



AUTUMN 2024

“...in the service of healing, peace and holistic wellbeing”

ABOUT TARA



The founding vision of the Tara Centre, opened in Omagh Town in 1996, now more than 25 years in existence, was inspired by a holistic philosophy which cherishes a sense of the sacred in all aspects of life and seeks to build a society where diversity can be experienced as enrichment and pain can be engaged with as the raw material of deep personal transformation.

More than all else, at the Tara Centre there is a deep and genuine commitment to supporting, in an appropriate manner, those who come through its doors to grow in an awareness of their personal, intrinsic worth as human beings and encouraging them to live their lives from this solid base.

Throughout the past 28 years, practical expression has been given to the aspirations of the Vision Statement by developing and delivering a wide range of healing and life-enhancing initiatives such as those identified in this brochure, all of which are experienced in the caring environment of a healing community and a warm welcoming building where the entire ethos breathes respect.

Testimonials abound to the fact that at the Tara Centre, people often find a new direction for their lives. They come in touch with deep inner resources, and are reminded that there are others who share their values about life and its meaning, thus finding inspiration in a communal quest.

“...in the service of healing, peace and holistic wellbeing”

Vision Statement

We believe that, in essence, there is
a quintessential unity to the
whole of life.

Our Mission at Tara is
to develop an awareness of this truth
and support the practice of living life,
in all its aspects,
from this perspective.

*Coming from this perspective,
the multi-disciplinary range of services
offered at Tara
focusses principally on:*

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace
and reconciliation;
- * supporting those who seek to free themselves
from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
- * encouraging a deepening awareness
of this amazing universe
-manifest and unmanifest-
which sustains and embraces the whole community of life
and within which, we, humans,
discover and cherish our true identity
and our life's purpose.

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***“It is only with the heart that one
can see rightly; what is essential is
invisible to the eye.”***

Antoine de Saint-Exupérie

FROM THE DESK OF THE GENERAL MANAGER



It got to the point this summer that the theme of the weather was best avoided. Even the Olympics started showered in rain, yet the participants followed the choreography of the opening ceremony with passion and dedication. It made me remember a report I heard recently which delved deeper into the world of negative ions, the molecules we breathe in when we are around water. The report studied the specific effect raindrops have when they touch the skin: The drum-like impact produces negative ions, which, in a nutshell, promote healing. Not only do they make our skin look healthier as they improve our circulation, they can also detoxify, rejuvenate, improve cognitive performance and relieve stress. I find it quite true: toggled up or not, there is something quite unique and calming about exposing yourself to the rain, giving in to the moment. It connects us with the elements, which in turn awakens our senses of touch, smell and life. Here is another thought: This invigoration cannot happen if we sit inside, looking out. Translated to our own mental wellbeing this means that we need to wilfully step in to the space that seems uncomfortable. 'Being in the rain' is the where the healing journey begins.

Heavy-heartedly but filled with gratitude we say farewell to Heather Kemp, who has decided to step into retirement (p.13). We are curious what the future will bring and introduce two new movement classes (p.15).

This autumn, we are excited to have our friend Declan Coyle back with the *Green Platform* (p.10), a transformative tool that empowers individuals to shift their mindset from negativity to positivity, fostering a more resilient and fulfilling life. In his workshop he will also give glimpses of *The Enneagram* (p.11), the second workshop scheduled in November. You can expect a powerful self-awareness seminar designed for anyone seeking to understand their core motivations and behaviours, enabling profound personal growth and more effective personal and professional relationships.

After our summer break we are looking forward to having you back at the Tara Centre. May the Force of the Negative Ions be with You.

Warm regards,
Katrina Deas, August 2024

THERAPEUTIC SERVICES

COUNSELLING / PSYCHOTHERAPY & ART THERAPY

Theoretical orientations used here in Tara include:

- Art Therapy
- Jungian Approach
- Humanistic & Integrative
- Rogerian Person Centred
- Psychodynamic
- Psychosynthesis



The approach in Tara is holistic and addresses a wide range of issues which include:

- Abuse in all its forms: emotional, physical, psychological, sexual
- Bereavement: death, loss of any kind
- Relationship issues: early childhood issues, family of origin issues, partnership issues, social and occupational relationships
- Depression
- Trauma of all kinds
- Phobias
- N.I. conflict related issues
- Spiritual crisis
- Crisis of any kind

“The privilege of a lifetime is to become who you truly are.”

C. G. Jung

All Tara Centre Counsellors/Psychotherapists and Art Therapists are professionally trained, accredited by a recognised professional body* (or are actively engaged in the accreditation process), and are committed to on-going professional development and supervision.

The therapists frequently exercise an eclectic approach to their work by drawing on additional modalities in which they have received specific training and which complement their basic orientation. These include Dream Work, Interactive Guided Imagery and others.

*BACP, BABCP, IACP, BAAT, HCPC, BISS/ISST

COMPLEMENTARY THERAPIES

Complementary Therapy Treatments are a very significant dimension of the multi-disciplinary approach taken at the Tara Centre **in support of holistic health, healing and general well-being**. Only **professionally qualified practitioners** are engaged at the Centre.



In keeping with the Centre's strongly held belief that 'one size does not fit all', Tara currently offers the following Complementary Therapy Treatments:

- ◆ **Aromatherapy Massage**
- ◆ **Indian Head Massage**
- ◆ **Reflexology**

We are currently working on extending our range of treatments at the Centre including Bi-Aura (Bio-Energy Healing), HECT (Human Energy Chelation Therapy), Hopi Ear Candle Therapy, Kinesiology, Thought Field Therapy, and more. Please check our website or ask at Reception for updates.

Some treatments are **fully funded by Victims & Survivors Service**. Call Reception for more information.



If you wish to inquire about Counselling/Psychotherapy, Art Therapy or Complementary Therapies please call Reception

Tel: (028) 8225 0024

See next page for details on booking, costs, funding and more

APPLICATION PROCEDURE

COUNSELLING/PSYCHOTHERAPY & ART THERAPY

Persons who seek a counselling/psychotherapy or art therapy appointment are asked to leave their name (first name if preferable) and telephone number with the Receptionist for the attention of the Co-ordinator of Therapeutic Services (COTS). No details regarding the applicant's issue(s) should be given at this stage.

The Co-ordinator of Therapeutic Services will return the applicant's call as soon as possible. He will give an indication, based on current demand for services and therapist availability, of the length of time the applicant may have to wait for an appointment. An available relevant counsellor/psychotherapist or art therapist, as the case may be, will be assigned to each applicant. The assigned counsellor/psychotherapist or art therapist will contact the applicant to arrange the first appointment.

Cancellation Policy: The Centre's cancellation policy will be communicated to each client by their assigned therapist.

Emergency/Crisis Situations: In emergency or crisis situations every effort will be made that applicants in these circumstances will be contacted by the Co-ordinator of Therapeutic Services within 24 hours and appropriate support provided in accordance with the Centre's resources.

Cost: A sliding scale is in operation for payment for Counselling/Psychotherapy and Art Therapy. **Fully funded places or places at a reduced cost** are offered to persons who qualify under the conditions of relevant available grants. **Each case is dealt with individually through a process of consultation with the COTS.**



COMPLEMENTARY THERAPIES

Grant Aided Appointments

The Tara Centre is grateful to the Victims & Survivors Service (VSS) for **grant aid that enables us to deliver fully funded Complementary Therapies to those who meet the relevant criteria.** Contact the Tara Centre on **028 8225 0024** and the receptionist will pass your details on to the Co-ordinator of Therapeutic Services who will contact you to discuss this option further.

Appointments on a Fee-Paying Basis

Where a grant is not available, or in the case of persons who do not meet the grant aid criteria, appointments can be arranged on a fee paying basis of **£35 per session.** In the event of the price as advertised being prohibitive in individual cases, a reduced fee will be considered (see info box below).



Cancellation Policy for Complementary Therapies

A minimum of 24 hours' notice is required for cancellation of an appointment. Failure to comply with this requirement will involve a cancellation fee of £15 for fee paying clients. Grant aided clients will forfeit one allocated treatment for failure to give adequate notice of cancellation. **A “No-Show” practice on the part of the client will require a return to the waiting list for further appointments.** The Centre's cancellation policy will be communicated to each client by their assigned therapist.

SPECIAL RATES OF PAYMENT FOR ALL THERAPIES

At Tara we have a strong principled commitment to making the Centre's services available to anyone who can benefit from them, irrespective of a person's ability to pay.

Payment by **instalments** is facilitated at reception, upon request, to ensure no one is excluded on grounds of cost.

A personally affordable price can be directly worked out on a one-to-one basis, on request, through consultation with the General Manager.

WORKSHOPS, SEMINARS AND SPECIAL EVENTS

OCTOBER

THE GREEN PLATFORM

Declan Coyle



Declan Coyle returns once more to the Centre by popular demand to present his inspirational “The Green Platform” workshop, now acclaimed worldwide.

For those of you attending for the first time, “The Green Platform” is a practical, user friendly system developed to help you identify and implement more positive choices in your personal, working, sporting

and home life. Over the course of two days you will learn to apply Declan’s life transforming techniques to understand how the mind works, inspiring you to make the best possible choices to create and reach your goals.

Using the imagery of the ‘Red Platform’ (negative thinking) and a ‘Green Platform’ (positive thinking), Declan illustrates how “miracles happen” whenever one steps out of the little boat of fears which dominate the ‘Red Platform’, and chooses instead the ‘Green Platform’ – a positive energy zone of freedom, joy and unconditional love – as the springboard from which to live life to the full.

Dates: Saturday 5th and Sunday 6th October 2024

Times: 10am - 4pm (Saturday registration 9-9.45am)

Cost: Your place is secured by a £20 booking fee. VSS subsidises the rest of the cost for participants who meet the criteria. The cost is £60 for those who do not qualify for VSS.

Refreshments: Tea and coffee breaks as well as lunch provided on both days

Note: **Prior booking is essential.** Places will be offered on a first come first serve basis. Book your place by contacting reception Tel: 028 8225 0024.

THE ENNEAGRAM

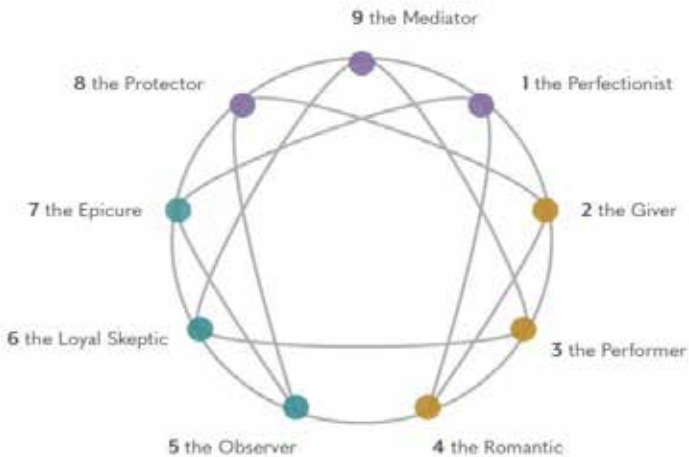
Declan Coyle

We all have nine powerful energies, gifts or strengths within us. Within these nine energies, we have one major or dominant one.

When we discover this great gift and use it in the service of humanity to build a better world, it becomes totally transformational.

The discovery of these individual strengths also increases our compassion, our understanding and our respect for other people.

The Enneagram is truly life changing for our families and for our teams at work.



Dates: Saturday 23rd and Sunday 24th November 2024

Times: 10am - 4pm (Saturday registration 9-9.45am)

Cost: Your place is secured by a £20 booking fee. VSS subsidises the rest of the cost for participants who meet the criteria. The cost is £60 for those who do not qualify for VSS.

Refreshments: Tea and coffee breaks as well as lunch provided on both days

Note: Prior booking is essential. Places will be offered on a first come first serve basis. Book your place by contacting reception
Tel: 028 8225 0024.



CHRISTMAS MEDITATION

Mary Daly and Maura Twohig

The annual Christmas Meditation provides an opportunity to connect at soul level with the true meaning and message of Christmas in its original context as it impacts on day to day living in the 21st century.

This is a truly unique occasion and **early booking is highly recommended**, as places at this event are much sought after. In the unlikely event that you would need to cancel your place, we would ask that you notify Reception at the earliest opportunity, enabling us to offer your place to someone in waiting.

Date: Saturday, 14th December 2024

Time: 3.00pm - 8.00pm

Cost: Your place is secured by a £10 booking fee.
Voluntary contributions welcome on the day

Refreshments: Mince pies on arrival. Meditation followed by Christmas dinner.

Booking: Contacting reception on 028 82250024 no later than 5pm on the Thursday before publishing date

ONGOING PROGRAMMES

SPECIAL NOTICE - YOGA

CELEBRATING HEATHER KEMPS' RETIREMENT



It is with gratitude and warm wishes that we announce the retirement of Heather Kemps, who has been an integral part of the Tara Centre since its early beginnings. For many years, Heather has guided countless individuals on their journey towards greater self-awareness and wellbeing through the practice of yoga. Teaching three classes per week over twenty years her dedication to staying true to the Indian tradition of Yoga, with a focus on healing both mind and body, has left a lasting impact on her students .

Heather's approach to yoga has always emphasised the importance of harmonising and balancing the mind, body, and emotions, helping her students navigate the stresses and challenges of modern life. Her classes, which included exercises specifically designed to alleviate stress, anxiety, and improve digestive health, have been a sanctuary for many.

As Heather embarks on her well-deserved retirement, looking forward to spending more time with her family and exploring new adventures through travel, we wish her all the best. Her presence at the Tara Centre will be deeply missed, but her legacy will continue to inspire.

For those continuing their yoga journey with us, please note that our sessions will remain grounded in the principles that Heather so beautifully embodied. Yoga at the Tara Centre will continue to offer a space for developing self-awareness and achieving a balanced, fulfilling life.

नमस्ते

Namaste, dear Heather!

INTRODUCING MANDY CURRANS



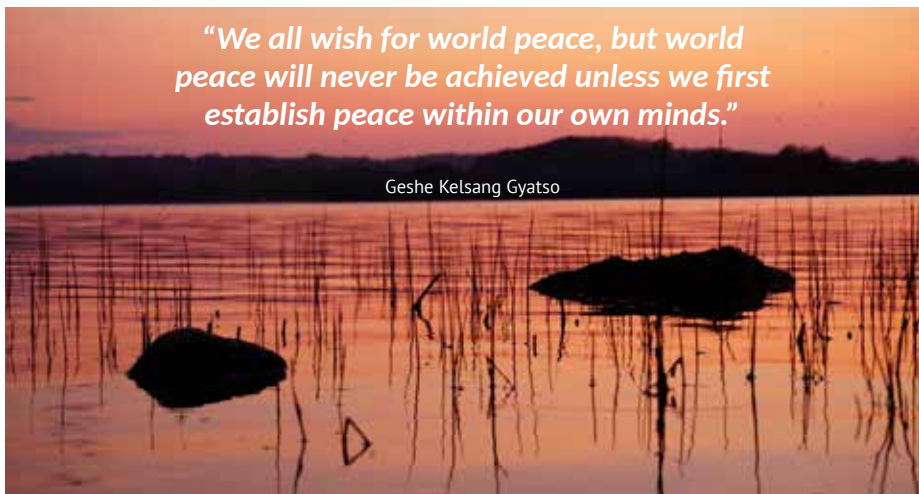
A warm welcome to Mandy Currans, who will be teaching **Dru Yoga and Qi Gong** at the Tara Centre this Autumn. She has been a yoga teacher since 2009 and is passionate about healing and realignment. She describes her own, well developed approach in the most inviting way: *“I am keen to work with all levels of ability in wonderfully easy, joyful body movements to maintain or restore health in these self-healing systems. Dru Yoga and Qi Gong classes are different to other yoga approaches and cater for all levels of being. Knowledge in philosophy of yoga and martial arts helps the process of healing mind, body and realigning with I AM soul presence of our higher multi-dimensional being. As this is my life passion, I love to*

share the skills I have learned.”

Mandy brings a wealth of experience and a deep understanding of holistic practices to her yoga and Qi Gong teaching. With extensive training in Vinyasa Flow Yoga, Dru Yoga, Dru Meditation, and Yoga Therapy, she has spent over two decades perfecting her skills. Mandy has taught yoga and Qi Gong to a wide range of groups, including 1:1 sessions, small groups, disability groups, and larger classes. Her approach is informed by a comprehensive background in various therapeutic disciplines, which enriches her teaching and offers a well-rounded experience for her students.

“We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.”

Geshe Kelsang Gyatso



DRU YOGA

Mandy Currans

ALL peoples / ages / abilities can do Dru Yoga with their easy isotonic flowing sequences. Dru Yoga postures are the same Hatha Yoga postures, but done in flowing manner for energy block release and energy flow. A typical class includes activations, targeting of spine/muscle groups to be used in class, Energy Block release sequence, deep relaxation and affirmation focus.

No previous experience or ability level is necessary as the exercises cater for all abilities and levels.

QI GUNG FOR SELF-HEALING

Mandy Currans

We are excited to introduce Qi Gong (pronounced Chi Kung) to the Tara Centre, for all abilities, ages, and levels of fitness/disability/injury. Qi Gong has many easy flowing sequences and exercises to open energy pathways for the energy flow that brings health and vitality. A typical class includes warm up /activation, joint opening exercises, spinal movement focus, deep inner flow awareness using mindful conscious awareness, standing meditation (chair if unable), deep relaxation lying down.

6-week block: Wednesdays, 18th September - 23rd October 2024

Cost: The cost for each six-week block is **£40**, or £70 for both classes.

What you need: wear comfortable clothing, yoga mat, and something warm for relaxation (blanket, sleeping bag, coat...)

DRU YOGA FOR ALL ABILITIES:

Wednesday mornings: 10 - 11.30am

QI GUNG FOR SELF-HEALING:

Wednesday noon: 11.45am - 1.15pm



MEDITATING TOGETHER

Mary Daly & Maura Twohig



The established Tara Centre Meditation Group meet on Tuesday mornings, led by Mary and Maura.

Anyone who has followed the Meditation and Mindfulness Course for Beginners at the Tara Centre is welcome to join this group at anytime.

However, if you haven't completed this course and are still interested in joining the group, please contact reception and a brief induction meeting with the group leaders can be arranged for 10am on the first morning you plan to attend.

Tuesday Dates: 10th September - 3rd December 2024

Time: 10.30am- 12pm

Cost: Voluntary Contributions

Refreshments: Provided post meditation

***“We go to poetry,
we go to literature in
general, to be forwarded
within ourselves..”***

THE SOUL OF HEALING

Maura Twohig & Mary Daly

Seamus Heaney

For over 25 years, the Tara Centre Co-Founders have hosted these soul-nourishing one day gatherings at the Centre. They have become cherished occasions of “...*healing, peace and holistic well-being*” for the many seasoned meditators who attend, creating and sharing the ethos which enriches the quality of life at truly transformational levels. Attendance at these one day intensives is open to anyone who has ever followed the Meditation and Mindfulness course at this Centre.

Date: Saturday, 2nd November 2024

Time: 11.30am sharp - 5.30pm (registration at 11.00am)

Cost: Voluntary Contributions

Refreshments: on arrival at 11.00am, lunch provided

Booking: Contacting Reception on 028 82250024 no later than 5pm on the Thursday before event.

SUPPORT GROUPS AT TARA

LIVING WITH GRIEF AFTER SUICIDE (PATHS)

Jimmy Carrigan

PATHS is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Members of the group form an emotional bond of friendship arising from their shared experience of having suffered similar shock, confusion and loss in their lives. It is within this safe and confidential environment that PATHS members share their pain and grief.

Meetings are held on the second Tuesday of each month, 8pm – 9.30pm. For further information or to join the group please **contact Jimmy on 07879 41485.**

Cost: Voluntary Contributions in support of the Tara Centre

OMAGH MEN'S SUPPORT GROUP

Gerry Madden

The group offers men a safe and secure space where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries.

Meetings are held Mondays 7.30pm - 9.30pm. For further information or to join the group **contact Gerry on 07799 472968.**

Cost: Voluntary Contributions in support of the Tara Centre

Disclaimer: While management genuinely appreciates the value of the services offered at the Tara Centre by both PATHS and The Omagh Men's Support Group, **we wish to point out that both groups are self-governed and as such function entirely independently of the Tara Centre governance system.** Accordingly, the Centre carries no responsibility for any aspect of the life and activities of these groups.

This disclaimer also extends to all other persons or groups who use the Centre on an independent basis from time to time.

FINANCIAL CONSIDERATIONS MUST NOT KEEP ANYONE AWAY ... *A Timeless, Sacred Place.... A Sanctuary For All*

At Tara we have a strong, principled commitment to making all the Centre's services available to anyone who can benefit from them, irrespective of a person's ability to pay the stated cost.



A warm welcome, genuine respect and the utmost confidentiality is guaranteed to all.

We are a registered charity committed to providing services to the highest professional standards. All our costs are pitched at a minimum rate relative to the quality of the service on offer and the overall cost to us of providing that service.

Some, but not all of the services on offer, are subsidised by grants. We also receive donations/contributions from generous persons who share Tara's conviction that the services on offer here make a worthwhile contribution to individual lives and to the community at large and whose financial circumstances at any given time permit them to support the work in this practical and much valued way.

The foregoing combined considerations influence the setting of fees for services on offer. We are well aware however, that the fee set may be an obstacle to availing of the services for some people who could benefit from them and to whom we wish to extend a warm welcome.

In order to give expression to that warm welcome to such persons, we have a few options which we trust are fit for purpose, namely:

- Payment by instalment cards are available on request at reception.
- The booking fee attached to certain services is usually paid in full in advance of the start date for the relevant programme; an instalment card may however be used for this purpose.
- In the event of neither of the arrangements detailed above meeting your need at a given time, you are cordially invited to make this known to the Receptionist who will arrange for you to discuss an alternative option with the General Manager.

GENERAL INFORMATION

LENDING LIBRARY

The Lending Library is open during the Centre's opening hours.

While a few books remain on display for sale the lending library provides the reader with a range of resources that encourage “...*healing, peace and holistic well-being*”. The holistic approach to health and well-being is a hallmark of life at the Tara Centre and reflected in the material in stock, with a range of authors and themes representing a great diversity of perspectives on topics addressed.*



“... Poetry and Hums aren't things which you get, they're things which get you. And all you can do is go where they can find you.”

- A.A. Milne through Winnie the Pooh
(or is it the other way around?)

GIFT VOUCHERS

Our popular Gift Vouchers are available at Reception for Complementary Therapies, attendance at Tara Centre Programmes, and the purchase of books and items for sale, making them perfect to give at any time of the year and for any occasion.

***Disclaimer:** Management does not necessarily subscribe to views/opinions expressed in all material in stock in the Bookshop and/or the Lending Library.

SOURCES OF FUNDING



**Victims & Survivors Service
(VSS)**

WHST



Department of
Health



Mental Health Support Fund

Philanthropic Donations (large and small)

Personal Donations - Made from time to time to the Centre which are frequently accompanied by a request from these generous benefactors to desist from publishing their details. Their contributions are recorded, responsibly used and most gratefully received.

Personal Donations - Through Standing Orders & Gift Aid (Detailed records held at the Centre)

Donations from / Fundraising through Organisations - Through other sources, locally and further afield, with our sincere gratitude, we acknowledge, in the last twelve months, the following:

- * **The Nature Trail**
- * **Nurtured Living - Gemma Donnelly**
- * **Todd's Leap**

Other Significant Support Towards Sustainability

The most significant support provided to the Tara Centre by the **Sisters of Mercy and the Presentation Sisters** is the lease of the premises, jointly owned by them, free of charge.

A heartfelt THANK YOU for your ongoing support

STANDING ORDER & GIFT AID

YOU CAN MAKE A DIFFERENCE

This is one of Tara's very effective sustainability initiatives of which all of you can become a part of. Your personal invitation to do so:



A core group of dedicated fund-raisers, led by Company Director and Treasurer, Marian Harte, promote and assist with the management of the Standing Orders and Gift Aid initiative, ensuring that your contributions realise the maximum benefit for the Centre, enabling us to do what we do. **We are working towards a target of 1000 members for this source of funding.**

We are deeply grateful to all who already contribute generously towards the Centre's financial sustainability through the Standing Order (& Gift Aid Initiative) and we look forward to welcoming many more of you on board in response to this, your Personal Invitation.

The Standing Order form is attached to the back of this page, containing all the relevant information you need to respond to your Personal Invitation, or you can contact Reception on 028 82 250024.

Online donations/standing orders

Visit our website taraomagh.com and click on **"Make a Donation"** to access our easy to use **online fundraising platform** for one-off or monthly donations.

STANDING ORDER MANDATE

CLIENT BANK

The Manager:

Address:

Town:

Postcode:

Date:/...../..... (DD/MM/YYYY)

CLIENT NAME & ADDRESS

Name:

Address:

Town:

Postcode:

Dear Sir/ Madam,

I/We hereby authorise you to debit my/our account detailed below:

SORT CODE

--	--	--	--	--	--

ACCOUNT NUMBER

--	--	--	--	--	--	--	--	--	--

With the sum of:

On:

£ of every month

With effect from:/...../..... (DD/MM/YYYY)

Please write amount in block capitals:

PAYEE: Tara Centre COP Account

BANK: AIB, Enniskillen

SORT CODE: 93-81-30

ACCOUNT NUMBER: 15828-183

Yours faithfully,

SIGNED

(Donor)

NAME.....

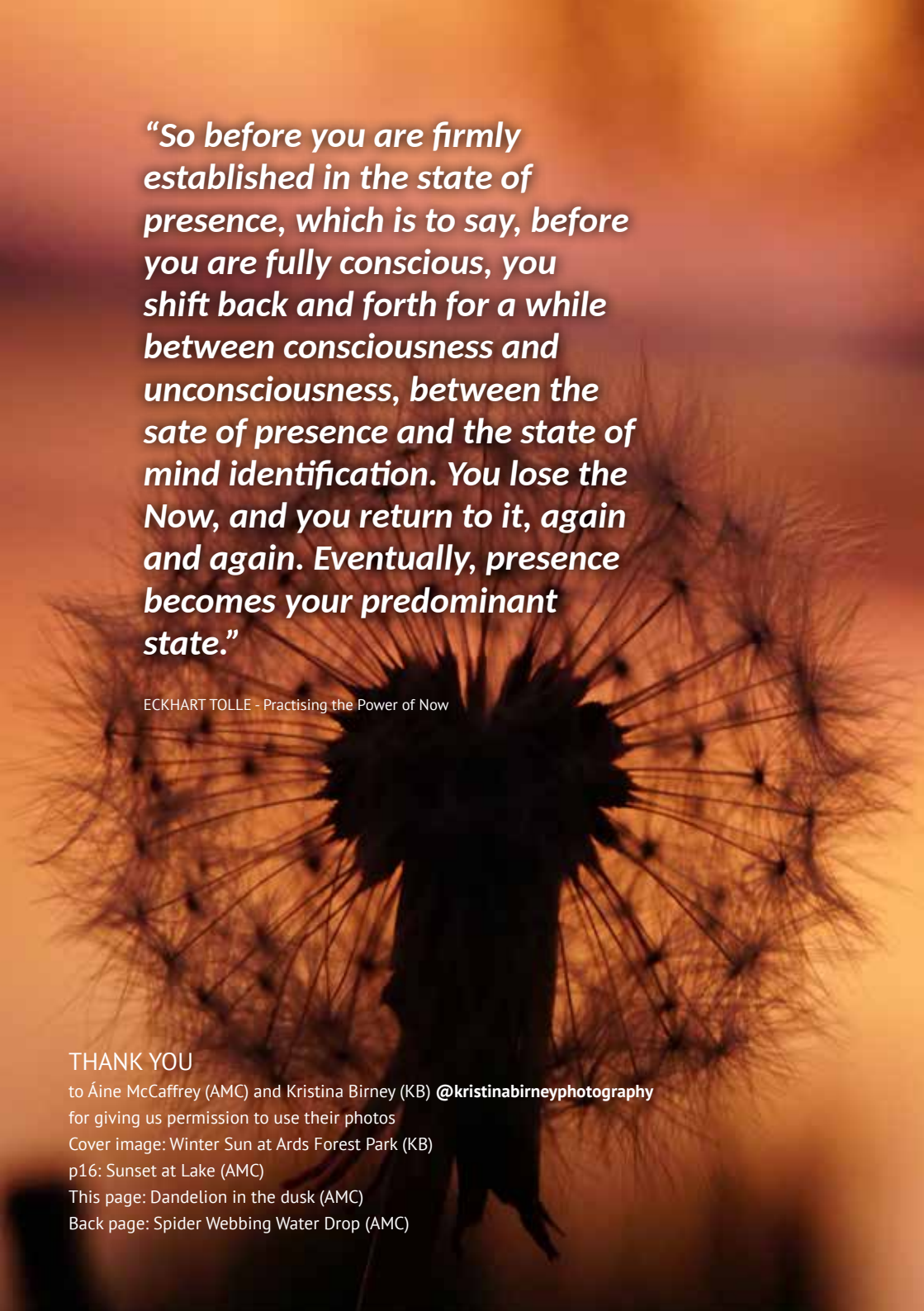
giftaid it

Please tick this box if you wish The Tara Centre to receive Gift Aid from your donation.

(Gift Aid enables us to reclaim tax on your payment)

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 you give).





“So before you are firmly established in the state of presence, which is to say, before you are fully conscious, you shift back and forth for a while between consciousness and unconsciousness, between the state of presence and the state of mind identification. You lose the Now, and you return to it, again and again. Eventually, presence becomes your predominant state.”

ECKHART TOLLE - Practising the Power of Now

THANK YOU

to Áine McCaffrey (AMC) and Kristina Birney (KB) [@kristinabirneyphotography](https://www.instagram.com/kristinabirneyphotography)

for giving us permission to use their photos

Cover image: Winter Sun at Ards Forest Park (KB)

p16: Sunset at Lake (AMC)

This page: Dandelion in the dusk (AMC)


Back page: Spider Webbing Water Drop (AMC)


*I, the fiery light of divine wisdom,
I ignite the beauty of the plains,
I sparkle the waters.
I burn the sun, the moon and the stars,
With wisdom I order all rightly.
I adorn the earth.
I am the breeze that nurtures all things
green.
I am the rain coming from the dew
That causes the grasses to laugh
With the joy of life.
I call forth tears, the aroma of holy work.

I am the yearning for good.*

Hildegard von Bingen (1098-1179)



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 www.taraomagh.com

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