

Connections

Newsletter of the Petrea King Quest for Life Centre



SPRING 2008



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What's Your Passion?

Wendie Batho and I have just returned from presenting at a conference on Langkawi Island, Malaysia. The conference was held at the Westin Hotel which overlooks the beautiful islands of the Andaman Sea.

Whilst the setting was magnificent and the hotel surpassed all expectations, what made our week truly memorable was the staff. They were the most gracious, charming, warm and welcoming people we have ever encountered in the hundreds of conferences we have attended.

When we talked to them – and they were keen to engage – they said that they enjoyed regular training at the hotel and spoke positively and enthusiastically about their working experience. The genuine interest they showed in the guests of their hotel was evident everywhere regardless of whether their job was behind a desk or a vacuum cleaner.

On the name tag of every staff member, under their first name was a line that read: My Passion Is:

Their passions included camping, music, my family, archery, fishing, canoeing, playing games, my daughter, dancing and singing.

This week Paul Miller, Roy Hauptberger and David Brindley from the Southern Highland's Fly-Fishers came to the Centre to present the proceeds of an evening they had hosted (see page 7). Over our lunch together we discussed the passion of fly fishing. The men spoke of how irrelevant time became when they were practicing their passion. Being immersed in what we love to do brings us to the present moment and time flies. When we are absorbed in the present moment we access a part of our brain that doesn't measure time in a linear fashion. The eternal present moment has the same feel to it whenever we experience it.

When we are studying our passion we are attentive, aware and receptive. The men said that their women students learned the art of fly fishing quickly because they listened keenly and followed instructions. Apparently this is less evident

in their male students who tend to be more competitive with themselves and others. The 'doing' of fly fishing inhibits the 'being' of the fly fisherperson.

We all yearn to feel passionately alive – fully engaged with life regardless of the magnitude of our challenges. There's a sparkle or presence around people who are living their passion. They generally have a greater capacity for joy, spontaneity, creativity and confidence in themselves and in life.

The unexpected or unimaginable events that sometimes befall us can sap us of our passion. At such times we might simply opt for even a day of feeling marginally better given the enormity of our anguish. The presence of a passion in our lives gives us greater resilience to bounce back from life's knocks.

A woman who is a great inspiration to me has always felt deeply wounded by a series of tragedies which began very early in her life. This inner wound has been overlaid with a relentless and sometimes overwhelming depression. Because of her willingness to embrace this wound and not judge or resist it she has developed a loving, gentle heart and she exhibits great compassion and sensitivity to all people. These are the fruits of her willingness to embrace the wound with tenacity and commitment. These two elements are essential to passion.

What our passions have in common is that they all involve activities, environments, things or relationships that draw us to the present moment. Sometimes it is our anguish which drives us to the present moment as our future or past becomes an agony beyond our control.

We love being in the present moment because that is where life and creation are unfolding. When we are immersed in our passion we are not focused on projecting our fears, worries or concerns into the future. We are not preoccupied with rehashing, resenting or raging at the past. We simply come to rest in the richness of our being and our awareness expands.



In merging our individual consciousness into the great stillness from which all activity arises, we experience a profound peace with overtones of joy and bliss. We become at one with the activity or object of our passion and our body is simply an instrument of creation.

The Olympic Games have provided us with endless opportunities to witness the fruits of the athlete's passions. No one achieves excellence without passion. Many athletes describe the feeling of being in 'flow' or 'the zone' when the instrument of their body/mind is perfectly aligned for the activity of their passion to manifest. The inner discipline involved in long hours of practice leads us to more reliably experience the present moment where we have mastery over our physical, emotional and mental state.

So if you were asked to nominate your passion as if you were to wear it upon your name badge what would it be? And is it a living presence in your life or simply a wished for dream? No dream, nothing happens. If you are lacking passion then cultivate a willingness to discover what really matters to you and make a commitment to its presence in your life.

Petrea

Centre News

Our thanks again to the Baxter Charitable Foundation

The **Baxter Charitable Foundation**, through Perpetual Philanthropic Services, has once again made it possible to provide subsidies for financially disadvantaged women. Over the past 3 years, the Baxter Charitable Foundation grants have provided subsidies for men and women under the age of 30 and for financially disadvantaged women to attend Quest programs to enable them to live well with cancer, grief, illness, depression, abuse, fear and stress.

We receive consistent positive feedback and thanks from our participants on the benefit of the subsidies provided. Participants who receive a subsidy to attend are always immensely grateful and we often receive letters after their stay to that effect. We get letters from participants who attended a program years ago with us attesting to the long term benefits of the program and how it positively impacted upon their lives. The additional listening ear or healing touch helps many to integrate the learnings from the main room and to let go of or work through issues that may have plagued them for years. Many speak of how they have felt trust and safety for the first time when experiencing a massage. Other participants tell us that their counselling session is the first time that they can speak of their trauma or illness without feeling like the other person can't cope with what they hear. It provides a safe space to be honest about how they feel and to speak of their deepest fears surrounding their circumstances. These therapies profoundly add to their overall experience at the Quest for Life Centre. This service has an impact not only on the individual, but their family and the wider community.

The support of the Baxter Charitable Foundation is very much appreciated and all of the staff at Quest extend their thanks to them for helping to make a positive difference in people's lives.

Spring has sprung!



In August of 2007, Meryl Tankard and her family planted a beautiful weeping cherry tree in memory of her mother, Margot Tankard. Margot and Meryl had spent some very special days with us at Quest in the week before Margot's passing.

Meryl also donated \$1000 towards further landscaping around this tree and the wheelchair path area. Our Facilities team, Glen and Wayne, used a portion of these funds to purchase and plant dozens of daffodil bulbs throughout the area. We have been delighted to see such a beautiful display of daffodils pushing up and opening their gorgeous golden heads in the first year of planting! We look forward to future years as the bulbs multiply and create a sea of sunshine in our winter garden.

Meryl's generosity has been well utilized in helping us achieve our dream garden surrounding the gazebo and wheelchair path.

SLOW food at Quest



As many of our readers and past participants know, providing our participants with seasonal (S), local (L), organic (O) and whole food (W) is of tremendous importance to us at Quest. As a naturopath, herbalist, homeopath and yoga and meditation teacher for more than twenty five years, Petrea has witnessed the dramatic health-enhancing effects of an organic, seasonal whole-food diet on both her own health and the health of tens of thousands of people who have attended our programs at the Quest for Life Centre. The effect that such ingredients have on our participants' physical health is evident over the few days they are with us. Our

chef Doug and his offsidiers, Sharon and Jenny work very hard behind the scenes at sourcing the freshest organic produce that they can find.

Thanks to our hard working volunteer, Kay Knight, Quest's ability to shorten the distance of vegetables from the earth to our plates is rapidly improving. Kay is passionate about gardening and growing organic vegetables. After participating in a program at Quest, Kay generously offered her services to create a veggie garden at the Quest for Life Centre. Kay regularly travels to Quest from Sydney in her green combi van and has worked very hard at creating the vegetable beds and preparing the soil. We now have a variety of herbs, leeks, shallots, snowpeas, spinach, rhubarb and rocket growing with more to come as the seasons dictate.

Thank you Kay for making it possible for Quest to provide seasonal, local, organic and whole-food from our own backyard.

Venue Hire

The Quest for Life Centre is the venue of choice for several organizations with philosophies similar to those of Quest. Our tranquil surroundings, nurturing atmosphere and wonderful food combine to make an ideal venue. Every effort is made to accommodate your requirements

when Quest programs are not scheduled.

If you are a like-minded group and are looking for a beautiful venue with fabulous healthy meals and peaceful grounds to host your program, please contact our program department to discuss your needs.

info@questforlife.com.au

Program News

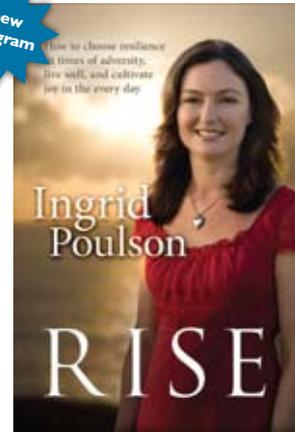
Quest for Resilience

Life can throw us many challenges and sometimes we find it hard to rise up and face our challenges head on. Resilience or the ability to 'bounce back' is often thought of as a gift, something we either 'have' or 'have not'. Ingrid Poulson teaches us, with this practical hands-on workshop, that Resilience is a gift that can be learned.

Ingrid first came across the Quest for Life Centre after experiencing devastating loss and has always cherished the inspiring, nurturing and healing experience she had here. She now enjoys working with individuals and organisations, helping to equip them with the necessary tools for coping with heart ache, illness, bereavement or significant change.

By participating in this weekend program you will develop strategies for managing stress, adversity and change. You will learn to identify personal control and develop positive coping strategies and at last regulate your response to stressful situations using key resilience skills.

Ingrid Poulson has inspired many through her own compelling journey of resilience. She now combines her academic background with her uniquely qualified life experience to build resilience in others. Ingrid is a qualified trainer, holds an MA in Cognitive Science, and has authored a self-help book on resilience, RISE, which is available from the Quest for Life shop or online. To order your copy call Wendy on 02 4883 6805.



Dates: 19 - 21 September

Quest for Forgiveness

Remaining angry with past people or events damages no one but ourselves. More often than not, the people we feel hurt by are oblivious to our discomfort. Yet we lie awake at night rewriting history in our minds or we spend days playing old videos in our head, where we rehearse what we could have, should have, or would have said, given the right opportunity. It could be that 'life' has served us a range of challenges and we are grumpy that life hasn't been so easy for us. This resentment or frustration can damage our relationships and poison our own hearts.

Sometimes it is self-forgiveness that we are yearning for. Whenever we don't forgive, we punish ourselves and others through the choices we make. Forgiveness lays at the heart of our healing and liberates us so that we can be fully present to life NOW!

Forgiveness comes up in all of our programs. It's a complex issue and not an easy one to resolve in one session. That is why we have set aside a whole weekend to focus on what is in need of your forgiveness. You will understand how to liberate yourself from the consequences of feeling wounded by past events or people.

Your facilitator Heather Parkes has been teaching and learning about forgiveness for many years and is also the facilitator of our Healing Grief programs.

Give yourself the gift of forgiveness.

'You can't always control what happens to you but you can always choose the way you respond to what happens to you.'

Come along and join Heather on a Quest for Forgiveness.

Dates: 26 – 28 September
23 – 25 January



Caring for Body and Soul

Through movement and healing foods

Qigong (Chi- Gung) is a powerful healing system developed many thousands of years ago in China. It is similar to Tai Chi but more focused on self healing and is one of the branches of the holistic system of Traditional Chinese Medicine. Simon Blow has been a professional Qigong teacher for over fifteen years and has studied in China on many occasions. He has his own story of amazing recovery from a near fatal car crash and specialises in Qigong for regaining health and promoting healing.

Combined with Simon's expertise in sharing the healing benefits of Qigong you will learn from Chloe Tortorella, a naturopath and nutritionist, what to look for when you're shopping for and preparing meals. You will also receive one of Simon's professional instructional DVD/books on Qigong.

This weekend program will combine the gentle and profound healing possibilities of caring for body and soul through Qigong exercises and learning about shopping for and preparing healthy healing meals.



"It's not so much what I learned as what I experienced." Maureen

"Witnessing the pain of others opened me to my pain and helped me to be totally real and release long suppressed pain." Pamela

"Long live joy." Lynne

Dates: 28 – 30 November

The Next Step

After attending a program at Quest most participants leave feeling they know how to implement positive changes into their lives. If life crowds in upon us or other unexpected events throw our equilibrium off balance we may find that the things we learned in the course need refreshing and we may need re-motivating.



For this reason we have created The Next Step, a follow on course from any of our five day programs. The Next Step gives you the opportunity to refresh your memory, clarify your thinking and deepen your understanding of spirituality and healing. The company of other people who are likewise committed to their own healing inspires and encourages us.

Wendie and Petrea co-facilitate this program which ensures that there will be laughter, insight, honesty and compassion. As any past participant of our programs knows, we are all work in progress. We don't arrive at a place called Peace – and unpack. Peace is a moment by moment choice and requires awareness, diligence and a deep desire to be happy.

Explore with Wendie and Petrea what brings you happiness and what are the particular gifts you have brought to the planet.

"Enjoy the journey not the destination." Robyn

"Allowing myself to take a week out of my life and take up this challenge, has been one of the best things that I have done for myself my whole adult life...Life changing." Lesley

"It was wonderful to be in an environment of safety where one was not judged but respected, heard and nurtured." Mary

Dates: 22 – 26 September
2 – 6 February

Voice and Yoga

Following the great success of our weekend Voice and Yoga programs we have scheduled a week long program during the heart of spring here in Bundanoon.



Experience the Southern Highlands as never before; join us for 5 days of yoga, movement and singing. During this program you will experience the joy of being uplifted by song and 'un-doing' yoga with a new look at traditional yoga suitable for beginners and more experienced practitioners. Leave the week with a new level of confidence and a sense of trust in your body, your voice and your self.

Karen Ashworth "has the voice of an Angel, the heart of a lion and the knowledge of the ancients." Karen blends the wisdom of ancient traditions into her work with the voice. Bringing voices from diverse backgrounds and levels of experience to join together in harmony, fun and laughter is Karen's rare talent. From her training as a yoga teacher, and experience with many different healing modalities, Karen enables participants to engage sound, Mantra, voice and vibration as powerful tools for healing and personal transformation.

Bernadette Arena is a yoga and meditation teacher who has been teaching since 1993. She has worked with all members of the community, including school children, teenagers, people with disabilities, deaf people, the elderly and sports professionals. Bernadette is well known for her ability to help people access deeper connection with the body as a vehicle for regeneration of spirit. Her relaxations are legendary.

Dates: 20 - 24 October

Healing Grief

After facilitating many Healing Grief programs it is evident, from the conversations of past participants, how important connecting with other like minded souls really is.

I have found people often postpone their grieving because they need to 'get back to work', 'look after the children', 'a parent needs them to be strong' or something else in life just requires their immediate attention. Generally these people look fine on the outside, or 'scrub up well' as we tell them, but on the inside it's often a feeling of 'quiet desperation' they are experiencing. That's one of the challenges of grief – it doesn't show on the outside. People who are uncomfortable with feelings, may only comment on how you look rather than enquire about how you feel. If you blurted out how you felt, they may not know what to say or how to be with you. The company of other people who understand how grief feels, is like a balm to our own heart and can provide us with a pathway through our anguish.

Our Healing Grief groups allow you to be in a safe environment with others who understand and perhaps express what has been unutterable until now.

If any of this sounds appealing to you why not join me, Heather Parkes, in the next Healing Grief weekend. Introductory session with Petrea.

"Clarified my mind, supported and helped me focus on my recovery in a way that suits me." Genevieve

"It is so inspiring and gives you confidence and strength to face the future." Susan

"With this much love it is no wonder that miracles and healing do really happen and if not achieved, certainly a peace is achieved in the spirit." Cameron

Dates: 5 – 7 December
6 – 8 February

Program News (continued)

The Art of Qigong

The art of Qigong (Chi-Gung) consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. There are thousands of different styles and systems, either done standing, moving, walking, sitting or lying. Tai Chi is one popular style.

For thousands of years, millions of people have benefited from Qigong practice. In Traditional Chinese Medicine, good health is a result of a free-flowing, well-balanced energy system. Ailments both physical and emotional occur when the flow of Qi is blocked or impeded, causing imbalance and dysfunction in the body's energy system. With regular practice, Qigong helps to cleanse the body of toxins, restore energy, and reduce stress and anxiety, and assists individuals to maintain a healthy and active life.

Qi is a flowing energy and is often compared to water. When water flows through a river system, the environment, plants and animals gain nourishment from this fresh energy supply and will be in good health. When this flow of water becomes blocked or stagnates, the environment around it suffers. I don't think there is good and bad energy - it's all just energy. Similarly, after rain, the stagnant water flows again through the network of channels, streams and along the major

ivers giving life again to the environment. Our own body is a micro representation of our environment and works similarly to the river system. With the correct approach, we can cultivate and transform the stagnant energy in our body into fresh sustaining energy. This flow of energy or Qi in our body is directly related to our posture and body movements, breath and mental condition. When the mind, body and breath are in harmony, our Qi will also be in harmony. It will flow naturally through the energy channels or meridians of the body and with loving kindness, we as conscious beings are able to let our energy

merge with the energy of the universe.

Is Qigong a spiritual practice? It's a good question, because the understanding of spirituality is different to all of us. There are many variables that depend on our background and culture, even the type of work we do. But what is clear to me is that through the process of work, or 'Gong', we are able to refine our energy or 'Qi', clearing the blockages. This calms the emotions and helps us become aware of ourselves as a living spirit in physical form. Then we can express ourselves as a spirit and use our energy or Qi to contribute to the development of the human race.



Practicing Qigong



Practicing Qigong with a Taoist Master in the mountains of China

I haven't worked it all out - life is an ongoing journey, but I get many ideas and positive feed back from students and the people I meet. I'm not sure if we have original ideas or if, when the heart opens and the Qi flows, we are simply all one.

Simon Blow

Simon Blow, a professional Qigong teacher, facilitates our Caring for Body and Soul program. See page 4 for more information on this program.



Qigong retreat

Event News

The Central Coast Rainbow Lunch is on again!

Last year's Rainbow Lunch hosted by Margie Braunstein was such a resounding success that she's decided to do it all again. It was a fabulous day with wonderful entertainment, raffles and auction items and it provided a great opportunity for past participants to attend with their families and loved ones. Also, many people came to get a 'feel' for what they might experience if they were to attend a program at Quest. Petrea will once again be speaking at the Rainbow Lunch to be held on Sunday 30 November 2008.

The funds raised this year will go towards providing subsidies for people to attend Quest for Life programs and for the

Rainbow Quest initiative that brings Sooky the rainbow bear (read more on Sooky on the Shop News page) and rainbow ribbons with hearts into the hands of people who need them. The rainbow ribbons at Quest have proved wonderfully popular and we will soon have them available with a small red heart attached to each end. These symbolise that we are always connected through love via the visual image of the rainbow. These will be available at the lunch which will also serve as a way of launching the Rainbow Quest range of products.

Our venue

This year we will enjoy the panoramic ocean views from The Reef Restaurant in Terrigal which overlooks the Pacific all the way from Terrigal to Norah Head.

Book early

Tickets are \$85 per person with all funds raised going to the Quest for Life Foundation. We will be conducting a raffle on the day with some generous local businesses



This year we will enjoy the panoramic ocean views...

donating exciting prizes. We have a bigger venue for 2008 due to selling out so quickly last year but space is still limited so we recommend you book early to secure your place. Tickets can be purchased by phoning The Reef Restaurant on 4385 3222. Payment will be accepted by The Reef when you book. We look forward to reconnecting with our Central Coast past and future participants and their families.

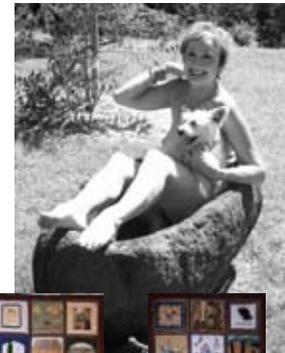
Calendar Girls – The Women of Wollombi

52 women and men of the Wollombi Valley created quilt squares of 'What I Love about the Valley', which were then made into 3 beautifully crafted quilts now hanging in The Old Dance Hall (circa 1850) in Wollombi. To raise money to cover the costs of preserving and presenting the quilts (with the help of the Powerhouse Museum) the group decided to produce a Calendar, like the Calendar Girls! 24 women for 24 months, a 2 year calendar, with ages ranging from 30 – 83! These are the Women of Wollombi

photographed doing what they do in the Valley – with some surprises!

The women will also donate the surplus funds raised to their favourite charity and have voted unanimously for the Quest for Life Foundation. Quest for Life has positively contributed to the lives of men and women in the Wollombi Valley and this is a way for them to give back and has made the Quilt an even more worthwhile venture for the group.

The Calendar will be on sale in November for \$20 each and will be available through the Quest Shop or by contacting Cate Sadler at cmsadler2@bigpond.com.



'Miss May'

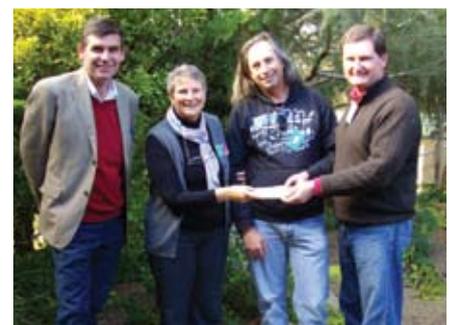


Rise Fly-Fishing Film Festival

The Southern Highland Fly-Fishers recently hosted the Rise Film Festival at the Mittagong RSL as part of an Australian and New Zealand tour. Approximately 100 people attended to watch several remarkable short films on the exciting sport of fly fishing. The evening was a huge success with attendance at the Southern Highlands event surpassing several major Australian and New Zealand venues.

Callum Ross and Roy Hauptberger put in a huge effort to organise the event and deserve recognition for their initiative and persistence. The Society was encouraged to support the Quest for Life Foundation by their member, Dr Hugh Seaton, and they have donated in excess of \$1000 from the proceeds of the evening.

Quest for Life extends its heartfelt thanks to the Fly-Fishers in the Southern Highlands for their support of our work.



(L to R) are: David Brindley, Petrea, Roy Hauptberger, Paul Miller

Inspirational News

This is the section where we offer you inspiration. It may come from letters from past participants, friends of Quest, our facilitators or staff.



To Eleanor, Bernadette and all of you lovely people at Quest for Life,

I just received my winter copy of *Connections*. After reading it I realised that I must get in contact to say hello and let you know how we are going (and boy, am I pleased to say we).

My mum Cherry and I attended Quest in April 2007. A week before we attended, mum had been diagnosed with nasopharyngeal carcinoma. Mum was very unwell and had trouble keeping awake throughout our sessions.

In June mum started chemotherapy and was hospitalised for the last few weeks of treatment due to weakness and infection. On arrival home mum looked like a shadow of her former self. She could only lie in bed and was fed through a peg. We all took it a day at a time. Each month

brought mum a little more energy and a few more smiles.

Six weeks ago I took mum to have the peg removed and her eyebrows tattooed all on the same day! She has been told that she is in remission. Mum continues to improve everyday. Our family is overjoyed, especially my children who had been told she may die. The doctor told me to tell the kids this as they did not expect her to make it till Christmas.

In the last year our lives have changed so much. I know some of the people in our group at Quest have now passed and I am truly grateful for the time we all spent together.

I attended as a support person for my mum, thinking only of her: Wow, I learnt so much and being at Quest changed my outlook as a person. Some of it was hard and painful. The thing that comes to mind now and will stay with me forever is 'we

are each on our own journey'. The collage was another turning moment for me: mine was dark and deep, full of skulls, tombs and ancient things. I was doing this for me. This was how I wanted to do it even though mum discouraged me and wanted me to 'pretty it up'. Another biggie was looking after ourselves, meditation and diet. The beautiful things I left with were friendships and rainbows. My absolute favourite part was the singing therapy with Karen, the release of emotions and energy that came out that night I will never forget. It was a shame mum was too tired to take part.

I would like to thank you all for being able to make a difference in our lives and to bring a sense of peace no matter how much time we may have left.

Love and blessings

Kylie Bray

Thank you for one of the most wonderful weeks of my life!

I thoroughly enjoyed the time I spent at Bundanoon and truly treasure the experience.

Since I have arrived home little snippets of information I learned keep coming back to me, usually just when I need to hear them. My eating habits have changed and I am juicing daily as well as meditating.

The best part though is that I feel fantastic and yet I have had a lot to deal with since returning home – all OK now.

I don't even enjoy meat much and I have been a carnivore forever! What have you done to me? I have sung your praises everywhere I go and one man, I know will definitely be coming to visit.

It was the 2nd best decision of my life. The first was giving up drinking 18 years ago. Had I not done that I would not have lived long enough to attend the Quest for Life program.

Thank you for everything and much love to all of you—you're fantastic!

Jan

Rainbow Connections

Kermit the frog once sang:

"Someday we'll find it, the rainbow connection, for lovers, for dreamers, and me!"

I'd like to share memories and my recent rainbow connection.

Mike, my husband and I made the move to the Southern Highlands two years ago from our coastal home on Phillip

Island, Victoria. The pull being our son and his wife and particularly, the arrivals of one, then another, then a third, beautiful grandchild!

Initially settling in Bundanoon I immediately felt a pull toward the Petrea King Quest for Life Centre and can remember commenting to Mike, as we drove by on that first day, "I'm going to work there!" not having any idea of how or when, or that, indeed both Mike and I would soon be part of the team.

So, the rainbow connection? Rainbows and rainbow ribbons feature quite strongly at Quest but it wasn't until I participated in a recent weekend program that I remembered their prior significance in my life.

In 1996 I was privileged to be part of a small group who travelled from Katmandu

Quest for Life

by Jess Mason

Where you come to heal
Broken bodies and frayed minds
Diminish dark days

No Longer a Heart of Stone

by Nadene Masselos

From the bowl I drew this stone
"I'm yours," its colour cried
The ochre hue and earthen tone
Amidst dull shades it stood alone
I knew that it was mine.

I studied every bump and grain
Its feel, its shape, its size
Imagined it in its own terrain
Its brokenness it couldn't feign
The dust was no disguise.

I wet the stone to further view
What more it might reveal
Its composition gave no clue
A chip of boulder – nothing new
How could it help me heal?

A closer look, and then I saw
Deep gauges at its centre
The empty holes, the fatal flaw
The pain I feel I can't ignore
My damaged heart so tender.

I clutched my stone within my palm
Allowed myself to ache
Remembered refuge in a Psalm
God's soothing words, a healing balm
My life was no mistake.

The source of pain identified
A healed heart now my Quest
The parts of me I thought had died
The gifts and blessing long denied
I have survived the test.

I'm moving slowly at my pace
Though still with some despair
This is my journey, not a race
With love and peace, now know my place
And in the end I'll get there.

to the wilds of Western Tibet, specifically to take part in the annual Saga Dawa festival and to walk the kora around Mt Kailash.

Mt Kailash is long believed to be the navel of the world, the Throne of God. It lies in the centre of the Tibetan plateau, which drains into the four great rivers, the Ganges, Indus, Sutlej and Brahmaputra. This snow covered, dome shaped mountain loomed large in the distance as we gathered to witness and take part in the festival which is held each year in celebration of the Buddha's birthday. How blessed was I to be celebrating my 48th birthday on this day?

The festival involves the raising of a giant prayer flagpole which takes several hours to complete. We watched the long process from a nearby hilltop with the gathering crowd of pilgrims and nomads from far and wide. To the accompaniment of much cheering and shouting the flagpole was eventually raised and I was soon drawn into the vortex of energy as all began to walk clockwise around the pole to the strident sounds of drums, cymbals and horns played by the attending monks.

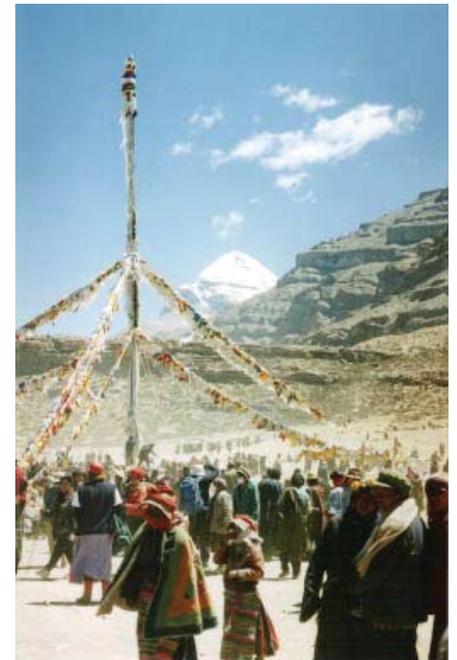
The following morning was the first day of our three day trek around Mt Kailash: a trek that, if successfully completed, is said to erase the accumulated sins of a lifetime! As we began our slow climb up the valley, my friend and I decided to make the recommended detour to visit the Chuku Monastery perched high up on the hill to one side of our path. As we clambered up the rough pathway, huffing and puffing from the effort to breathe at that altitude, we heard the approaching sounds of happy voices and were soon joined by a small group of young nuns.

Our greeting of tashi dele (hello) being the only Tibetan we knew, it was with much laughing and gesturing that two of

the nuns wrested our backpacks from us and continued up the mountain with Judy and I plodding slowly along behind. Upon reaching the entrance to the monastery, once more with much hilarity, we were given back our packs. How to thank them? In the same moment we reached for our group mascots tied to our packs and handed them to our 'porters'. Giggling, they each accepted our long strips of 'Rainbow Ribbon', turned and quickly disappeared into the depths of the monastery, leaving Judy and I to gaze in awe at the amazing view of Mt Kailash far into the distance, before returning to our group and continuing the trek.

Yes, we successfully completed our kora of Mt Kailash, one strong highlight being the exchanging of our Rainbow Ribbons in gratitude. May we all send rainbows of love and compassion to Tibet and its people as they continue the struggle to be free.

Val



If you would prefer to receive your Connections Newsletter by email rather than by regular post, please email info@questforlife.com.au.

Shop News

Rainbow bears

The long awaited rainbow bear, Sooky featured in Petrea's children's book *Rainbow Kids*, is due to arrive at Quest in mid September. The bears are handmade by women in Peru (more on that in our next issue) using the seven colours of the rainbow,

In the new children's book *The Rainbow Garden*, co-authored by Petrea and Deb Warren and due out in November, one of the children "holds onto Sooky the rainbow bear, in his pocket, to give him courage." We all need that extra little bit of courage and security at times, especially children when facing some of life's many challenges. The connection felt when cuddling a much loved toy, or clutching it in your pocket is both positive and profound – having Sooky knitted in rainbow colours becomes an even more powerful and healing image.

Sooky comes in both large and small sizes. The large size, approximately 28cms in length, is a soft cuddly bear with a delightful round face just made for snuggling. Big Sooky makes a great pillow for comforting a small head. The small Sooky is a compact 9.5cms, wonderful for popping into a pocket, backpack or just holding close.

Essential oil blends

At times, we need something more to increase our mindfulness with meditation and our enjoyment when reading. Deb Warren, a senior massage therapist at Quest, is also an accredited aromatherapist, and she has developed some essential oil blends to marry in with Petrea's books and CDs.

These include a Relaxation blend, wonderful with the *Relaxation* CD, a Meditation blend for all CDs, especially *Learning to Meditate* and *Golden Light*, and a Stress blend, again for all CDs. Mental Clarity is suitable when our concentration is allusive which often happens in times of stress. These are all safe for oil burners or blended 2 – 3% in a base oil for body application.

For children, and as a great addition to the *Rainbow Connection* CD, we have *Children Calming* with Lavender, Ylang Ylang, Frankincense and Cedarwood; *Children Anxiety* with Lavender, Rosewood, Bergamot and Ylang Ylang; and *Children Sleeping* with Lavender, Lemon, Marjoram, Roman Chamomile and Jojoba. These blends may be used for adults, but are specifically for children and can be made up as massage or bath oils, body lotion, body butter, body mist or room spray and of course as the essential oil for oil burners.

As sizes differ with the oils we are unable to print the prices, but as an introductory offer we are happy to take 20% off the RRP of Petrea's books and CDs if purchased with an essential oil blend.

Charity Greeting Cards

The Quest for Life Foundation is once again registered with Charity Greeting Cards for those of you who like to send personalized corporate Christmas cards.

Each personalized Christmas card you send will have the Quest for Life logo printed on the inside and 40 cents from each card will be donated directly to the Quest for Life Foundation. There is a wonderful selection of quality cards and verses available.

Visit www.charitygreetingcards.com.au/nsw to view the cards. Orders placed before 10 October 2008 will receive a 10% discount. Alternatively, order online at www.christmascards4charity.com.au/qfl and receive a 5% discount.



Big Sooky is \$44.00 and little Sooky \$12.95 including postage and handling.



Please contact Wendy at the Quest Shop for any further information on 4883 6805 or shop@questforlife.com.au



Recipe Request

Rainbow Pasta

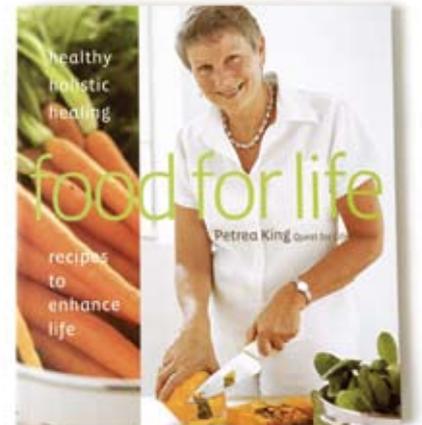
500g dried penne
1 bunch asparagus, trimmed and cut into 4cm lengths
150g green and yellow beans, cut into bite-sized lengths
1 cup diced eggplant
1 red capsicum, seeded and finely sliced
4 tomatoes, seeded and diced
¼ cup extra-virgin olive oil
or ¼ - ½ cup hot vegetable stock
¼ cup lemon juice
2 teaspoons Dijon mustard
1 teaspoon chopped red chili (optional)
sea salt and black pepper
1/3 cup freshly grated parmesan

Cook the pasta in boiling water until just tender. While the pasta is cooking, steam the asparagus, beans and eggplant then place in a large warm bowl. Toss together with the red capsicum and diced tomato and cooked pasta.

Whisk together the olive oil, lemon juice, mustard and chili (if using). Gently toss through the pasta and vegetable mixture and season with sea salt and black pepper. Scatter with grated parmesan and serve. Serves 4.



Petrea's Food for Life contains recipes that are both a tonic for your body and your soul. They are healthy and holistic as well as enhancing life. Food for Life can be ordered online or through Wendy at the Quest Shop.



Ruth Cracknell's garden
Photo by Lyn Perkin

Diary Dates

September 2008 –
March 2009

Monday to Friday Programs

Quest for Life

With Eleanor Oyston, Bernadette Arena and Petrea King

15 – 19 September; 13 – 17 October;
3 – 7 November; 8 – 12 December;
26 – 30 January; 23 – 27 February

Spirited Women

With Bernadette Arena, Petrea King and other facilitators

12 – 16 January

Healing Your Life

With Bernadette Arena, Margie Braunstein, Petrea King and Wendie Batho
8 – 12 September; 27 – 31 October; 15 – 19 December; 16 – 20 February; 9 – 13 March

Healing Your Life - Women

With Bernadette Arena, Margie Braunstein, Petrea King and Wendie Batho
29 September – 3 October; 24 – 28 November; 19 – 23 January

Neuro-Immune

With Eleanor Oyston and Nikki Coleman
9 – 13 February

The Next Step

With Petrea King and Wendie Batho
22 – 26 September; 2 – 6 February

ESSENCE of Health

(Monday to Thursday)
With Dr Craig Hasted and Petrea King
1 – 4 December

Singing the Song of Your Body

(Voice and Yoga)
With Bernadette Arena and Karen Ashworth
20 – 24 October

Weekend and Special Interest Programs

Beyond Survival

With Jane Ewins, Christian Harper and Petrea King
21 – 23 November; 6 – 8 March

Healing Grief

With Heather Parkes and Petrea King
5 – 7 December; 6 – 8 February

Mindfulness Meditation

With Eloise Ross-Jones and Maria Bakas Booker
10 – 12 October; 13 – 15 February

Quest for Forgiveness

With Heather Parkes and Petrea King
26 – 28 September; 23 – 25 January

Quest for Resilience

With Ingrid Poulson
19 – 21 September

Singing the Song of Your Body

(Voice and Yoga)
With Bernadette Arena and Karen Ashworth
20 – 22 February

Caring for Body and Soul

(Qigong and healing foods)
With Simon Blow and Chloe Tortorella
28 – 30 November

Massage, Cancer and More

(module 2)
With Eleanor Oyston
16 – 19 January

Oncology Massage

(module 1)
With Eleanor Oyston
Tasmania 26 – 28 September
Northern Sydney 17 – 19 November
Blue Mountains 24 – 26 October
Southern Sydney 28 – 30 November

Petrea's Events

Petrea will be a guest speaker at the following events. Please visit our website and follow the link to Petrea's Events for further information and for the contact details for each event.

3 September

Southern Highlands Business Women's Network - Bowral

6 September

Annesley Lifestyle Expo – Bowral

27 September

Counsellors and Psychotherapists (CAPA) Conference – Sydney

28 September

Blue Mountains Cancer Community Cancer Conference – Katoomba

11 – 12 October

New Zealand Mindbody Conference – Auckland

26 October

Symphony of Soles Conference – Sydney

20 -21 November

Happiness and It's Causes Conference Asia – Singapore

30 November

The Rainbow Lunch at Terrigal

How to host an event for Quest?

We are often asked - how can people help Quest? We have now developed event kits for those who wish to fundraise for Quest. If you are interested in hosting an event, we are more than happy to help. Please contact Quest to discuss: info@questforlife.com.au

Connections



Newsletter of the Petrea King Quest for Life Centre

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