

Starbridge Centre

Program January – June 2009

Welcome to the overview of our upcoming events for the next half year .

Amongst the activities we are offering, we want to highlight a series of six interconnected experiential Ascension – Kalachakra weekend workshops intended to firmly move you towards higher consciousness - with the tell-tale consequences of more joy, peace and expansion in your life. Our workshops are moving further away from previous focus on the idea that our present life is what it is because of the unchangeable past; experience has shown us that this is an attitude, not a fact, it is possible regardless of our past, to experience bliss and contentment, to meet the wonder of life with the freshness of a child.

It is important to work with personal issues, and we are as committed as ever to work with these, we just invite you to do that in individual sessions rather than group work.

We started a new service – spiritual mentoring – last year, and in light of its success, we continue this service. In our pamphlet about this service we use the analogy of a train on its tracks, counselling being akin to repairing the tracks, while spiritual mentoring is akin to getting the train to gather speed on the tracks. To gather speed is also what we will be doing in the Ascension – Kalachakra weekend workshops

The Kalachakra means “the wheel of time”, and its essential message is that we are bound by time in the physical world, though unbound in meditation. And even better: the Kalachakra offers a fast and safe road to higher consciousness.

The Kalachakra path is not only easily integrated with our well-known Ascension workshops, in fact working with the Ascension symbols deepens and quickens the appreciation of the special Kalachakra meditations. One can say that the Path of Dharma symbols which are the backbone in the Ascension workshops are purifying the nadis, help you to let go of stress and transform your vibrations in order for higher consciousness to happen. The Kalachakra workshops continue the purification and ascension process – there is less doing, more silence and deeper meditation.

It is worth mentioning at this place that the prices for the activities in this programme is based on the current economic climate. If world events force a rethink, we will reconsider the prices. If you are in doubt, enquire.

Why not also visit our website where we have many interesting articles, booklets, courses, contemplations, a gallery with some of Ullas pictures etc?

*In all our work, we respect everybody's right to follow his or hers own path in life,
and we never force you further than you want to go.*

World Service

First Wednesday in each month 8PM sharp - 10PM. Free and open for all

The door opens at 7.45 PM, but is closed between 8.00 – 10.00 PM, so please come on time

Our traditional Wednesday night meditation continues, once a month.

Two hours of uninterrupted meditation, gradually progressing towards moments of meditation. We start with intuitively chosen music, then contemplating the Kalachakra - picture, and ending with silence.

Dates: January 7th; February 4th; March 4th; April 1st May 6th; June 3rd.

Ascension – Kalachakra

6 interconnected weekends

We continue our powerful yet gentle Ascension and Kalachakra courses, this year combined into a closed series of 6 weekend workshops, once a month. As mentioned above, we aim to achieve a substantial cleansing, balance and integrity, and prolonged moments of genuine meditation, contentment and bliss without needing to take time off for longer retreats or workshops.

As usual is these pictures not just meant to be exercises during a workshop, but even more so a unique series of contemplations to use as a regular spiritual practise at home.

The meditations are described in the two booklets “Path of Dharma” and “Kalachakra the Wheel of Time – An Empowering Journey”. Both books can be ordered as ebooks via our website or soft cover books at Starbridge Centre.

Times: Friday 7-10PM. Saturday and Sunday 10 AM – 6 PM

Dates: January 30 – Feb 1st; February 20nd – 22nd; March 27th – 29th;
April 24th – 26th; May 29th - 31th; June 26th - 28th.

You enrol and commit yourself to all 6 workshops. The course is closed for newcomers once it is started. You can participate even if you have to miss out on one weekend (But full fee is payable).

Price \$ 220 per workshop in total \$1320, payable in full, or in instalments. Full payment before January 10th attracts \$220 discount, bringing the full fee to \$1100. Or you can pay a non-refundable deposit of \$200, and \$186.60 per workshop, or you can pay the \$200 non-refundable deposit, and \$93.30 fortnightly on Paypal via our website. (no discount).

NB: Unless *Starbridge Centre* is forced to cancel, the fee paid is non-refundable but convertible to other activities within this year or as agreed with us (regardless if that is full fee or some instalments).

All day Meditation Saturday

We invite you to join a day spent in silence, meditation and contemplation. The day is an occasion to take time out to move into the stillness beyond the restless mind. The day will be spent in a spirit of silence, both during the meditation and the breaks. These meditation days can be attended independent of each other.

March 14th: A Path of Dharma meditation day

June 20th: A Kalachakra meditation-day

Time Saturday 10AM - 5PM

Price \$ 100.00 per meditation day

Starbridge Hands – On Spiritual Healing

Weekend course

Healing is to restore integrity in the psyche, and healing the psyche will automatically heal the body too because the body follows the mind. This course is an opportunity to learn or brush up our powerful hands-on Spiritual Healing technique, utilising pictures of the zodiac, the planets and either a tarot deck or our Path of Dharma series, providing safe guidance via the law of resonance.

Saturday and Sunday March 21st - 22nd

Time 10 AM – 6 PM

Price \$270 including the Cosmic cards and the Path of Dharma cards, payable in full or with a non-refundable deposit of \$100 enrolment and \$120 at the start of the workshop. (If you already have a set of the Cosmic cards, and don't want a spare set, deduct \$25 from the price) Payment by instalments available on our website.

One-day course: How to help the Dead and the dying

Based on our booklet Liberation through Resonance in the bardo, but you do not need to have read it beforehand. If you are interested, we also have a regular meditation group utilising these pictures.

Time Saturday May 9th 10AM - 6PM

Price including booklet \$ 120.00. (\$100.00 if you already have the booklet)

Resonance in the Bardo. Closed Tuesday night group.

With the purpose of helping the dead and dying.

If you are interested in joining us, do not just come, but talk to us first. The meditations we use are described in our booklet Liberation Through Resonance in the Bardo. The pictures and a summary description is also available via our website. If you consider joining, it is a condition that you are familiar with this booklet and the contemplations. The booklet is available as ebook via our website, or soft-cover book at Starbridge Centre.

Weekend Painting Workshop

OM-Amen-Amin: Higher consciousness on paper

July 3rd - 5th

Times: Friday 7-10PM. Saturday and Sunday 10 AM – 6 PM

Price exclusive paper and colours \$220.00 payable with a non-refundable deposit of \$50 and \$170 at the start of the workshop.

A special pamphlet will be send out later.

8-day Retreat “Coming Home – A Safe Passage”

Saturday 18th - Saturday 25th July

We repeat the beautiful retreat from 2008. This time we anticipate and price the retreat to be conducted at Starbridge Centre in Research, but if enough indicate an interest in conducting it at the beautiful Pallotti college as a residential (for approximately \$700 on top), please let us know before end of February.

A special pamphlet will be send out later.

Price \$800.00. If full fee paid or payment plan started before end of April, price \$650.00.

Consultations

- **Individual** with Ulla or Erik. \$135/session (approximately 1 ¼ hour)
- **Individual** with both Ulla and Erik. \$150/session (approximately 1 ¼ hour)
- **Couple** \$150/session (approximately 1 ¼ hour)
- **Telephone counselling** with Erik. \$20 per 10 minutes
- **Hands on healing** \$55/session (approximately 35 minutes)
- **Soul Portraits** Ulla continues to offer meditatively painted Soul Portraits. Enquire for details.
- **Spiritual Mentoring** with Erik is available Face To Face or over the phone in 6 or 12 month modules. Enquire for details.

Other courses and activities

As usual our website is a hub with many activities. There are our usual training courses in counselling, transpersonal counselling, dreams, intuitive use of music, spiritual healing Death and Dying, there are our online meditations, and as something new, we plan a online intensive experiential course. (at this point in time details are sketchy). Eriks many audio lectures are in the process of being slowly added onto our website. See www.starbridge.com.au

Activity Calendar 2009

January

3rd All day Meditation
7th World service
30th (-Feb 1st) Ascension-
Kalachakra 1

February

Wednesday 4th World service
20th - 22nd - Ascension-
Kalachakra 2

March

4th World service
14th Path of Dharma
meditation day
21th - 22nd Starbridge Spiritual
Healing Weekend
27th - 29th Ascension-
Kalachakra 3

April

1st World service
24th - 26th Ascension-
Kalachakra 4

May

6th World service
9th A one day course: How to
help the dead and dying
29th - 31th Ascension-
Kalachakra 5

June

Wednesday 3rd World service
20th: A Kalachakra
meditation-day
26th - 28th Ascension-
Kalachakra 6

Practical information

All activities take place at 6 Raglan Court Research 3095 (Melway map 22 G2).

We are located next to a lot of green areas, providing good recreational possibilities. We can be reached through public transport (for example buses 578 and 579 from Eltham train station).

Morning and afternoon tea, coffee and cake are provided. BYO lunch.

Starbridge Centre

Ulla and Erik Sandersen
6 Raglan Court Research (Melway 22 G2)
Phone 03 9437 2438
Website <http://www.starbridge.com.au>
email ulla&erik@starbridge.com.au

Enrolment form

Direct debit is possible, Westpac account, Account name Starbridge Centre, BSB 033382 Account number 198817 Remember to write your name and the name of the course you enrol in (Use abbreviations if not space enough, but still remember to send in a signed enrolment form). We accept Cash, Cheque, Bank cards, Visa and Master cards. Eftpos available (no cash out). MOTO (payment over the phone) is available.

Course you enrol in: _____

Total amount enclosed/insert on account/paid in Paypal: _____

Name(s): _____

Address: _____

Postcode: _____ Phone number: _____

E-mail: _____

Please indicate if you want to receive future mail out as
snailmail and email: ___ **as snailmail alone:** ___ **email alone:** ___

Your signature on the enrolment form confirms that you

- Promise to respect the confidentiality regarding information about other members in the group.
- Agree to maintain the full responsibility for your physical and psychological well being during the full course.
- Are aware, that unless *Starbridge Centre* are forced to cancel, the fee paid (regardless if that is full fee or some instalments) is non-refundable (but convertible to other activities within a year or as agreed with us).

Signature: _____ Date _____