowska) to look at Community and Communications.



Chair Jane Turney

They have been behind the recent survey of association members and have helped develop and promote the monthly meet-ups in Covent Garden for practitioners to present aspects of LA. Nina also spearheaded the initiative involving a group of practitioners taking a stand at the Mind Body Spirit Festival in London, (May 30 to June 4). The Comms Group has also produced this new-look newsletter which will be sent out four times a year.

We really want people to get involved in communicating about LA and developing the LA community across the UK (as well as contributing newsletter items and helping put together future issues), so if you would like to be part of the Community and Communications team please drop Nina a line.

Thanks

Finally, I would like to acknowledge the huge contributions of those on the current steering group: Diana Rice, Cherry Tyfield, Sarah Graham, Nina Thornhill, Stephane Flasse and Lynne Carr, along with those who have left the steering group in the last year: Philippa Lubbock, Chris Carr, Angie McKenzie (the new association treasurer), Adrian Oliver and Ursula Barbieri.

Stephane and I will also be stepping down from the Steering Group shortly. It has been an honour and privilege to play a part in LA's unfolding story so far with such a great bunch of people.

With love

Jane Turney, Chair

"It has been an honour and privilege to play a part in LA's unfolding story so far with such a great bunch of people."



LA Community Cont...

Having Your Say

A survey of LA Association UK members

"I think it's important to get it into more regions in the country...we need to be as inclusive as possible...."

Survey respondent

For information about products, workshops and training, please visit:

www.life-alignment.co.uk

Or contact:

Life Alignment UK Office

Northside House,

Mount Pleasant,

Cockfosters, Barnet

EN4 9EB

Tel: 020 3551 8790

At the end of last year, the LA Association UK sent out a survey to a number of its members as we wanted to hear their views on things like our websites, the newsletters, how people want to hear from us and what they would like more / less of...

Here are some of the top-line results from the survey:

- only 50% of those surveyed said they sometimes feel connected, 21% feel quite connected, and 29% don't feel very connected

- What makes people feel connected is things like:

- o Personal contact - i.e. getting together at workshops, classes, social events, swaps

- o Receiving news and hearing from other practitioners

- People want to hear about:

- o Others' experiences, case studies, how and where they're working, how they're promoting themselves etc

- o What is happening in LA itself - on a global level

- o Which shows / events LA is being represented at

- practitioners love the idea of a mentor system - 29% think this would work best in terms of ad hoc support via phone/email

- and students would love a Buddy system - 75% would like this to be informal so they can decide for themselves who and when to meet, what kind of support they want

One thing that stood out for us is a request for more 'community'. We feel the same way! And we are aiming to respond to this with events like the Vision Day on 23 June.

If you have any other ideas or want to get involved in developing the heart of the LA community - in London or elsewhere in the UK - please contact Nina Thornhill, Diana Rice or Lynne Carr via SG@life-alignment.co.uk - we'd love to hear from you.

Contact us with your ideas:

Nina: 07729 393539

Ursula: 07918 171472

Email: newsletter@life-alignment.co.uk

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