



LA Community

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The Power of Getting Together

Practitioners from York, Shropshire and Surrey were among those who came to celebrate successes and share ideas at the UK Life Alignment Community Day last month.

Held in London on Saturday 23 June, its purpose came from a survey of Association members at the end of last year, which clearly showed the importance of getting people together to share their passion for the work.

With that in mind, the agenda was mainly to talk about the highlights and achievements of the year and create a shared vision of our hopes for the future, both as individuals and for Life Alignment as a whole.

At a national level, the vision of a LA Centre feels a central part of the community's future and one we need to work together to realise. And everyone enjoyed getting together to hear about others' activities at a local level.

Some great ideas came out of the meeting, such as creating local peer groups - building a network of local practitioners with which to develop business support, bounce ideas off or discuss challenges, and even to run events such as practice days, or setting intentions for the month.

As a result, two practitioners in Surrey have volunteered to organize a peer group in their area. If you're interested, please contact Shelley Miller (shelley@iridesencehealing.co.uk) who lives in Walton-on-Thames and Sally McMullan (sallymcmullan@googlemail.com), based near Epsom, for more information. And if you'd like to start one in your area, let us know and we'll put it in the next Newsletter.

Our next Get Together...

Another suggestion was to hold a **Community Organisation Alignment Day**, both for individuals' practices and the UK as a whole. We're planning it now- it will be a full Organisation Alignment which Stéphane Flasse has agreed to lead. We will send more details soon. In the meantime, if you fancy getting involved please put 16 September and/or 1 December in your diary - and if you can't make it, we'll ask you to send your 'witness' so you can still participate.

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 Untamed Feminine chooses Self-love A Life Alignment Case Study

By Ursula Barbieri

“By going so deep into her pain, Olga was able to let go of it, transform it and reconnect to her inner light.”

Olga is a Russian dancer. She walked into the room like a cat: flexible, seducing, alert, her black eyes glittering. Olga wants more abundance in her life but when she performs she feels scared and judged and this blocks her creative expression. I saw Olga over three sessions. In the first session we focused on hurt and judgment over her body and sexuality (priority: physical body, emotion: decency). At a young age, whilst opening to sexuality, Olga experienced judgment and verbal abuse. In the healing process Olga learnt to create her own energetic space of safety. A spirit teacher prompted her to enjoy her body, which she did in a liberating dance of joy and purity. In the second session Olga reconnected to her magical child, whose sensitive nature was scorned and ignored (the two emotions) by her family (Olga came from an emotionally harsh background). This affected her sinuses (priority point) thus her ability to breathe freely. Healing came from receiving unconditional love from her deceased brother and from nature, through connecting to a tree spirit.

In the last session Olga had an important breakthrough. Olga faced the full impact of being rejected as a sexual and powerful woman. Priority was Thalamus (sensory perception and instinct) and complex was solar plexus (sense of self). The time frame was her early teens, when boys used to call her ‘lunatic’ and ‘whore’ (emotions: bully and love). Whilst feeling the fear and anxiety of that experience, Olga jumped into another time frame, when she had been a witch repudiated by her community. Olga allowed herself to dive deeply into her feelings of fear and rejection, to the point of disappearing in a dark void, where she totally lost her sense of self. By going so deep into her pain, Olga was able to let go of it, transform it and reconnect to her inner light. She opened to her Soul and to Unconditional Self Love (Receive card on thymus). Olga’s courageous journey towards accepting herself as a sexual powerful woman liberates us all to enjoy our untamed and magical nature as women.



Ursula Barbieri

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... Karen Portsmouth

www.align4u.com

How long have you been involved with Life Alignment?

More than 10 years. I started in South Africa with treatment for IBS in about 1997 and started my own studies in LA in about 1999 (module 1 then, as long before Body Spin!). I did the slow route through the modules as I found each one required and facilitated such radical transformation. I qualified as a practitioner in 2005 and as an advanced practitioner in 2011 and am currently working from the Wellness Centre in Northallerton.

What aspects of Life Alignment do you currently practice?

Body and Home Alignment.

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

Transformation. I love the highly personalized yet elegant simplicity of the process, with which each person can explore and experience Truth - so that life, at all levels, is immediately transformed.

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

Helping women who are experiencing difficulties in conceiving has been very rewarding, especially as the results are very evident! Generally I am targeting stressed and tired professionals who are seeking change. My main interest is in the spiritual path, which often becomes the driver for continuation of sessions after the client's initial problems have been resolved.

What aspirations do you have for your practice?

That it generates a sufficiently stable and robust income, thus allowing me to do work that I love - work that is good for me and good for everyone else. I would also like to develop it as a regional hub for Life Alignment through the support of students and practitioners, as well as for teaching of Life Alignment.

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

Challenges - to complete the transformation from a 'cottage industry for fringe folk', to a viable and professional consideration for those seeking change

Opportunities - the increasing awareness around the non-material world, new physics, fields of consciousness, linkage of all things etc.



Karen Portsmouth: practitioner in North Yorkshire

"I love the highly personalized yet elegant simplicity of the process, with which each person can explore and experience Truth - so that life, at all levels, is immediately transformed."



LA People cont...

How can Life Alignment UK respond to these?

I'd like to see wider advertising of LA as a whole - use of contemporary and consistently branded LA leaflets, advertising in Healing/MBS magazines etc. And the continuing good work already underway with improvements in resources, accreditation, standards, development, communication & public relations. And I would love a brilliant LA app to use during sessions!

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

Still busy building... so hopefully perseverance is a top tip! Letting go of the need to try and steer the river, in a balance or in the building of a practice or in the passage of life.

What is your favorite vortex card?

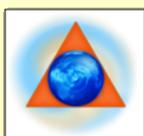
The sacred space/safe space 1-4 cards brought through last year, as they are the first cards that I have been able to feel!!! Beautiful.



Karen at her stand at an exhibition in York

THE POWER OF THE CARDS

Cherry received wonderful news from Rita Remigio, a practitioner from Portugal, who wanted to share her experience about the Triangle card.



Triangle Card - Earth

'My parents have a property with cork oak trees. Due to big weather conditions and because these trees are centuries old, many have been dying and it is almost impossible to plant new trees again.

The last time I was in London, I bought an Earth Card (Triangle). With the help of the pendulum, I chose the priority cork oak tree to represent all the others, and placed the Triangle card on it in March 2012. I have kept the card on the tree since then.

The cork oak trees that were dying and were already marked to log are now living again and all those young cork oak trees that were planted, that have not grown in years have now started growing with great force.

I think this is a story to be shared, because this is so beautiful and also confirmation of the power of the cards that we sometimes need.'

Rita Remigio - Portugal



LA Marketing

Practitioner Update

Practitioners across the country are busy raising the profile of LA in their area and beyond:

Shows:

A collective of practitioners ran a Life Alignment stand at the Mind Body Spirit Festival in London in May. The event was so successful there are plans to do it again next year.

And across the country, practitioners have attended similar shows, including Louise Hargreaves in the Midlands and Karen Portsmouth who attended the York Health and Healing show in April, with Diana Rice's help. They both felt that having two practitioners working together made the whole day run more smoothly and enabled them to generate more interest - they recommend buddying up and doing an event with a colleague.

Publicity:

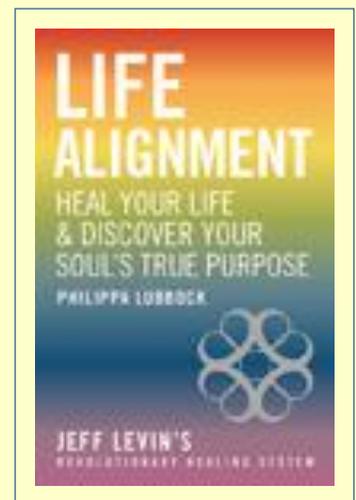
Adrian Oliver has been successful in getting articles published in national media including the Daily Express and Prediction magazine, and recommends offering sample treatments to journalists as a way in. If you are interested in targeting your local papers but would like some guidance and ideas, contact Adrian at response.ability@gmail.com - he'll be happy to help.

All 3,000 copies of the first print run of Philippa Lubbock's book have sold out, and the publisher has now agreed to reprint 500 copies. It was done in the UK (rather than China) and is therefore more expensive, now retailing at £14.99. To keep the publishers excited (and therefore to keep reprinting), we all need to help keep moving this book 'off the shelves' so please encourage clients and friends to order LIFE ALIGNMENT: Heal Your Life & Discover Your Soul's True Purpose from Amazon.

Coming soon...

The theme of the first Community Day in 2013 will be Grow Your Business - we'll be doing balances as well as sharing what works, brainstorming ideas and running a marketing clinic. Look out for more details about this event due to happen early next year, in the autumn newsletter.

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).



A further 500 books have been printed – keep this important book in print by encouraging friends and family to buy it online at Amazon

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LA Marketing Cont...

Life Alignment TEDx talk at the Great Wall of China

What an experience! Talking about Life Alignment at the foot of the Great Wall of China, in a traditional walled courtyard filled with Chinese and expats living and working in Beijing, who had bussed out to the venue specially to listen to 20 people talking about their passion. Waiting through 14 other talks was nerve-wracking - so I helped other speakers manage their nerves using the Vortex wands and cards! And then it was me!

Using the metaphors of the Great Wall and the Yangtze river to illustrate the walls and blockages that we accrue in our lives, I used some basic quantum physics principles to set the context for Life Alignment: everything is energy - but only some 5% is physical energy we can see & feel; we are all linked in the 'field' and changing that field affects us all; time is all time, not linear. I illustrated how Life Alignment works with 3 examples - one physical, one emotional and one organisation/geopathic.

Afterwards, people came up and asked really great questions and engaged in conversations and booked sessions back in Beijing as we walked up onto the Wall. And at the end as we sat round a huge campfire, people were asked if they wanted to comment. Ray Yip, a fellow speaker and Head of the Bill and Melinda Gates Foundation, commented on a memorable day and said "The two talks I'll take away with me are Happiness and Life Alignment." Wow!

One of the uses of the Wall was to send signals, to pass the word by lighting beacons. What I'd love to come out of this experience is that with the YouTube film of the talk, we can light many beacons of interest and raise people's consciousness about Life Alignment, use it as an 'introductory' signal and spread the word - to get it out there! To view please [click here](#), send it to your friends and family, 'tag' it on your Facebook page and re-Twitter about it!



Diana Rice at The Great Wall of China TEDx Talk in June

"Waiting through 14 other talks was nerve-wracking – so I helped other speakers manage their nerves using the Vortex wands and cards!"



LA School

“An integral and invaluable part of the training is Supervision with your teacher”.

Congratulations!

Congratulations to Therese Moody who has recently qualified as a practitioner.

Support on your journey by Cherry Tyfield

You have begun your Life Alignment journey, completed one of the modules and you leave on fire with enthusiasm and excitement to start doing your case studies. You start on your cases, but it takes focus and determination to find time in your busy lives to do them and your enthusiasm and commitment slowly begins to fade a bit.

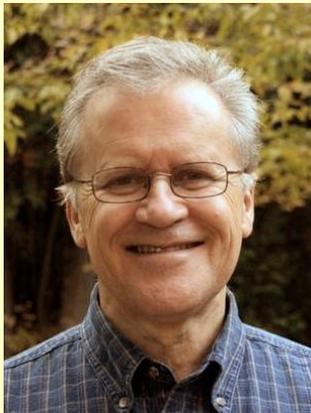
That is where we come in! An integral and invaluable part of the training is supervision with your teacher. You can draw on their experience and wisdom, reconnect to the Life Alignment energy, be part of the family and they will lift you when you are flagging. It is an opportunity to discuss balances that may be challenging, help you see possibilities you may have missed and improve your balances. It is your time to discuss anything and offers you the support you need - you are not on your journey alone. Don't be afraid to ask for help and support.

Supervision can be done on Skype, by telephone or in person and often is combined with a personal healing session, also part of the training criteria. The healing sessions can also be done with an Advanced Practitioner and is a very important aspect as it is easy to forget, as a healer, to heal oneself. This replenishes your own energy barrel and releases your 'stories' so that you become a clearer channel for the healing energy in order to help others.

Jeff's Public and Training Workshops

The open workshops that Jeff led in May and June were fabulous with deep, deep balances not only for the individuals and groups in the balances but clearly reaching beyond us all to the planet. The Sacral Chakra in Seaford culminated with the mantra “We radiate strength and power through our presence”. In the Living Abundance workshop we basked in extraordinary energy right from the start.

Jeff is leading Path to Self Mastery in London in October, the Solar Plexus workshop in Seaford in mid-November and a second Living Abundance workshop in the Midlands in November. For students of Module 2 and beyond and Practitioners, the Master Class is a rewarding workshop where you have the chance to explore how we work, hear about Jeff's latest innovations and participate in very deep balances. For more information, and for details of the practitioner training schedule, please visit www.life-alignment.co.uk or contact the office on 0203 551 8790 or via email our new email address: office@life-alignment.co.uk



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LA Community - International

LA UK CONNECTING GLOBALLY

“India receives Life Alignment warmly, as its modern culture includes healing as a matter of course.”

A number of international projects are being initiated by people in the UK:

Lynne and Chris Carr have opened Life Alignment India! They invited Jeff to the inaugural talks and workshops in Delhi and Trivandrum in April - a fabulous start to the new venture.

In April, Jeff Levin came to Delhi, his first time in the Capital. Together with Chris and Lynne, he spent a few days giving talks and workshops both in Delhi and in Trivandrum, capital city of Kerala State. Life Alignment clients Anu and Iqbal Malhotra hosted a wonderful dinner at their home for invited guests, and Jeff gave a talk and demo.

Life Alignment India organised a public talk at Siri Fort auditorium, and a workshop at The Leela Hotel, New Delhi. In Trivandrum, the PR company produced 65 attendees to the public talk, all men! Our personal invitations added two females, but it was still an overwhelmingly male atmosphere.

Delegates in Trivandrum included several professors and authors, as well as representatives from The Global Energy Parliament. The presence of many pranic healers confirms that India receives Life Alignment warmly, as its modern culture includes healing as a matter of course.

Being in India inevitably results in a variety of experiences, Jeff besieged by beggars in a rickshaw in Delhi will be a lasting memory, as well as Jeff meeting with Swami Issa, and children at a yoga camp.

In the autumn we hope to join forces with a practitioner who has just moved to Mumbai, and start teaching the basic levels of LA in Delhi, Mumbai and Trivandrum, as well as see and treat the clients we already have there.

Stéphane Flasse continues to develop Life Alignment in both Belgium and France, where Jeff will hold a talk and workshop later in the year.

Stéphane has also just assisted **Francesca Ciamatta** in Italy on her first Module 2 - they qualified together last autumn.

Renate Stöcker, who qualified last year, recently invited Jeff to Germany where they held a very successful talk and two one-day workshops.



Jeff 'wandering' in India