

Edition #6 UniMed Brisbane News March 2017

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Welcome

Welcome to the latest edition of our newsletter. We are pleased to inform you we will soon be commencing **long-awaited renovations** to our centre - in order to carry these out we will be closed from **March 8** to **April 7**, and during this time all practitioners will be available in alternate locations. You can read more details in the article below.

We are also pleased to advise that UniMed Brisbane will be offering a **free community clinic** once a month,

to commence once renovations are finished – please stay tuned and again, you can find more details below and on our [website](#).

Also in this newsletter is a **Spotlight** article on one of our favourite practitioners, **Chris James**. Chris has worked with expression for many years and it is an absolute joy to offer you an article on this topic (see below) as well as details of events and sessions with Chris.

Also included is our regular list of **upcoming events**, plus advance notice of the **Women in Livingness Workshop** presented by **Natalie Benhayon** on the theme of 'Well-being and Empowerment'. Be sure to add **Sunday 30 July 2017** to your diaries!

We also share details of an upcoming **6 week course** titled '**Being a Woman in the World Today**' presented by Jenny Ellis and **commencing 30 March 2017**.

Plus we have an information evening with a special guest speaker on the **National Disability Insurance Scheme**, hosted by UniMed Brisbane in collaboration with Fabric on **Monday 24 April 2017**.

And finally an article on **expression**. As Serge Benhayon presents, "Expression is Everything". But how are we truly with expression? Where do we not express for fear of reaction, not being liked, rocking the boat or simply not claiming what we have to bring? Read our article for some insight into this very important topic.

Thank you for reading our newsletter.

With love,

The UniMed Brisbane Team

Temporary closure for renovations

Renovations at UniMed Brisbane

It is with great joy UniMed Brisbane announces its future expansion by way of building renovations that will offer further and continued to support for everyone – clients, practitioners and all who contribute, support and visit this beauty-full clinic and what it offers for all.



We have an amazing team of builders and trades people supporting this project headed by the incredible [Charlie Lyons of Lyons Projects](#).

The renovations will include the much-awaited enclosed waiting area and the building-in of the entrance to the front clinic room – both providing a more supportive and enjoyable experience particularly during the colder and hotter days of the year.

They will take place between **8 March and 7 April 2017** during which time the clinic will be closed for the building renovation work to be completed.

Practitioners will be temporarily re-locating during this period and will be letting their clients know directly their arrangements during this period.

Thank you for you and your continued love, care, support of UniMed Brisbane. We appreciate your understanding about the space needed to ensure these much needed renovations take place.

Upcoming Events

Events at a glance

- Sun 26 Mar** [Sacred Movement](#)
6:30-8pm - Woolloongabba
- Wed 29 Mar** [Well-Being for Women](#)
6:30-8pm - Woolloongabba
- Thu 30 Mar** [Being a Woman in the World Today - 6 part series](#)
6:30-8pm - Woolloongabba
- Sun 2 Apr** [Expression and Presentation Workshop](#)
Hosted by Universal Medicine
10am-3pm (NSW daylight saving time)
Northern NSW
- Sat 8 Apr** [Big Sing in the Park](#)
Hosted by Chris James
9:30-11am - Orleigh Park, West End
michelle@innermostexpressions.com or ph 0411 896107
- Sun 9 Apr** [Discover Your True Voice](#)
Hosted by Chris James
9:30am-4pm - Seven Hills State School (Library)
michelle@innermostexpressions.com or ph 0411 896107
- Mon 24 Apr** [NDIS Information Evening](#)
Hosted by UniMed Brisbane in collaboration with Fabic
6:30-8pm - Brisbane
- Wed 26 Apr** [Well-Being for Women](#)
6:30-8pm - Woolloongabba
- Sun 30 July** [Women in Livingness Workshop](#)
'Well-being and Empowerment'
Presented by Natalie Benhayon
10am-3:30pm - Brisbane
-

Voice, Singing and Expression with Chris James



Date claimer for Chris James events and sessions in Brisbane on 8 and 9 April 2017

The (FIRST EVER) Big Sing in the Park (see flyer below)

When: **Saturday 8 April**

Location: Orleigh Park, West End

Time: 9:30am - 11:00am

Private Sessions at UniMed Brisbane

When: **Saturday 8 April** (afternoon sessions available)

Location: UniMed Brisbane, Fairfield

One Day Workshop - Discover Your True Voice

When: **Sunday 9 April**

Location: Seven Hills State School (Library)

Time: 9:30am - 4:00pm

Bookings and enquires

Booking manager: Michelle Sheldrake

Contact: michelle@innermostexpressions.com or phone 0411896107

Big Sing in the park

morning music at Orleigh Park with Chris James

Saturday 8th April 9.30 - 10.45am
Orleigh Park
near Montague Rd
68 Hill End Terrace, West End, Brisbane, 4101



UniMed Brisbane presents
a Re-defining Health and Wellbeing Event
Start the day with a song - celebrate unity in community
Free Community event - Everyone Welcome
Bring a hat, chair, rug, family and your voice!

Chris and Jenny James present Big Sings internationally

From directing 20,000 in song at the Woodford Festival to intimate groups Chris really knows how to inspire harmony in the community.



Don't miss this heartwarming, energising event – and you don't have to 'know' how to sing!

www.chrisjames.net

Contact: Michelle Sheldrake Ph. 0411 896 107
Bookings & Information at UniMed Brisbane website:
Events page: www.unimedbrisbane.com/upcoming-events.html

UniMed Brisbane Free Clinic



UniMed Brisbane announces a Free Clinic

UniMed Brisbane Clinic is opening its doors every month to offer a series of free clinic sessions to the community.

Recently, as part of our commitment to give back, the practitioners at UniMed Brisbane decided to begin offering free clinic sessions to those in the community who had not yet experienced healing from our centre.

The free clinic days have been designed to provide for those who would like to support their health and well-being, for those who are curious, or for those who would simply like to try a session in Esoteric Chakra-puncture, Sacred Esoteric Healing or other Universal Medicine therapies.

All practitioners offering their time are fully trained, accredited and insured and abide by the highest standards of professional and personal integrity as set out by the [Esoteric Practitioners Association \(EPA\)](#).

Due to upcoming renovations the clinic will be closed for business from **Wednesday 8 March** and re-open again on **Saturday 8 April** when we will launch this new initiative.

More information as well as available dates and times for sessions will be accessible on the [UniMed Brisbane website](#) so stay tuned for an update in the next month.



New Products at UniMed Brisbane

Now in stock and for sale at UniMed Brisbane



Serge Benhayon's latest books :

Book 11 - Space, the second volume in the trilogy 'Time, Space and *all of us*'

Book 9 - Esoteric Teachings & Revelations, Volume II

Book 3 - The Way of Initiation, the third and revised edition

Books are available for \$40 each.



Women in Livingness Magazine - Edition #2 on Self-Worth is now for sale at UniMed Brisbane for \$10.

The very important topic of self-worth is discussed and explored in detail in this second edition. The magazine is jam-packed (173 pages in fact!) with articles to support an understanding of how we develop lack of self-worth and how we can claim it back.

"Do we ever really address the underlying lack of self-worth? Or do we just become better at masking it in 'adult life'?"

Edition #1 of WIL Magazine is also available from the clinic at the same cost.



UniMed Brisbane would like to announce the new range of loose-leaf tea blends now available for purchase from the clinic.

These newly revised and designed teas are delicious, refreshing, uplifting and supportive.

The following five new blends are available:

- Peppermint/Fennel/Liquorice/Basil
- Chamomile/Fennel/Liquorice/Basil
- Chamomile/Schisandra/Liquorice/Rose
- Lemongrass/Fennel/Basil
- Rooibos/Catsclaw/Fennel/Schisandra/Liquorice

And from the original range:

- Schisandra/Peppermint/Liquorice/Rose
- Peppermint/Schisandra

Cost remains at \$15.00/125g bag with new formulations, a new look clear front and new labelling. For further enquires call Jenny on 0424 053 305 or 3844 3170 or email jenny@jenny-ellis.com.

Save the Date

An NDIS Get Ready Information Evening is being hosted in Brisbane!

The *National Disability Insurance Scheme (NDIS)* is a new way of providing support for people with a disability.

With the rollout now well underway across Australia, the *YFS Get Ready Team* is hosting an information evening in Brisbane with UniMed Brisbane in collaboration with Fabic for clients and their family to help prepare for the change.

Monday 24 April 2017, 6:30-8pm

The **National Disability Insurance Scheme (NDIS)** is being gradually introduced over the next few years nationally and is replacing existing government disability payments such as disability pensions, grants, and so on. This is a massive overhaul of the system and therefore involves CHANGE, which for many might be proving an anxious and stressful time, delving into the unknown.

The new scheme is opening up to include many more support services for people with disabilities and their families, carers, workplaces, etc., however it will involve quite a bit of pre-planning or planning of the services that each will need. This presentation will go a long way towards supporting people's understanding and know-how of the new scheme and an opportunity to ask some questions.

This information evening will be hosted by UniMed Brisbane, FABIC and Youth and Family Services (YFS) and will be free of charge.

Shaun from YFS has been engaged by the NDIS to travel around to present such information evenings. He is a beautiful guy - very down-to-earth, real and personable -and very well versed in the area. His presentation will offer the depth of understanding and experience needed to support with any questions you might have, and provide an overview of the scheme as well as the finer details. This will go a long way towards settling any anxiousness, stress or concerns you might have around such a significant change.

Everyone is welcomed including families, friends and carers of the person with the disability as all-round support is key.

DATE: Monday 2 April 2017

TIME: 6.30pm - 8.00pm

COST: Free presentation

Bookings are essential as numbers are limited

[Read more and bookings](#)

Upcoming Women in Livingness Workshop

Save the Date
Women in Livingness Workshop - Brisbane
Sunday 30 July 2017 10am-3:30pm



"Well-being and Empowerment" Presented by Natalie Benhayon

Every woman holds the key to unlocking her true state of well-being. To be, and live with ease, a vitality and vibrancy in life is not our common daily experience, but it is our most natural way to be... so what is getting in the way?

To be truly empowered is to first know who you are, which is not defined by your skills, talents, career or relationship status, but by the true essence within. We have all long sought after a sense of empowerment, to feel confident to be ourselves and express it freely in all areas of our life and this is formed by the foundational relationship we have with our body and daily choices.

www.womeninlivingness.com/events

Being a Woman in the World Today

WOMEN'S HEALTH



**Being a Woman in the World Today - Course 2
Understanding Menstruation & Menopause**

This course has been designed for women wanting to understand more about the significance of the phases of her menstruation and/or menopausal cycles.

OPEN TO ALL WOMEN

Menstruation and menopause are significant cycles in a woman's life from which there is much to learn about herself, her body and about life, no matter what her age.

DURATION 6 week course **Starting Wednesday March 30th, 2017**
DATES March 30th, April 6th, 13th, 27th and May 4th, 11th
TIME 6.30pm - 8.00pm **REGISTRATION** From 6.15pm
COST \$120 | please pay via website, registrations close March 27th
LOCATION PACE Building, level 4, 20 Cornwall St, Woolloongabba

Contact Jenny Ellis 0424 053 305 for more information or visit the [website](#)

Spotlight with Chris James



As we welcome 2017 we are deeply appreciative and pleased to announce that from this year onwards **Chris James** has joined our Practitioner Team. Chris will be offering private sessions at UniMed Brisbane as well as workshops and interactive concerts in the wider community.

Chris's approach to vocal coaching and expression is unique – once you've experienced working with him and his extraordinary, down-to-earth and practical approach to singing and speaking with confidence, you will have the opportunity to expand in ways you would have never thought possible.

Underpinning Chris's work is the philosophy that everyone has a voice that is clear, powerful and expressive. *"This voice may be temporarily hidden, but I have found that it is absolutely true that 'Everyone is born with a beautiful voice'",* says Chris.

Through his fun and interactive approach, Chris supports people to truly connect with themselves, their own self-expression and to indeed find their own natural voice.

Whether it is speaking up in the corporate environment, being able to express yourself with family and friends, singing or otherwise, Chris has the ability to gently and playfully guide people to greater awareness and confidence with expression.

With a busy national and international schedule, Chris has performed and worked all over the world with people from all walks of life. He has worked regularly with the NSW Police Service and sections of the

Australian Army to provide greater awareness and insight to how they might best utilise one of their most valuable personal assets – confidence in their voice and expression.

Working with Chris is often a revelation for people who have long shut-off or shut-down their natural ability with expression, and once reignited, the flow-on effect is felt in all areas of their lives.

[Read the full article](#)

Expression is Everything



“Expression is Everything” - Serge Benhayon

Today what we see in the world is the end result of life choices – we see illness or disease, varying degrees of behaviour that do not make sense, overwhelm, anxiety, suicide, death, relationship issues and so on, and we naturally want a fix, stop or remedy to either what we are physically or emotionally experiencing, or what we see is happening for others.

While it is important to seek and receive the respective and necessary treatment for whatever ails us as part of taking care of ourselves, do we ever go beyond the surface and ask or consider “I wonder why...?”.

I wonder why I got sick?

I wonder why that person is reacting that way?

I wonder why I continue to do this or that in a particular way – a way that past experience shows has not worked?

I wonder why I keep resorting to the same old patterns of behaviour – is it safe yet restricting at the same time?

I wonder why I act differently around certain people than others?

And the biggie...

I wonder why I leave things until the last minute or until ‘crisis point’ before I’m forced to do something about it?

So why do we wait until we are chronically ill before we do something about our health and well-being, or let our relationship get to break-down point before we address what ails it?

We are inundated with lots of remedies and quick fixes, however my experience of meeting Serge Benhayon and being inspired by what he lives and presents through Universal Medicine shows that what is key in all of this is **True Expression**.

How do we truly communicate and express with others?

[Read the full article](#)

Recipe



Mini Lamb Koftas

Bite-size, nourishing yumminess – lamb kofta on a stick is the perfect party food. Great fun to make and a simple recipe to expand for a larger party. This recipe makes 30-40 koftas. Prep time is 20 minutes, and the cooking time is 6-20 minutes depending on the cooking method chosen.

[Click here for the recipe](#)



Personal, Family & Specialised Care

We hope you have enjoyed our newsletter

Please feel free to share!

To access copies of our previous newsletters you can go to
<http://www.unimedbrisbane.com/news.html>

We look forward to providing you with more great information regarding health and well-being

in our next newsletter

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UniMed Brisbane is a health and wellbeing clinic offering an all-round approach for true vitality, health and wellbeing through an array of modalities offered by practitioners and professionals from many different areas of life supporting people to live their full potential.

www.unimedbrisbane.com



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