

# ShiningBRIGHT

*a guide for the soul*

VOLUME 11 ISSUE 2

2008

## **LIVING WELLNESS**

**A sacred moment**

**Antarctic essence**

**Exploring the next level of healing**

**Reclaiming your totality**

**Love the life you live**



# RECONNECTIVE HEALING

in Sydney with **Dr. Eric Pearl**

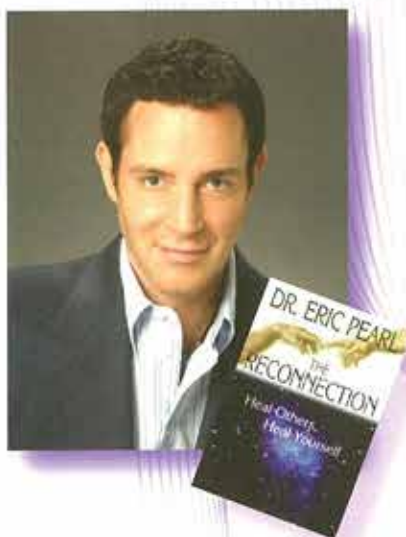
World-Renowned Healer & International Bestselling Author

**August 1 – 3**  
**August 7**

**Level I/II Seminar**  
**Light & Information:**

Wisdom and Insights From Another Dimension

Bayview Boulevard Sydney • 90 William Street • Sydney NSW 2011 • Australia • +61.2.9383.7222



Internationally recognized healer ERIC PEARL has appeared on countless television programs in the US and around the world, spoken by invitation at the **United Nations**, and presented to a full house at **Madison Square Garden**. His seminars have been featured in various publications including *The New York Times*.

As a doctor, Eric ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them – even though he hadn't physically touched them. For the first couple of months, his palms blistered and bled. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. All this occurred when Eric simply held his hands near them. And to this day, it continues.

Eric's patients' healings have been documented in six books to date, including Eric's own international bestseller, *The Reconnection: Heal Others, Heal Yourself*, soon in its 27th language. This new level of healing now has over 35,000 practitioners in more than 60 countries!

Eric and Reconnective Healing elicits great interest from top doctors and medical researchers at hospitals and universities worldwide. These include Jackson Memorial Hospital, UCLA, Cedars-Sinai Medical Center; the VA Hospital, University of Minnesota, University of Miami Medical School and the University of Arizona – where he addressed physicians at the request of Dr. Andrew Weil and where new research programs are presently underway at multiple facilities under the guidance of such renowned research scientists as Gary Schwartz, PhD, William Tiller, PhD, and others.

Find out what's baffling the medical community. Discover why hospitals and universities around the world are investing time and money in an attempt to explain these healings...and how you, too, can **master this extraordinary work!**

Learn how to activate and utilize this new, all-inclusive spectrum of healing frequencies that will allow you to **completely transcend "energy healing" and "technique" to access a level of healing beyond anything anyone has been able to access prior to now!**

*These seminars will teach you mastery of healing beyond anything you've read about, thought about, dreamed about!*

*"... fresh insight into the dynamics of healing."*  
– **Deepak Chopra, M.D.**  
author of *How to Know God*

*"Reconnecting ... the secret to all healing."*  
– **Dr. Wayne Dyer**  
the bestselling author of *The Power of Intention*

**This is NEW! This is DIFFERENT! This is REAL!**

For More Information and to Register

+1.323.960.0012 • [info@TheReconnection.com](mailto:info@TheReconnection.com) • [www.TheReconnection.com](http://www.TheReconnection.com)

Local Contacts: Ratih Luhur • 0403.354.433 • [ratih@reconnectivepractitioners.com](mailto:ratih@reconnectivepractitioners.com)

Julie Jara • +1.323.336.4213 • [Julie@TheReconnection.com](mailto:Julie@TheReconnection.com)

Catherine Ong • 02.9555.6263 or 0404.08.6495 • [cathong@pacific.net.au](mailto:cathong@pacific.net.au)

\*DOUG DE VITO (BS, CHE, MBA, Proctor & Kerbel, AT&T, Disney, Debitel) received his training directly from Eric Pearl and has since taught hundreds of Reconnective Healing seminars alongside Eric.

Eric Pearl and The Reconnection, LLC, in connection with The Reconnection® and Reconnective Healing®, including but not limited to seminars, teachings, any information and/or people, including but not limited to practitioners, instructors, assistants, representatives, associates, employees, agents and/or customers related thereto, make no promises, guarantees, representations and/or warranties regarding medical diagnosis and/or medical treatment, and are neither diagnosing nor treating specific health challenges. You are solely responsible for your own medical care.





## THE SOUTHERN CROSS ACADEMY OF LIGHT

### VISION & VALUES

The Southern Cross Academy of Light is creating a network of Light Centres for Spiritual Growth and renewal radiating out across Australia and the whole world.

#### ONE SPIRIT – DIVERSE VOICES

We are all of one Spirit  
with infinite variety of expression.

#### UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

We are parts of the whole of creation and welcome everyone as an expression of the whole.

#### UNCONDITIONAL LOVE

Loving each other without conditions.

#### THE ONLY AUTHORITY IS ONE'S HEART

To act according to one's own conscience.

#### MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and  
without judgment.

#### PERSONAL RESPONSIBILITY

Being responsible for one's own words,  
thoughts, and deeds.

#### CO-OPERATION NOT COMPETITION

Working together, supporting each other.

#### ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and  
responsibility for the planet.

#### PEACEFUL LIVING

Living together in peace, harmony and truth.

#### AWARENESS AND LOVE OF THE SELF

Loving, honouring and nurturing the  
physical body as the Temple of the Soul.

The Academy's focus is to help people become spiritually aware and live consciously. Wisdoms, some thousands of years old, are being remembered and practised by its members.

The Academy helps guide and provide food for the soul during regular meetings. Like-minded people have a chance to come together, meditate and release tension and stress, and listen to visiting speakers who have some particular wisdom or insight to share.

The Academy's intention for these meetings is: to create a space where you are safe and where you can move forward along your Spiritual path. It is a space where you will learn to understand what your journey is about. Whatever your path is, the Academy Meetings offer direction, guidance and inspiration.

Each Monday night at Neutral Bay we gather together and share our light, we share our joy and our growth. The Academy provides amazing teachers to share new ideas as we come together as one and we unite in love and light. The Academy creates a space where you are safe and where you can move forward along your spiritual path. It is a space where you will learn to understand what your journey is about.

We regularly practise meditation along with wonderful rituals to heal Mother Earth and our physical body. Join us for an evening of enlightenment and upliftment. Renew your commitment to yourself and your Spiritual growth.

**Watch for special Academy events which are held at Crows Nest Community Centre. For information see our web site: [www.a-light.org.au](http://www.a-light.org.au)**

#### Some of our speakers

Troi Leonard

Bernie Prior

Ian White

Sylvia Shanti Vowless

Ruth Eedy

Kerryn Franks-Sedgman

Swamji

Alison Wilson

Dr. Eric Pearl



*Troi Leonard*

#### Every Monday Night at Neutral Bay

St John's Uniting Church Hall

Cnr Yeo & Barry Sts

Neutral Bay

7.30pm – 9.30pm

Cost \$15.00 Concession \$10

All welcome



# Weave your World



## ARE YOU READY FOR A LIMITLESS EXISTENCE?

DO YOU FEEL THE POWER OF NEW POSSIBILITIES,  
FAR FROM RESTRICTING THOUGHTS AND THOUGHT  
PATTERNS THAT HAVE BEEN PUT UPON YOU?

**WEAVE YOUR WORLD** is a Free Earth Foundation; a family gathering of passionate people living in Love, Joy and Freedom. Our team constantly travels the world to make hearts remember the Oneness, to awaken the fire of truth and power in every country and every heart.

The information for our teachings (strongly connected to Lemuria) is channeled by **JESHUA BEN EKARA**, who is a multi-channel for many Ascended and Cosmic Masters : Ekara, Solarys, Salya, Kuthumi Lal Singh, Adamus Germain, Adama, Quan Yin, Tobias, Satya, Lemuaya and many others.

Ekara calls Jeshua a "Speaker from the Heart of All Things". He also presents non-channeled lectures, is the author of several books and has done over a thousand private sessions over the years.

*This September you are presented with  
a rare opportunity to celebrate and reactivate  
with Jeshua Ben Ekara, Ambika &  
the Weave Your World Team*

All profound channelled information is now available  
as free video and audio files from the channel library. Visit

**[www.weaveyourworld.com](http://www.weaveyourworld.com)**



### AUSTRALIA

Sydney: one day workshop 4 Sept, two day workshop 5-6 Sept  
Maleny, Sunshine Coast: "Lives in Lemuria" 8 -12 Sept

### NEW ZEALAND

Coromandel, Mana Retreat: "The Twelve Vibrations of Energy" 14-16 Sept  
Wellington: three day workshop 20-22 Sept

For more information and registration visit [www.weaveyourworld.com](http://www.weaveyourworld.com) (seminars)  
or email the hosts **Kyrona** ([ky@kyrona.com](mailto:ky@kyrona.com)) and **Ineke** ([sunqeen@bigpond.com](mailto:sunqeen@bigpond.com)).



## CONTENTS

---

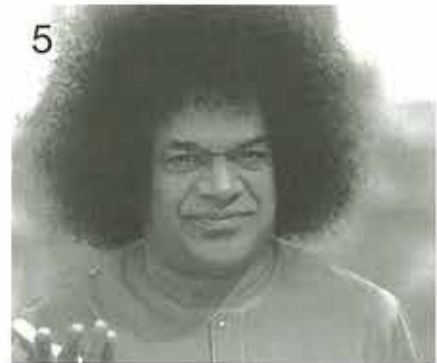
A SACRED MOMENT Crossing paths with Sai Baba	5
LIVING WELLNESS	7
COURAGEOUS SOULS Do we plan our life challenges before birth?	9
EXPLORING THE NEXT LEVEL OF HEALING	11
ANTARCTIC ESSENCE	14
EARTHWEAR BY PATRICE	17
HOLISTIC PRACTITIONERS	18
LOVE THE LIFE YOU LIVE	19
HOW TO TURN YOUR HOUSE INTO A HEALTHY HOME	21
RECLAIMING YOUR TOTALITY	23
ASTROLOGICAL HAPPENINGS	24
BOOK REVIEWS	27



### FRONT COVER

The cover artwork entitled MANIFEST is from the 7 poster "Inspired-Action" series created and published by [www.inspired-insight.com](http://www.inspired-insight.com), copyright LMLIF Pty Ltd t/a Inspired Insight 2008

5



13



23



### ShiningBRIGHT

is independently published by The Southern Cross Academy of Light  
P.O. Box 1221, Neutral Bay, NSW, 2089 Australia  
Email: [scal@a-light.org.au](mailto:scal@a-light.org.au) [www.a-light.org.au](http://www.a-light.org.au)

**Editor:** Rosemary Butterworth **Asst. Editor:** Ann Castle **Designer:** Patricia Latta **Printed by:** Emerald Press

**Front cover:** Artwork entitled 'Manifest'

**Advertising and subscription enquiries: Tel: (02) 9975 4905**

The publisher of ShiningBright does not endorse any of the products, advertisements or services mentioned in this publication. Opinions and statements made in the articles printed are the sole responsibility of the authors and are not necessarily the opinions of the publisher or Editors. We encourage you to make your own informed opinions as we strongly believe in freedom of expression when spoken from the heart.



## from the EDITOR

**S**hiningBRIGHT is the voice of the The Southern Cross Academy of Light, which is here to support you in so many ways during the transition. If we are to go to the 4th & 5th dimension we have to deal with our issues which are coming up now in full force. We cannot take our

*Rosemary Butterworth*

roles with us, our pain and suffering, our memories of past events. These things lie in our bodies and to fill the body with Light we need to make space in our bodies by letting these things go.

Every time we think of what has happened to us in the past we energise it and lock it in.

We have, in the past, identified ourselves with what has happened to us. We want to say, I AM the person who had this problem but now I am over it. When we really let it go – it is as if it never happened. See how you feel about this.

The focus of this issue is on our Wellbeing. In this issue we have a story by a building biologist, Alison Wilson who has described issues in the home that may be affecting us. We know that we are in good hands when we read the story by Patrice, a 19 year old girl who has found that natural fabrics help children with ADHD. Also a story by a Life-Coach, Anne Hartley, and Robert Schwartz suggests in his story 'Courageous Souls' that we planned our life here BEFORE we were born. And of course, Dr. Eric Pearl who will be here once more in July to activate your ability to heal.

We recommend you read the Astrological Happenings by Heidi, which describes briefly the affects on our world and our food supplies now that Saturn has moved into Virgo, and the Awakening need for us as a global community to take responsibility for our actions.

Much love,

Rosemary Butterworth

To keep up-to-date with coming events, contact the office either by phone (02) 9975 4905 or by email so we can send you our weekly email Newsletter of "What's On" together with health tips and inspirational messages.

The Southern Cross Academy of Light ABN: 81 919 104 219

Postal Address: P.O. Box 1221 Neutral Bay NSW 2089

Phone 61 2 9975 4905

Email [scal@a-light.org.au](mailto:scal@a-light.org.au) [www.a-light.org.au](http://www.a-light.org.au)



**The Southern Cross Academy of Light is an organization that supports all people at all levels of their spiritual development. It provides high energy, inspiration and increased awareness.**

Each Monday night at Neutral Bay we gather together and share our Light, our joy and our growth. The Academy provides amazing teachers/healers to share new ideas on all manner of topics. Every week is different. Every week there is meditation. Everyone is welcome. Below is a list of coming Guest Speakers and events.

### DIARY OF EVENTS FOR NEUTRAL BAY GATHERINGS

February - March 2008

**St. Johns Uniting Church Hall, cnr. Yeo & Barry Sts., Neutral Bay.  
Cost \$15 Cons. \$10 (see page 1)**

- May 19th:** Dr. Olivia de Bergerac - watch a short film about the research program from Chanel 9, where I was using an EEG machine to monitor the brainwaves of the participants. The film gives a taste of dolphin therapy. Receive a short presentation about stress and its impact on humans physiology.
- May 26th:** Vicki and Ron Ragel - Masters at weaving ethereal Vedic Mantras and Raga Sangeet (an ancient Indian musical tradition) for healing body and mind.
- June 2nd:** Valerie Barrow - Transporting participants into an 'altered state' of consciousness - sometimes leading to symbolism or even past life memory.
- June 9th** closed - Queen's Birthday
- June 16th:** Karen Moloney & Abe Moses - From HAI. Miracle of Love - Human Awareness Institute. How to be open in giving, receiving and sharing, nurturing and love.
- June 23rd:** Micheal English returns - Spirit Rescue: Realignment of Spirit into Body - Psychic Surgery. He has had over 17 years experience in healing, reading energies and understand the psychic world. Micheal will demonstrate his work tonight.
- June 30:** Kayt Raymond - Aligning with the Angel of Readiness to recognize, receive and capitalize on opportunities.
- July 7:** Silvana la Pegna - Embracing the 'D' word. Guided by medical intuition, she will share with us some practical approaches to working with the transformative power of Depression to design the life most deserved.
- July 14:** Chris Elliott - The Benedictine nuns at Jamberoo.
- July 21:** John Butterworth - Sacred Sound Meditations. Using exotic musical instruments including large Chinese Gongs, John will create a sacred space. There will be toning and chanting.
- July 28:** Kerryn Frank Sedgman - Soul Leadership: Is your Spiritual Calling - Calling? Are you waiting for the 'AHA' moment?

Workshops are great. We get energized, motivated during the time spent there but are we using what we have learnt in our daily life? Soul leadership shows you how to apply it in your daily life.



# A SACRED MOMENT

## crossing paths with Sai Baba

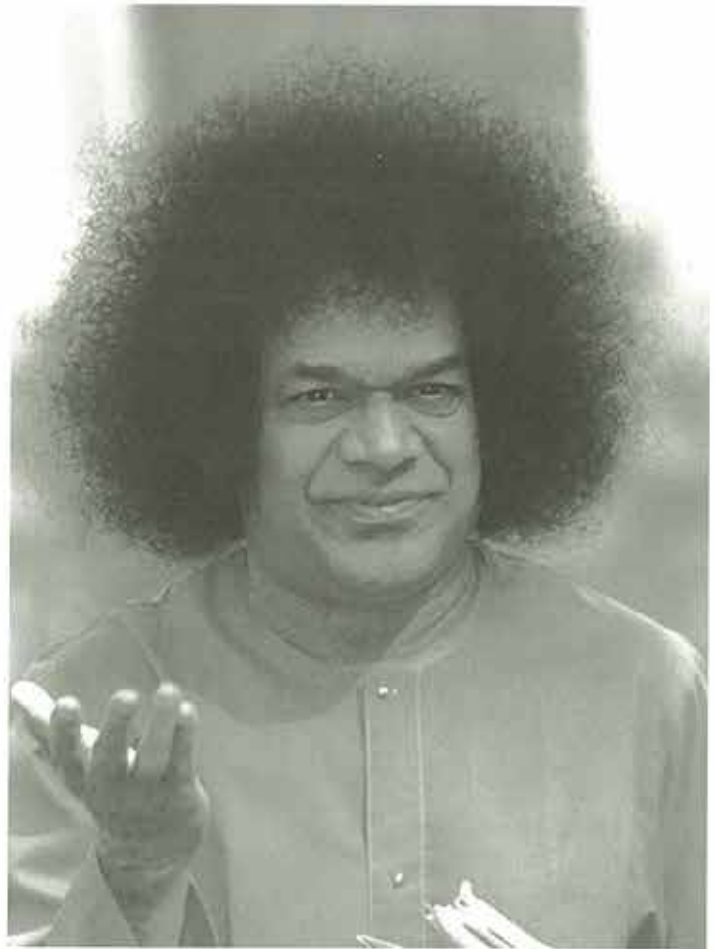
by Caroline Myss

### A HEALTH SCARE

**T**he first time I called on Sai Baba was more than 10 years ago during a health scare I had while in northern Scotland. You have to understand that I'm in the middle of nowhere and nobody but my friends know I'm there. I said, "Baba, I don't even know why I'm praying to you. But if you're there and if you're listening, I think I'd like some of that vibhuti (holy ash that Sai Baba reportedly materializes at will)." Now why would I ask for vibhuti? I've never asked for that in my life. Holy water, yeah. Holy oil, uh-huh. Holy ash, no. "Ash" to me is Ash Wednesday. Ash has its own sacred place in the Christian tradition. But in India, ash is the sacred element.

So the next day -- the very next day! -- this little tube the size of a 35mm film canister arrives filled with vibhuti with a note that reads, "To Caroline Myss from Sai Baba." This was within 12 hours of my prayer and I'm up where Christ lost his shoe in the Highlands of Scotland! The package had come via someone I had met many years earlier who had come to three of my lectures in Copenhagen. I didn't even know this man! Do you know how many thousands of people I meet? Do you think I would give this man my address, much less my social schedule, plus call him up and tell him I'm going to see a few friends in northern Scotland in case he needs to reach me? Do you understand how ridiculous that is? That's why getting that package impressed me so much. I mean, if I had gotten a call from a very close friend who said, "Hey, I just got you some vibhuti," that would have been impressive enough. But to actually have a package arrive delivered by someone I didn't even know was way, way beyond impressive. And where did he mail it? To where I was visiting friends in a remote part of Scotland! A stalker couldn't do a better job!

From that point on, Baba had my attention. And I started to experience connections with him on a fairly regular basis. For example, when my older brother Joe was critically ill and my younger brother Eddie was dealing with some very stressful circumstances, my mother said to me, "Can't you do something? Can't you write Sai Baba?"



I said, "What do you think I should do, Mom? Address an envelope to Sai Baba in care of India? I have no idea where he lives." I woke up the next morning to find that his address had been faxed to me from somebody in Australia!

After the container of vibhuti had showed up in Scotland, I took it with me wherever I traveled. It was precious to me. It was like having my own altar, a direct phone line to this mysterious being who always knew where I was. Not long after, I was doing a workshop with Norm Shealy at Norm's farm. I made the mistake of telling this group of 28 people about the vibhuti and everybody was like, "I want some, I want some." It was just too much for me. I thought, "Go away! How dare you ask for this? How dare you?"

But then it occurred to me that there was something I needed to learn from this. So I opened up the canister and told people to just touch it a little bit. One man stuck his finger in all the way to the bottom and I said, "Do you understand what I just said to you? Why did you do that? This ash is sacred to me. What is it with you people having to be so greedy?" I mean, I leveled him. He came up to me later and apologized.

On top of that, a woman in the group comes up and says, "My aunt is dying, she's a devotee of Sai Baba, can I take some to her?"

And I thought, "Can you take some to her? I'm already halfway out of it!" Well, her aunt had never been to India so I put a little vibhuti in a Kleenex for her. But I was raging. I

continued on page 6

continued from page 5

was raging at my own stupidity that I'd just shared something so precious so carelessly. I put the lid back on the container and it's never gone out with me again. It's upstairs in my room and that's where it's going to stay.

Well, about six weeks after that workshop, I get a letter. I still don't know who it was from. There was no postmark. It was filled with seven packages of vibhuti and a note that read, "These are from Baba. He says thank you."

#### THROUGH GRATITUDE

Then, in the summer of 1999, I was tested for Lupus. I was really terrified because it's an ugly disease and I had lost my best friend to it. I was told I would have to wait at

least a week for the results. On the day of the test, I prayed to Sai Baba. And even though I still didn't really know much about him, I prayed, "I am going to come to India to see you. And if I'm going because I'm sick, I'm going to count on you to help me. And if I'm going because I'm not sick, it'll be through gratitude."

*Caroline Myss, a renowned medical intuitive who lectures all over the world on the untapped potential of the human spirit, is the author of four New York Times best-sellers: Anatomy of the Spirit, Why People Don't Heal and How They Can, Sacred Contracts, and her latest effort, Entering the Castle. For more information, visit [www.myss.com](http://www.myss.com).*

## THE WHITE DOVE

by Rosemary Butterworth

### *Miracles do happen.*

One event the Academy put on was at the Passionist Monastery. It was a lovely venue (it since has been sold to developers) with cloisters, quadrangle, accommodation and a beautiful chapel. In the past it had been a teaching seminary for the Brothers and we felt very to grateful to have such a beautiful venue for our special event.

On the day, we put a very large labyrinth down in the chapel and invited people to 'walk the Labyrinth for Peace'. This was to be done as a silent meditation and was to be completed by morning tea as we had a full programme to follow.

Dr. Sharma, a beautiful fully-realised Indian gentleman, was visiting Sydney at the time and had accepted our invitation to walk the Labyrinth.

We started slowly walking the Labyrinth but Dr. Sharma chose to wait until we had all finished walking before he started. As I hadn't realised that he would wait, I began to get anxious about the time factor. I was getting worried that we were behind in the programme so I went up to the people that had finished their walk, and whispered to them to leave the chapel and go and have morning tea which was set up in the kitchen.

For a while I watched Dr. Sharma who was walking, so still, so present, but when I looked up, people were all crowded around the doorway and no one had left the chapel. Feeling frustrated and worried that we were now so far behind, I pushed through to see what was stopping the people going through the door.



Outside the door of the chapel, walking up and down, was the most exquisite white dove. People were brought to tears and were so moved. We were walking for peace and this symbol of peace manifested!

### *Eyes Wide Shut*

*I close my eyes  
And in that space  
I see more than I do  
With an open face*

*Dismissing sanity I push  
that aside  
I say to myself  
Should I open my eyes.*

*I hear whispers – laughter too  
I think I'm crazy  
I wish it were you*

*Honey and warmth  
Now fill my spac  
Bless me Lord  
Like a new lamb  
I'm finally awake*

Shirley Ann Appleby  
June 2006





# LIVING WELLNESS

by Dr Judy Moss

*Judy believes what creates your dis-ease, whether physical, emotional, spiritual or otherwise can equally cure it.*

*Dr. Judy Moss is a doctor and a medical intuitive and truly believes and has demonstrated that we can heal ourselves with 'ease and grace'.*

**Y**our body is a complex organism composed of many structures that are an intricate and extraordinary group of inter-related systems. We refer to these intricate functions simply as 'life'. Within that amazing creature - YOU - there are systems such as the digestive system, which is composed of several organs and functions working harmoniously toward one goal: supporting and maintaining your healthy joyful life. Since body function creates acidity, eating an alkalising diet is an easy way to create and maintain balance and well-being.

The human body is very intelligent. As we become more and more acidic, the body starts to set up defence mechanisms to keep the damaging acid from entering our vital organs. It is well known that acid gets stored in fat cells. So

as a defence mechanism, your body may actually make fat to protect you from your overly-acidic self. Those fat cells and cellulite deposits may actually be packing up the acid and trying to keep it a safe distance from your organs. The fat may be

saving your vital organs from damage. Many people have found that a return to a healthy inner biological terrain helps them to lose excess fat. So hello everyone, start to love your fat!! It may turn out to be your best friend, protecting you until you make the acid/alkali tango change.

DIS-EASE:

One of the first warning signs of an acidic biological terrain are physical symptoms like tiredness, heartburn, twitch-

es/spasms, hot flushes, insomnia, etc, that also cause and increase emotional instability, moodiness etc. With time, one notices calcium deposits within joints, arteries etc and progressively more severe dis-ease at all levels that stem from overly acidic levels in the body.

Note: Very important

- Long, slow breathing makes us alkaline while rapid breathing makes us acid
- Certain food, when organic, become alkaline.
- The calmer we are, the more alkaline our body's environment becomes

YOUR FOUNDATION FOR GOOD HEALTH:

1. Enjoy 20 mins of sunshine a day  
If there's a deluge, a sun lamp will do the trick. We are a solar powered battery and we need to recharge daily for best results
2. Drink an average of 2 litres of great quality water a day. At present two companies - Wellness and Nikken offer the most alkaline varieties
3. Alkalise and oxygenate
  - You can test your urine with some litmus paper regularly to ensure your system is adequately alkalised (purchase litmus paper from your chemist and get them to show you how)
  - Walking in the fresh air does wonders for your oxygen levels, as does the occasional gargle with dilute peroxide
  - Bugs, cancer and most other disease are caused by an acidic, low oxygen environment
  - Changing your internal environment changes dis-ease to ease
4. The Krebs's cycle describes how the body produces energy. Check it out on the net

It's well worth consulting a professional to test whether you have the 'right' quantities of all the ingredients required to run this cycle with ease and grace to put some power in your day.

Once you have mastered the basics:

THE CAUSE OF ALL DIS-EASE:

1. Allergies - 'things' which you insist on excluding from your life which serve you
2. Addictions - 'things' which you insist on including in your life which do not serve you
3. Excesses - too much of an essential health and wellbeing ingredient e.g. sleep or exercise
4. Deficiencies - too little of an essential health and wellbeing ingredient e.g. vitamins or minerals
5. Habits

*An example: Your parents may have insisted that you be the best in your studies, sport etc. You got into the habit of repeatedly actioning their wishes in order to please them or*

continued on page 8



continued from page 7

to avoid punishment or disappointing them. Now the habit still runs the show. Even though your parents may have passed on, you still try to be the best no matter what, so you become exhausted, irritable ... = dis-eased.

#### 6. Secondary gains

An example: You may unconsciously choose to be and remain sick so people are nice to you or so you don't have to go to a job you hate. The idea here is to move the secondary gain to primary gain. In other words to understand and believe that you are entitled to have people be nice to you and to only do what you love and not need to get sick to achieve these benefits.

#### 7. Non-serving Belief systems

An example: I believe I have to be what everyone expects me to be

8. Attractor fields = where heaps of no longer serving beliefs exist forming a powerful attractor field which attracts more of the same

9. Repulsor fields = where heaps of no longer serving beliefs exist forming a powerful repulsor field which continuously push away serving beliefs

10. Injunctions = prohibitions or inhibitions of the free behaviour of the child, reflecting some of the deepest fears, angers, sorrow and desires of the parent. They may be conscious or other than conscious, be given directly or indirectly, verbally or non-verbally.

An example: "Don't grow up". A message often given to the youngest child when the parent enjoys being a parent and doesn't want to give up that role.

11. Drivers = messages that restrict the child's free behaviour. They often represent messages given by parents wanting to make the behaviour of their children socially acceptable and/or help the children be more successful in life.

An example: Hurry up

12. Loops = are patterns of behaviour recalled and recycled repeatedly creating a dynamic similar to obsessive compulsive behaviour.



Some examples: I should, must, have to, ought to etc

It would be ideal for anyone experiencing anything other

than complete vibrant health and joyful wellbeing to consult with an enlightened experienced health care practitioner and discover which of the basics or 12 causes are relevant to you and make the appropriate changes.

That way you can turn your frown upside down!

#### THE TWELVE MASTERMIND PRINCIPLES

The wise man/woman starts each day reminding themselves and living these principles and thus creating the foundation for their empowerment and Wellbeing.

1. **I Release:** I release myself to the Mastermind because I am strong when I have others to help me.
2. **I Believe:** I believe the combined intelligence of the Mastermind creates a wisdom far beyond my own.
3. **I Understand:** I understand that I will more easily create positive results in my life when I am open to looking at myself and my problems, opportunities, gifts and talents from another's point of view.
4. **I Decide:** I decide to release my desire totally in trust to the Mastermind and I am open to accepting new possibilities.
5. **I Forgive:** I forgive myself for mistakes I have made. I also forgive others who have hurt me in the past so I can move into the future with a clean slate.
6. **I Ask:** I ask the Mastermind to hear what I really want; my goals, my dreams and my desires, and I hear my Mastermind partners supporting me in MY fulfilment.
7. **I Accept:** I know, relax, and accept; believing that the working power of the Mastermind will respond to my every need. I am grateful knowing this is so.
8. **I Allow (and/or I Welcome):** I allow and welcome my good/God; knowing that the Mastermind hails and supports my success (Dedication and Covenant)
9. **I Celebrate:** I celebrate my good and so it multiplies and focuses the bounty
10. **I Permit:** I give myself permission to shine and my good flows bountifully towards and through me
11. **Announce:** I announce my good and receive it in equal part
12. **I Concur:** I concur, synchronise, coordinate, harmonise and live in ways that Engage the Universal Life and Mastermind principles so that the Universe begins and continues to serve me exponentially

#### THE COVENANT

"I now have a covenant in which it is agreed that the Mastermind shall supply me with an abundance of all things necessary to live a success-filled and happy life. I dedicate myself to be of maximum service to God and my fellow human beings, to live in a manner that will set the highest example for others to follow and to remain an open channel of God's will. I go forth with a spirit of enthusiasm, excitement and expectancy."

[www.drjudymoss.com](http://www.drjudymoss.com)





# COURAGEOUS SOULS

## Do we plan our life challenges before birth?

by Robert Schwartz

In May of 2003, I was leading an unfulfilling life as a self-employed marketing and communications consultant. Although I enjoyed some of my work, I did not derive deep satisfaction from any of it. I often felt that if I were to fall off the face of the Earth, my clients would hardly notice; they would simply plug someone else into my role. More important, my life was not a unique expression of my soul. A spiritual but not a religious person, I longed to make a contribution to the world that would be "uniquely me," but I had no idea what that might be.

I had exhausted the usual routes one explores to find meaning and purpose. I was lost and floundering. Then, an inspiration came to me: why not consult a medium? Although I had a strong belief in God, I had never (as far as I knew) directly experienced the metaphysical. I felt I had nothing to lose. I researched mediums and selected someone with whom I felt comfortable.

My session with the medium took place on May 7, 2003. I remember the exact date because on that day my life changed. I told the medium very little about myself, describing my circumstances only in the most general terms. She explained that each of us has spirit guides, nonphysical beings with whom we plan our lives prior to incarnation. Through her I was able to speak with mine. They knew everything about me—not only what I had done but also what I had thought and felt. For example, they referred to a specific prayer I had said to God some five years earlier. At a particularly difficult time I had prayed, "God, I can't do this alone. Please send help." My guides told me that additional nonphysical assistance had been provided. "Your prayer was answered," they said. I was astounded.

Eager to understand the suffering I had experienced, I asked my guides about the major challenges I had faced. They explained that I had planned these challenges before birth—not for the purpose of suffering, but for the growth that would result. I was shaken by this information. My conscious mind knew nothing of pre-birth planning, yet intuitively I sensed truth in their words.

Although I did not realize it at the time, my session with the medium triggered a profound spiritual awakening for



me. I would later understand that this awakening was really a remembering—a remembering of who I am as an eternal soul and, more specifically, what I had planned to do on Earth.

For the next few weeks I continued with life as usual, although the information from my guides was constantly on my mind. I did not know what to do with it. One afternoon I took a break from work and went for a walk—and had an experience even more profound than my session with the medium. I suddenly felt overwhelming, unconditional love for every person I saw! No words can adequately convey the power of this love. It was of an intensity and depth I had never experienced and did not know was possible. For each person—the mother pushing her baby in a stroller, the cab driver waiting for a fare, the child playing at the corner, the barber cutting hair behind the window of his barbershop—I felt pure, limitless love.

Though I had never before heard of such an experience, I knew intuitively what was happening: I was in enhanced, immediate communion with my soul. In effect my soul was saying to me, "This love is who you are." I now believe my soul gifted me with this experience to facilitate the work I would soon begin.

I became obsessed with reading about spirituality and metaphysics. As I read I thought often about pre-birth planning. All my life I had viewed my challenges as nothing more than meaningless suffering and their occurrences as random and arbitrary. Had I known that I'd planned my challenges, I would have seen them rich with purpose. That knowledge alone would have greatly eased my suffering.

continued on page 10

continued from page 9

Had I also known why I'd planned them, I could have consciously learned the lessons they offered. Feelings of fear, anger, resentment, blame, and self-pity would have been replaced by a focus on growth. Perhaps I might even have been grateful for the challenges.

During this period of intense study and inner exploration, I met a woman who is able to channel her soul and who agreed to let me speak with her soul about pre-birth planning. I had no knowledge of channeling and was taken aback when she went into a trance and another consciousness, one clearly distinct from hers, began to speak through her. I spoke with her soul for fifteen hours over the course of five meetings.

These conversations were thrilling. They verified and complemented my reading and study. Her soul told me in detail about her own pre-birth planning: the various challenges that had been discussed and the reasons some were selected. Here I had direct, specific confirmation of a phenomenon of which very few people were aware. Because the pain in my life had made me extremely sensitive to—and intensely motivated to relieve—the suffering of others, I was excited by the potential healing an awareness of pre-birth planning could bring to people. I knew that the information I had discovered could lighten their suffering and imbue their challenges with new meaning and purpose. As a result I resolved to write a book about the subject and to share its significance with others.

My enthusiasm for my new path was, however, tempered by the uncertainty of letting go of the old. Though unfulfilling, it was at least comfortable and familiar. Nevertheless, I was sustained—indeed, compelled to go forward—by the importance of the work, the opportunity finally to express myself in unique ways that would be of service to the world, and the certainty of knowing that came from directly experiencing my soul.

At first I thought the idea for the book had originated in this lifetime. In truth, however, I had simply remembered

my own pre-birth planning. By working with several gifted mediums and channels, I discovered I had planned not only to write a book on this subject but also to interview at least one of the people whose stories appear on these pages. In all I had dozens of sessions with mediums and channels, during which I spoke with many wise beings in spirit about my challenges and about pre-birth planning in general. In this book I offer to you what they have taught me.

I now understand why I had planned certain challenges for myself: I wanted to take the journey those who read this book may also take. I, too, at times felt victimized by the universe and blamed others for the "bad" things that happened to me. I saw my challenges as pointless, empty suffering and doubted my worth when I did not rise to them in the way I would have liked. But with my knowledge of pre-birth planning, I now realize that an entirely different perspective on life challenges is possible. In writing *Courageous Souls*, I set out to teach what I had most needed to learn.

It takes a great deal of courage to live the plans you made before you were born. My desire, my most fervent wish, is that you recognize the tremendous courage you show in every moment of every day when, with each breath, you reaffirm your decision to embrace and learn from your own challenges. Within that recognition, you will find your soul.

[www.CourageousSouls.com](http://www.CourageousSouls.com)



## Heavenly Cakes for birthdays, weddings and all celebration



JAYNE HARRISON

Shop 2/142 Pitt Road  
North Curl Curl  
NSW 2099  
Tel: 9905 3554  
Mob: 0411 602 186

## Healing Through Touch

*Sylvia Jacka*



Allow yourself to  
receive powerful  
healing in  
individual guided meditations.  
Do you wish to have more  
energy, harmony, peace and  
inner well-being?



I believe in treating the whole  
person and not just the dis-  
ease we feel when we are not  
connected to our true self.

Find Inner Peace with Aromatherapy, Australian Bush  
Flower Essences, Energy Healing, Meditation,  
Harmonic Healing Chimes for Chakra Balancing or  
the use of Numerology charts to discover who you  
are.

Ph: 02 9484 3169 or Mob: 0418221286

Email Address: [Sylviajacka@aapt.net.au](mailto:Sylviajacka@aapt.net.au)



# EXPLORING THE NEXT LEVEL OF HEALING

by Steven Shefler

A new science is emerging that is changing our traditional understanding of healing. The latest scientific research is focusing on experiments that are quantifying the effects of energy, light and information on human beings. Leading the way are two world-renowned Arizona scientists, William Tiller, PhD and Gary Schwartz, PhD, and specifically their studies of the new Reconnective Healing® frequencies, first discovered by Eric Pearl, D.C. The profound results of this research, to be published later this year, are reverberating throughout the scientific community.

Dr. Tiller, Professor Emeritus, Stanford University, author of eight books, 250 scientific papers and star of the recent film 'What The Bleep!?', has been conducting research on how the physical properties of a room or space change as a result of energy healing frequencies entering that room.

## Heavenly Energies - Your Source of Unique Products, Services and Workshops that Inspire & Empower.

*Exclusive Australian outlet for Serenity Vibration Mists*

### AURA SOMA

• Colour therapy for the soul

• Angels  
• Readings & Healings

• Esoteric & Holistic Books  
• CD's & DVD's

### SERENITY VIBRATION HEALING

• Products  
• Sessions  
• Classes

### CRYSTALS

• High quality  
• Unique specimens

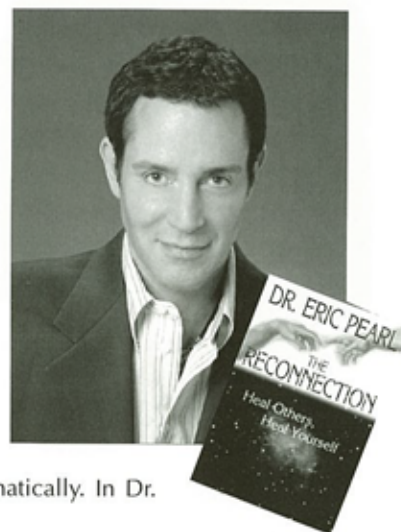
Contact us to see how we can support you:

HEAVENLY  
*Energies*

156 Mowbray Rd, Willoughby 99679415  
or visit [www.heavenlyenergies.com.au](http://www.heavenlyenergies.com.au)  
Council Carpark available just 10 mtrs away

Dr. Tiller conducted his experiment on the Reconnective Healing frequencies for the first time at one of Eric Pearl's seminars held in Sedona in 2006, and found the results so extraordinary, that he repeated the study in 2007 in Los Angeles, and will continue his inquiry into this phenomenon again, in Los Angeles this September. According to Dr. Tiller, this new, more comprehensive bandwidth of healing frequencies brings healing "beyond just what has been classically known as energy healing into a broader spectrum of energy, light and information."

Dr. Tiller found that these intelligent frequencies begin changing the quantum field effects of the room, or "conditioning the space," easily 36 hours or more before a seminar even begins, dramatically increasing the excess free thermodynamic energy in the room. In other words, if this were simply the energy we find in energy healing, the temperature of the room would have to have increased by 300 centigrade! With what is today known as the Reconnective Healing frequencies or spectrum, while the actual room temperature does not change, the amount of energy, light and information charging the room does, palpably and dramatically. In Dr. Tiller's words,



"As we continued to monitor that space, we found **two days later, the increase in this effective energy content was huge.** [If we ask] 'What is the effective temperature increase for that normal space, how much must it go up to give the same excess energy content as was in Eric's workshop two days after he started?' [The answer is] **"The effective temperature increase for a normal space would have been 300 degrees Centigrade!** That is huge."

The initial findings are highly significant. Dr. Tiller continues, "This shift of energy is what allows normal human beings to enter a room and later to walk out with an ability to heal others and themselves, regardless of their background or education."

In another research study, Dr. Schwartz, along with Dr. Melinda Connor from the Laboratory for Advances in Consciousness and Health at The University of Arizona, focused their research on healing seminar attendees. In Arizona in 2006, and again in Los Angeles in 2007, Dr. Schwartz and his colleagues conducted their "baseline energy healing" studies which measured people's abilities to work with, feel, transmit and receive light and other electromagnetic frequencies before and after they attended the

continued on page 12

# Celebrate the Life and Crossing Over of Verna V Yater PhD



Our wonderful, amazing teacher and healer, who helped so many people, crossed into spirit on Good Friday. Verna's work brought so much Light to the planet.

Through her patience and incredible courage she was able to take many people to the depths of their consciousness to clear layers from All-Time.

Verna was the disciple Matthew, and the presence of Jesus was strongly with her during the last hours and days, along with so many other beings; absolutely legions of them were present.

In Memorium by Chris, at Verna's office

continued from page 11

seminar. What they found was dramatic. Of the more than 90 people who participated in the study, all walked out with permanently expanded and new electromagnetic abilities following the Reconnective Healing seminar, whether or not they had ever studied healing or whether they were masters/teachers of the various energy healing techniques known today, old or new.

Drs. Schwartz and Connor will continue their research this August at The Reconnection seminar in Tucson and at their Mastery Conference in Los Angeles.

What impact are these and other studies on energy having on the scientific and medical community? Traditional science and medicine can no longer approach health and healing the same way. New scientific exploration in Dr. Tiller's *Psychoenergetic Science*, in Dr. Pearl's *The Reconnection: Heal Others, Heal Yourself*, and in Dr. Schwartz's *Energy Healing Experiments* are paving the way towards validating the powerful effects that energy, light and information can have on people. This type of exploration is contributing to advancing humanity to the next stage of evolution.

[www.thereconnection.com](http://www.thereconnection.com)



## Liberty Healing



**Cathy Votano-Jager**

Dip Energetic Healing Reiki Master and Music Therapy

Experience the holistic benefits of Energy Healing  
Find out your life's purpose  
so that you can honour it.

By appointment 0412419531  
Email: [cjager@bigpond.net.au](mailto:cjager@bigpond.net.au)

Your worry and fear is based on your experiences in the past, experiences of yesterday.

But today is not yesterday.

And tomorrow will be different.

You do not know what tomorrow will bring.

Why do you then give fresh life in your heart to the ghosts of yesterday?.



SRI SATHYA SAI BABA



**Do you feel called to  
EMF BALANCING TECHNIQUE  
Barbara & Neil Duck-Chong**

Co-create with the Universe.

Become the Most Enlightened Being you can! (Kryon)  
Release energy elegantly

And allow it to flow into your Now moment.

**Berowa Heights Phone (02 94564155)**

## ENERGY CLEARING

Improve the energy in your body, home and workplace to enhance health and success.

I can help you with:

- electromagnetic radiation
- geopathic stress and other negative energies
- enhancing the energy in your home or business
- personal energy clearing.

**Lyn McLean 02 9501 3926**

<http://www.energyconnections.com.au> [www.energyconnections.com.au](http://www.energyconnections.com.au)





# Rosehill Park Spiritual Retreat

*Nestled in the caldera of Mount Warning, Murwillumbah NSW Australia*

I have been fortunate to go on several pilgrimages, the first in 2001 to Glastonbury England, this was my first introduction to King Arthur's resting place. This journey followed the Michael and Mary ley lines (energy lines). To all the sacred centres, the road has had many twists and turns, but through it all my strong faith in the divine plan has kept me buoyant for the work I know I must do. In 2003 a wonderful pilgrimage to Italy following once more the energy ley lines called the Apollo and Athena where once again I visited sacred centres including Assisi where my energies were activated by St. James whose feast day I was to learn fell on my birthday 25th July, this date is also called a day out of time on the Mayan calendar, one of four such days in the year.

In 2004 I set off once more on a very ambitious trip to Celtic Britain absorbing once again the vital energies of England, Ireland, Scotland and Wales visiting Tara Hill, Newgrange and Glastonbury. On the overnight visit to Iona I was gifted with a poem (read inset).

Our journey culminated in four days at Findhorn, the world renowned Spiritual community in Scotland has had a lasting impression for me and I was most fortunate to find photo-copies of the plant diva's who revealed themselves to Dorothy MacLean many years before and with their assistance the community of Findhorn were able to create extraordinary plant growth, and on my return home I spent two weeks hand colouring these pages into works of art these have been professionally framed for our property at Rosehill, to bring light and energy to our gardens.

In September 2000 I was awakened with the words to go to Murwillumbah, a small rural town in Northern New South Wales nestled in the caldera of Mount Warning, and to look in Elder's Real Estate window; which my husband Gary and I did and there was the property that we so lovingly named Rosehill Park. Our vision for Rosehill Park is to create a place for peace and contemplation to enjoy the many walks and attractions that my insights have manifested and to merge with this environment and find our true purpose.

In 2003 with gifted insight I was urged to create "The Arthurian Walk" on our splendid land where the shields and helmets of the knights are displayed for all pilgrims to seek and find.

We built the "Well of Remembrance" (another poem gifted to me after September 11) using crystal and granite from Tenterfield where my husband Gary was born and placing Excalibur deep in one of the larger rocks, in an idyllic setting aptly named Avalon, where in recent times we have discovered crystal clear water and obtained the required permit and license for bottling, this precious resource is aptly named "Quest" another poem gifted to me. We are currently building the bottling planet adjacent to Avalon where we also have the Round Table inserted in the ground.

There are designated sites on Rosehill for a temple and chapel and also guest lodges where the energy line of Mount Warning runs north through this sacred space.

Veils of mystery float by my face  
Like in a dream in outer space  
This mood awakes my inner child  
And sends messages of peace  
With precious jewels about my feet.

The God's and Goddess grove is tucked away in a secret womb like space not unlike the grotto's used in pagan times for fertility festivals worshipping Mother Nature. I have hand crafted over 240 mosaic's using tiles and glass nuggets to create Greek, Roman, Egyptian and pagan Gods and Goddess for this sacred space as well as many other pieces. The Angel Walk was guidance from Archangel Michael whose energy lines I have followed on my pilgrimages; there are seats for quiet contemplation under the canopy of bougainvillea.

Our beautiful Percheron horses, a recognised breed since 732 AD, are the original war horse of a gentle and docile temperament; and were the first heavy horses to come to Australia, unlike the Clydesdale they have no feathers on their hooves and they have given us a great deal of pleasure and pride.

All these inspirations I've receive are to enhance the vital energies of this blessed land at Rosehill Park for others to come, learn and find peace and tranquility and it is with regret that we now find it time to pass Rosehill Park on to the next level for the development of this vision.

Love and light Shirley Appleby

Visit [www.rosehillpark.com.au](http://www.rosehillpark.com.au) or email [chris@tweedpropertysales.com](mailto:chris@tweedpropertysales.com)







## ANTARCTIC ESSENCE

by Ian White

**W**as made during an extensive 11 day sea voyage to Antarctica in December 2006, that entailed two and a half days of sailing across the Drake Passage, one of the most treacherous and roughest bodies of water in the world. The day our ship departed Ushuaia, at the Southern most tip of Argentina, there was a Force Ten gale wind blowing and a six to ten metre swell. The one thing about Antarctica that you quickly learn is about how suddenly and drastically the weather can change. In some years there may only be five days of blue skies, little wind and temperatures above zero, over the whole southern summer. We were very fortunate to be blessed with two such perfect days. I had a strong feeling there was a possibility of an Essence being made whilst down there so I had all the necessary equipment with me.

The brilliance of Antarctica's white ice is stunning and intense, while the glacial ice and older floating icebergs has a tinge of beautiful azure blue as the ice only reflects blue light, the other colours of the spectrum being absorbed. I was guided to use this ancient ice, which was at least 20,000 years old, as the water to prepare the remedy. I can never remember being so incredibly excited and yet anxious about the prospect of making the remedy. The night before I triple - or probably quadruple checked all the equipment I would need and could hardly sleep.

The Essence was made during a landing at Cierva Cove. The landings are made in smaller rubber inflated Zodiac boats that hold a driver and ten passengers. I was down at the landing bay, first in line, 45 minutes before the scheduled departure as I knew in order to have enough time to complete the essence I'd have to be on the first Zodiac and come back on the last. I quickly and purposefully set off in search of an isolated location to prepare the Essence.

Eventually my spot was chosen for me when I was stopped in my tracks by a number of skua's starting to harangue and swoop down at me. They are a mean, large ugly aggressive bird at the best of times and obviously they thought I was getting too close to their nesting area. As I sat quietly on a rock platform overlooking the bay and regathered my composure I was overtaken by the deafening silence, tremendous calm and quietude, not to mention the intensity of the elements and of Nature's presence there. I quickly entered a deep state of peace and tranquillity unlike anything I've ever experienced before. As I sat meditating, my solitude from time to time would be shattered by the explosion of calving ice as large shards of an iceberg would smash into the cold sea. As the Essence progressed I became a little alarmed as a snowstorm started developing on the horizon and gradually made its way across to where I was, making visibility very difficult while the temperature plunged way below freezing. I wondered whether I'd be able to make my way back to the landing zone. Fortunately there was always just enough visibility to keep this area in sight and I arrived, holding on very tightly to my Mother Tincture, at the Zodiac, moments before it left.

A wonderful and fitting finale to this adventure was a ten metre Minke whale that in a very inquisitive, friendly and playful mood frolicked with our Zodiac as we made the return to the ship. It repeatedly dove under our craft, surfacing to look at us, from just a few feet away with its big doe-like eyes, then breaching and rolling on its belly.

During the voyage we also had close encounters with pods of Humpback, Orca whales, numerous species of birds found in Antarctica and the thousands upon thousands of Gentoo, Macaroni, Adelie and Chinstrap penguins. There were also many seals; huge Bull Elephant seals to the inno-





cent puppy faced Weddel seals and the sleek lethal leopard seals.

The Antarctic Essence encapsulates the energy and vibration of this unique continent. This Essence allows you to be aware of what is really necessary in your life and in situations that you are encountering. It enables you to feel tremendous calm, peace and stillness within yourself.

This releases those things that are not essential to you and that take you away from that peace and being at one with nature. The purity of the Antarctic Essence helps you to find your own pure essence – the very core of yourself - and to let go of what takes you from this timeless, clear-centred part of yourself. It allows you to go deeply into things and

not get distracted, to see the core of things, what's important. If you are distracted it will help pull you back into harmony.

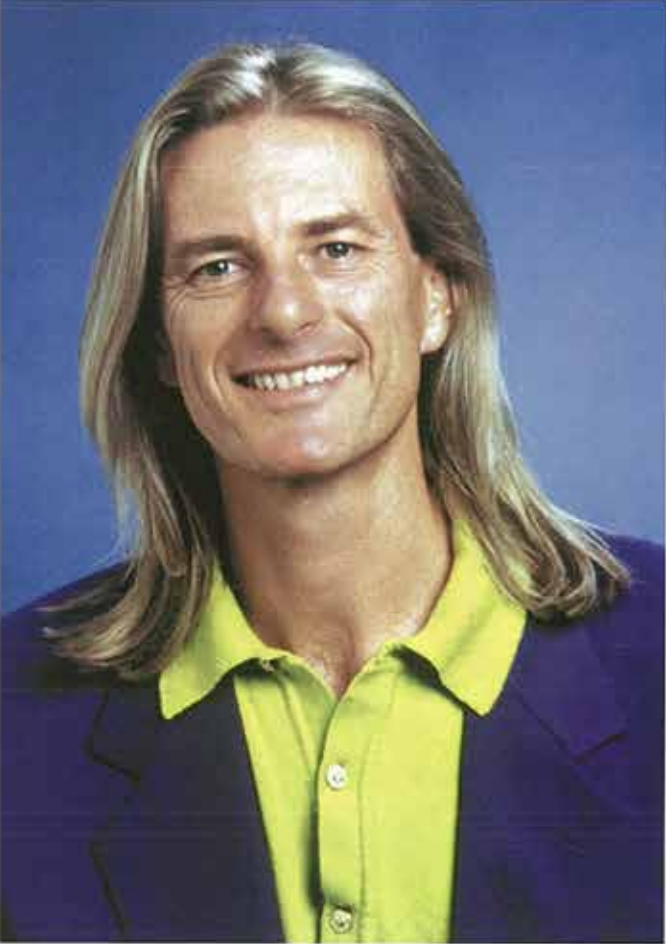
Another key quality of the Antarctic Essence is that it will reveal to you aspects of yourself that are very deep and hidden - what are referred to as 'old dark crystals'. This Essence will bring the light to them and dissolve these old patterns and beliefs (which have been formed in ancient times or may be early beliefs developed this lifetime). Their dissolution will support you to trust Spirit, to trust your path and show you the necessary new steps.

The Antarctic Essence can also help you connect to the wisdom of the Ancients as well as your ancient past.

It enables you to find the patience to be very still. This will lead you to trust the unfolding of your life and its direction with openness to these new revelations and willingness to seek and follow them, even when dealing with major change.

There's a deep stillness that can come with trust in life, nature and God, which when achieved will help you find your own peace and stillness, and allow you to stay in this state more readily. This Essence can help in the clarity of both your vision for what is necessary and essential in your life, as well as your communication of it

Of all the Essences I have been involved in making, I would say that the Antarctic Essence is the most powerful of them all.



**IAN WHITE**

B.Sc. ND., D.B.M

Ian White is the founder of the Australian Bush Flower Essences and a 5th generation Australian herbalist who has been practicing successfully as a Naturopath for 30 years. His great-grandmother, worked as a herbalist during Australia's Gold Rush in the 1850's. Ian's grandmother like her mother before her, were among the first white people to research and use native plants for healing. Ian as a young boy grew up in the bush, living next door to his grandmother and would spend as much time as possible helping her make her herbal tinctures and extracts. She would often take him for walks in the bush teaching him the healing qualities of many of the plants and flowers within the Australian landscape. Ian has continued this family tradition, though specializing in the emotional and spiritual qualities of the Australian bush. He is the author of four major books and regularly teaches workshops on the Bush Essences and his spiritual Essences in over 30 countries.

The Antarctic Essence and the Australian Bush Flower Essences are available from practitioners or online at:

[www.ausflowers.com.au](http://www.ausflowers.com.au)  
or telephone: (02)9450-1388







An ancient Mexican form of healing  
NOW IN AUSTRALIA



## Mexihka Pactli

Mexihka Pactli is an ancient Mexican form of healing that has been developing over thousands of years. It can be used to heal all illnesses even the most recently discovered ones. It has its roots with the Olmec and Toltec cultures and has been further developed by the Mexihka culture that the Spanish wrongly named the Aztecs.

Mexihka Pactli is not only a medicine but also a way of thinking, acting, living and most importantly being happy. The basic idea is to be in balance with ourselves and everything that surrounds us. The Mexihkas have created various techniques to heal the mind, body, spirit and soul.



**Cuauhyeliztli Gitti Rattay** did her Masters Degree in Medical Anthropology in Austria. Since 2001 she has been living and working with the traditional Mexihka healer Eloxochitl in Mexico. She was so impressed by the power of the medicine that she felt her path was to spread the wisdom of our ancestors outside Mexico.

*Tlahuayo* is a healing massage working on physical, emotional and energetic blocks. The treatment of *Susto* (spirit retrieval) cures the effects of traumatic events. *Limpías* are a cleansing technique using eggs, herbs or flowers, it is used to cleanse the aura allowing us to heal emotional, mental or physical illnesses.

**Acquimistli Darshna Siva** started her career in the corporate world in London, in 2004 she connected with the medicine and became an apprentice of Eloxochitl and Cuauhyeliztli. She has been working with the medicine since 2004 and now lives and works in Sydney as a healer and yoga teacher.

For more info contact: [dasiva@gmail.com](mailto:dasiva@gmail.com) or 0404 581 177

### GABRIELLA MOLNAR

CIVIL CELEBRANT

m: 0422 960 970

e: [celebrant@gabriellamolnar.com.au](mailto:celebrant@gabriellamolnar.com.au)

w: [www.gabriellamolnar.com.au](http://www.gabriellamolnar.com.au)



- Weddings
- Baby Namings
- Renewal of Vows
- Unions (Same Sex)
- Commitment Ceremonies
- Rites of Passage
- House/Business Blessings
- Birthdays
- Funerals (inc Beloved Pets)
- Closure of Relationships
- and any special events



## Medical Intuition

with Silvana La Pegna



Gain insight into challenging health issues to restore your wellbeing

Nature Care Wholistic & Medical Centre  
(02) 9966 8666

visit: [sacredlight.com.au](http://sacredlight.com.au)



# EARTHWEAR BY PATRICE

by Patrice

I have always been interested in helping children and for the past few years have wanted to become a primary school teacher. Throughout my spiritual journey, since the time I was about 14, I have learnt more about different energies and the way they affect me. Being very sensitive to the energies around me it made me think about young children and how these energies affect them. I cannot walk into a shopping centre without feeling light headed and sick. I had to do my HSC in a separate room last year because I was picking up everyone else's anxiety, and my moods change depending on the people around me. Gradually I am learning to block these effects.

Last year for the HSC there was a major design component in my Design and Technology course. Our teacher Tony Morell told us to choose something we were passionate about; something that had a problem or could be improved, the idea was to invent or innovate. I decided I wanted to design something

that would help children who had been 'labelled' with ADD, ADHD, Autism, Aspergers, Asthma, Childhood Leukemia etc. I had a good think and spoke to many people. In the end it was a good friend Robyn Sharrock, author of 'Drive the Genie Express' who gave me the idea of investigating electromagnetic pollution and the effects it has on children.

So what is electromagnetic pollution? Electromagnetic pollution is, by definition, a long duration exposure to electromagnetic fields (EMF) and non ionizing electromagnetic radiations (NEMR).

**Natural electromagnetic fields**, such as those generated by the earth (the earth magnetic field) and by the human

body, the nervous system of which transmits information between the brain and other parts of the body, through electric impulses, **are well known**. These electromagnetic fields have a very low intensity, to which our body is accustomed, and without which a person could not survive. The progress of science has introduced into our daily life, both in our homes and outside environment, electric instruments and devices such as; TV's, computer screens, hair driers, mobile

phones, electric blankets and so on, in addition to high voltage cables, electric lines for trains and so on, installed near dwelling places.

Since **any electric current generates an electromagnetic field, each person is constantly subjected to this pollution**. In addition to electromagnetic fields, non-ionizing electromagnetic radiations also exist, which are mainly emitted by transmitting antennas, radar systems and microwave ovens. These are **constantly interfering with our bodily processes** and there is increasing evidence that they are doing them damage.

Then I discovered many suspicious circumstances involving electromagnetic pollution including cases of children

developing childhood leukemia due to living under electrical towers. I found a document written by Australia's country energy showing the range of electro-magnetic forces coming from household appliances (this can be found on my website).

After spending a lot of time on research and investigating what was on the market I decided to create something for these children that did not involve medication, clothing. I already knew of the properties of silk and how placing silk over an electrical box will stop the pollution from traveling. Using kinesiology (muscle testing) I tested natural and synthetic materials and found that natural materials are more beneficial to the body. While silk was the strongest material using the kinesiology I decided to use cotton as it was more practical for children's wear. After making the clothes I lifted the energies using colours, symbols and words. Still having a lot of time on my hands after making these clothes I decided to extend my range to pregnant women by making shawls and scarves for them out of a cotton silk blend. The shawls, covering the belly would stop any harmful energies from reaching the baby.

My research was exceptionally detailed and I covered every aspect as this was required as part of my project. When my project was marked it was nominated to go to the Powerhouse Museum in Sydney although it did not end up

continued on page 18



continued from page 17

being chosen. I have since started to extend my range and hope to eventually expand it and introduce it into the school



system as not only does it block electromagnetic pollution and other energies, my range also has immense calming, centering and balancing properties. I am 18 years old, 19 in July.

This is how my business started. And now 'Earthwear by Patrice' is a company with a range of products that block electromagnetic pollution and create harmony within the body. All

products are hand made with non-toxic liquid radiance paints and are fully washable. Each product is unique.

[www.freewebs.com/patriceearthwearaustralia](http://www.freewebs.com/patriceearthwearaustralia)



## Sound Healer

HOLISTIC COUNSELLOR USING  
INTUITION TO SUPPORT CHANGE

We are beings of energy, and all around us is energy... quantum physics has proved this to be so.

When toning, especially in a healing context, sound becomes a laser. Come and see for yourself in a workshop, or individual session with Joan.

Sound affects us on a cellular level which is one of the reasons it has the power to heal.



**Phone 0414 305 173**

[jpryce\\_jones@bigpond.com.au](mailto:jpryce_jones@bigpond.com.au)

**Joan Pryce-Jones**

Cert.IV Sound & Colour Healing  
Dip. Counselling & Comm.

## HOLISTIC PRACTITIONERS

### ENERGY CLEARING

Lyn McLean Improve the energy in your body, home and workplace to enhance health and success.

02 9501 3926 [www.energyconnections.com.au](http://www.energyconnections.com.au)

### NLP THERAPIST

Judy Mitchell NLP therapist and healer. Create goals which are aligned with your true self. 0422 152 258

### EMF BALANCING TECHNIQUE

Barbara Neil Duck-Chong Co create with the universe  
Ph: 02 9456 4155

### HOLISTIC HEALING

Micheal. Reiki and Seichim master, Bowen practitioner and accreditation in muscle manipulation.

M: 0428 381 764

### CLAIRVOYANT INSIGHTS

Dean Collier. Readings or alternative counselling for upliftment. P: 9904 3341

### SPIRITUAL HEALING

Tikele Soniel. Spiritual guidance. Signature Cell Healing.  
M: 0417 941 905

Kerry Keogh: Soul wisdom for adults and children. Facilitating growth, change and healing. Life coaching. M: 0402 280 815

Robyn Stephen. Heavenly Energies. Your spiritual new age shop and healing centre destination on the North shore.

156 Mowbray Rd Willoughby P: 9967 9415

M: 0403 833687

Cathy Votano-Jager. Liberty Healing: Health and well being, focus and motivation relationships, stress management. M: 0412 419 531

### BUSINESS DEVELOPMENT

Kuvee Jansky: Developing online communities. Open your mind to possibilities. M: 0434 005 205

## Transform your life

Create goals which are aligned with your true self. Release yourself from old patterns and beliefs holding you back, to transform all areas of your life.



**Judy Mitchell NLP therapist and healer**

Phone 0422 152 258



# LOVE THE LIFE YOU LIVE

by Anne Hartley

One day I was sitting in a plush hotel in New Zealand. I had just completed a successful tour of speaking engagements and seminars, I had written two very successful books yet all I could think about was how far removed my life was from my original plans. I had all the success that I thought would make me happy and it meant nothing to me. I wasn't chasing my dream, I'd gone after the consolation prize. I had actively sought public recognition hoping it would fill the void within me - it didn't.

The worst thing about that time in my life was that I didn't know what I wanted. It was only later, when I started working with values, that I realised that we always know what we want - only sometimes our dreams get buried beneath a mountain of hurt feelings and disappointments. Rather than face another disappointment or more pain, we delude ourselves into thinking that we don't know what we want. I was no exception.

It became clear to me that I needed to change my life. I gave up my financial planning business and started a new business but it was a financial disaster from the beginning and I lost a lot of money trying to make it work.

The next few years passed in a haze of confusion. My intentions were good but there was still a lot I needed to learn about myself and about life. I went from being successful to being plagued with money worries, so much so that I ended up taking a part-time bookkeeping job because I needed the income. I went from being paid \$150 an hour for a consultation (and thousands for a talk) to just \$17 an hour, it was an incredible blow to my ego.

While on the outside things appeared bleak, this time in my life motivated me to do the work that I do today. Life often presents our greatest opportunities under the guise of problems and I was aware that I'd created my success before and I knew I could do it again. However, this time I decided I wanted a formula, a step-by-step process that I could use to create what I wanted, so that I wouldn't keep making the same mistakes. I knew that there were others just like me and if I could make it work for myself, then I could help others going through similar struggles.

I had a purpose. As I experimented with values I dis-



covered that our values can be our life purpose, our identity and a compass for making the right choices. I decided to divide values into two categories, which I call 'being' and 'having' values. Our 'being' values are the character traits of the ideal person we would like to be, one of the values I chose was wise, it's hard to make a wrong choice when you stop and think about how a wise person would act. When we act on these values consistently we give to others through our daily actions.

Our 'having' values are our emotional needs. These could be companionship, achievement, support, freedom or financial security. This is what we need to receive in order to be happy. When we take full responsibility for fulfilling our own needs our lives changes and often other people come along to support us.

By being aware of both the need to give and receive we create balance and at the same time break the habit of reacting. The more we act on our values the more our perception of what we can be, do and have changes, and in turn other people's perception of us changes as well. And as a natural consequence any limiting beliefs that may previously have prevented us from achieving our dreams change as well.

Once I began living by my values life began to flow and change for the better. I experienced synchronicity where the right people and the right opportunities seem to appear out of the blue - the reality is that we attract them when we are congruent.

One day someone I didn't even know rang and asked me if I'd be interested in ghost writing a book for one of his clients, and believe me, the pay was a lot better than \$17 an hour. I agreed and although this wasn't my ideal work, I enjoyed it. Out of the blue my accountant recommended me to someone else who wanted a book written. I ghost wrote three books in all and adapted two of Suze Orman's books for the Australian market. This work wasn't another consolation prize, it was a stepping stone, a short-term solution that paid good money for a skill I'd developed. I knew without the worry of how to survive financially that I'd be able to focus on creating a business that I really loved. I was always very clear about this. I changed the way I thought, spoke and acted, I lived by my values and my circumstances changed.

I started working as a life coach and during the first twelve months I quadrupled my income. A year later I began training others to become life coaches and I knew I'd found my passion and my purpose.

You too can create a life that you love - when you use your values as the foundation for all of your choices.

[www.hartlifecoaching.com.au](http://www.hartlifecoaching.com.au)



# Soul Leadership Week

## *Simplifying Your Spiritual Journey*



### **Is your Spiritual Calling, - Calling?**



*Welcome from  
Kerry Franks-Sedgman.*

*After years of study,  
teaching and practise,  
this approach is as much  
for me as anyone.*

There are so many spiritual workshops out there, when we feel moved to offer ourselves for the greater good, it can be difficult to make choices between this way or that? Which spiritual book or teacher or philosophy is the right one for you?

**Confused about what to do next? Waiting for the AHA! Experience.**

**You already have pieces of the puzzle. This is about putting it all together.**

Discover what some of the more complicated spiritual teachings are really saying, as we de-mystify words like 'Laws of Attraction, Ageless Wisdoms, Sacred Geometry, Meditation, Energy, Chakras, Astrology, Alchemy' to name a few.

Muscle testing techniques, combined with group work, help organise your skills. Other practical applications include how to use energy with crystals, essential oils, symbols, affirmations and setting achievable goals.

Wholeheartedness and joy is the key to Universal change. Can a Spiritual Journey be fun? **YES!**

The Soul Leadership Weekend is for people who want to become involved in the world awakening for the better. Years of deep study, hours of meditation and sitting at the feet of Masters are not necessary to contribute significantly to world change.

The Soul Leadership Weekend opens a doorway into practical applications of Key Wisdoms and offers opportunities for you to find your true leadership, or Soul Leadership qualities to take the next steps to awaken to your most powerful soul direction.

Follow on Soul Leadership Groups will be organized.

- WHEN:** AUGUST WEEKEND 2nd AND 3rd  
Times: 9.30am - 5.30pm
- WHERE:** 75 Bay Road, Waverton (Hall is diagonally opp. Waverton Station)
- COST:** \$250
- BOOKINGS:** THE SOUTHERN CROSS ACADEMY OF LIGHT 0299754905
- FACILITATOR:** KERRY FRANKS SEDGMAN - Soul Leadership Trainer,  
Author, Kinesiologist



presented by The Southern Cross Academy of Light



# HOW TO TURN YOUR HOUSE INTO A HEALTHY HOME

by Alison Wilson BBEC, CERSA, BBNA

You may not have thought of it in these terms, but your home is a vital part of your holistic health plan.

**Your home affects you physically, mentally, emotionally, and even spiritually:**

Your home plays an integral part in your health. It is where you go to at the end of each day to rest and relax – and that enables your body to repair and regenerate. Hopefully, it also provides you with enough peace and calm to remember who you really are, rather than just the personality you've learnt to become.

**The bedroom is the most important room in the house.**

It's during sleep that we lay down the cornerstones of our immune system. Disrupted sleep often means disrupted immune function. We can get away with this for a night or two. But if it becomes a regular pattern, chronic sleep disruption can lead to immune system dysfunction – which has the potential to leave you open to a host of health complaints. (As if insomnia and fatigue weren't already enough.)

There are some man-made energies which disrupt the sense of energetic calm in our homes. There are a couple of priorities to look at here. Extremely Low Frequency Radiation (ELF's - which we know as electricity). And High Frequency Radiation – which includes radio frequency radiation (as used in radio and tv transmissions) and microwave radiation (which is used in wireless and mobile phone transmissions).

## ELF's & Electromagnetic Radiation:

The electricity in our homes produces electromagnetic radiation. These electromagnetic fields have the potential to change our biology, and disrupt our health. Short term exposure to ELF's is linked to insomnia, tiredness, headaches and anxiety (amongst others). Chronic exposure has the potential to lead to immune system



disorders, Chronic Fatigue, Electro-Sensitivity, Multi-Chemical Sensitivity, Depression, Cancer and Leukaemia (particularly childhood Leukaemia.) It's also heavily implicated in fertility issues and miscarriage.

## Electric Junction/Meter Box:

Top of the list to consider is the main household junction/meter box. Do you know where yours is? The priority in any home is to make sure that you're not sleeping anywhere near this. Preferably not in the same room, but certainly not in a bed that backs up against it.

## Electrical Appliances

What is your bed near? Does it back onto a tv, fridge, computer, water heater...? Do you have any transformers near your bedside table? These are found in phone rechargers, digital clock radios, low-halogen bedside lights. Do you use a sleeping blanket? All these are examples of common appliances that can give off very large ELF's – even when turned off - and disrupt both your sleep and your health.



## What to do about ELF's?

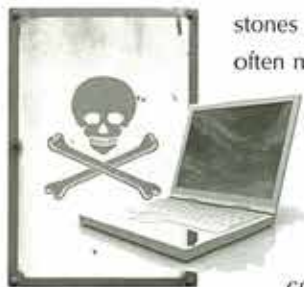
The advice is always prudent avoidance: Move those appliances that can be moved well away from you, and move yourself away from those that can't.

## High Frequency & Microwave Radiation:

Mobile phone technology runs on microwave radiation. Most people are aware to some degree of the health concerns from external sources of radiation, such as the antennas and towers. However, it's actually the appliances that we've unwittingly placed inside our own homes that pose the most common threat to our health.

## 'Wireless Appliances':

'Wireless' computers and appliances run on microwave radiation. In order for you to be able to pick up a signal in any room, your home first has to be filled with an invisible cloud of microwave radiation – 'electrosmog'.



continued on page 22



continued from page 21

### **Cordless & Mobile Phones:**

The same applies to digital cordless phones (DECT). For the handset to pick up a signal as you walk around, the base station sprays electrosmog throughout your home, so wherever you roam, the handset remains in contact.

Again – most people have heard of the health concerns surrounding mobile phones. But very few are aware that cordless phones also emit radiation – but are often far more powerful.

### **Microwave Radiation Health Concerns:**

Research tells us that the areas of the body primarily affected are the brain, heart, immune system. There are many studies linking it with short term memory loss, brain fog, Alzheimers and brain cancer. It's relevant to the increase in ADHD as it's known to produce hyperactivity and inability to control behaviour. As it also disrupts our endocrine system, it can result in lowered immunity, depression, mood swings, even weight gain and accelerated ageing. It is also known to directly distort and damage our very DNA.

All this is particularly important for children, who are especially vulnerable.

### **What to do about Microwave Radiation?**

The recommendation is always to favour cables in place of cordless. For anything to work on a cordless or wireless basis – your home needs to be bathed in microwave radiation. And as that's on 24/7, you're always living in it. Connect your computer to the internet via cable, and move back to a corded phone.

### **Potential**

Please remember that all the health affects listed here are potentials. They don't have to be activated. As we're learning, we have a much greater part to play in our own health than was previously believed. The effects vary widely from individual to individual – dependent upon your genetic makeup, your health background, your level of sensitivity, and even your conditioning and belief patterns.

### **What to do?**

Do all you can to:

- Remove sources of radiation out of your home – particularly away from your bed and sleeping area.
- Nurture and build up your immune system – so that it's able to protect you
- Build up your energy system – so that that it's strong enough to deflect the things you come into contact with.
- Focus your thoughts firmly on creating health, rather than on the fear of disease.

As our world becomes increasingly bathed in these forms of radiation, we all need to become aware of what's happening and how it affects us - so that we can take the appropriate action to safeguard our health.

For more information on the above – and other related subjects – please look at Alison's website - particularly the "Things you need to know", and "Latest News" pages.



© Alison Wilson: 2008

*Alison Wilson is an author, trainer and speaker on the subject of Healthy Homes - educating people in how simple changes in their homes can safeguard their health.*

[www.alisonwilson.com.au](http://www.alisonwilson.com.au)



## **KUVEE JANSKY**

DEVELOPING ONLINE COMMUNITIES.  
OPEN YOUR MIND TO POSSIBILITIES

Mob: 0434 005 205



**soul wisdom**  
for adults & children

**Kerry Keogh**

**Facilitating Growth, Change & Healing**

**0402 280 815**

[www.ntpages.com.au/therapist/17527](http://www.ntpages.com.au/therapist/17527)

life coaching • brain activation • reiki  
energy & intuitive healing • diksha • meditation



## **Tikele**

Choose a path of Love,  
Awakening Within,  
To Who You Truly ARE.  
Private Sessions

Workshops & Events

[www.tikele.com.au](http://www.tikele.com.au)  
[tikele@tikele.com.au](mailto:tikele@tikele.com.au)

Ph 0417 941 905



# RECLAIMING YOUR TOTALITY

by Jeshua ben Ekara

Remember that one special moment of your past that you still cherish dearly today? For every person this could be a really different moment, with a different intensity. However, for everyone it only takes a few seconds to get back to that exact moment of your past. What you do find back, are images and also emotions and feelings. In fact, you do remember the full instantaneous package of the whole of that moment. Retrieving back that special moment in the past is an easy task, you would basically use what is known as thought-travel to get to that moment. By focusing on that moment, you are experiencing what you precisely felt at that moment.

By doing this, something happens in your NOW moment, as you energetically reconnect with the moment of the PAST, bringing it into the moment of the NOW. This shows you how relative the past is versus the present. Showing how intense energies can be consciously brought into our life by the mere thought, which is the 'activator' of our realities and the underlying driver of all creation.

This going back to a memory, or a divided part from the experience, takes you out of the NOW

and out of your power. This is because it IS indeed your energy, by going back to a given situation, this unique place, this person or thing of the past, you shatter your energy and you leave the totality of your NOW. It is for you now to reconsider going back to the undercurrent energy of this situation, the totality of the experience.

Bringing back the total experience of a past strong moment is a powerful energetic moment. It is much more than a memory that is remembered, it generates an energetic pulse in your NOW moment as it emerges into you. As you remember the past moment, you re-integrate that total pack-

age of energy and basically a part that was lost in your past. This brings you back the energy of what has been stored in a past timeline.

Why is this important? Our energies are scattered throughout time and space because of the reality that we live in. Our present moment of NOW is however, never complete if these past moments are not reclaimed back. Stepping into the full power of the ONE totality of our being requires its full energy, there simply cannot be less than that. However we have been deluded into experiencing the reality in time and space, shattering in many parts the whole of our totality.

To be very practical on this, a past playful moment with your cat, a sensation of total freedom in a snowboard glide and a true moment of pure love for the sunset, are and always have been the exact same energy displayed in so many creative different ways. It should be noted, that it has always been YOU that generated the experiences, it is time now to bring back the energy left behind in your NOW moment. From the moment of your conscious decision to do that, the NOW moment becomes, as stated earlier, the ALL moment. You become whole again because you chose to be.

As a side note for completion of this article, consider the bad moments in life. They were never generated by you; they have been part of the 'forced reality' that was placed upon you. External forces have a vested interest in doing this, in bringing humanity down to the level of unconsciousness for their own use of your energy. They were installed in your belief and thought system, because you were not aware of the existence of this type of influence, you allowed the thoughts to rule your world and simply gave your energy away each moment of your timeline.

If you start to withdraw your focus of attention from the negative experience of pain and suffering, you withdraw your consent and support of the experiences in which you no longer wish to participate. Start to energetically re-integrate the full past experiences of love, and joy and freedom, a major shift in your totality is at hand, you will become what you have always been: TOTAL.

*This article is the result of a private teaching offered by Jeshua to the Imzaia Fellowship in April 2008. Jeshua and the Weave Your World Team are touring Australia and New Zealand in September 2008 - an opportunity to be embraced! We encourage you to visit Weave your World's channel library, where you can listen to, read or watch hundreds of hours of free channelled material that has been recorded in the course of our 2007 and 2008 seminars. We hope this material may assist you in transforming your consciousness to its full potential; go to*

[www.weaveyourworld.com](http://www.weaveyourworld.com) (see advert page 2)





# ASTROLOGICAL HAPPENINGS - May to August 2008



*Mythological Chiron  
the Centaur and Ancient healer*

The synchronicity of writing this article is perfect as always with the main topic of this issue of ShinningBright being on health and wellbeing as well as my own personal journey within the past weeks of this actually coming together.

There is a tricky astrological formation, which will last up until the end of October 2008, (it began around the end of Feb) which is the conjunction (positioned next to each other) of Chiron, the North Node and Neptune all in Aquarius, and right now opposing Saturn and the South Node. This grows stronger and more potent each month, as they get closer with the passing of time, all waxing and waning with each other, also with other significant points and planets until they begin to separate by the end of October 2008.

During this time we will be experiencing a feeling of intensity, energetically for some this maybe a painful experience and for others a very enlightening time, as many will discover their special gifts they have as becoming Light workers and healers themselves, it may truly be a time of unveiling for them. Others may have feelings of really being lost in a thick, and shrouded mist; counsellors and Spiritual advisers etc, should be very busy.

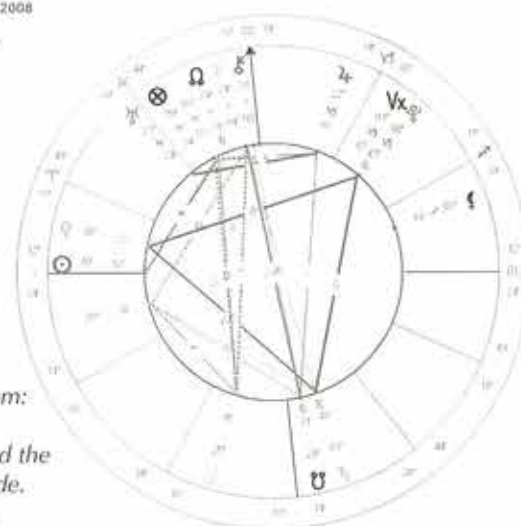
People within all guidance work will also have their own stuff brought up to the surface more than usual and may experience journeys of a delicate nature too. Either way it is a time of great internal growth, whether you are conscious about it or not. This may mean a feeling for some, of driving oneself deeper through the darkened passageway of the Soul, searching for Truth, enabling one to find "The Light of God/our Presence within".

It may feel like a right of passage, to the next level of consciousness; open to those who allow themselves to just

be in the moment, being witness to the mechanisms of life, understanding that the drama is the stage show, and the production being a catalyst and the vehicle we sometimes need in order to enable us to awaken within, remembering who

Event of 1 May 2008

1st of May 2008  
14:01:26.461111 N  
14:01:26.461111 W  
14:01:26.461111 W  
14:01:26.461111 W



*The stellium:  
Neptune,  
Chiron and the  
North Node.  
Opposite  
Saturn.*

we truly are. And sometimes it feels as though it takes everything we have inside us, to really stop and dive down deeply internally, this can feel like a journey into the darkness in order to find the Light once again.

These planets in Aquarius that make up this stellium can be described as; Neptune representing "the very Essence of Love, God, Spirit absolute, the Angels/Archangels and outer realms, including deep compassion for humanity and visionary revelations," with the shadow side it can feel like a space where we can feel completely lost at sea, and overwhelmed with confusion. And Chiron, representing a painful wounded point where you are compelled to find "a message from deep within, a time of Winter for the Soul. Chiron is a pivotal healing point, realizing you are One as the wound, the healed and the healer". And lastly the North Node that represents; "past actions being brought to bear into this life, like redeemed Karma".

So this stellium to me symbolizes an activation of an awakening throughout the Collective, for it is only when we are fully conscious and bearing witness to what we are actually doing and have actually done in the past, our his-story that this healing of our great planet as a Collective can take place.

We will be forced to look at and take responsibility for what we have been doing to our planet.

If you are an Aquarian or have any planets especially the Moon or Ascendant or the ruler of your Ascendant in Aquarius, you may feel the intensity of this Stellium energy more so than others. Also if you are a Taurus, Scorpio or a Leo you will be affected somehow energetically with this astrological formation.

There is another very important thing happening astro-



logically right now as Saturn has just started its journey through the sign of Virgo and will remain in this sign until late July 2010.

Saturn is considered the Lord of Karma and represents the Gatekeeper who holds the keys and will not let us through until we have passed the testing ground. Testing us with all our lessons learned and represents dharma or cosmic order, and our work on this earthly plane through our responsibilities and obligations before we are allowed to ascend to a higher level. He is Lord of restriction, self-discipline and boundaries and structure, he can take away and deplete as easily as creating foundations to something, he is long term and represents the old wise man/wise old Owl.

Virgo represents the Mythological figure Demeter who is the ruler of the seasons and is the goddess of our crops, grains and harvest. She represents the goddess of the earth, of agriculture, fertility, livestock and agricultural products.

So with Saturn in Virgo for the next few years you can imagine the effects it will have upon our food supplies globally as we will find that one of the first things that is affected are our grains, so we will be forced collectively to rethink our strategies of food wastage and distribution and storage for the long term.

If you need support within these tricky times you can contact the Southern Cross Academy of Light in Australia on (612) 9975 4905 or [www.a-light.org.au](http://www.a-light.org.au) they are a Light to help you find your way through dark hours.



*With Love-Light and Rainbows  
and Angelic Blessings,  
Namaste to one and all.  
Heidi Jamuna.  
[www.archangelsastrology.com](http://www.archangelsastrology.com)*



### **New Moon, Full Moon, and Eclipse dates/times/signs:**

**May New Moon:** Monday 5th, at 10.17pm, at 15 degrees and 22mins of Taurus. The psyche turns within looking to the things that keep you safe, secure and comfortable.

**Full Moon:** Tuesday 20th, at 12.11pm, at 29 degrees 27mins of Scorpio. This full Moon is part of a Grand Square formation so something may come to a head with intensity and drama, or you are forced into action as the pressure has been building.

**June: New Moon:** Wednesday 4th, at 5.21am, at 13 degrees 24 mins of Gemini. The Stellium of planets here including Venus and Mercury the Sun and the Moon, in Gemini quincunx the Vertex in Capricorn, the mind chatter is in overdrive, or you may dream like you are at Hoyts, nonstop.

**Full Moon:** Thursday 19th, at 3.29 am, at 27 degrees 50mins of Sagittarius. Watch your inner Middle Path as staying centred may be the key here, Pluto conjuncts the Moon and opposes the Sun and Venus. Relationships may feel very curly, find some space to breathe, and there you will find Truth.

**July New Moon:** Thursday 3rd, at 12.17pm, at 11degrees 32 - mins of Cancer. Venus conjuncts the Sun and Moon, and opposes Jupiter exactly, day dreams are full of hopes and wishes, Angels watch over you, awash with blessings in your sleep tonight.

**Full Moon:** Friday 18th, at 5.58pm, at 26 degrees 04 mins of Capricorn. Family and work are brought to the fore, finding and building the right structures to bring a better balance in your lives.

**August New Moon:** Friday 1st, at 8.12 pm, at 09 degrees 32 mins of Leo. Then about 8 mins after this there is a **Total Solar eclipse** lasting for about 2 hours and 27 mins. So this naturally is a very powerful time. There are 6 planets all lined up closely together in a Stellium including the Sun, Moon, Mercury and Venus plus the South Node and Vertex all in Leo, and close by Saturn and Mars in Virgo. Leo planets/Points oppose Chiron, Neptune and the North Node and quincunx Uranus sitting there rising right on the Ascendant, something very surprising is on its way.

It feels like there will be great help needed, the Heart Charkas are opened out as the people who have more must give to the people in crisis. There may be great Earth movement around this time, this eclipse begins in Canada and extends across northern Greenland, the Arctic, central Russia, Mongolia, and China. The Olympic Games may be effected, or the attention is drawn away from them, as things of greater importance are at play now.

**Full Moon:** Sunday 17th, at 7.15am, at 24 degrees 21mins of Aquarius. Then about 7 mins before the Full Moon there is a **Partial Lunar Eclipse**. The Moon is conjunct Neptune, the North Node and Chiron, Pluto squares Mars exactly, and Jupiter Trines Venus, Mercury and Saturn and Uranus conjuncts the Vertex. Again this is very potent energetically and it feels like a shift has happened, the land/oceans may be involved, and it looks like there is a lot of hard work ahead for us, councillors and Spiritual advisers/organizations will be busy.



**TWO EXCITING SEMINARS**  
with Ruth Magan  
presented by  
The Southern Cross Academy of Light

**IT'S NEVER TOO LATE  
TO REJUVENATE**

Seminar  
Saturday afternoon 28th June, 2008

I've been over the hill for years, but feel like a teenager on a daily basis and act like one – well, not all the time.

Since using these powerful techniques for rejuvenation, which I share in the seminar I and participants can attest to the fact that they truly work.

In my early 20's I was diagnosed with Ankylosing Spondylitis (arthritis of the spine).

Now I literally have no symptoms. I can leap tall building in a single bound... well, maybe not! However, I can daily jog up and down the beach, swim a mile in the ocean before jumping on the trampoline for an hour.

My spine has become golden light, or so I am told by spiritual healers.

The techniques are very simple, with help from the Masters on The Other Side.

It's time to utilise them and enjoy them. It's time to give you the gift of rejuvenation.

Please join us in tapping into the Fountain of Youth.

Special offer for participants in the workshop,

'It's never too late to rejuvenate' Book \$15 (rrp\$24)

Learn:

- Ancient secrets of rejuvenation
- Easy lifestyle techniques for stopping ageing
- To enhance the life-force of your cells
- Why ageing happens and stop the process stop



*You too can slow, stop and even reverse the ageing process!  
"If I can do it, anyone can." says Ruth Magan*

**EARTH BEYOND 2012**

Seminar  
Friday night 27th June, 2008

Ruth Magan travels the world sharing spiritual knowledge with a light-hearted touch.

Shifts happen. Times may seem tumultuous, but miraculous times are ahead! Yes, we're moving toward another reality.

Discover what times will be like up to 2012. Ask questions/get answers about mysteries of 2012 and beyond.

Who will transition and how.

What to expect in this new reality and how to prepare?

Discover:

- What the 4th dimensional reality will be like
- How to prepare for this 4th dimensional shift
- What Ascended Masters will help us and how?
- Who will and how will we ascend?

She has written three books:-

Visions of the 4th Dimension,  
Earth Beyond 2012

Laughing with Angels

And a book for children:-

My Angel, My friend

All of her books embrace humour, passion and joy.

Her books will be available at the Seminar.

She and her husband live half the year in Sacramento, California and the better half in Tasmania, Australia.

Recently, they returned from Kenya, Africa where her children's book was donated to schools in orphanages, the slums and remote villages.

Her passionate curiosity for understanding humanity, the higher truths and All That Is, keeps her on the eternal quest to find answers through spirituality.

**Date** Saturday 28th June, 2008  
**Time** 1pm – 4pm  
**Venue** Crows Nest Community Centre  
**Cost** \$65

**Date** Friday, 27th June, 2008  
**Time** 7pm – 10pm  
**Venue** Crows Nest Community Centre  
**Cost** \$65



**BOOKINGS: The Southern Cross Academy of Light 9975 4905**

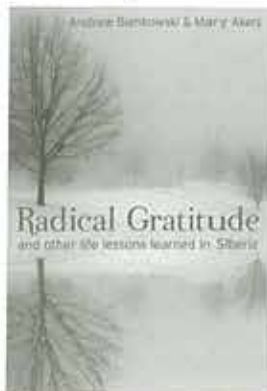


## RECOMMENDED READING

### Radical gratitude and other life lessons learned in

Siberia

by Andrew Bienkowski & Mary Akers\*



Radical Gratitude is about learning to be grateful, even for the difficult experiences in life. Andrew Bienkowski was five when, exiled with his immediate family, he watched his grandfather starve to death so they could survive.

Reminiscent of Viktor Frankel's great classic, *Man's Search for Meaning*, this extraordinary book melds the unfolding story of survival against odds with the practical wisdom 5 year old Andrew

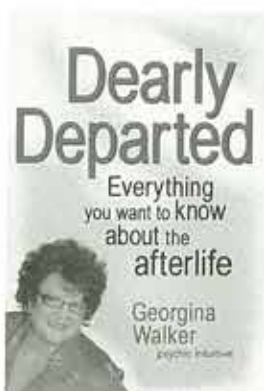
gained while coming to terms with his new home; with its dramatic landscape and endless challenges.

As Churchill famously said, "We make a living by what we get. We make a life by what we give."

Andrew Bienkowski has spent more than 40 years as a clinical therapist and Mary Akers' work has appeared in literary journals, many related to health and healing.

### Dearly Departed Everything you want to know about the afterlife.

by Georgina Walker\*



Where do our loved ones go when they die? Are there any signs they are watching over us? In *Dearly Departed*, psychic medium Georgina Walker answers these difficult questions.

*Dearly Departed* is more than just stories of contacting the dead – it deals with many of the dilemmas people face around death.

In this book, Georgina tackles questions such as:

- When children die, what happens to them?
- What happens to those who suicide?
- What sort of things need to be done for someone who is dying?
- Do people know when it is time to go?
- Can our loved ones communicate?

This warm and reassuring book deals gently and insightfully with such issues, but also taps into our never-ending fascination with life after death.

### Does Your Love Life add Up?

by Max Coppa\*

Are you desperately dateless or head over heels in love? Whatever the state of your love life, this book shows you how to learn more about your relationships using numerology.

Written by Australia's leading numerologist, *Does Your Love Life Add Up?* is a fun and easy way to apply numbers to your personal life, your partner's, family and friends.

This insightful book takes the guesswork out of love. Discover your best months for love, learn about what prospective partners are looking for – what excites them and what causes the fur to fly.

Max Coppa is Australia's best known numerologist and palmist, with thirty years experience in reading and counselling people on how to take control of their lives.



### Discover your Inner Wisdom

by Char Margolis\*

Using intuition, logic and common sense to make your best choice for life, health, finances and relationships.

Internationally renowned Spiritual Intuitive Char Margolis shares her secrets for developing your own intuitive abilities.

Her ability to truly connect with people and strongly intuit messages is remarkable. With her personal warmth and quick wit, Char has amazed people around the world with her extraordinary intuitive talents for many years – including many Australians during her March 2007 tour.

Through a rich blend of her own experiences and easy-to-grasp insights, Char shows you how to tap into your own intuition to make the best choices possible in every area of your life, include health, business, and love.

Char Margolis is renowned psychic intuitive whose books have sold over 400,000 copies worldwide.



\* Published by Allen & Unwin

[www.allenandunwin.com/mediacentre](http://www.allenandunwin.com/mediacentre)



**ShiningBRIGHT  
ADVERTISING RATES 2008 (Australian dollar)**

**COLOUR**

BACK PAGE	\$400	297mm h x 210mm w + 3mm (full bleed) or 277mm h x 190mm w (image area)
INSIDE FRONT	\$350	277mm h x 190mm w (or full bleed)
INSIDE BACK PAGE	\$325	277mm h x 190mm w (or full bleed)
FULL RHP	\$350	
ADVERTORIAL(Editorial + Advertising)		
HALF PAGE VERT.	\$180	257mm h x 82.5mm w
HALF PAGE HORIZ.	\$180	170mm h x 126mm w
QUARTER PAGE	\$150	126mm h x 82.5mm w

**MONO**

FULL PAGE	\$250	257mm h x 170mm w (image area)
HALF PAGE VERT.	\$155	257mm h x 82.5mm w
HALF PAGE HORIZ.	\$155	170mm h x 126mm w
QUARTER PAGE	\$85	126mm h x 82.5mm w
BUSINESS CARD	\$50	65mm h x 82.5mm w
SIZE (+ Free Community & Practitioner Directory)		

**SPECIFICATIONS**

Artwork and font compatibility must be checked with Patricia Latta, our Graphic Designer. Please send photos scanned at 300dpi minimum and in jpeg format. **No web images, resolution too low for print media.** PDF files Acrobat 5 compatible and fonts imbedded.

Email: patgraphics@pacific.net.au Ph: (02) 4576 3330.  
Text to be supplied on CD or via email in a basic text or Word format and sent to The Southern Cross Academy of Light.  
Email: scal@a-light.org.au Ph: 9975 4905 PO Box 1221 Neutral Bay, NSW 2089 Australia  
Type setting and design available on request at a small cost.

**CLAIRVOYANT INSIGHTS**

DEAN COLLIER



Readings or alternative counselling for upliftment. Dean puts you in touch with the source of your intuition. For a recorded phone session or a personal sitting in Neutral Bay.

BOOK YOUR APPOINTMENT ON 9904 3341

**HOLISTIC HEALING  
FOR HEALTH**

Reiki and seichim master, bowen practitioner and  
Accreditation in muscle manipulation.

Over 15 years of holistic healing experience.

**Ph Micheal 0428381764**



**THE SOUTHERN CROSS ACADEMY OF LIGHT**

is holding the focus of Peace, Love and Compassion  
for all the people who are suffering at this time.

PEACE BE WITH YOU

WOULD YOU LIKE TO RECEIVE  
THE ACADEMY'S WEEKLY  
EMAIL NEWSLETTER OF UPCOMING EVENTS  
& INSPIRATIONAL MESSAGES & HEALTH TIPS?  
IF SO, simply email info@scal.com.au

**SUBSCRIPTIONS FOR SHINING BRIGHT**

For 4 issues postage& handling AUD \$20

Name (in block letters).....

Postal address (in block letters).....

Postcode.....

Phone ( ) ..... Mob: ..... Email:.....

Enclose cheque/money order for \$ ..... date .....

Please post and make payable to: The Southern Cross Academy of Light  
(NB Please write name in full P. O. Box 1221 Neutral Bay NSW 2089 Australia  
otherwise bank will not accept cheque.)

**CHANGE OF DETAILS**

My postal address has changed to:

Name .....

Postal address .....

Postcode .....

Phone ( ) ..... Mob: ( ) ..... Email:.....

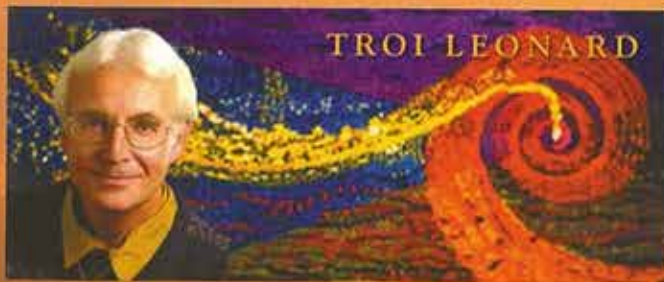
Debit my credit card - Bankcard - Mastercard - Visa

No. / / Expires..... Signature .....

*Thank you for your continued support*



# Awaken to your will power & purpose



*A practical Accredited Course in  
Self Healing and Soul Evolution  
by Invoking and Connecting to the  
Seven Rays through Sound,  
Colour & Vibration.*

*"High Vision manifests successfully when endowed with the 1st Ray  
of Will and Power. Would you like to learn how to effortlessly fuse  
spirit and matter to continuously bring your Soul's Plan into reality?  
Allow me to be of Service as a catalyst to this goal." Troi*

Canadian Troi Leonard has a doctorate in Esoteric Philosophy & 30 years experience. He has studied the application of Esoteric Philosophy, Psychology and Healing and he is a Master teacher of the Seven Rays.

Level 2 is designed to deepen and ground the energies of the Sounds & Colours in the Aura and Chakra Systems. Every student will be requested to "demonstrate" their capacity to elucidate Clarity, Tone and Pitch as well as generate "true feeling" of the qualities activated.

Combination sounds specific to each student & their integration will be shared.

Each progressive level workshop will be to increasingly apply what we are practising into practical use. Esoteric healing with pranic healing forms will be integrated with colour and sound related to the Physical/Etheric, Emotional/Astral and Mental Bodies. All will be to gain confidence and clarity plus trust working with your own and other "energy-systems", increasingly gaining proficiency as a practising or non-practising sensitive person, healer, caretaker, counsellor, psychologist or spiritual guide.

Each person will also receive the Oneness Blessing (Deeksha). Each visit to Australia Troi will be doing a higher level. Level 2 is the last opportunity to enroll for new participants.

**Where:** 75 Bay Road,  
Waverton.

**When:** Saturday 30th &  
Sunday 31st August  
9.30 – 5.00pm

**Cost:** \$250

**Bookings:** The Southern Cross  
Academy of Light

**Phone:** (02) 9975 4905

**Email:** [scal@a-light.org.au](mailto:scal@a-light.org.au)



presented by  
The Southern Cross  
Academy of Light



SATORI



SPRINGS  
COUNTRY  
ESTATE



*awareness understanding enlightenment*

OPEN RETREAT CENTRE  
FUNCTION & BALLROOM

ACCOMMODATION  
• LUXURY ROOMS  
• BUNKHOUSES

PARKLAND & BUSH SETTING

BUSHWALKING

SWIMMING

TENNIS

BOATING

DRUMMING

YOGA & MASSAGE

**Satori Springs** started its journey in 1999 as a shared illumination and has now grown into its present manifestation after 2 years of designing, building, grooming, evolution and hard work.

The house, guarded by a locally sculpted angel, is set on the highest point of the land overlooking the majesty of the property's parkland, natural bush and Lake Satori.

Inside, the house is light and spacious designed to bring a sense of calm, balance, inspiration and possibility. A tranquil canvas on which to decorate your own time here.

The magic in the air here will pull you back into the moment and treat you to the time you need to just breathe, dance, sing, walk or do nothing at all.

The owners, Julie and Grant Blanchard host 4 spiritual retreat weekends a year, or you can bring your own retreats to this space...

Satori Springs can accommodate up to 32 people in luxury private or shared accommodation.

Satori Springs is only 2 hours from Sydney or Canberra & 1 hour from Wollongong.



To find out more about what we offer, call or visit our website...

P. 02 4878 9305 F. 02 4878 9592 E. [info@satorisprings.com.au](mailto:info@satorisprings.com.au) Satori Springs, 250 Tugalong Road, Canyonleigh NSW, 2577 Australia

[www.satorisprings.com.au](http://www.satorisprings.com.au)