

Karen L French NEWSLETTER Autumn 2011

www.karenlfrench.com

Yes, it has been a year since my last newsletter, which is why this one is much longer than usual. A great deal has happened during 2011 and I can quite honestly say that it has been one of the busiest years of my life and the hardest work, crammed with writing, painting, speaking and family life.



In just three years I have expanded my activities considerably and so my newsletters and website need to change to reflect this. I aim to have a new website early next year karenlfrench.com and promise to try and do at least four newsletters at the start of each

season! Website and newsletters will have sections do with my work as an AUTHOR, SPEAKER and ARTIST.

As I am turning 50 as well all these changes herald an exciting new phase in my life, particularly as we close the year

and enter 2012!

Naturally, I hope you enjoy reading this newsletter and welcome your feedback.

Thanks for your support

karen@karenlfrench.com

AUTHOR

At last *The Hidden Geometry of Life*, the second book in *The Gateway Series*, is now available to pre-order and its international release will be in the spring of 2012. Various translations will follow later on and I will keep you informed about these. Many thanks to Watkins Publishing Ltd for partnering ygb Publishing Ltd in making this exciting venture happen! Since my last newsletter my life has been dominated by writing, intense picture searching and rounds of editing and innumerable deadlines.

The Gateway to the Heavens model is still central to the plot and now you will discover how it evolves into a Gateway to Becoming through the introduction of light and colours, sound and music, and the eternal metaphors of the Classical Elements. Further shapes, such as the pentagram and heptagram are also described as they are essential in the process of creation. There is a feast of pictures (over 700!) plenty of quotes and examples.

The famous *WATKINS Books shop, London, UK* (www.watkinsbooks.com) will be hosting a book launch in the spring.

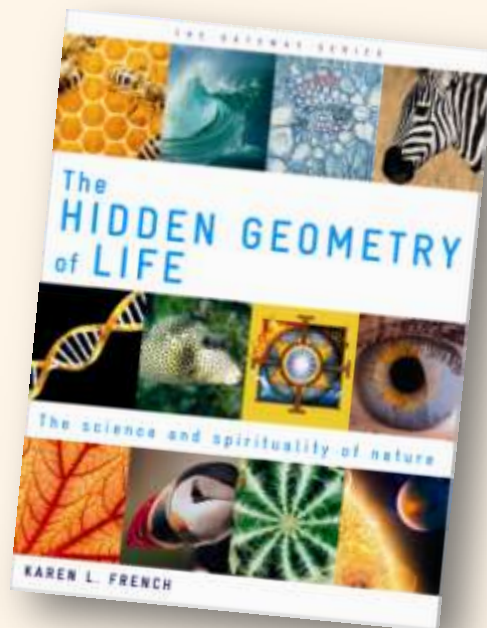
The Hidden Geometry of Life

£14.99

Over 700 illustrations, 235 pages of full colour
ISBN 978-178028108 Watkins Publishing Ltd

AVAILABLE TO **PRE-ORDER** THROUGH BOOKSTORES AND AMAZON

In this extraordinary book you are taken into the heart of space, time, light and matter. What are we made of? What is the meaning of our world? What is our place in the cosmos? What hidden harmonies lie within the dazzling variety of creation?



ARTIST

On the evening of 11.11.11 I will be opening of a permanent **exhibition** of my art at **St Katherine's, Parmoor** (www.srp.org.uk) where my exhibited pictures will be changed regularly. Parmoor is a tranquil place, set in stunning countryside, with a spectacular cedar tree and it is a highly suitable venue for spiritual art. More information is given about this amazing location later in this newsletter. Should you wish to visit please make a courtesy call first to let them know:

01494 881037



Then from January 6th through to March 2012 Leon Deith, an experienced fine art dealer and yoga teacher, is hosting an **exhibition** of my art at his **YogaAnanda Holistic Centre** in Reigate, Surrey (www.yogaananda.co.uk). Between 7 – 10pm on Friday 6th January 2012 the exhibition officially opens and if you are interested in attending this please let Leon know.

01737 222 400 46 Albert Road North, Reigate, Surrey, RH2 9EL

Many of you have expressed an interest in being taught how to bring art through from your own Heart. So this year I will be holding several workshops throughout the year. The first **Art from Your Heart workshop** will be held Jan 21st, from 10am – 5pm at YogaAnanda. Please book with Leon through the centre: **01737 222 400**

I am testing the interest in a regular monthly workshop and will vary the content. These will be held at **Parmoor** every first Monday of the month. For those of you who would be travelling a long distance Parmoor provides B&B and even dinner, all at very reasonable rates. As Parmoor is a spiritual retreat you might want to come on the Sunday and enjoy the location for the day. Please contact Parmoor directly for accommodation availability and to book: **01494 881037**



Meanwhile, you can view and purchase my canvases through **www.fineartsurrey.com**

In addition to Fine Art Surrey there will be a better gallery on my new website **www.karenlfrench.com** next year, through which I will be offering prints and greeting cards for a select number, not all, of my paintings. High quality prints and cards will be TO ORDER only. If you are based in North America then you can use also use **www.imagekind.com**.

SPEAKER

Next year I will be continuing to do talks at events, conferences and special interest groups (spiritual circles, astrology groups, ancient sites, etc). On my new website I will outline the content of my talks and I also hope to record and load some onto my youtube channel: **[KarenLFrench](https://www.youtube.com/channel/KarenLFrench)**.

I am very keen to do lectures at conferences and educational establishments (universities, colleges and possibly schools). During November I will be doing my first talk to 6th formers and I am intrigued to see if they enjoy it and what they learn. If you have any ideas or contacts in education or specialist conferences please let me know. THANKS

EVENTS

During 2012 I am planning to have a more varied programme to include a host of talks and workshops in the Arts, sciences and spirituality, in addition to the usual events. Watkins Publishing Ltd will add to these by arranging further events, book signings and interviews as part of the release and promotion of my new book. I will be visiting the **USA** again, most probably around June 2012. If invited, I may even be lucky enough to visit other countries.



A complete listing of events, talks and workshops is regularly updated on my website.
www.karenlfrench.com

CHELTENHAM 2011 Mind Body Soul Weekend
 Taken by Richard Abbott
 (www.naturalhealthshows.co.uk)

11 Nov 2011	EXHIBITION - Parmoor, opens	6 – 9pm	
06 Jan 2012	EXHIBITION - YogaAnanda opens	7 – 10pm	
07 Jan	TALK - YogaAnanda	To be confirmed	Free
21 Jan	WORKSHOP - YogaAnanda Book through centre: 01737 222 400	10am - 5pm	£50 Bring packed lunch
06 Feb	WORKSHOP - Parmoor Book through me: karen@karenlfrench.com Lunch, drinks and afternoon cake provided	10am – 4pm	£55
March	BOOK LAUNCH - Watkins Books, London	Date, time TBC	
05 March	WORKSHOP – Parmoor Book through me: karen@karenlfrench.com Lunch, drinks and afternoon cake provided	10am – 4pm	£55
02 April	WORKSHOP - Parmoor Book through me: karen@karenlfrench.com Lunch, drinks and afternoon cake provided	10am – 4pm	£55
17 April	TALK – Birmingham www.truthjuice.co.uk	7 – 10pm	
26 – 27 May	Northampton	MBS Weekend	Talk www.naturalhealthshows.co.uk
30 – 04 June	London	MBS Festival, Watkins	www.mindbodyspirit.co.uk
22 – 23 Sept	Peterborough	MBS Weekend	Talk www.naturalhealthshows.co.uk
20 – 21 Oct	Cheltenham	MBS Weekend	Talk www.naturalhealthshows.co.uk

SAINT KATHERINE'S OF PARMOOR

A small oasis in a busy world

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The Parmoor estate, in the Chiltern Hills high above the valley of Hambleden, was originally in the possession of the Knights Templar and subsequently became the property of the Knights of St. John of Jerusalem. Since then it has passed through several families until The Sue Ryder Prayer Fellowship took over Parmoor in 1995. The Fellowship was conceived by Lady Ryder to be a "spiritual powerhouse" for the needs of others. Lady Ryder cherished frugality, compassion, respect for the contribution of volunteers, and the spiritual dimension of charitable work.

The patron St. Katharine was born AD 307 and is the only Saint to have a firework named after her. Known for her deep knowledge of Religion and Philosophy, St. Katherine was sent into exile by Emperor Maxentius for thwarting his infamous conduct. Tradition tells us that her tormentors sought to break her spirit by tying her to the wheel of torture, but she was miraculously released. She is now everlastingly remembered by the firework named after her - the "Katharine Wheel".

People from all walks of life come to Parmoor and, in the spirit of ecumenism and reconciliation, all denominations, or none, day and residential visits are welcomed. The house has a small, permanent staff supplemented by volunteers. The main ground floor rooms provide pleasant venues for large or small meetings, seminars and retreats. The house is occasionally used for weddings and private functions, but most guests come to enjoy the rural tranquillity.



A magnificent cedar tree in the grounds is said to have been grown from a seed collected from the Lebanon during the Crusades.

MEDITATION

If I don't take that little step how will I ever know,
And if I stay in my comfort zone, my wings will never grow.

I hesitate it's not too late for my fate to show.

Each step I take will make my fire grow.

If I get stuck, how will I ever know.



In preparation for 2012 I thought that this short contemplation, *Each Little Step* by Liz Everett (www.ladybirdlodge.me.uk), was very appropriate. The painting above is called *Your Contract*, the reasons why you chose to incarnate in this life time. Please use it to meditate on to gain some insight and guidance into the next steps of your spiritual journey, the steps in your Self development that will light up your soul.