



# Newsletter

January 2010

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## New Year, New Ideas

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Well I hope you are all recovering nicely from the festive season, and that your New Year has started fantastically.

I would like to host more events this year, and suitable venues are hard to come by, so if you know of anywhere that would be a good place for a psychic supper, a mind body & spirit fair, psychic fair, or evening demonstration then please could you let me know and I will look in to it. If an Inspirations event is booked at a venue that you were first to suggest, you can book for free at the first event held there.

I have already confirmed some new events for this year, and would love to receive feedback and ideas from you, so please do email me your thoughts to [genuinereadings@live.co.uk](mailto:genuinereadings@live.co.uk)

I have been thinking about inspiration lately, since it is the name I chose to represent my own work. Inspiration can be the spring board for strength and the motivation to create. So many ideas can be the direct result of a conversation, a place, an event or another person. How many of you have watched a film that has inspired you in to action, or listened to a piece of music that has got the creative juices flowing? Your own personal inspirations become the very foundations for your dreams, actions and goals, from which thought and innovation come in to being. Inspiration gives you a warm and happy feeling that spurs you in to action, and makes way for a positive change from within you. When you actively look for inspiration, you can find it in the most unexpected places, and it can have the most unexpected impact on you, urging you to generate what you want in your life.

Be inspired, be creative, be you.

*If an Inspirations event is booked at a venue that you were first to suggest, you can book for free at the first event held there.*

## Events Diary 2010

The events diary is not specific to Inspirations events, and if you are organizing events, or know of events elsewhere, then please send me the details and I will be happy to include them in the diary. Please send me the event title, date and location with postal code, and organizer contact details for inclusion please and email to [sophie@inspirationsonline.co.uk](mailto:sophie@inspirationsonline.co.uk)

Date	Event	Venue	Organizer
Friday 29 <sup>th</sup> Jan	Psychic Supper Tickets £15 6.30pm for 7pm	The Bowling Green, Weeley, Essex. CO16 9AD	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a>
Friday 5 <sup>th</sup> Feb	Psychic Fair £2 Admission 7pm - 10.30pm	The Kingscliff Hotel, Holland-on-Sea, Essex. CO15 5JB	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> Stall holders needed
Saturday 6 <sup>th</sup> Feb	Mind Body & Spirit Fair 10am - 5pm Admission £1.50	The Hind Hotel, Wellingborough, Northants.	Mystic Worlds Malcolm 07758 485217 or e-mail <a href="mailto:malcolm@mystic-worlds.co.uk">malcolm@mystic-worlds.co.uk</a> Stall holders needed
Saturday 6 <sup>th</sup> March	Inspirations Mind Body & Spirit Fair £2 admission 10am - 5pm	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> Stall holders needed
Sunday 7 <sup>th</sup> March	Mind Body Spirit Event 11am - 4pm	Acton Village Hall, Acton, Nr Sudbury Suffolk	E:mail : <a href="mailto:kw_somerville@yahoo.co.uk">kw_somerville@yahoo.co.uk</a> Tel: 07592 575666 Stall holders needed
Saturday 8 <sup>th</sup> May	Craft & Therapy Fair £1 admission 10am - 5pm	St Johns & Highwoods Community Center, Colchester, CO4 9SR	<a href="http://www.craftandtherapy.co.uk">www.craftandtherapy.co.uk</a> Stall holders needed
Sunday 20 <sup>th</sup> June	Mind Body & Spirit Fair £2 admission 10am - 5pm	Novotel Grey Friars Rd Ipswich IP1 1UP	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> stall holders needed
Saturday 17 <sup>th</sup> July	Inspirations Mind Body & Spirit Fair £2 admission 10am - 5pm	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> Stall holders needed
Sunday 19 <sup>th</sup> September	Inspirations Mind Body & Spirit Fair £2 admission 10am - 5pm	Novotel Grey Friars Rd Ipswich IP1 1UP	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> Stall holders needed
Saturday 6 <sup>th</sup> November	Inspirations Mind Body & Spirit Fair £2 admission	The Park Pavilion, Harwich, Essex. CO12 3NS	Inspirations Sophie 01255506784 07701043622 <a href="http://www.genuinereadings.com">www.genuinereadings.com</a> Stall holders needed

More dates are pending confirmation, so make sure you check the next issue for updates, or for Inspirations events only, please add the website to your favourites [www.genuinereadings.com](http://www.genuinereadings.com) As you can see the events page is filling up fast, and whilst I can't promise to include all events, I will do my best.

## History of Spirit Communication (1)

By Sophie Suley

I have always had an interest in the history of spirit communication and have done a fair bit of research on the subject. Mankind has always been interested in the occult, or things unknown, and the pages of history are filled with the many examples of people seeking information, either through divination or by spirit contact. It appears to be inherent within man. It is also true that primitive man was more at one with nature than is possible today with our busy way of life, and because of this was more aware of the psychic faculty which is inherent in everyone. There have always been psychics and spirit mediums who were consulted on a regular basis, not necessarily to learn about life after death; which was an accepted fact, but to enquire about the hunting; the outcome of a proposed war; when the drought would end etc. There were several methods of divination used throughout the ages, including Augury. An Augur interpreted signs, and the Romans "employed" many Augurs. Signs that were interpreted included weather omens, thunder was considered a good omen depending on which side of the Augur it was heard. Birds were also interpreted, the type of bird, how many, the direction of flight etc. An Eagle flying alone was a good omen, considered the messenger of God. Animals were also interpreted as good or bad omens, a dog howling was a bad omen, a black cat crossing your path a good omen. Geomancy / random selection was used and is still incredibly popular today, the throwing of coins, similar to that of I Ching, withdrawing pebbles from a bag, similar to runes, Tarot cards are probably the most widely used method of geomancy today. Astrology, and biorhythms were commonly consulted way back when.

Many ancient civilizations had their soothsayers and oracles, some were highly steeped in ritualism. The Oracle would prepare for the consultation by bathing, drinking water from the sacred stream, by meditation, by fasting in order that s/he could be a pure vessel for the clairvoyant message or trance utterances. The enquirer sometimes sacrificed a lamb and spent the night sleeping on its skin before meeting with the Oracle the next day. A lot of the information received by the Oracles was symbolic in nature and great care had to be taken to ensure that it was accurately interpreted. The proof of the pudding as always, is in the eating, and if the Oracles, Prophets and Soothsayers were not 'delivering the goods' then they would not have existed as long as they did. They still exist today, all be it by other names.

More in the next issue.

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### INTUITIVE CARD READING WORKSHOP

20<sup>TH</sup> FEB

10am – 4pm

£35

Contact Sophie for details

01255 506784 07701043622

[sophie@inspirationsonline.co.uk](mailto:sophie@inspirationsonline.co.uk)

[www.genuinereadings.com](http://www.genuinereadings.com)

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### New Prosperity Course

Identify your blocks to receiving.

Release old limiting beliefs

Design your new abundant life.

Starting 23<sup>rd</sup> February 2010  
in Colchester Tuesdays 10-12

Contact:

Julia [TILLSONJ@aol.co.uk](mailto:TILLSONJ@aol.co.uk)

or Sally on 01206 865582

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## Are you running any workshops?

If you are running any workshops or courses then you can advertise them in this newsletter. The newsletter will be sent to everyone on the Inspirations / Genuine Readings mailing list, and all I ask is that you forward it to anyone in your own mailing list that might be interested. I will have a number of newsletters printed for distribution at the events that I attend and organise, and you are welcome to do the same. This is a monthly publication.

You can see from the adverts on page 3 how your workshop will be displayed, and this will only cost you £8 per issue.

Please email the details to [genuinereadings@live.co.uk](mailto:genuinereadings@live.co.uk) and payment via paypal to [sophie2609@hotmail.com](mailto:sophie2609@hotmail.com)  
Or send a cheque made payable to Inspirations.

## Room for Hire

I have, at last, found a lovely room from which to work in Colchester. It is a first floor room at Shalamar Bazaar, and I have been permitted to sublet the room when I am not using it. The room will be available on Tuesdays and Thursdays, 10am until 5pm, so if anyone would be interested in running a group, course, workshop, or offering their services from this lovely space then please get in touch with Sophie ASAP via email or telephone for more information. (Details at head of newsletter)

## 7 Circles of Spiritual Development

There will be a Spiritual Development circle, starting in Clacton in late February. This will be a fortnightly circle, evening and time to be arranged. Here you will be able to explore your own spirituality and explore your beliefs as well as your abilities. We will cover many topics such as meditation & visualization, spirit guides & guardians, protection & grounding, oracle cards, and explore different methods of spirit communication. Each of the 7 circle evenings will end with some refreshments and time for discussion.

The cost for this development course is £70.00

Please contact Sophie ASAP as places are limited.