



PATHS OF LIGHT

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SPRING NEWSLETTER 2008

Dear Friends,

Spring does really seem to have begun with its wonderful array and variety. There are beautiful spring flowers, blossoms, green buds and weeds everywhere. The weather has also been showing its amazing varied faces with storms, rain, frost and sunshine too. It truly is a joy to behold the way nature changes and develops and I'm sure I could learn a thing or two from Mother Nature; her persistent tenacity, infinite patience and nurturing strength. We tend not to think about the seed as it germinates and sends its first shoots forth, breaking through the crust of earth, seeking the light that will nourish and warm it as it grows. The metaphor of the seed is a source of inspiration that I like to draw on when I'm working on a new project and feel it's going nowhere fast. Reminding myself that it takes time, nourishment and warmth for everything to grow helps me to nurture the ideas and plans and patiently tend them until they are fully grown. Then taking another metaphor from nature, allowing them to spread their wings and fly the nest. I wish you a joyful and fruitful Spring.

With Love, Kathleen.

EVENTS

LIVING SPIRITUAL DEPTH.

An evening in London with Miranda Macpherson - Thursday 22nd May 7.30 pm

Miranda is an internationally renowned spiritual teacher, author of "Boundless Love" and founder of The Interfaith Seminary. She is offering a sacred space to facilitate universal spiritual truths coming more fully to life within your own being. She works inspirationally with the need of the moment, with questions or issues raised by individuals within the group. No subject is off limits - this work embraces every dimension of human experience and operates on spiritual, psychological, energetic and practical dimensions. Miranda is known for her depth of Presence and remarkable capacity to help people unwind habits of suffering. In a very natural way, she brings non-dual spiritual teachings to life utilizing

Self-Enquiry in the spirit of Ramana Maharshi,

Spiritual Psychology influenced by 'A Course in Miracles', and

Feminine Grace of unconditional love and compassion.

(See www.awakeningfoundation.com for more details)

STILLNESS into ACTION - Sunday 24th May 10am to 5pm

Meditation and dance workshop with Kathleen and Martin Nathanael, at Colet House, 151 Talgarth Road, London, W14 9DA. Discover oneness, within and without, through meditative practices and dance. Meditation is not confined to an "eyes closed, sitting still" practice - it also applies to any activity we engage in. A day which will be both profound and enjoyable!

Re-discover how all our actions can be works of art!

(See www.pathsoflight.co.uk for flyer and booking details).

ONGOING WORK

BIODANZA - Hertford

The monthly group continues to meet on the first Saturday of the month at 10.30am in The Quaker Room, 50 Railway Street, Hertford, Herts., SG14 1BA. New members are always welcome as are previous participants. Dates for your diary: April 5th, May 3rd, June 7th 2008.

BIODANZA - Welwyn Garden City

Following a successful taster sessions in January and March, Kathleen has been looking for a venue to hold weekly classes in Welwyn Garden City or Hatfield. So far she hasn't been successful and if you know of anywhere in your locality where dancing/yoga/etc. takes place, Kathleen would love to hear from you. If you'd like to join the group please let her know too. It's also hoped to start a day time group as soon as a venue is found.

COMPLEMENTARY THERAPIES

Therapies available are:

Holistic Massage, Deep Tissue Massage, Indian Head Massage, The Journey, Reiki Healing, Reflexology and VRT. Please ring or e-mail for an appointment.

THE AWAKENING REVIEW

The journal of **The Awakening Foundation** (which Martin edits) is published approximately every two months. You can download past issues from the website, www.awakeningfoundation.com The next issue, March/April is out now and features articles under the theme "Still Point of Action", including

The Whirling Dervishes of Kensington
Dancing with Stillness - Kathleen Nathanael

The Still Point of Action - Martin Nathanael
Reflections on the I-Ching - Mark Gifford

Also: Transforming Communication, The Connection of All Life, Poetry Page,

You can receive future copies by post, via a subscription of £12 per annum (6 issues) to cover cost plus p. & p. *Make cheque payable to "The Awakening Foundation" and send to*
The Awakening Foundation, 5 Carvers Croft, Woolmer Green, Knebworth, Herts., SG3 6LX.

HIDDEN HARMONIES in Italian Renaissance Painting

Martin has just published this book which is based on his interest in sacred geometry stretching back many years.

"Do you know that our soul is composed of harmony?" asks Leonardo da Vinci. Believing that such harmonies are "in immortal souls", the greatest painters, architects and poets sought to utilise Harmony, Number and Geometry in making their works reflect back and remind us of our immortal nature. The artists of the Renaissance period were well-versed in this Pythagorean-Platonic teaching and many of them endeavoured to fashion their art according to universal principles. Martin outlines the principles used by the Italian masters and analyses paintings by Raphael, Piero della Francesca, Masaccio, Leonardo da Vinci and others to demonstrate this approach.

Paperback version, £8.00; E-book version, £6.00 (please provide your email address)

If you would like a copy send a cheque made payable to Martin Nathanael to the address above.

In love and peace

Martin & Kathleen