

**Subject:** Joyous Isle Newsletter - September 2023

**From:** Joyous Isle <info@joyousisle.com>

**Date:** 11/09/2023, 13:27

**To:** undisclosed-recipients: ;



## **Joyous Isle** Newsletter - September 2023

### **Workshops:**

**Seva - Acupressure for Stress Release with Jackie May - *this Saturday, 16th Sept***

**For the Love of Song with Sarah Pennington - *book by 7 October for 'early bird' price***

**Process Acupressure with Jackie May**

### **Online events:**

**'Good Points' guided acupressure sessions for self-care**

**NLP Study Group**

**Remembering Dr Aminah Raheem - Founder of Soul Lightening Acupressure**

**Would you like to join a choir in Wimborne?**

**News from Dorset Earth Mysteries Group**

Hi Everyone

We hope you are all enjoying this lovely late Summer!

This Saturday, we have our **Acupressure for Stress Release** workshop - we still have spaces so just let us know if you would like to come along. As usual, the morning workshop will be for those people wanting to use acupressure for self-care, and the afternoon will be focused on using Seva Stress Release for friends and family, or to integrate into your therapy practice. Seva Acupressure is easy to learn and you will be able to use it straight away after the workshop.

For those people wanting to go further with their Acupressure journey, we have the **Process Acupressure** foundation training in November.

Those of you who have had experience of Seva or Process Acupressure will know that this wonderful work was developed by Dr Aminah Raheem. We had news from Aminah's family that she passed on 23 August, in her late 80s. There is a tribute to her below. It is an honour to be able to continue expanding the reach of her work through Joyous Isle.

We're looking forward to singing with **Sarah Pennington** on 14 October - remember to book and pay by 7 October for the early bird price. No experience needed - come along and sing (even if you think you can't 😎)

Details of all upcoming events follow below.

All good wishes

*Jackie & Jane*

**Joyous Isle**

**Seva: Acupressure for Stress Release  
with Jackie May**

**Part 1: Self-Care**

**Saturday 16 September 2023, 10am - 1pm**

The Seva Stress Release is a simple 15-minute treatment which addresses a wide range of needs from general relaxation and well-being to extreme shock and stress.

In this 3 hour workshop you will:

- Learn about the healing and transforming power of acupressure
- Practice techniques to use on yourself
- Take home skills you can use for the rest of your life

This dynamic and interactive course allows the participant to fully experience the Seva Stress release through demonstration and hands-on practice. Course participants learn a unique touch method, various effective acupoints and how to use the treatment for self care.

The workshop is complete in itself for those people wishing to use Seva for Self-Care, or it can lead on to Part 2, where participants will learn to use Seva to help others.

*Venue: Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD*

*Time: 10am - 1pm. Cost: £25*

## **Seva Acupressure Part 2: Working with others**

### **Saturday 16 September 2023, 2pm - 5pm**

This simple acupressure formula is an excellent tool for the widest range of needs, including general relaxation or extreme shock and stress. It can be easily learnt, and used by body workers and laypersons alike. Recipients describe a very calming, centering experience.

During the workshop, students will learn how to offer Seva to others. They will experience giving and receiving the Seva/Stress Release and will take home a detailed brochure and a pocket-sized card to use as a guide when offering sessions.

NB: Participants need to complete Seva Part 1 before booking taking this class.

*Venue: Hinton Martell Village Hall, near Wimborne, Dorset, BH21 7HD*

*Time: 2pm- 5pm. Cost £25*

## **For the Love of Song**

### **with Sarah Pennington**

### **Saturday 14 October 2023**

Lift your heart with a day of singing heartfelt songs in glorious harmony with others. We will be celebrating the joy of joining our voices in community and letting our hearts sing. All singing is unaccompanied, with the songs taught by ear and no need to read music, so that we can focus on the beautiful sound we will create together.

We will sing songs that lift the soul and move the heart, including some sacred music in the broadest sense, and some with a focus on the natural world and the need to protect it.

The day is led by Sarah Pennington. Sarah is a highly experienced and enthusiastic voice teacher who inspires confidence and trust in her singers. She has been leading people into harmony for 20 years, and currently leads two community choirs in Devon. She is a member of

the Natural Voice Network.

Sarah has been offering these days for Joyous Isle for over 15 years, formerly in collaboration with her beloved teaching partner, Gilo. Gilo is taking a break from teaching at the moment, and we hope to have him back with Sarah soon.

*Venue: Village Hall, Cranborne, Dorset, BH21 5Q*

*Time: 10.30am – 4.30pm.*

*Cost: £30.00 (£25 if booked and paid by 7 Oct)*

## **PROCESS ACUPRESSURE 1A: Foundations**

### **4 day course: Saturdays 4, 11, 18 and 25 November 2023**

This course is approved by the Federation of Holistic Therapists

Process Acupressure (PA) integrates traditional acupressure techniques with process skills (from Process Oriented Psychology), while supporting the recipient to access, and be guided by, their own inner wisdom.

Our physical bodies hold the archives of our lives. Process Acupressure is specifically designed to bring consciousness into any symptom, to facilitate awareness of the possible causes and means of releasing these. It addresses whole being health - mind, body, emotions and spirit.

This course will teach you how to work effectively with energy flow in the body including both meridians and chakras, toward greater balance.

PA can be used for self-help or given to others. It can also be combined with other therapies. For example, our work with the Great Central Channel strengthens the energetic pathway of the spine and is an excellent complement to Acupuncture, Chiropractic, CranioSacral Therapy, Massage Therapy, and more.

This course can be taken on its own and the work integrated into your practice straight away. It can also be combined with Clinical Acupressure 1 for those who want to complete the Foundation Certificate.

Venue: Near Wimborne, Dorset (details to be confirmed)

Cost: £420

### **Online events:**

#### **'Good Points' guided self-care acupressure sessions**

We are continuing to offer free guided self-care acupressure sessions on Zoom. Each session lasts around 20 minutes and they are an opportunity to take some relaxation time for yourself. You will be able to use the release for yourself anytime after the session, as you will receive a

handout with details of the points we have used.

These classes are all open to anyone - no need to have any experience or to have attended before. Please email if you would like to be added to the list for the Zoom link.

Dates for Autumn/Winter 2023:

- **Sunday 24 September**, 4pm - Seva: Acupressure for Stress Release
- **Sunday 15 October**, 4pm - Sinus/Ear Release. Applications: Allergies, Blood Pressure Problems, Ear Problems, Colds, Coughing, Deafness (due to ear congestion), Dizziness, Earaches, Phlegm, Sinus Disorders, Stuffy Nose, Blurred Vision
- **Sunday 12 November**, 4pm - Arms and Hands Release Applications: Arthritis, Numbness, Joint tension
- **Sunday 10 December**, 4pm - Central Channel and Chakra Balancing

## NLP Study Groups

Our NLP Study Groups will be restarting as well. These are for anyone who has some knowledge of NLP - don't worry if it's rusty, or if you've only done a taster workshop, as the point of the Study Groups is to refresh and build on knowledge and people will be at all different levels.

Future session topics will be tailored to the group, and there will be plenty of opportunity to ask questions and work with each other as well.

So, why not join us! You can come to all of the sessions, or whichever ones you choose. Times are 10am-12pm. Cost is £10 per session.

Dates for Autumn/Winter 2023:

- Tuesday 12 September
- Saturday 7 October
- November - date to be confirmed
- Saturday 2 December

## Remembering Dr Aminah Raheem - Founder of Soul Lightening Acupressure

Those of you who have been on any of our Acupressure courses will have heard about Dr Aminah Raheem, who was the founder of Soul Lightening Acupressure. Aminah's gift to the world is a unique way of working with traditional acupressure combined with process work and other therapeutic modalities to support individual soul consciousness and healing. It is an honour to be able to offer this work to others through Joyous Isle.

In Aminah's own words:

carries the light,

and our own unique purpose, within us.

"Each of us

We arrived here with them; their expression will bring us the inner joy of being true to ourselves.  
We have a responsibility to truly stand in that light  
and bring it to others.

With my heart and soul I encourage you to trust,  
and to act upon, your own gifts of spirit."

This is the message from Aminah's son, Philip:

It is with sadness and joy that I announce Aminah Raheem Smith passed  
on August 23rd, peacefully in her sleep and shortly after visiting with her family.  
This bird has flown, God rest her soul.

Aminah frequently expressed her love and appreciation for her many teachers, students and community.  
The family thanks Soul Lightening for your dedication to your healing mission.

Philip, Aminah's son

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

**01202 885294 or 01258 840097**

[info@joyousisle.com](mailto:info@joyousisle.com)

## **Would you like to join a choir in Wimborne?**

We are a friendly bunch of singers meeting at a venue in central Wimborne, looking to build our numbers, especially Tenors and Basses. We sing 4 part harmony acapella (unaccompanied). You don't need to read music - some can and some learn by ear. Stay for a social drink afterwards too. For more info, phone 01202 885294 and leave a message.

**News from Dorset Earth Mysteries Group** *(for more info please contact Steve - details below)*

**Talks at Stapehill Village Hall near Wimborne, 7.15pm**

**October 5th 2023**

**Luzia Barclay**

## **The not so sweet side of honey**

Natural beekeeping offers an alternative to the present way of commercial beekeeping. It is a method that respects the life and life cycle of bees instead of making the business of harvesting honey easier and more lucrative for humans. Bees are exposed to a huge range of manmade events that endanger their lives: monoculture, glyphosate, electromagnetic fields, interference within the hive like killing queens and drones, preventing swarming and so on. Observing wild bees which still live in hollow trees in woods will help us gain insight into ways to keep bees the natural way. What can we learn from them? How do they manage to deal with the varroa mite, with foulbrood and other pathogenic infections? What is their secret? Is there even something that we can learn for ourselves?

## **Talks Arranged for the Rest of this Year**

### **November 2nd 2023**

**Richard Hutley**

#### **WHO SHOT JFK? (Or who didn't)**

November 22, 1963, President John F. Kennedy was assassinated as he rode in a motorcade through Dealey Plaza in downtown Dallas, Texas.

But who shot him? Oswald?, The Man on the Grassy Knole? Was it 3, 4 or 10 shots? The Magic Bullet!, What did LBJ have to gain? Was George H Bush involved? Who was the Umbrella Man?

Factual history is not what they tell you!

### **December 7th 2023**

**Dr Kathy Stearne**

#### **Water Meadows – the Myth and magic of the Drowner**

Growing up in the Yorkshire Dales Kathy has a love for the countryside and history. She has worked in agriculture and conservation since 1980. Kathy gained a Doctorate in Agricultural History and Ecological Management, from Imperial College London, in 2004. She presently runs a consultancy for land owners and farmers, advising on conservation (in the widest sense of the word), ecology, and hydrology. She has many years' experience as a successful lecturer and mentor.

The origins of water meadows are lost in medieval times. Surface water irrigation expanded in Wessex and throughout England from the sixteenth century and was a sustainable intensive integrated agricultural system until the twentieth century. This talk looks at the origins of water meadows in England, their management and importance to agriculture through the centuries, and why they are still

important in terms of landscape history and ecology today.

--

Regards

Steve Hawker

DEMG

Secretary and Treasurer

01258 881008