



About Kate

Kate's passion is teaching the fundamental universal truth that we are first and foremost spiritual beings. We are eternal, vibrational energy beings – consciousness – having a human experience, rather than human beings

having a spiritual experience. This passion was born as a result of a long physical illness.

While living in Singapore in the 90s, Kate trained in facilitating experiential courses in this field, and also completed a Diploma in Transpersonal Studies.

Kate is a qualified Reiki Master, and also studied Energetic Healing at Nature Care College in Sydney.

Since living in Sydney, Kate has created and taught an in-depth course in Mindfulness Meditation, with women's groups, in schools, and by private consultation. Among her many teachers is Jon Kabat-Zinn, internationally renowned founder of the Centre for Mindfulness in Medicine, Health Care and Society at University of Massachusetts Medical School, USA.

Kate was born and educated in the UK, and has a BA in English Literature from Oxford Brookes University, and a Master's Degree in English Literature from Reading University.

Kate was a successful magazine journalist in London for a decade prior to moving to Singapore with her husband and family.

Kate's other creative and sacred passions: her husband and three children; Iyengar yoga; the creation and stewardship of her beautiful tropical garden.

What is The Magic of Allowing?

The Magic of Allowing is a journey of mindfulness and self-realisation. It is about the reawakening of the light of consciousness; the dimension within you that is infinitely more vast than thought.

This course in mindfulness allows a reconnection with your heart and soul, and with the vast spaciousness of your true nature. ***It is the journey home.***

"Thank you for allowing me to come into my own space in such a safe and nurturing environment. I hadn't realized how much I needed to do this until I was here. Thank you for the sharing of your wisdom and love."

- **Janet**



"My commitment to seeking, your wisdom and kindness, and the friendship I felt between all the people present, lead to some profound experiences for me, and has palpably changed the way I perceive the world, and myself." - Amy

The Magic of Allowing

Part One, 9.30am to 5.00pm
Sat 5th - Sun 6th March 2011
Mosman, NSW 2088

Visit: www.magicofallowing.com
Email: kate@magicofallowing.com
Call Kate on 0413 545 851

THE MAGIC OF ALLOWING

MINDFULNESS

REDUCE STRESS AND FALL IN LOVE WITH LIFE!

Are you so busy you can barely draw breath?

Feel like a human doing rather than a human being?

No room for self
let alone self-tenderness?

Come, reconnect with your heart's code,
your soul's wisdom, your bodymind.

Taste the ease and spaciousness,
wellbeing and happiness
of you meeting You!

JOIN KATE MATHERS ON THIS
LIFE-CHANGING WEEKEND RETREAT

ALLOWING

THE MAGIC AND POWER OF...

AWARENESS

SELF-TENDERNESS

THE PRESENT MOMENT

MINDFULNESS MEDITATION

RE-MEMBERING YOUR BODY

INNER SPACIOUSNESS

CONNECTEDNESS

HEART OPENING

YOUR TRUE NATURE

THE MAGIC OF ALLOWING

PART 1: SAT 5TH - SUN 6TH MARCH 2011

This creative, experiential weekend course in mindfulness is for you if you would like to:

- learn the magic of self-compassion and self-love
- discover the life-changing power of the present moment
- explore and learn mindfulness meditation
- experience the magic of heart-to-heart connection
- understand the sanctity of the human body
- become a human **being** rather than a human **doing**!

By the end of the weekend, you will step out of the course:

- awake and brimming with passion and vitality for life
- connected to your true intelligence, your Intuitive Self
- nourished and nurtured in soul, mind and body
- with meditation and awareness tools to support you to live consciously in the **present**, rather than the future or the past (most of us do the latter up to 90% of the time)
- free to live in the space of love for yourself
- knowing that happiness is an inside job!

If these are some of the things that you yearn for, then come and join us.

Know that true freedom, joy, fulfilment and peace are your birthright.

Make a difference in the world. Start with yourself. Begin now. It is time.

Namaste

KATE



WE CAN NEVER CHANGE ANOTHER.
WE CAN ONLY CHANGE OURSELVES.
GLOBAL CHANGE FOR PEACE AND HAPPINESS
HAPPENS FIRST FROM **WITHIN** –
FROM WITHIN EACH ONE OF US.

IF YOU WANT
TO MAKE A DIFFERENCE
TO THE WORLD,
START WITH YOURSELF.
BEGIN NOW. IT IS TIME....

THE MAGIC OF ALLOWING MINDFULNESS

SPEAKS FROM MY HEART AND SOUL
TO YOURS.

- KATE MATHERS

Fees and Payment

Course fee is **\$450 inclusive of delicious lunch both Saturday and Sunday**. Please address all cheques to 'The Magic of Allowing'.

If you are paying by electronic bank transfer, kindly email info@magicofallowing.com for details.