

Connections

Newsletter of the Quest for Life Foundation



AUTUMN 2010



It might be autumn but Quest has a spring in its step

Bundanoon is ablaze with colour as autumn paints her abundant hues of gold, auburn, yellow and claret and leaves lie thick on the ground. While the growth in our gardens is gently slowing, the work of Quest continues to grow and flourish.

The past few months have seen the launch of many new projects and services which you will find detailed within this issue of Connections. The expanded focus of Quest means that many more people are able to access our programs and services through online projects and workshops in the community and at the Harmony Centre in Bundanoon.

Our team of facilitators develop programs that specifically target the challenges of grief, loss, domestic violence, cancer and trauma within diverse communities. Over two thousand people attended one, two and three day programs throughout Victoria when Wendie and I did a month long tour through fire and drought affected areas. Our thanks to Barbara Woodberry from the Loddon Mallee Cancer Integrative Services who organised and hosted much of this tour and the Quest for Life Foundation, Bendigo Bank, Victoria Health, the Otis Foundation and Dame Elisabeth Murdoch who generously supported it so everyone could attend.

Climate change, natural disasters, diminishing resources and economic collapse are shaking the foundations of how we live on this precious planet we call 'home'. This was very evident in our workshops in rural and regional Victoria where drought, debt and climate change are impacting families profoundly and are leading to depression, loss, illness, suicide, grief and trauma. In many communities, resilience is wearing thin and people are struggling to remain optimistic when there seem to be no simple or obvious solutions to their problems. The gratitude for the resources we took into their communities was humbling. It is only through your support and donations that we're able to expand this profoundly helpful work in communities often bereft of services.

I have particularly enjoyed meeting many of our past participants in rural and regional areas and hearing updates

on their lives. We have been touched by the wonderful stories of healing, forgiveness and renewed resilience and vigour for life that people speak of since they put into practice some proper self care and the practical self help strategies they learnt about on our programs.

The greatest gift you can give yourself, your families, your community or the



Petrea's keynote The Point of Stillness in a Changing World at the Happiness and Its Causes conference

planet is the gift of your own good physical, mental, emotional and spiritual health. Then you bring a well replenished 'self' to the drama, the confusion, the upset, the dilemma. Trying to address challenges when you're feeling depleted, exhausted, depressed or irritable will never bring you profound insight and solutions.



Panel members Dr Robert Thurman, Dr Edward de Bono, Dr Sara Lazar and Petrea discussing with Natasha Mitchell the question: Is Ignorance Bliss?

I recently spoke at the Happiness and Its Causes conference in Sydney along with an amazing array of speakers. These included the Buddhist scholar Dr Robert Thurman, the feminist Naomi Wolf, renowned creative thinking specialist Dr Edward de Bono, lots of professors and media personalities and some individuals with powerful stories of forgiveness and healing including Lindy Chamberlain-Creighton, Ken Marslew and Young Australian of the Year ('09) Jonty Bush.

Research continues to support and expand our understanding of the

profound value of meditation, forgiveness and living with increased awareness of the interconnectedness of all life.

Never has there been a time when it is so important for each of us to develop an inner stability and equilibrium. Access to an internal sense of calm and connection allows us to meet the challenges in our personal and planetary lives in a way that is wise, sustainable and creative. All speakers at the conference added to the understanding of the challenges we face as individuals and as a larger community and shared their perspectives on how to creatively engage with finding solutions.

Within these pages you will discover some new programs, services and possibilities for you to benefit from your association with the Quest for Life Foundation. We look forward to our paths crossing with yours at one of our residential or day programs, online through a free webinar or online seminar, through Facebook, our Facilitator's Blog or through the range of expanded services within the community.

I ask you to please support our end-of-financial-year appeal with a generous donation so that we can continue and expand the range of services we provide for people living with the significant trauma of cancer, grief, loss and depression. Many participants require scholarships to attend our life-changing programs and your support makes a major and positive difference in people's lives. Please use the enclosed donation form and return envelope or donate online at:

www.givenow.com.au/questforlife.

Thank you for your support.

A handwritten signature in black ink that reads "Petrea".

"I just want to say how grateful I am for all the love and support I received at the program last month. I had a profound shift in my mind and heart that eclipsed years of therapy. I felt better from that one week than all the therapy put together!"

Thomas

Program News

Information Evenings

Receive \$200 of Petrea's Books and CDs free

Have you heard the buzz about the new Quest for Life Information evenings? They are a great opportunity to come and hear about Quest programs, meet some of our team, experience meditation and receive special offers when you book into a program.

Here Bernadette, one of our facilitators shares her experience of conducting our first evening:



Bernadette Arena

Our first Quest for Life Information Evening was held in April at the Corrimal Community Centre, in Wollongong. Val, from our online shop, and Mike our trusty volunteer were there to welcome our guests for the evening. One woman who had attended a Quest for Life program earlier in the year also came to offer her support. She looked so well, she was actually glowing!

During the evening she spoke of her experience. She said, "I just have to say what a wonderful experience a program is. Thank you so much for your care while I was at Quest. I learned so much and was so inspired. I am putting into place daily meditation and gentle exercise and I feel so much better." What really struck me though was when she said, "I feel now that every day is a fresh beginning. In fact anytime, throughout the day, can be a fresh beginning."

That is the kind of feedback we receive so often and it is wonderful

that Quest is offering free evenings for people to find out more about our valuable programs and services.

After a brief introduction to the history of Quest for Life Foundation we explored the benefits of meditation and relaxation and, during the practice, the peace in the room was palpable.

The essence of the evening was about how we can regain control over our response to the challenges we face in our lives and how we can apply self help strategies in day to day life.

This was followed by questions and a discussion. After I'd outlined what happens on a Quest program and talked about all our other services, many people were committed to attending a program.

So encourage your friends and family to come along to one of our information evenings. The evenings begin promptly at 6.30pm and finish at 8.00pm. Registrations are essential through our website: www.questforlife.com.au.

Bernadette Arena
Senior Facilitator

FREE Quest for Life INFORMATION EVENING



Date: Wednesday 14 July

Time: 6:30-8:00pm

Venue: Awareness Centre

Suite 1/20 Clarke St
Crows Nest NSW

Registrations: Essential

Online: www.questforlife.com.au

Phone: 1300 941 488

All people who register for a program on the night and pay a deposit receive \$200 worth of Petrea's books and CDs FREE!

Meditation, Meaning and the Mind

A day with Petrea King – 6 June

Our one day seminars at the Sydney Adventist Hospital have proven to be very popular events with both past participants and newcomers benefiting from these inspiring days led by Petrea.

The next Sydney seminar will focus on meditation and you will experience a day of insights, practice and profound strategies for self knowledge and mastery. Practices such as meditation are not just a time out in a busy day, they are skills for life in helping us to live more consciously and to better understand the relationship between body, mind

and spirit. As we find greater balance and harmony within ourselves we can also re-engage with relationships and the world in a far more conscious way. The teachings will be gentle but direct with ample time given to instruction, practice, reflection and discussion and will be of benefit to the novice and the experienced practitioner alike.

- enhancing our skills in meditation
- learning to live more consciously in the present
- exploring strategies for leading healthier lives
- learning to live skillfully with stress and

move beyond difficult emotions

- understanding the mind/body connection
- exploring the true nature of happiness
- enhancing communication, relationships and connectedness

Join Petrea on Sunday 6 June at the Sydney Adventist Hospital, Wahroonga. Book your tickets online at: www.questforlife.com.au or phone: 1300 941 488.

Meditate for Life

The Quest for Life Foundation is delighted to announce that it will be teaching meditation classes in Sydney.

In a world that is becoming increasingly complex, pressured and stressful it's important we find a way to maintain some equanimity; something that will help counter-balance the busy, demanding and challenging life that so many of us lead. This is particularly true if we are going through a personal crisis.



Meditation is proven to be one of the most effective vehicles for achieving such a balance. An easy-to-learn, daily meditation practice that can be done almost anywhere will help you deal with stress and achieve more clarity and wellbeing.

Research covered in the Meditation course has confirmed the many benefits of meditation, including:

- Relief from disturbed sleeping patterns
- Improved effectiveness and productivity at work
- Greater creativity and problem-solving abilities
- Improved emotional intelligence
- More autonomy and less reactivity
- Stress relief
- Improved mental capacity
- Healthier old age
- A greater sense of inner peace and contentment

Once a week for 8 weeks we will establish a basic meditation practice, and then build on this practice by introducing a number of meditation techniques that can be used in different situations. There will be plenty of time to work with building a solid practice and explore what is actually happening physically, mentally, emotionally and spiritually while you are meditating.

If you would like to learn how to meditate, or have learnt to meditate and want to re-establish or deepen your practice, this 8 week course is the

Your Meditation Teachers – StJohn Miall and Alexia Miall

StJohn and Alexia have accumulated between them over 50 years of meditation teaching and practice, and have taught 1000's of people all over Australia how to meditate and have recently joined the Quest for Life team of facilitators.



StJohn and Alexia Miall

perfect vehicle to help you experience the practical value of meditation and how it can benefit your everyday life.

Visit www.questforlife.com.au for details of the course starting on 28 June in Crows Nest.

Take a Stand for Life

The Quest for Life Foundation is excited to introduce a new program designed especially for those of you that have already attended other Quest for Life Programs and who want to take the next steps on their path of personal and spiritual development.

None of us know how much time we have left to live. What is important is that we learn to live each day as fully as we can and make sure we are putting our energy into what is most important for us. This requires us to take a stand for our life, what we want to achieve and how we want to develop the important relationships in our lives.

This program is specifically designed to build on the material covered in Healing Your Life and Quest for Life programs and to further develop skills to support a rich and rewarding life, physically, mentally, emotionally and spiritually.

All the things that you found so valuable before – the stretching and meditation before breakfast, the wonderful delicious food, the juice breaks, the access to one-on-one massage and counselling will be included in the program. Plus there is the added bonus of spending 5 days with the company of others who are travelling along similar paths. On top of this we will be building on your life-skills through a deepening of your understanding of how human beings grow, developing greater mastery over your feeling states, discovering how to tap into your innate personal power and build on your interpersonal skills. This nurturing and skill development is all in support of the central theme of our time together – getting clear on what is really important for you right now, and what sort of stand you are willing to take for it.

Like all Quest for Life programs, you will be supported to find your own

answers to these questions and go at your own pace as you come to terms with what's important for you now.

Our programs are supported through NSW Health so please call us to discuss your needs if you require a sponsored place.

Program Facilitators - StJohn Miall and Alexia Miall

StJohn and his wife Alexia have been involved in facilitating personal development programs since the 1980s and between them they have supported thousands of people in coming to terms with who they are and developing the skills to come to terms with the complicated challenges that life throws at us all. Alexia is recognised for her compassionate humanity and StJohn for his clarity and humour.

Living on Purpose

Petrea King will be conducting a retreat at the Harmony Centre in Bundanoon September 20 – 24. Bookings can only be made directly with the Vajrayana Institute who are hosting the retreat.

Life seems to be speeding up as technology advances, time shrinks and career and family responsibilities impinge upon us. Add to this economic, climatic and emotional challenges and it's no wonder we lose our inner equilibrium and focus. We are living in a time of significant transition. We can honour this transition by holding a clear intention to live with purpose and meaning. The

greatest gift we can give ourselves, our families or the planet is access to our intuition and the gift of our own inner stability. This state of authenticity, inner strength and focus is borne of our physical, emotional, mental and spiritual health and wellbeing.

Some of our topics and sessions will be: awakening the body/mind; mindfulness and focused attention in daily life; science and spirituality, the meeting point; the nature of consciousness; self-observation as a tool for liberation; dissolving separation, experiencing oneness; deep relaxation and connecting with the silence;



Harmony Centre Grounds

responding rather than reacting.

This is a wonderful opportunity for you to enjoy a full retreat experience with Petrea and is bound to fill quickly so please contact the Vajrayana Institute on 02 8719 5136 to secure your place.

Tailor Made Programs for your Organisation or Community

We are working with other organisations and communities to tailor make programs for their members, clients or residents. Some of these include Compassionate Friends and Canteen for a Siblings Grief Program, the Gender Centre, Housing NSW for a community program in South West Sydney and Gamarada Aboriginal Men's Healing Program.

The Quest for Life Foundation has a number of days available to conduct one or more day programs in your organisation or community. These can be done by Petrea King or one or more of our other highly qualified and experienced facilitators. Ideally we like to focus on a region and conduct a number of programs throughout the area. For instance, these might include working with health professionals on one day, the general community on another and non-professional carers on a third day. The focus of the programs could be similar, e.g. resilience, grief, self-care but tailored to each groups needs. We work closely with local service providers to ensure that our program fits the people present. These can be conducted for groups of 40 – 100 people...or more! Topics include: Happiness is an Inside Job; Your Life Matters; Healing Your Life; Meditation and Emotions; Resilience; Healing Grief or a topic and content that we negotiate with you.



Catriona Kealy and Petrea



Central Coast Family Pathways Network's afternoon with Petrea

To make this happen, we require a champion within your organisation who will promote the program, organise bookings and logistics. We have a comprehensive information package available to give you all the information you need.

Please contact Samantha on samantha@questforlife.com.au or 1300 941 488. We look forward to connecting with you soon!

Conscious Living and Dying

I first had the good fortune of meeting Petrea when I joined the O&K Cancer Support Group about 1990 I was still receiving treatment for advanced Breast Cancer at the time.

Our group founded by Joan Lang, recipient of the Australian of the Year Award, invited Petrea to come to our little town of Myrtleford where a very inspiring and successful Seminar was held at the Savoy Club. Speaking for myself and the Group, none left the Seminar without a deeper meaning to our lives.

For those of us who attended the Seminar run by Wendie and Petrea at Albury we wish to thank you for the 3 days of 'Food for the Soul' which we hope to be able to pass on to others.

Not forgetting all who were involved and made it possible. Thank you.

Does anyone every get tired of those words... They lost their Battle with Cancer. Makes a person feel that they are a loser when it's quite the opposite, so I wrote this little poem.

*The end of my Endurance
Is what I've reached today
I never 'Lost my Battle with Cancer'
Isn't that what they always say.
It may have ravished my body
But that accounts for nought
True Courage shines through the
Spirit
Isn't that how Battles are fought?
So for all who have gone before me
And for all who will follow on
'Remember'
You are the 'Victors'
By Courage
The Battle, You Won*

By **Nina Tuvel**

A one day seminar was held in Mullumbimby for a great group of people interested in living and dying with grace and dignity. Zenith Virago and Petrea co-facilitated the day and our thanks go to a great group of volunteers including Susan O'Neill, Barbara Pinter, Judy Sunshine, Lindy McCollum, Alexandra Spiratos, Helen Parker, Kirien Withers, Dr Joanne Doran, Jennifer and Kerry who all made the 60 participants welcome and the day flow smoothly.



Petrea and Zenith

Connect with a Counsellor



Counselling is an integral part of the support offered to participants on Quest for Life Foundation programs. We often receive enquiries from people asking us for details of counsellors who are familiar with the work of Quest for Life and program content. This can be a great way to continue the process of support and healing after going home.

We are very happy to provide details for the counsellors who work on our programs. The purpose of this service is to connect you to counselling that embraces the philosophies of love, acceptance and self-care. By providing a list of counsellors you can choose the person that feels right for you or is in your local area.

All counsellors are fully qualified and have been either counsellors or

facilitators with Quest for Life programs. This service is available to anyone seeking support whether you have attended a program or not and fees for the service are set by the individual counsellors.

At present the counsellors are based on the Central Coast, Sydney and South Coast of NSW. There is more information on the website. Counsellors offer face-to-face and telephone counselling and home visits may be possible for people confined to home.

All the counsellors are committed to providing quality care and support and welcome your enquiries. For more information please contact:

1300 941 488

or visit www.questforlife.com.au

Online Services

Since our last issue of Connections we have grown a vibrant community on Facebook, started a blog with contributions from all our facilitators and have launched a brand new website!

Facebook

Since launching our Facebook page in November last year, we have been overwhelmed by the number of people who have joined and who comment and support our Quest for Life community.

On our page we:

- Keep you posted on Petrea's events
- Tell you about Quest programs and services
- Give away free tickets and gifts from people who support Quest for Life
- Post links to the latest blogs by our wonderful facilitators
- Share inspirational thoughts, pictures and videos

Petrea, Wendie and the rest of the team see your posts, respond when they can and really enjoy connecting with you online. We love hearing from past participants and seeing you comment on each other's posts is also affirming; it truly represents our Quest for Life community. Haven't joined up yet?

Join us on:

www.facebook.com/petreaking - go to the page and just click 'Like'. It is a great support to us when you 'Share' our content there with your friends too!



Quest for Life eSeminars

Imagine sitting in the comfort of your own home and watching/listening to Petrea talking about something that matters to you. For anyone who has heard Petrea on radio, you know that she has an amazing ability to speak directly to each and every listener. Now you have the opportunity to not only see and hear her in your own home, but also ask her questions and have her answer...live!

These new eSeminars are being held once a month and are conducted

by Petrea or one of our other highly trained facilitators. They cost \$39 and at present they are only available live. In the future, we may have them available as recordings to purchase through our website.

The process for booking into our eSeminars is very simple and each seminar is available for registration through our website: www.questforlife.com.au

The schedule for online seminars is:

Tuesday 22 June	Meditate for Life with StJohn Miall
Tuesday 20 July	Resilient Children with Petrea King
Tuesday 21 September	Resilience with Petrea King
Tuesday 24 August	Meet Your Healer Within with Michelle Richmond



Facilitators' Blog

Just recently we launched into the world of blogging. We have 10 facilitators who are busy writing regularly, to share with you their thoughts, ideas, knowledge, wisdom and tips for being the best you, with the best life possible. We have posted more than 20 blogs to date and had almost 2,000 visitors to the blog already. It is a wealth of information and a great way to get to know our facilitators and to join some discussions on topics that may be of interest to you. You can subscribe to the blog so that it arrives in your email inbox every few days. Subscribe at: www.qflf.wordpress.com.



Website

As this newsletter goes to press, we are putting the finishing touches on our brand new website. The new site is vibrant, easy to navigate and filled with ways for you to engage and interact with Quest for Life. New features include:

- **Rainbow Gallery** – where children can upload their rainbow drawings
- **Videos** that explain our programs and services
- Interactive online **booking forms** to easily register for programs
- Access to all our online **media**
- Access to our online library of **articles**

We look forward to seeing you online soon!

Our new website enables you to keep abreast of the many activities of the Quest for Life Foundation and provides links to our online version of Connections, our facilitator's blog, Facebook and our donation form. There's also a great new feature that allows children to upload their rainbow pictures. The Rainbow Ritual is always available as a free download from the Quest website. Jessica Hannagan recently wrote to Petrea with the following story.

"My husband and I separated some time ago and because he now lives a long way away, my three year old daughter Lucy rarely sees him. This was causing her a lot of pain and sadness, especially just before going to sleep. For the last couple of months, every night we have been calling on the angels for help to send our love across shining love rainbows. Lucy no longer has pain and sadness around her father not being here. It's amazing, it's profound, it's so simple and so beautiful!"

Jessica

From the Quest Community

The Hero's Journey

I am just back from beautiful Bundanoon and Healing Your Life and I wanted to take a moment to reflect on my experience of the program. Many of you in the Quest for Life community have had the opportunity to participate by either making the journey to Bundanoon or attending one of the other programs or events around Australia, but for those who have not had the experience, I thought I would jot down some of the highlights for me as a facilitator...

As I drive up the pebble driveway, I hear the crackle of stones under my tyres and my heart does a little jump. I feel a great sense of anticipation arising in me. I have been on many programs in the past few years and it always fills me with joy to see the outline of the big house appear as I round the bend.

As I park, I remember the first time I came to Bundanoon for a program. I was feeling apprehensive but curious and I remember an internal question forming which went something like, "What am I getting myself into here?" I imagine it is similar for many who make the trip for the first time.

The first day is underway and as usual my heart is beginning to melt as I get to appreciate the experiences that people have in life and wonder at what courageous and beautiful human beings they all are. For some it seems that even turning up on a program takes an

enormous act of bravery. I am reminded of the archetypal 'Hero's journey'. Here's the short version. In the classic myth, the hero hears the call which could be the call to live well or the call to do a program at Quest for Life or the call because 'enough is enough' and 'something has to change'!

So the hero hears the call and starts the journey. She or he faces demons, challenges, awakenings and obstacles. The darkest hour arrives...but help is at hand and help is accepted and works its magic.

Eventually the hero turns the corner and has an 'aha' moment of awakening in which she/he sees the light and then the journey towards home becomes easy and the path clear.

Once the hero returns, she is at home again but has changed forever because she sees the world through new eyes and so the hero knows more of her true nature and with this awareness finds peace.

I guess that is what 'Quest for Life' is all about. Our own personal quest for the life we want and the life we were born to live. It is so easy to lose sight of purpose when life's challenges turn up.

The hero in the myth is not so different from each one of us. Sometimes just turning up is answering the call and gets the process going so we can head towards 'home'; towards our first nature.

Anyway, back to Bundanoon. The second day inspires me as I get to know participants a little more. The food is great, the garden is glowing. I go for a brisk walk during our long lunch and the air is clear and cool. I lie down for a rest in the sunshine and enjoy a little nap before returning to the course room for another long relaxation. I'm feeling so chilled out which is such a contrast to the busyness of my normal life.

I find myself in conversation with people from all walks of life. Country people, city people, people from all over Australia. People who want to heal, who feel vulnerable and I marvel at the way the program supports people without pushing or pulling them. It feels more like

an invitation to explore and people around me are beginning to trust that this is the case.

Day three. Halfway. Lots of information and I see the light of awareness

flickering on for people like fairy lights in the dark. Some are really unwinding in the peaceful environment and enjoying the yoga and relaxation practices. We have a fun session in the evening and for some it is a most surprising and moving experience. Our facilitator is a luminous person who laughs and sings and inspires me and I suspect many others, in our joy full experience.

On the fourth day it feels like the faces of people around me are changing (in a good way) as we head for the home stretch. There is an invitation to express creativity. Some people are more enthusiastic than others but in the end a spark of creativity erupts and there is an issuing forth of the perfect expression of each individual. There is laughter and fun. It is not about good or bad, just acceptance for who you are, just as you are.

And so day five is here and I return to where I began with the crackle of stones under my tyres once again, only this time I am heading out of the driveway. I feel like I have not driven a car for a month! I have hugged people and blown kisses. I feel privileged to have shared the week with such special people and I head on up the highway with the waft of roses trailing behind me and the sound of laughter in my ears.

I feel grateful for the week I have had and honoured to know such brave and wise people. True heroes one and all...



Margie Braunstein



The Pool of Tranquillity

by Peter Thoms

Silver droplets sing their song
Sunlight dancing across the pool of tranquillity
Dressed with green of many hues
I sit holding thoughts and dreams of those seeking peace.

Though gentle is my music
My peace is deafening
...listen hard enough, you on the waiting platform
And you will hear your spirit.
It will reveal to you Nirvana,
Of those who seek peace
'The way'.

Just commence the journey and the way will come to you,
Through that which you make response.
Do not dally, as it is happening this very moment amidst my watery song.
Arise and see the reflection of your saviour in the pool of tranquillity.
You are armed with life; use it well, not sparingly.
Sing and dance to my song awhile
But remember, now, will not last,
Oh!already gone.

a poem by Peter Thoms written in Ruth Cracknell's garden at the Harmony Centre, February 2010



Ruth Cracknell's Garden

Kym's Rainbow Hair Shave

After 20 years of growing her hair, Kym Sparshott recently shaved it all off for her 40th birthday and raised money for the Quest for Life Foundation in the process! Kym wanted to make this milestone significant by either donating her hair, or funds raised from cutting it, to a worthwhile cause. Quest for Life would like to thank Kym very much for her efforts and for choosing us for her cause.



Hi Petrea and Sam,

Firstly, my sincere apologies for not being in contact for so long. I seem to have been rather snowed under for the last month or so with other stuff that I'd been putting aside while I'd been busy with the fundraising, so have been struggling to find time to get back to this and wrap it all up. But in the meantime, a few late donations have still been rolling in, so probably was worth waiting for a bit longer before posting the cheques. So the grand total going to Quest should be \$2750, including the donations from the Everyday Hero website.

Anyway, as far as the actual shave event went, it was a lot of fun and I had some lovely friends and family there on the day to support me. A couple of interesting things - when I went to brush my hair on the Sunday morning before heading off to Highfields for the big event, I couldn't find my brush anywhere. I finally gave up looking and figured it would turn up in the next few days somewhere (losing it for a day or two used to be a fairly regular occurrence for me!) - however, this time I STILL haven't found it! When my hair finally gets long enough that I need a brush again, it'll be a good excuse to buy a new one, as I'd had that one for well over 10 years and it was pretty much worn out!

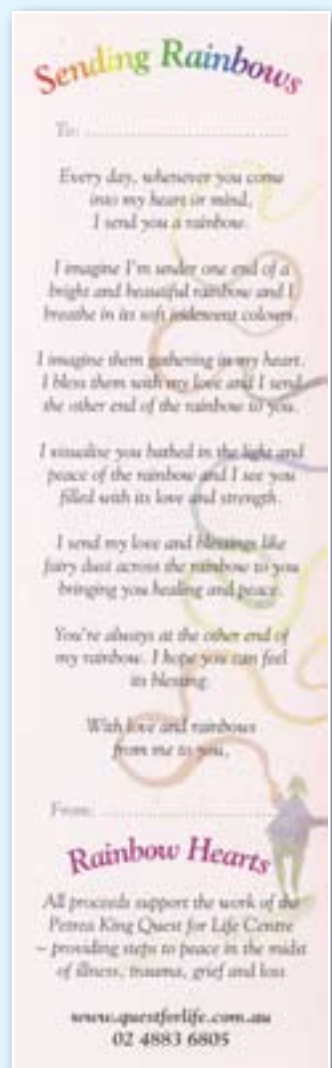
Then when I arrived at Highfields at 11am I still had over \$400 to go to reach my \$2000 target, for the scheduled 1pm shave. It was quite amazing how it all just fell into place though. The MC was

doing a great job promoting the event, but didn't pressurize people into donating just so that I could get to that target. But the donations just seemed to roll in at exactly the right rate and when a friend turned up just a couple of minutes before 1pm and handed me \$50, I realised that the total had just topped the \$2000 mark! So just thought I'd share those stories with you - for me they were quite meaningful and symbolic - a couple of messages from The Universe telling me that EVERYTHING WAS EXACTLY AS IT SHOULD BE !!

This experience also leaves me with no doubt that the money raised will also go towards it's highest possible purpose!

With love and warmest wishes to you all,

Kym



Rainbow Heart bookmark available from www.questforlife.com.au/shop

Quest is Out and About

In 2008 Petrea King and the Quest for Life Foundation came in to my life at a time when I was frustrated with the lack of services available to people and families with loved ones suffering chronic illness, cancer and depression in our rural community. At that time, the Condobolin community were in the grips of the worst drought on record and we had recently had news of two young mothers being diagnosed with advanced cancer; women who everyone knew and loved in this small community.

I contacted Petrea and she came to our community offering hope, support and practical strategies to improve our



outlook and to help lift the spirits of a depleted community. All of this delivered in the form of a 2 day workshop for the Condobolin Community and a 1 day workshop for Health Professionals. People suffering ill health and depression, carers and Health Professionals travelled from places such as Tottenham, Tullamore, Lake Cargelligo and Bathurst to attend these workshops.

Our indigenous participants were able to learn approaches to finding peace, which were provided in a culturally appropriate manner. Our health workers went away with tools to replenish them and our chronically ill participants and their carers gained skills that would improve their ability to relate to their situation and by doing so created some peace in their lives.

I am indebted to Petrea for the difference she has made in the lives of my patients and colleagues. I regularly



refer community members, health workers and patients for programs at Bundanoon because it is healthcare that truly works.

Leonie Parker NP

Women's Health Nurse Practitioner.
Condobolin Community Health

If you'd like Petrea or one of our skilled and experienced facilitators to come to your community please contact samantha@questforlife.com.au to see what we can arrange. NSW Health can contribute funding towards these programs so please don't hesitate to be in touch.

The Quest for Life Foundation

The Quest for Life Foundation was established in 1989 by Petrea King to further her work. Since her unexpected recovery from leukaemia in 1984, Petrea has devoted her life to counselling people, facilitating support groups, running residential programs and lecturing widely on health, spirituality and healing.

In 1998, generous benefactors made it possible for the Quest for Life Foundation to purchase an 103 year-old guest house in Bundanoon and after undergoing major refurbishments the Quest for Life Centre (now the Bundanoon Harmony Centre) opened in May 1999. The Centre, set in 9 tree filled acres, provides an oasis for time out and an ideal environment for reflection, healing and the learning of new and valuable life skills.

The Quest for Life Foundation provides a range of residential programs and services that encourage, empower and educate people living with cancer and other serious illnesses, or who are suffering from grief, stress or trauma and for the people who care for them.

The NSW Health Department supports the programs by providing an annual grant to subsidise places for people on low incomes. Further fundraising by Quest also provides limited additional subsidies to enable those in dire financial stress to attend these programs.

Your tax-deductible donation or bequest enables the Quest for Life Foundation to continue and expand its services. Please consider making a donation or a bequest so

that the valuable work of the Foundation can continue to make a positive difference in people's lives.

Our Philosophy

There are many events in life that stop us in our tracks and cause us to consider how best to meet the challenge we face: an unexpected diagnosis, an accident, loss or tragedy can be such an impetus.

Other people seek more meaningful ways of managing the challenging circumstances of chronic illness, multiple loss, anxiety, relationship breakdown, depression or the consequences of past abuse. Other people choose to take time-out to review their life with the intention of deepening their relationship with themselves and living a more satisfying and meaningful life in the future. Since 1985 more than 80,000 people have attended residential programs or counselling with Petrea and her team of trained health professionals.

These nationally acclaimed programs provide compassionate support as well as practical self-help techniques and strategies that complement and support people's medical treatment. Our programs enable people to regain a sense of control over their lives and actively participate in their own healing. Most people leave our programs confident in their ability to meet the significant challenges they face in their lives.

Our programs endeavour to support each participant so that they leave with a greater understanding of themselves and a deeper respect for their unique story. Topics

are tailored to the people attending each program and vary accordingly. They may include the following:

- A spiritual perspective on life, love and healing
- Relaxation, visualization and meditation techniques
- Peace of mind: what it is and how to have it
- Harnessing the mind for healing
- Identifying the physical, mental and emotional causes of stress
- Intuition as a guiding force for positive living
- Understanding the mind-body connection and the role of epigenetics
- Practical strategies for increasing health using complementary therapies
- Managing pain, sleep, symptoms and side-effects
- Learning to live skilfully with stress and move beyond difficult emotions
- Enhancing communication, resilience, relationships and connectedness
- Creating an environment for physical, emotional and spiritual healing
- Rearranging priorities and moving on after trauma
- Forgiveness and attitudinal healing
- Techniques for living in the present

If you feel we can assist you through one of our residential programs or other services, please visit www.questforlife.com.au or call us on 1300 941 488 to discuss your particular needs. We look forward to our paths crossing with yours.

Diary Dates *June – December 2010*

For bookings and more information on our programs and available subsidies, please phone 1300 941 488.

A day with Petrea King

An inspiring day for people interested in attending one of Quest's longer programs or who have attended a program and would like a reminder or top up. Our next seminar is Meditation, Meaning and the Mind – a day of insights, practice and profound strategies for self knowledge and mastery.

Healing Your Life

Suitable for people seeking healing after a challenging or traumatic experience or who live with private anguish, pain, grief or loss. If you're ready to review your life, clarify your future or get 'unstuck' from a state of mind that is unhelpful, then this program can change your life in powerful and positive ways.

Quest for Life

An inspiring, practical, educational and experiential self-help program for men and women living with cancer or other serious illness. Suitable for people seeking to make a positive contribution to their health and to make meaning of their experience. Partners and loved ones are encouraged to attend also.

Meditate for Life

An 8 week meditation course where you will learn how to meditate or re-establish and deepen your practice. Experience the practical value of Meditation and how it can benefit your everyday life.

Take a Stand for Life

A new program designed especially for those who have already attended other Quest for Life Programs and want to take the next steps on their path of personal and spiritual development.

June

6	Meditation, Meaning and the Mind	Sydney Adventist Hospital, Wahroonga
7 – 11	Healing Your Life	Harmony Centre, Bundanoon (program full)
22	Meditate for Life	eSeminar with StJohn Miall
28 Jun – 2 Jul	Healing Your Life	Harmony Centre, Bundanoon
28 Jun – 16 Aug	Meditate for Life (8 week course)	Awareness Institute, Crows Nest

July

14	Free Information evening	Awareness Institute, Crows Nest
20	Resilient Children	eSeminar with Petrea King

August

9 – 13	Healing Your Life	Harmony Centre, Bundanoon
23 – 27	Take a Stand for Life	Harmony Centre, Bundanoon
24	Meet Your Healer Within	eSeminar with Michelle Richmond

September

6 – 10	Healing Your Life	St Josephs Centre, Kincumber (program full)
16 – 19	IYTA World Yoga Convention	Sydney (Petrea King speaker)
20 – 24	Living on Purpose	for bookings contact Vajrayana Institute 02 8719 5136 or www.viretreats.org.au
21	Resilience	eSeminar with Petrea King
26	Resilient Children	Sydney Seminar – venue tba

October

4 – 8	Quest for Life	Harmony Centre, Bundanoon
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November

1 – 5	Healing Your Life	Harmony Centre, Bundanoon
15 – 19	Healing Your Life	St Josephs Centre, Kincumber

December

13 – 17	Quest for Life	Harmony Centre Bundanoon
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Connections

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