



# NEWSLETTER

## Accelerated Healing

*Helping you Achieve Positive Changes*

*April, 2008*

### CONTENTS

- ⇒ Do You Remember a Time When.....
- ⇒ Intuitive Tarot Course, starts Sunday 4th May, 2008
- ⇒ Energy Therapy, **50% off Special** for May & June, 2008
- ⇒ Casual Meditation Class, **Special Offer—First Class FREE**
- ⇒ Stressed Out? Learn the tools to manage it. Program starts 6th May
- ⇒ NEW!! Art of Health Clinic Newsletter

## DO YOU REMEMBER A TIME WHEN....

As children we played, we laughed and we say the most unusual things, like 'Why is Auntie Jane so sad?' Parents are often amazed at such comments and questions from children that they usually ignore them or play them down. Every child is born with an innate sense of awareness, that is, we are all born with an intuition, a sixth sense if you like. Whether it is developed or ignored, our intuition is still a part of ourselves and is always there.

I have heard many people say 'I'm not psychic' or 'you've got to be born with psychic abilities'. The word 'psychic' is overused and exploited. The fact is, everyone is psychic, because everyone has an intuition. The word psychic is simply a term used to describe someone who has developed their intuition and uses it to assist others.

As a child I remember adults used to gasp at some of the things I used to say, as I am sure they did with you. Once it got me in so much trouble that I decided to ignore my intuition altogether. I was about 8 years old, and I attended a Catholic primary school. We were all sitting in the school yard during an assembly and I said to the girl next to me 'that teacher is pregnant', although she wasn't showing. I didn't think anything of it at the time. A few days later I was

called into the principal's office and was asked to sit down. As I sat on a small student chair, I began to be circled by some very hungry sharks. There was the Principal, a nun in the full habit, the Deputy Principal, a civilian, my room teacher and the teacher, that I had commented about a few days earlier.

I began to feel frightened as they took turns in their interrogation. The principal began with 'Why are you spreading rumours, don't you know that it is BAD to talk about someone behind their back?' and most importantly, 'How did you know she was pregnant?' Each had a turn at asking the same questions. All that was missing was the lamp shining in my eyes, bamboo sticks under my fingernails, and to be strapped to a lie detector.

The interrogation continued for what seemed like hours and I was so scared and frightened. And as the circling sharks got hungrier and hungrier, I kept repeating 'I don't know how I knew or why I said it'. They seemed to be dissatisfied with that answer, which puzzled me because it was the truth - I didn't know! 'No one' told me, I didn't 'hear' it or 'see' it, I simply knew and felt it. They kept rejecting my response, and I didn't know what else to say. I was taught not to lie. But all they kept saying was 'That's not good enough!'

So when they didn't get the answer they wanted, like 'I just wanted to spread rumours because I felt like it', the all too friendly cane came to visit, 3 times on the left hand and 3 times on the right. And yes I cried like a baby, (well I was only eight after all). As it turned out, Miss X was indeed pregnant, but she was keeping her pregnancy a secret – even to the other teachers – because of her previous miscarriage.

From that point on I ignored, correction—I rejected, my intuition. It was too painful emotionally, and even physically. I vowed to repress my intuition at all costs! I told myself I don't want to know anything anymore, and I am happy to accept blissful ignorance as a way to cope with life. And I almost got away with it ... or so I thought. It was always present in very subtle ways; it was always there, even if I was in complete denial. After all, everyone has an intuition, whether they use it consciously or not.

Through a set of coincidences and synchronicities (signs from the Universe), I began to understand that developing my intuition could assist me rather than cause me 'pain'. And with that I made a choice to develop it and use it to help people. But most importantly, use it to help myself.

I began by meditating, and it started coming back to me..... the awareness, the insight and the knowing. I began to make decisions about my life and my future. So I was no longer a frightened eight year old. I was learning the value of my intuition and how it could help me. It was then that I decided to take back what was rightfully mine. Then another sign – an introduction workshop on Tarot came my way and I thought, if I could learn Tarot, I could develop my intuition even further, and at the same time, gain 78 life long friends, such as: The Empress who supported me through my physical health challenges; The Fool who encouraged me to take the chance on a new job offer and the High Priestess



who taught me that even though I may be aware of and in tune with, my spirituality there was more to uncover. The advice and support they gave me could help me and others, get through life's challenges.



When your intuition is developed, decisions are often easier to make. The more you trust your intuition, the more insight you can attain.

These insights can assist you in creating the life that you choose. Most people assume that these insights are set in concrete. Quite the opposite! Your intuition is more like a 'heads up' on the choices available to you because nothing can take away your free-will-choice.

The Tarot Cards are like friends; great friends. They help give you clarity and direction when your innate intuition is clouded, when the left brain (the logical brain) interferes. They are honest, non judgemental and see things from a unique perspective. Learning the Tarot is a fun way to develop your intuition, which you can use to make positive changes in your life and to assist others.

# Intuitive Tarot Course 2008

40 hours over 10 weeks

This very special and unique course is offered **only once a year** and is designed to open up and develop your intuitive self in reading and interpreting the meanings of each of the Major and Minor Arcana Cards in the upright and reverse positions, in a variety of combinations & layouts.

This course will also enable you to gain the skills to **work professionally** and is **suitable for both the beginner and the experienced.**

**Commences:** Sunday 4 May 08

**Concludes:** Sunday 6 July 08

**When:** 9.00am to 1.30pm

**Where:** Art of Health Clinic  
113B Booth St  
Annandale

**Cost:** \$660

**Cost includes:** Tarot Manual/  
Workbook, Tarot  
Journal, Seventy  
Eight Degrees of  
Wisdom by Rachel  
Pollack.

I am giving away **TWO free tickets** 'Breakthrough to Success Wealth and Power Weekend' with Christopher Howard valued at **\$895 each (\$1790 for 2)** when you enrol into the Course.

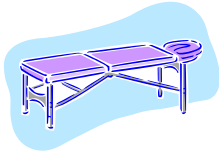
**Numbers are STRICTLY limited to 12 participants so please book early to secure your place.**

**If you have any questions about the course, and how it can help develop your intuition or Tarot in general please contact me on 0410327665 or [lydia@acceleratedhealing.com.au](mailto:lydia@acceleratedhealing.com.au).**

**Private appointments for Tarot Readings are also available.**

**Get 50% off**  
**Your fourth**

**Energy**  
**Therapy**  
**Session**



**Offer available**  
**May & June only**

*Tired of*  
*Cigarettes*  
*controlling*  
*Your life?*

**Is it time to**  
**Quit?**



**Get the support you need with**

**Clinical**  
**Hypnotherapy**

**and be a Non Smoker!**

**Call NOW** to find out how

**Hypnotherapy can help you today!**

**WHEN WAS THE LAST TIME**  
**YOU RELAXED AND**  
**ALLOWED YOUR**  
**IMAGINATION TO WANDER?**

**COME ALONG AND JOIN US ,**  
**AND EXPERIENCE**  
**A RELAXING**

**CREATIVE**  
**VISUALISATION**  
**GUIDED MEDITATION!**

**SPECIAL OFFER**

**FIRST CLASS IS**  
**FREE!**

**CASUAL**  
**MEDITATION CLASS**

**When:** Every Tuesday Evening

**Time:** 7.45pm – 8.30pm

**Where:** Art of Health Clinic  
113B Booth St  
(cnr Johnston St)  
Annandale NSW

**Cost:** \$15 per class or  
\$72 for 6 Classes  
(prepaid) and can be  
used over 3 months  
(Saving 20% )

**No pre-requisites required – All welcome**  
Class numbers are limited so please call ahead  
to secure your place.

*This Special offer applies to all new participants*

# STRESSED OUT ?

*Places are limited so book  
NOW for the next*

## Stress Management Program (Evenings)

**Hurry the next program  
Starts 6 May, 08**



This program is designed to help you understand stress and offers you the tools and resources to release and manage stress.

Learn how to overcome life's challenges in your life, while creating the future you want and deserve!

**Commences:** 6 May, 2008

**Concludes:** 10 June, 2008 (6 Consec. wks)

**When:** Tues 6.30–7.30pm

**Where:** Art of Health Clinic  
113B Booth St (cnr Johnston St) Annandale

**Cost:** \$110

### Dates for Upcoming Programs

(Dates may change so please enquire before booking.)

- 17 June to 22 July
- 29 July to 2 Sept.
- 21 Oct. to 25 Nov.

**Corporate In-house Programs  
are also available for  
organisations.  
Call for more information.**

## NEWS BULLITEN

***The Art of Health Clinic Newsletter is now  
in production for distribution in May.***

I have been at the Clinic for over a year and it has been wonderful. The practitioners are all professional and a joy to work with.

Art of Health now creating a clinic Newsletter which will incorporate contributions from all the practitioners as well as my own. It will include information on mind, body and spirit for health and wellbeing from a variety of perspectives. I hope you enjoy it.

I will personally forward the clinic Newsletter to you as they are produced to ensure your privacy. You will be able to unsubscribe at any time.

I will continue to produce an Accelerated Healing Newsletter every three months as part of my continuing service. I hope to expand the newsletter over the year to include more information and stories that you might find interesting and helpful on a variety of topics.

***Thank you for your continuing support.***

## Accelerated Healing

***Helping you Achieve Positive Changes***

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