

From: Sylvia Marina [admin@sylviamarina.com]
Sent: Friday, 22 June 2007 2:25 a.m.
To: richard@geewiz.co.nz
Subject: Sylvia Marina e-newsletter #544



Newsletter #544

"I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."
William Penn, 1644-1718, founder of Pennsylvania.

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Sylvia's Message



Sylvia Marina ND., has over twenty years experience in facilitating life changing programs. At the Mastery Retreats she gently and progressively guides you to consciously enter the dream state of Theta and Delta brainwave energy where you learn to unlock ancestral patterns, release limitations, conquer fear and anger and decode trauma memories locked in your cellular memory.

The words of William Penn (see top left) resonate with me today - in my part of the world we celebrate our winter solstice. It is a day of blue sky, a light breeze and I commenced this day sharing breakfast with a group of loving hearts and smile faces. As I left my friends I went into a quiet place, a place of gratitude and love for every life and love that's ever touched my life.

It's not just today that life touches the 'soft place' within. For some reason or other I noticed it more deeply today perhaps because yesterday I contributed to making a difference in the life of someone.

Last night I had a call from Rob, his heart was full of love and hope a different picture to the one last week where he was sobbing at the side of life's road.

Thank you to each of you who write me your story and welcome to all who recently joined our newsletter community. Thank you for being in the self mastery program, face language workshop, public speaking training or amongst audiences since our last newsletter.

A deep gratitude wells within at every opportunity to share my story, relationship skills, self management and life mastery techniques, the face language presentation... I often wish I could fully capture in print the inspirations that bubble from my heart when speaking to eager audiences. Some thoughts are in my book Wellspring and on the Quiet Moments CD- see today's subscribers special.

Rich BlesSings to you. May you know the deep joy and satisfaction of living your purpose and fulfilling your mission.

Keep safe. **Sylvia**

Mastery Retreats

July 23-27
Cairns . North Queensland

August 20-24
Dwellingup near Perth . West Australia

December 1-5
Auckland

New Zealand

To find out more

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Face Language

FACE LANGUAGE
workshop - Melbourne
Wednesday 18th July

FACE LANGUAGE
workshop - Perth
Saturday
15th September

To find out more

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Facilitator Training

FACILITATOR TRAINING

For people who have a deep heart desire to make a difference, this thirteen day intensive facilitator program prepares you in readiness to step into your future. Whether you are a skilled trainer or launching into a new career our indepth training and support, prepares you to.

- 1) Present the two day Mastery in Theta level One program
- 2) Become a Facilitator of the Human Educator Program
- 3) Use the skills and experience to better your career.

[Read more](#)

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MASTERY GRADUATES

Grads GATHERING
Perth
7.15pm Wed 27th June
at Kalangedy. Free to all
Mastery Graduates.

**JOURNEY IN THE
LAND OF THE MASTERS**
2007Mastery Graduates
and Facilitators Update

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Mastery Retreats & Testimonials



Have you attained Self Mastery yet?

Learn how to use the Theta and Delta brainwave energy to discover your true purpose then use your creative energies to fulfill that purpose. Become the you, you yearn to be.

MASTERY EXPERIENCE

Mastery in Theta looks far beyond the mere symptoms of emotional negativity to emotional freedom and mastery. If you want to change your life for the better in the shortest possible time, this is for you. John S.

Free yourself from old thought patterns, fear and hidden blocks that prevent you from realizing your most Treasured Goals and Heart's Dreams so you can live with Inner Peace, Joy and Lasting Happiness

Five days at the Mastery Retreat of going within and discarding the deep pain, sorrow, sadness in the cells of my body. It is joyous to experience the letting go to discover a deeper level of peace and love. Thank you. I. Lyall.

Learning how to go within and seek direction from your higher self, that part of you connected to soul and which knows your purpose, is a very useful process in the wholeness journey.

From feeling apprehensive; to fully participating and experiencing the beauty-full camaraderie and bond between fellow souls. I found the Mastery retreat to be Life-Changing as my perceptions altered. Sylvia's gentle knowingness is very comforting. and the wisdom we all shared is an accelerator for my journey. Denise Marshall.

Each retreat includes Mastery in Theta level 1 & 2 accommodation, meals, time for walks & take home support materials.

PARTICIPANTS NOTE

Beryl H. Six weeks after attending the Auckland Mastery April 2007.

Doing the course with Sylvia changed a lot of things for me - for the better. I feel strongr and more confident to make changes in my life. I have already started making changes and it feels good. I feel more at peace. Sylvia you are a special lady and do wonderful work.

Libby G. Six weeks after attending the Auckland Mastery retreat April 2007.

My life and me in it, is changing before my eyes and before my family which they are amazed about. Every now and again I revert back to my old way of being but it doesn't last so long, much to everyones relief!

Book now for one of the following -

July 23-27 Cairns. North Queensland
August 20-24 Dwellingup near Perth. West Australia
December 1-5 Auckland New Zealand 2007

BREAK THROUGH YOUR BARRIERS
UNLOCKYOUR TRUE SELF

[To find out more](#)

To find out more contact our office
sylvia@sylviamarina.com

July 14/15
Carnegie, Melbourne
Victoria

September 8 & 9
Kalangedy House, Perth WA

2009 Facilitators Update &
Refresh. Rarotonga, Cook
Islands April/May 2009.

CONSULTATIONS

Mentoring & Life
Empowerment Coaching -
we develop a synergetic
relationship through a
conversation that coaches
you to set and achieve
goals, make decisions and
solve problems.

National & International
Phone Consultations must
be pre booked.

WA COMMUNITY

ADULT EDUCATION **Emotional Links**

to Disease
7pm **Monday 25th June**
Donation **\$25.00** to the
International Grief Support
Foundation Inc

**Bookings: 08 9457
3763**

PERTH BUSINESS SWAP

Breakfast Seminar
7am Wednesday
27th June
Gehan Perera

Magnetic Messages
The Art and Science of
Persuasive Presentations

[Email your interest](#)

Subscribers Special

**SUBSCRIBERS
SPECIAL available till
June 30** Purchase Sylvia's
professionally recorded
guided relaxation CD Quiet
Moments \$AUD35.00
Recieve FREE a copy of my
book Wellspring, finding
the source within.

Free Post within Australia

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HUMAN EDUCATOR PROGRAM

September 22-25.

**Often referred to as The Difference
Maker, Sylvia** brings additional tools and
opens fresh awareness for the spiritual
practitioner, the beginner, the person who
wants new direction or life skills and/or a
business coach seeking to take your self
and career to the next level.



This program includes **TRANSFORMING DNA MEMORIES IN THETA & DELTA**
pre-requirement - **Mastery in Theta level 2 program**
Includes kinesiology & NLP techniques.

[Read more](#)

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PUBLIC SPEAKING BUSINESS TRAINING PERTH August 13 & 15

The course is designed to assist you to
overcome nervousness and develop the
best of you.

Sylvia Marina, is well qualified. A national and international conference
speaker with over 25 years experience as a paid presenter Sylvia
knows the value of face to face experience, you don't learn this from a
training manual or presentation skills book.

With a Certificate 1V in Workplace Training and Assessment,
Sylvia lives the techniques she delivers (in the last six weeks
she has spoken to 17 different live audiences, that's more than
two a week) last week MC to an audience of more than 300 at
the Allan Pease/WA Business Swap Building Better Business
Breakfast Seminar.

Sylvia brings you first hand knowledge and front of audience
experience. When you are ready to take your career and life to
another level - enrol in this program.

[To find out more](#)

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Conference Speaker

CONFERENCE SPEAKER. Sylvia delivers thought provoking,
compelling presentations with audience involvement.
Her vibrant style brings new experiences and educational
awareness to your events.

PRIVATE RETREATS.

Overseas post add
\$AUD7.00

For Payment options
email Sylvia

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Evolve your future, from
foetal koru to graceful frond.

[Contact us](#)

If you would like
to schedule an event
in your community.

MASTERY IN THETA level1
Accredited Facilitators

MELBOURNE VICTORIA

Aron Szucs
Phone: 0408 166 602

CARNEGIE MELBOURNE

Ida Lyall
Phone: 0425 753 494

BEVERLEY WA

Irene Oram Phone:
0439 923 501

Question...

How old would you be if you didn't
know how old you were?

Seminars and workshops at your location.

If you plan it, she will come to you.

Contact our office to make the arrangements, gather the
people and Sylvia will bring your choice of her teachings to
your location .

Please share our newsletter with your family and friends.

To subscribe or unsubscribe forward us your request.

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Look at the stone cutter hammering away at the rock, perhaps a hundred times
without as much as a crack showing in it. Yet at the hundred and first blow it will split
in two, and in that moment I know it was not the last blow that did it, but all that had
gone before.

Sylvia's Kitchen

CHUNKY SOUP

Scrub cut into chunks and steam one large gold sweet potato till cooked, mash and
set aside.

Into a large stock pot put 1 tblsp Macadamia or Olive Oil add 1 sliced medium leek
heat and stir 3-4 minutes till softened.

Add 1 tsp Sea Salt

6 cups water

3 carrots sliced into thick rings - simmer for six minutes - add

4 medium zucchini sliced into thick rings

1 medium broccolli chopped and

1 small red capsican chopped

12 unshelled sugar peas

Simmer for 4 minutes

Stir in mashed sweet potato.

Taste test for salt, add ground pepper.

Bring back to the boil Simmer 3 minutes then serve.

To all our friends and subscribers, world wide - May the wind carry a voice that tells
you, there's a friend sitting in another corner of the world wishing you well.

If you feel your friends, family, colleagues would enjoy this newsletter please send
them a link to admin@sylviamarina.com and invite them to subscribe.

Joining is free and we never sell or rent our mailing lists, all details are safe.

To subscribe or unsubscribe email us your request - <mailto:admin@sylviamarina.com>

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