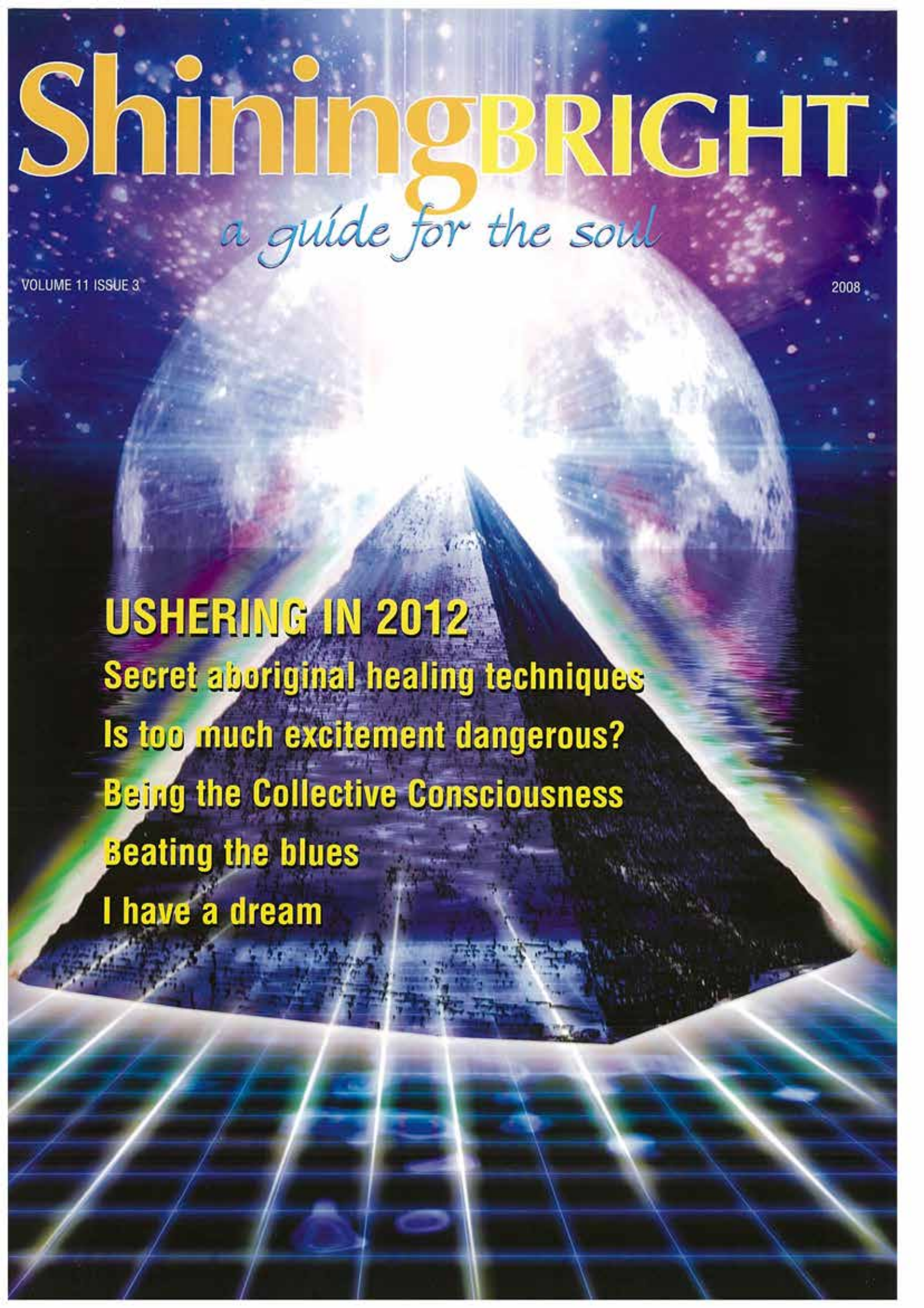


ShiningBRIGHT



a guide for the soul

VOLUME 11 ISSUE 3

2008

USHERING IN 2012

Secret aboriginal healing techniques

Is too much excitement dangerous?

Being the Collective Consciousness

Beating the blues

I have a dream



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. **Limpas** 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 or 0404 581 177

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- Closure of Relationships
- and any Special Events



from the **EDITOR**

"These are challenging times, and from outer appearances it seems as though everything is getting progressively worse. Fortunately, you do not have to just stand by and allow yourself to feel victimized by what is happening in your life - you have the ability to change it. You can make a positive difference now".....Patricia Cota Robbles



Rosemary Butterworth

There is a growing focus on the year 2012 as it draws closer. Some of us are not sure whether to be worried about the calamities that are predicted to befall us, or to be full of excitement of the prospect of a new age being born; an age without war, greed, violence and any form of separation that we have now; an age of unity consciousness.

I reflect on the pioneers as they set sail with Captain James Cook looking for new lands on the other side of an unknown world. Did they focus on the perils that lay ahead of them on the ocean, the storms they will have to encounter or was their focus on their hopes of discovery; the dream of finding new lands, new beginnings. Where is our focus?

We are already feeling a quickening of Light Energy which is causing stress as we become time-poor and economic and emotional stress is also increasing. (The seas are getting rougher). But if we keep our ship watertight, with strong mast and good sails, together with a good crew we will sail safely through the storms to the new land that awaits us.

ShiningBRIGHT will guide you all the way. It will keep you up-to-date with new modalities, fresh ideas and totally new perspectives, reminding you that the Southern Cross Academy of Light is here, like a Lighthouse to see you safely anchored into the new harbour/dimension of Love.

With Love,

A handwritten signature in cursive script that reads "Rosemary".

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.

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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
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Being responsible for one's own words,
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Working together, supporting each other.

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CONTENTS

USHERING IN 2012	5
SECRET ABORIGINAL HEALING TECHNIQUES	7
IS TOO MUCH EXCITEMENT DANGEROUS?	9
BEATING THE BLUES: treating depression holistically	11
BEING THE COLLECTIVE CONSCIOUSNESS	17
HOLISTIC PRACTITIONERS	18
I HAVE A DREAM – and I am not alone!!	19
NEW FLOWER ESSENCES for a new Spirituality	
FREE WILL	23
ASTROLOGICAL HAPPENINGS	24
BOOK REVIEWS	26



FRONT COVER

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www.a-light.org.au

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.

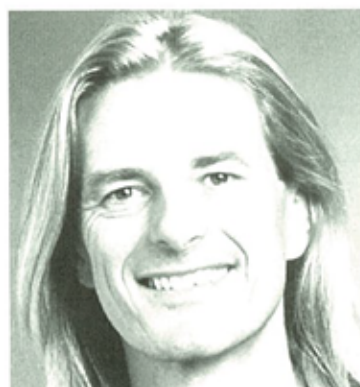
Each Monday night at Neutral Bay we gather together and share our light, we share our joy and our growth. The Academy provides amazing teachers to share new ideas as we come together as one and we unite in love and light. The Academy creates a space where you are safe and where you can move forward along 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

Some of our speakers

Troi Leonard
Bernie Prior
Ian White
Sylvia Shanti Vowless
Ruth Eedy
Kerryn Franks-Sedgman
Swamji
Alison Wilson
Dr. Eric Pearl



Ian White

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

DIARY OF EVENTS FOR NEUTRAL BAY GATHERINGS

September - October 2008

St. Johns Uniting Church Hall, cnr. Yeo & Barry Sts., Neutral Bay.

Cost \$15 Cons. \$10

- Sept. 1:** Kim Fraser and the Harmony Centre musicians - Satsang means truth (sat) company (sanga) and is an opportunity for people to come together to allow the deepest truths to emerge from the group consciousness. Sacred mantras go beneath the mind, and directly activate our heart and soul. Kim will speak about the purpose and benefits of initiation and the role of Guru in modern times.
- Sept. 8:** John Butterworth – Sacred Healing Meditation Circle. Bliss out to the soothing sounds of the Tibetan singing bowls and bells, Chilean Rain Stick, large Chinese gongs, ocean "drum", Native American drum and other exotic instruments along with harmonic overtone chanting and toning. Enjoy this sonic massage and allow yourself to experience a profound, therapeutic meditative state.
- Sept. 15:** Gerry Taylor Wood - Grail Haven Flower Essences. Following the directions of an angelic vision, Geraldine birthed 33 flower essences from the gardens of Grail Haven on Mount Tamborine. Tonight she will recall her experiences and share the incredible qualities of health and healing present in the 33 essences. (These essences are taught at T.A.F.E to naturopaths across Australia).
- Sept. 22:** Sky - The Emergence of your Multidimensional Self. One of the wisdoms that we explore in Love's Alchemy is, "There is only the One. There is no other." The implications of this statement reflect a true spiritual enquiry that can continue throughout our lives. Until we recognize the beloved One in all there is, we will struggle with fear and separation. Through the heart, fear becomes freedom. Come and hear Sky speak for true inspiration.
- Sept. 29:** Rosemary Butterworth and Narelle Green – The Intelligence of Colour. Rudolf Steiner said that when you step into colour you can't help but move forward. Rosemary and Narelle will show you how, with ease and grace using the intelligence of colour.
- Oct. 6:** closed Public Holiday
- Oct. 13:** Kean Buckley - Are you ready for some real answers and sustainable solutions for yourself? Would you like to have greater connective flow in all your life and in all of your relationships? Our result for you is a deeper connection, acknowledgement and attainment of the things that matter to you in your life.
- Oct. 20:** Swami Ji - The Importance of Human Life. According to the Vedas there are 8.4 million species within which the soul revolves. Out of all of these it is Human Life that is praised as the most important. Swami Govindananda will explain why this is so in a delightful, informative and inspiring talk...
- Oct. 27:** Kayt Raymond - This angelic evening is full of blessings and Divine Light. Angel Chordia helps us be contented and like ourselves. Angel Netron dissolves unconscious inhibiting patterns and addictions. Angel Maxadon quietens our mind and removes fear. Kayt's will exhibit her beautiful paintings of these Angels. Come, enjoy and receive the blessings!

USHERING IN 2012

by Sky Shayne Innes

Many prophecies from many traditions, both religious and indigenous, state that we are now at a critical time in human history. We are in the 11th hour. Time is short. We are being called and we must answer. We must change.

What does heaven really mean? What does the year 2012 herald? What are we moving towards in this ever-evolving universe? The ancient prophecies of so many of the great traditions speak of this time as a time of great potential, but also a time of great disturbance. The Hopi prophecies talk about the "Age of Purification". And there are many who speak of an apocalypse pending if we do not wake up from our dream of fear and separation into freedom.

Personally, I feel the apocalypse is here now and I believe we are aware that the signs foretold are already occurring and have been doing so for the last 30 years. How much more terror and harm do we need to do to each other before we acknowledge it for what it is? How much more damage are we willing to perpetrate on our exquisite planet and all her creatures of both land and ocean? All we need to do is read a newspaper or turn on a television to be immersed in a landscape filled with atrocity and suffering. We are already in the apocalypse – an apocalypse of spirit where so many of us are bereft of our very essence, our light and our magnificence. We are lost in a world of material delusion searching frantically for the holy grail in more and more material success. We overlook how our shoes were made with child labour and the food we eat is costing us the very balance necessary for our continued existence on this planet. Will this human experiment fail?

We seem so dissociated from our own essence that we don't even recognize how harmful this lack of harmony is. Until a dearly loved friend dies of a brain tumour or we hear that bees are dying in droves. I found it sadly tragic that the concern about disappearing bee colonies all over Europe and the US was only a concern for those crops that relied on them for pollination. What about the flowers, or is this beautiful expression of Mother Nature expendable because we don't see it as a necessity? Like the people of Zimbabwe – are they too expendable because they have no oil to give them worth? What apocalypse?

The prophecies all speak of a need for very significant changes to occur. They reflect our deepest desire to know



the greater truth of who we are and why we are here. In our souls we know that change is happening at a global level of consciousness. In my course, Love's Alchemy, we look at the nature of this change as a major paradigm shift. This is a shift from feeling separate to feeling connected and one. I define love as a consciousness of unity. Until we can recognize the beloved One in all there is, we will continue to struggle with our fears, which arise out of feeling separate from each other, the land we live on and our divinity. As we recognize our multidimensional Self, there comes a greater empathy and sensitivity to those around us, the plants, animals and the entire ecosphere of stars, water and earth. We start relating to our world and the whole cosmos in a subtly different and deeply meaningful way. Society with its governments and corporations become more inclusive and cooperative, more respectful of what is really valuable beyond the dollar, and pursues goals that serve rather than exploit. Unless we appreciate that a so-called utopian perspective is no longer a luxury that we cannot afford, we may well completely destroy our life-supporting environment and damage ourselves irretrievably.

As catastrophic as these words sound, I remain enormously optimistic. Alchemy is about transforming lead into gold. In these leaden times, there is much gold to be attained. The allegory of Love's Alchemy is about the transformative power of love. This is the power of the cosmos and has expression through the qualities of love; qualities like fairness, sustainability, peace, harmony, respect, beauty and real happiness.

Sri Aurobindo says, "This universe is a gradation of planes of consciousness." Here in this third plane or dimension, our consciousness is of separation and fear. This means we are ego-bound which makes us materialistic and self-

continued on page 6

continued from page 5

centered. To shift from the third dimension to the fourth requires a shift into the love frequency. Through the heart, separation can be healed. Through the heart, fear becomes freedom.

Without war and aggression, greed and raw ambition, possessiveness and jealousy, judgements and grudges, anger and resentment, we are free to know the true pleasure and delight of true union. From this fourth dimension, where we embody and manifest love, wisdom, compassion reverence joy, wholeness, - it becomes an easy transition to the fifth dimension where, it is purported that we are free of ego altogether. We are still very much individuals but in perfect harmony with each other and our world. We merge our energies but are not lost in this oneness. We are still autonomous but in perfect congruence with our world.

Communication becomes telepathic. Because we are so clean and transparent, we can 'read' each other at a much deeper level. Free of ego, there are no hidden agen-



das. Our differences are just that and have no fears associated with them. Communication becomes connecting and knowing rather than perception and deduction. It becomes a direct experience of each other rather than a meeting of each other. Some of our very young children today show signs of communicating in this way already. Often they are misdiagnosed as autistic or ADHD. During the course I encourage people to listen to each other from their hearts. By feeling deep empathy and connection, we hear and speak from a very different place. For your heart is the alchemical chalice for this emergence.

What a superb expression of communication this unlocks. Everything will be known without deception and untruth. This kind of connection, through honesty and complete vulnerability, will open our hearts to each other

as the beloved One that we are. It is only as we know and truly honour who we are that we can honour and love each other and this planet that supports us so wholly. Too many of us have lost our memory and forgotten what is really beautiful in life. Our healing is in the remembering of its sacredness.

We will come to understand our thoughts very differently. Thought-forms have enormous power affecting those around us and our environment. We are unaware of the impact that our sadness or happiness has, not only on other people but animals and plants. We will learn to control and refine our thinking ability so that we cause no harm and create whatever we want in harmony with our environment. We will have quieter, more serene minds and the thoughts we have will manifest powerfully and instantaneously. The law of attraction is more truly the law of love. Because of our alignment with love, wisdom, reverence and the cosmos, each thought will create the greatest good for all. This is a fundamental characteristic of the creative process in the fifth dimension as there is no egoic consciousness of separation.

When we are in our hearts and connected through a frequency of love, we are connected to the supreme intelligence of the universe and easily access information. We are



guided and answers come to us effortlessly and naturally. We no longer rely on our five senses to experience our world but are truly able to be the world. The world becomes an extended ver-

sion of myself. How different and meaningful our involvement when each moment is precious as my own being, my own Self in form.

The more congruent we are with our heart intelligence, the more in tune with the immensity of our being. As the philosopher and poet, Ralph Waldo Emerson said so powerfully, "I am vast." There is only the One. There is no other. The implications of this statement are huge and reflect a true spiritual enquiry that can keep us enquiring for all of our lives. I am the trees, the sky, the ocean, the birds. I am another you. As our multidimensional awareness deepens, we access deeper levels of understanding, knowledge and truth. Other dimensions become visible to us as we divine the depths of our heart. We can transcend the time-space paradigm and learn from past and future selves in ever-widening spirals of evolving wisdom. You are the light of this evolu-

continued on page 8

SECRET ABORIGINAL HEALING TECHNIQUES

by Robbie Holz

When Dr. Gary Holz was diagnosed with chronic progressive Multiple Sclerosis, he was given a death sentence – the doctors believed he had only two years to live. Dr. Holz, an accomplished physicist, began searching for other answers. A naturopathic physician recommended the 40,000-year-old system of aboriginal healing.

Arriving from the United States into Brisbane in 1994 as a quadriplegic,

Dr. Holz stayed with a remote aboriginal tribe near sacred Ayers Rock who had never met a white man before. Through the tribe, he re-programmed his mind and body. Gradually, he recovered feeling in his body and the ability to clumsily walk on his return flight back to the United States two weeks later. As directed by the "Big Guy," the Aborigines told Dr. Holz he was a gifted healer and had been chosen to bring these aboriginal healing secrets to the Western world. The "Big Guy" is what we might term as God, Divine Force, or One Consciousness.

Foundational to the aboriginal healing techniques is the belief that the mind plus empowerment from the "Big Guy" can do anything. Our mind, body and spirit are interconnected. To heal your physical body, you must also address the needs and imbalances of your mind and spirit. Your physical body is a direct manifestation of the thoughts and emotions of your mind. Transformation happens from the inside out.

"Negative-based" emotions (i.e., anxiety, fear, guilt, depression) create unhealthy "lazy" cells which, if unbalanced or unreleased, can overwhelm a system and become toxic to the body. These pent-up "toxins" settle into weakened areas of the body and block the flow of energy which can then lead to disease.



The Aborigines believe emotions are to be experienced, felt, and released. Releasing unhealthy emotions can be achieved through a variety of methods such as laughter, meditation, walking, music, exercise. Negative-based thoughts can also become balanced and replaced by consciously focusing thoughts and emotions in positive-based directions.

"Positive-based" thoughts and emotions (i.e., hope, joy, creativity, gratitude, love) create healthy "worker" cells which promote wellness by enhancing the flow of energy; thus supplying blood, oxygen, nutrients and Life force throughout the body. The importance of increasing positive thoughts and emotions cannot be overemphasized in creating wellness.

The following five aboriginal steps to healing help embody the healthy human experience. Keep in mind this is a process. Every step helps get you closer to your goal on your healing journey.

The first aboriginal step to healing is Willingness to change the unhealthy, sabotaging mindset and behavior. Are you Willing to heal physically, emotionally and spiritually, and do what it takes?

The second step is Awareness of the beliefs or thought patterns that are creating internal struggle and the core issues of the disease. New perceptions can instantly re-program your mind and body to react differently to a situation. Gaining an Awareness of why an experience is in your life for your soul's growth and evolvment can help you develop gratitude for this challenge. What negative thought pattern do you continually play in your head and refuse to let go of?

Acceptance is essential to healing. You don't have to like your challenge but you need to Accept that it is what it is, and it is deliberately for your soul's unique journey. What are you not Accepting in your life?

The fourth step, Empowerment, is recognizing the ability to heal lies within you. This allows greater levels of the energy of love from the "Big Guy," or a Higher Power, produces powerful healing beyond human capability. Have you given your power to your disease or others?

Finally, Focus on seeing and feeling yourself well. Your powerful mind is constantly creating with your thoughts and emotions. Focusing on pain or cancer creates more pain or cancer. What are you creating daily with your mind?

By using these aboriginal healing

continued on page 8

techniques and treating yourself with compassion, forgiveness and love, you are well on your way to healing!

Robbie Holz, owner of Holz Health Center in the United States (www.holzhealthcenter.com), is an international speaker, spiritual channel, and counselor whose teaching principles have helped people worldwide reach higher levels of physical, emotional and spiritual wellness.

Continuing to work as a healing team since his passing in April 2007, Robbie's husband, Dr. Gary Holz, greatly assists by sending powerful healing energy through Robbie's work.



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tion.

With the advent of 2012, it is said that our solar system is moving into a faster or higher frequency. With the increase in the Earth's resonant frequency comes our own increased frequency, which brings heightened intuition and sensitivity. What we were able to tolerate thirty or fifty years ago, we can no longer tolerate. Poor diet, alcohol, drugs of all sorts and toxic environments and relationships are affecting our emotional and mental bodies as well as our physical bodies, more so than ever before. To stay well we need to be far more clear, more in integrity with ourselves and more refined with our thoughts, feelings, words and actions. Otherwise, we will feel constantly tired, depressed, anxious and ill. In this transition period, it is vital that we look after ourselves and each other with great vigilance and care. It is important that we balance our rational minds and trust the voice of our heart even when our minds can make little sense of it. It is important that we do finally release the tired life scripts that have been running our lives. Instead we must learn to live in real community with each other and practice love as opposed to fear. And we have to discover this even in the face of our neighbour's fear. It is holding the vision regardless of existing forms.

Now we much choose right action for right reasons. Are you investing in ethical shares? Are you partaking of violence through the films you watch, the interactions you have? Are you supporting negative ideologies and cultures of fear? Learn the importance of being happy.

On the cusp of 2012, we must evolve our consciousness through meditation, prayer, awareness practices of our multi-dimensional being and the wisdom of the universal One. As we transcend our fear, we usher in this new era. Our future is not simply a prophecy but also our own creation. Now is the time to enable and empower this creative thrust, for we must be sufficiently evolved to access the great knowledge it brings.

Sky is becoming known as an inspiring spiritual teacher. Her incisive insight combined with an engaging presence, add power and magnetism to her message. Author of the book Love's Alchemy, Sky's focus is on the transformative power of love. She is a psychologist and spiritual coach with her consultancy in Sydney where she offers courses and private sessions. She also runs retreats in the Promised Land, a beautiful valley near Bellingen in northern NSW. Teaching in Australia, Japan and the UK, Sky is an awakener. Her invitation is to awaken to your true nature and, thereby, fulfill your purpose. For sessions or details of events call 02 9362 9866 or visit www.lovesalchemy.com



IS TOO MUCH EXCITEMENT DANGEROUS?

by Barbara Nash

Indeed it can be, is the opinion of endocrinologist Professor Ivor Mills as he points out to Barbara Nash

"There is not doubt about it," Professor Mills said, "everyone, including children, loves excitement. The problem is that we have now reached a state where people, especially children, are being exposed to so much stimulation and excitement that most of us are suffering from mental exhaustion."

"What I would most like to emphasise is that something that is initially enjoyable can, if repeated over and over again, become a great strain. When this is allowed to happen, one changes the way that the brain functions and this affects the way that the child (or adult) will behave."

"For instance, one of the biggest problems that today's mothers have with the children is that the children do not

sleep properly. What is so poorly understood, however, is that, often, it is the parent who has created the problem. Time and time again I have seen this happening. For example, when on a long train journey, a baby who is already over-stimulated by all the sights, sounds and strange impressions, often begins to cry. Instead of gently soothing the baby and bringing him back to a restful

state, the parent picks him up, jogs him, walks up and down, points out this and that. From the best intentions, to ease his distress, she keeps on stimulating him because she believes that if she can stimulate him a bit more he will stop crying. He may do so temporarily, but the long-term effects are serious.

"What is actually happening is that they are producing an appetite for stimulation and, carried to an excess, this will produce a state of excitement of the child's brain which will very soon stop the child from sleeping at night. If this process is repeated enough, the baby will need ever stronger stimuli in order to satisfy his appetite. Thus, more stimulation more often becomes the rule of the day and, at night,



when the baby's brain should be at rest, the underlying excitement keeps him awake or awakens him after only a couple of hours. He starts, in fact, to want games and to be played with, in the middle of the night. Not surprisingly the mother soon begins to complain that her child is hyperactive; and both mother and child, and sometimes everybody in the family, end up feeling irritable, frustrated and exhausted.

"It is not always easy to convince a mother that a hyperactive baby is a baby who has been over-stimulated over a period of time. For example, recently I saw a mother of a baby who was sleeping for only two or three hours a night and, in self-defence, the mother said: 'I am only playing games with my little girl'. It turned out, however, that these games were really very highly exciting – they occupied an hour or two of every afternoon – and the child was almost getting into hysterics with laughter. The mother, who was enjoying herself enormously, also got wildly excited. What she did not realise was that this behaviour, repeated day after day, was actually producing the state of mind where the baby could not sleep for longer than two or three hours. 'A major difficulty, even when one is successful in convincing the mother, is that we cannot immediately restore the baby to normal by saying: 'Play more gentle games and do not get her over-excited'. Once the pattern has set, the baby will continue, for some time, waking up in the night calling out and demanding to be played with. If, then, the response is not favourable, the child naturally becomes frustrated, irritable and generally difficult to handle. Sometimes the pattern is so set and the problem so well established, that drugs are needed to calm the child, make it sleep and bring it back to

continued on page 10

continued from page 9

a normal state. The drugs which work most effectively in this instance are the ones which are used for treating depression in adults.

"This is not surprising when one understands that a prolonged period of over-stimulation develops an underlying mechanism which is related to depression. In other words, over-stimulation leads to over-excitement; over-excitement to exhaustion and exhaustion to leads to depression.

"The depression may not be recognisably manifest in the initial stages because, in the stimulated state, the depression is completely masked by the excitement of the stimulation. It may only begin to manifest when the child (or adult) is getting into an absolutely exhausted state.

"The normal adult way of trying to shake off depression is to go to bigger and better parties, drink more alcohol, and so on. For children that is not so easy. When they get into a state of depression, the first thing that happens is that they become irritable – they will not play quietly, they argue unnecessarily, start fights- and may disrupt the whole family and school. If their overstrained state is left unchecked, depression gives way to severe depression and the children may withdraw into themselves – perhaps will not even eat or drink.

"Difficult though it may be for some people to accept, such problems stem initially from our love of excitement. The reason we love excitement is that it increases the sense of satisfaction in the brain. All sorts of excitement will do this. In animals, for example, it is well known that if one puts an electrode into the appropriate part of the brain, the animal will go on activating the lever because it induces a state of intense satisfaction.

"Children, of course, do not say they are depressed, and for this reason, diagnosing depression in children is much more difficult. Another factor, when children get into a depressed state, is that the depression tends not to show when things are going smoothly. It only shows when something occurs to frustrate them. Perhaps the child wants to do something and the mother says "No". The normal child will accept this, but the excited child may become very frustrated by the word "no", and this may lead to violent outbursts in which the child may smash or throw things. This is because frustration coupled with a highly excited state is a dangerous mixture that will produce an exaggerated response. The parents, of course, not having realised that such a situation has been building up, are shocked and dis-

mayed and cannot understand why the child is behaving in such a violent disruptive way. They may continue to misunderstand until the child has become so exhausted and so depressed that he withdraws totally from normal society.

"In recent years, for example, twelve, thirteen and fourteen year olds have been seeking aid and asking: 'Can you help me- I can't stand it any more'.

"The longer it takes people to understand the dangers of too much excitement, the more disastrous are the effects;

and the longer it will take for any person to be brought back to a normal, state in which rest and relaxation are possible.

"One of the biggest changes in modern life is that television is now available and this has



made the avoidance of the over-stimulation/over-excitement/depression syndrome much more difficult. A study, for example, showed conclusively that children choose to watch the most exciting programme.

"Much publicity is given to the effects of violence and sex, but little is given to the overall effect that television/computer games have on children. The truth is that, in term of stimulation, all television has an effect and if children are allowed to watch the most exciting programs – and these include many suspense-type program that adults would thoroughly approve – then the very act of state of intense stimulation and intense excitement.

"In so far as it has been studied, the nervous response in children is exactly the same as in adults – exciting programs produce intense nervous stimulation in the child. If we were to measure the hormonal effects of television excitement, I am sure we would find the same results as in another study which I am constantly quoting. In this study, a survey was carried out on young children who took an arithmetic exam every Friday morning. For the purposes of this study, certain hormones were measured in the children's urine and, while the exam was on, the children produced more of the hormone adrenaline. We know that adrenaline is stimulated under conditions of tension.

"Parents do need to understand that television viewing produces an intense nervous stimulation in a child and that if it goes on for a long period of time, then the child will not sleep well because an overstimulated brain will not allow a truly deep refreshing sleep. Thus, exhaustion, irritability, depression, frustration and other side-effects soon begin to emerge. It is also not surprising that if a child is constantly stimulated like mad by television, he begins to find ordinary

continued on page 12

BEATING THE BLUES: Treating DEPRESSION holistically

by Huzan S. Daver

The World Health Organization report on mental illness stated that depression will be the second largest killer after heart disease by 2020 -- a contributory factor to fatal coronary disease. WHO also reported that 15% of the population of most developed countries suffers severe depression. So what is depression? And why is it affecting people in the modern developed world more than people in the poor developing countries? Depression is a result of a person's state of mind leading to feelings of sadness, hopelessness, helplessness, pessimism, and in 15% cases leads to thoughts of death or suicide. I believe the answer to solving mental health issues including depression lies in spiritual education, awareness and awakening. The modern man is spiritually impoverished. In developed countries such as Australia there is great emotional and spiritual

poverty. Australia has the second largest youth suicide rate in the world. A large proportion of Australian youth and even adults suffer from emotional issues, dysfunctional families, separation, divorce, drug abuse, sexual abuse -- the list is endless.

Over the centuries great spiritual Masters have spoken about depression and ways to deal with it. Shri

Satya Sai Baba has said "Illness both physical and mental is a reaction on the body caused by the poison of the mind. An uncontaminated mind alone can ensure continuous health".

The greatest tool to release the poison of the mind that has been handed down through generations is meditation.

What is meditation? It is a process of connecting to our Atma (super consciousness or our conscience). Being divine involves connecting to our Atma and watching and continuously removing the poisonous negative thoughts created by our minds.

Shri Satya Sai Baba says clearly in Dhyana Vahini page 66 "Without meditation it is not possible to control and master the mind. All other methods are useless as is the attempt to bind a wild elephant by means of a thin and tiny thread!"

From the Buddhist point of view, being in a depressed state, in a state of discouragement, is seen as a kind of extreme that can clearly be an obstacle to taking the steps necessary to accomplish one's goals

The solution to depression lies in service to others with compassion. The Dalai Lama encourages and promotes "compassionate meditation" where people that cause us pain and hurt are looked on compassionately. The key is changing our thoughts about others. Loss and grief are usually related to body and sensual attachment. Spiritual awareness is necessary to let go senses and focus on Atma. Mother Teresa has said, "Love is the fruit in season at all times, and within reach of every hand. Anyone may gather it and no limit is set. Everyone can reach this love through meditation, spirit of prayer and sacrifice, by an intense inner life." Even Buddha spoke of training the mind to release mental illness... We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Causes of Depression:

- Early life experience
- Genetic predisposition
- Lifestyle factors
- Certain personality traits
- Lack of spiritual awareness and education

Risk factors for Depression:

- Loneliness
- Lack of social support
- Recent stressful life experiences
- Family history of depression
- Marital or relationship problems Financial strain
- Early childhood trauma or abuse
- Alcohol or drug abuse
- Unemployment or underemployment
- Health problems or chronic pain

Natural Therapies to help depression:

'depression will be the second largest killer after heart disease by 2020 - a contributory factor to fatal coronary disease.'

continued on page 12

- Holistic Counselling
- Meditation therapy/Hypnotherapy
- Energy work: colour therapy, light therapy
- Acupuncture, Aromatherapy
- Dance and Movement Therapy, Exercise
- Diet: fresh veg., Fish Oils, avoid sugar alcohol, coffee
- Homeopathy, Massage
- Music therapy, yoga
- Pet therapy
- St. John's wort –natural herb

A patient whom I shall call John phoned me one day desperate for help as he was suffering from anxiety and a panic attack. Some of the symptoms of panic attacks are accelerated heart beats, sweating, choking sensations and inability to breathe. John thought he was dying. I told him to contact the crisis medical team at the nearest hospital and his relatives. He said he just knew that I could somehow help him and I should do something. I explained to him that as I was on my way to the College where I teach, I could not see him face to face, so I offered to pray to divinity and chant

OM SAI RAM with him to release his pain and discomfort while he contacted the medical team at the hospital. John responded by saying that he did not

'I believe the answer to solving mental health issues including depression lies in spiritual education, awareness and awakening.'

believe in a God nor was he familiar with the Sanskrit words. I told him it did not matter. I was driving the car to College and John was alone at home, we chanted OM SAI RAM independently but continuously with strong intention for 45 minutes. The result was a miracle. He phoned when I had just arrived at the College to let me know that his head was clear and his panic had gone, he was calm. There was no need he said to contact the hospital. Here was a man who stated that he not believe in divinity and did not know the significance of chanting or understand the meaning of the words but he still experienced a divine miracle.

As you understand your true nature and your true purpose, your life will be permanently transformed, and then you can begin to transform the world.

Dr. Huzan S. Daver is the author of My True reality a book on meditation. She has been running FREE meditation workshops for numerous organizations (schools, Colleges) including within the Sai organization. If you wish to participate in any of these workshops contact Dr. Daver sohumsai@optusnet.com.au. For further information on Dr. Daver's background and work please see: www.sohumsaisolutions.com.au



life and school boring – unsatisfying. One result of this is that he may "drop" out, become ineducable.

"One result is that the child may come to think of certain things as normal which most of society would not accept. From the child's point of view, it is not depravity – he is simply responding to something that has been hammered into his brain – doing what he has seen and been taught to do.

"Again, the simple truth is that if one goes on, day after day, week after week, exciting the brain with whatever it is: i.e. television, or rows at home, difficulties will raise the excitement level. So, if home-life is exciting because there is a certain amount of turmoil and argument, if school is exciting because it is stressful and if television is exciting as well, the brain – the mind – never gets a chance to rest.

"The most essential thing from the mother's and child's point of view is peacetime – that is, training a child, from his earliest days that there is a period each day when he must rest on his own; and that this is a time when mother rests too. This concept of peacetime will, more than anything else, help the child's and adult's nervous system to go into a resting state. Everybody, from the youngest to the oldest, needs a period in the day when there is not a constant cacophony of stimuli – sounds, impressions, etc. – and excitement being generated.

"As far as television is concerned, parents, even if they are madly keen to see a program, must turn it off if it is over-exciting for a child. Certainly a child should not watch highly exciting television before he goes to bed. Watching such programs for hours at a time persists way beyond the normal bed-time. Some Swedish studies have shown that certain documentaries and wild-life and county programs have a good hormonal effect, so these are obviously the programs to keep in mind when deciding what the family should watch

"It is also important to remember that physical activity, like walking and swimming, helps you undo the tension that is created by excessive mental activity.

"Excitement begets excitement. If parents are overexcited and, today, most parents are, then children will be over-excited. Children cannot change if their parents do not. The mother of a newborn child is in the most ideal position. If she begins now, her over-stimulation, over-excitement, exhaustion, depression syndrome can be totally avoided. That is the point I would most like to get across to mothers.

Extract from Woman's World May 10, 1978

Note from Editor.

As depression is expected to become the second largest killer after heart disease by 2020 we thought that this wonderful article was a must, even though it was written 30 years ago, it is very applicable for today.



Fate has played an important role in the lives
of Julie and Grant Blanchard.

Examples abound, from their first meeting 21 years
ago, after Julie wrote a poem and placed it in her local
paper, to the phone call they received while living in
Los Angeles three years ago, telling them the land they
now call home had finally found them.

As we sit in one of the many spacious, light filled
living rooms of their luxurious Country Estate in the
Southern Highlands of NSW, Grant explains “This
land found us. We’re meant to be here.”

Welcome to



Journey to Satori

The Blanchard's rich and fulfilling spiritual journey began soon after their marriage, when Julie fell ill with a rare and debilitating illness that took a year to diagnose. Julie's body would suddenly shut down, leaving her conscious but unable to move for up to ten minutes. This frightening event happened up to six times a day and left western medicine practitioners baffled. A chance meeting with a magnetic healer in a New Zealand hotel set them on a life-changing path that has led them here to Satori Springs.

Set in 102 acres of parkland and bush in Canyonleigh in the Southern Highlands, NSW and built for the purpose of sharing peace and beauty, this recently opened luxury retreat centre began as a shared illumination in 1999, growing into its present manifestation after two years of designing, building, grooming

evolution and hard work. A majestic white angel, over 6 feet tall, stands sentinel with wings folded, on the highest point of the property. Created by a local artist and friend Jenny Stewart, she is cradled by a pond of tranquility and gazes lovingly over

"It's really lovely to share the big picture" says Julie. "We've had lots of lives together but this one, I think, is the ultimate"

the rolling lawns and gardens towards the calm water of Lake Satori, with its English style boatshed and wooden rowboat. There is magic in the air here. A natural break that pulls you back into the moment, the now, where there is time and space to just breath, relax and enjoy the peace.

Part of its success is the unity and harmony between Grant and Julie. "It's really lovely to share the big picture" says Julie. "We've had lots of lives together but this one, I think, is the ultimate because we get on so well, it feels like we've done all the things we needed to do and this is a reward life."

The meaning of Satori

Satori is a Japanese word meaning "awareness, understanding and enlightenment". This definition has evolved slightly during its transition to a place once home to indigenous Australians and become "A blissful state of heightened awareness and divine connection", which aptly describes the gentle philosophy fostered by Grant and Julie. "Caring, positive and loving" could also be used to describe the pervading energy here.

Julie's Life of Music

An uplifting energy and joyousness is immediately apparent when you meet Julie. Not only does she have a twinkle in her eye, she actually sparkles. A qualified primary school teacher and music educator, Julie has spent her life infusing a love of music and singing into kids, as well as writing, publishing and playing her own music. She has written over 90 songs for young children (available on 3 CD's) and directs a weekly singing group for 6 to 12 year olds. 'Kidsing', in Satori's beautiful, chandeliered and musical instrument filled ballroom. Julie's idea of performance includes many facets of expression including



movement and percussion. Her infectious energy and positive teaching style, inspires a great joy and love of music in the children and adults she teaches.

*Clockwise from above left:
A view of the main retreat centre.
Julie conducting her combined singing groups at the opening ceremony.
Angel Satori stands to greet all visitors.*



Grant and Julie's SPIRITUAL RETREAT WEEKEND

14 - 16 November, 2008



Treat yourself to a relaxing and rejuvenating break! This retreat offers you a great opportunity to meet new people and try out some new activities!

The weekend will include two nights full board with vegetarian and fish cuisine, one treatment, one reading and one workshop. You will have the opportunity to participate in other activities such as yoga, a creative art class and a djembe drumming session.

Cost: \$495 for 2 nights shared accommodation, all meals, a treatment, a reading and a workshop, or \$585 for twin share in the luxury private room.

You can choose one from each category below:

Treatments:

1. Reflexology
2. Auric Healing
3. Remedial Massage

Readings:

1. Channelled Guidance
2. Clairvoyant and Tarot
3. Regression & Past Life Therapy

Workshops:

1. Singing
2. Drama
3. Dance

Maximum 30 people.

For more information, or to book, ph 02 4878 9305 or email info@satorisprings.com.au

Visit our website for the complete program and application form: www.satorisprings.com.au



Magnetic Healing

Like many other spiritual healers, Grant's ability to heal came to him as a 'gift', when he began to feel the energy around people's bodies, about 20 years ago. Also known as energy balancing or auric healing, Grant is capable of detecting where there is disease

or negative energy and then lifting and removing it, making space for healing to take place. Magnetic healing can help to reduce pain, stress and pre and post operative trauma; heal wounds and broken bones in half the time; alleviate infertility, dizziness and tiredness and deal with disease, disorder,

accidents, grief and emotions. In other words, return the cells of the body back to their correct frequency of vibrations. Energy balancing sessions can be booked with Grant, while relaxation, reiki or remedial massage is offered by similarly gifted local therapists.

*Satori Springs has
reshaped him as
he too has
reshaped Satori*

Previously a successful corporate media professional in the UK, USA and his native New Zealand, Grant has reinvented himself at Satori Springs as a generous host, gardener, labourer, painter, landscaper and master of retaining walls. Satori Springs has reshaped him as he too has reshaped Satori.

What Satori Springs Offers

Only two hours drive from both Sydney and Canberra and one hour from Wollongong, Satori can accommodate up to 32 people in luxury private or shared accommodation and hosts an array of community enriching programmes, classes and activities. The versatility of Satori's design allows it to operate as both a bed and breakfast and a venue for conferences, weddings and retreats. Grant and Julie plan to host 4 spiritual retreat weekends here a year, the first from the 14th to 16th November 2008.

Architecturally exciting and filled with intriguing and mystical treasures, the interiors of the main building are designed to bring a sense of calm, balance, inspiration and possibility. The eco-friendly design ensures there is minimal impact on the environment, or the occupants of the buildings. A worm composting sewage system is in

operation and grey water is collected for use in irrigation of the nine-hole golf course, which is under construction and will be ready in 2009.

Weekly yoga and music classes held in the ballroom include a drum circle, a women's and children's singing group. The Art Studio is also available to anyone wishing to share their love of the visual arts, guided by local artists in residence.

Whether you want to fill your time or have it trickle quietly by, there are plenty of options. Snack on a fresh veggie from the large organic garden, enjoy a game of tennis, a swim in the heated pool or a row on the lake. Walk to the creek or relax by the tumbling stream.

What was once a shared illumination and vision, has now become a wonderful reality, "A glimpse of Nirvana" says Grant with a smile.

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UNWIND THE SOUL

Love is Always the Key

BEING THE COLLECTIVE CONSCIOUSNESS

by Juliet Butters Doty

The essence and final impetus of 'The Mayan Calendar' which comes to an end in 2012, in one sentence, is for us all to merge into oneness, that the **"collective" has become part of our consciousness.**

We are breathing, feeling and thinking as One.

The **Collective Consciousness** is, indeed, that we are all interrelated, affecting each other and so living this understanding and merging it into the corporate, governmental and multi national levels. All levels. The energies of these times are demanding us to surrender our old redundant ways, take responsibility within ourselves and realize what is truly important now. Whatever is 'not based on Love' is shaking and realities are beginning to crumble.

Cycles are ending within bigger cycles. From our universe on outwards into other galaxies that we are intricately a part of. Galactic Solar Waves are emanating from the core of the Galactic Center and beyond. Solar Flares are firing off from our own Sun; not only affecting our everyday weather patterns that NASA has verified as a fact, but also, affecting our own electromagnetic fields; transforming our emotional and mental bodies and right down to our DNA. The Photon Band is another level of energy quickening the frequencies and so pushing our shadows and densities to the surface. One has only to turn on the TV each night to witness the mass level results! These are the very Prophetic and Apocalyptic Times that the Mystics have spoken of. We are living in these times now, and indeed, we are feeling it! We are being revealed unto our very selves, uncovering our old ways and paradigms that need to be released and laid down, finally!

We are being called upon to claim our power to be more and more of who we are. We need to think faster, process faster, move faster, assimilate, faster.... the list could go on and on.

Are we overwhelmed yet? Well, sometimes, yes. Absolutely. That's when we need to remember to Breathe remember who we are, and connect into Source, to Love, to our Creator.

We have the freedom to **choose Love**. The energies of 2012 are simply asking us, pushing us, to **choose Love**. The pressure is increasing because time is collapsing into the now, asking us to surrender, let go and Breathe. Our astrol-

ogy, and the planets are playing their part, to stimulate within each of us to realize and remember Who we Truly are.

We are magnificent, huge, Beings!

We just have to clear out our storage tanks a little more...There seem to be a few old movies locked away in our unconscious that need to be revealed, merely as information.

We don't have to take it on, or process it anymore. There is no TIME left. We just have to let it all go.....keeping the experience of witnessing a movie, retaining the learning and wisdom, which is our **treasure**, no longer the nightmare, within our hearts.

With more space within our being we are able to connect in and navigate our way ahead. Remembering to **be centered**, before continuing on in a mindless way. Some days seem more intense than others; depending on the weather, the workload, the astrology, the energies, the politics or the pressure.

Truly, the pathway through each day is Love's way. This is the lifestyle we are going for! The bottom line is that **we are here to Love more**, to be Love.

And so, ask Love....'What would Love say?' or, "What would Love do with this or that?" She will always have the perfect answer. And sometimes perhaps, the perfect course of action may indeed be, **do absolutely nothing, or, say nothing, let go and smile.**

In our day to day lives, we have found ourselves caught in a maze that seems so very hard to get out of. Sometimes there are no doorways leading out, just ones that lead deeper and deeper into chaos. Perhaps the same broken record/s keep on playing over and over again every few months.

Whatever may be happening in your life at present, claim this moment as a new possibility. Make this day, a new day. Start to ask "what would love do, or say"? Bring your consciousness into every moment so as to navigate your way through with intention each day. Empty the contents of your mind, **allowing Love to have Her Way** for the whole day, and see how the difference, **changes the results, shifts the energy**. Noticing where you pull yourself down or criticise yourself.... the mind is oh, so clever and tricky! and taking the opportunity to reprogram that thought, loving yourself for a change, or simply giving yourself the break that you need!

Our minds are like computers. Whatever we think, our mind will carry out the command! So watch your thoughts. Be relentless, for your Self's sake! Take the opportunity to see how tough you actually are on yourself with all the self talk within. If you wrote down all of the thoughts that run in your mind for a day you would be amazed.....no wonder our creations go a tad leftfield on occasion.

We are what we think....particularly these days. Our

continued on page 18

continued from page 17

thoughts have great power now. So be very clear about what you do want. How you want your life to feel like, to be, who and what, do you want in it. The feeling will bring the reality in. Feelings are intricate to the creation process.

Just like when you purchase a new computer with all the new software, I want you to run new software/thoughts within your mind. Program your mind with what you do want, with what you want to create, and throw out the rest. Make it fun, get into the visual of throwing the thoughts away, slam dunk them into the cosmic trashcan. Whatever works really at this point!

We are human beings, we are not perfect. Take the pressure off and allow yourself to have the break, the rest, the massage, the afternoon off. You know what it is that you haven't allowed yourself. Assess our priorities, what do we need to let go of. Perhaps we only need to take care of the A's for a while, whilst we get ourselves back on track.....letting go of the rest.

All the while, checking in, balancing, feeling our center, until you are actually in your center most of the time. It is a discipline which **becomes your lifestyle**, so that your meditation time becomes your whole day. It is no longer separate. You are consciously walking your meditation and incorporating your life to become one with your practice. Your work at the office, your shopping trip to the mall, it is all a part of the lifestyle that you have become. Your choices become so fine tuned that you walk your true dharma.

Your life is your work,..... is your meditation,..... is your focus on the One, on Love.

Juliet Butters Doty lives in the Byron Bay Shire in NSW. She teaches Tools & Techniques for Internal Disarmament, gives Sacred Alchemy Healings as a spiritual surgeon, in person and Long Distance, and delivers Workshops & Trainings to all those who are yearning for peace of Heart .Email isiscronicle@yahoo.com



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I HAVE A DREAM – and I am not alone!!

by Kyrona

I have been blessed with a dream or vision since I was quite young – it is a vision that relates to **Universal Unity**. Central to that vision is the knowing that the **emerging Earth masters are to unite energetically and, guided by Spirit, work from the heart with universal FREE energies to guide humanity into the new world** now evolving on our planet. To be honest, to me this is more than a vision, it is a passion and this unification process is central to my sacred contract at this time on Earth.

At this vital time on Earth, there are many emerging Earth masters (I am one). Many of us are "new" in this life to the spiritual industry. We are very "trusting, open hearted and universal in our thinking". We are also "loving, passionate, action orientated, creative, individual, charismatic, strong and desire to serve". Additionally we naturally live by the principles of universal unity and can become shocked, disillusioned and disempowered when we discover others we work with from time to time, may not naturally hold this energy!

As emerging leaders who are contracted by Spirit to grow very quickly, we require the support and encourage-

ment of those who are walking the path beside us, in order to easily and fully step into our destiny, bringing humanity with us. We require the **FREEDOM** to explore who we are, to learn, grow and express ourselves creatively as inspired – in fact it is

our divine right and passion to do so!

Unfortunately it is human nature in its 3D form which contains deep patterning and archetypes, that can and do infiltrate and impact emerging masters and the organisations that they find themselves interacting with. With the level of purification occurring on our planet right now, it is easy for things to get off track and out of balance.

I have no need to focus on what is out of balance and to push against it in this article. Rather, as Mother Theresa so beautifully exemplified when she said "I will not march against war, but I will march for peace" - what I wish to do is get you thinking about a better way, by sharing my wisdom and guidance on this topic.

I intend to encourage us all to really think about the topic of freedom and unity, to do an audit on where we currently stand in relation to them and to then consider as appropriate how we may now evolve through '**working heart partnerships**' towards the reality of universal unity.

History shows that there is no organisation / large group, spiritual or otherwise, on our planet to date that hasn't eventually fallen into the pattern of creating levels, separation, rules and all the associated politics. As we move into the Age of Aquarius, it is time for these patterns and archetypes to shift: they are the ways of old – not the new – and we are the ones who will change them, with our intent and actions.

Recognise that the current challenges being faced by emerging masters, have arisen as a learning journey for us all, allowing us to identify the challenge, realise the importance of **our divine right to connect directly to Spirit, to grow, create, manifest and master freely**. They are transitional symptoms only and, as we master, they will diminish.

So I urge you to take an audit of where you are: ask yourself "**do I worry that I am doing or saying the wrong thing – fearing the reactions of my mentor, group and peers on a regular basis?**" If your answer to this question is YES than you may choose to consciously reposition yourself!

To reposition yourself, simply accept where you are today and surrender it to Spirit. Then begin to diligently look at where you want to be - **focusing on your desire and divine right to be empowered spiritually and creatively free, attracting to you groups and networks that are in harmony with your vision**.

Some traits you may care to look out for when intending to align with new world partnerships and groups are:

- Look for those who are not representing themselves as your connection to Spirit and/ or your ultimate path to ascension. Seek a group that honours your own sovereignty over your connection to Spirit and your destiny.
- Look for those who do not place the power of ultimate authority and moral guidance with any individual/s, rather leave that to Spirit, your own heart and intuitive guidance.
- Avoid individuals/groups who claim to know you better than you know yourself – asserting knowledge of the 'truth' over your intent, your heart and your destiny due to their enlightened state. To outsource this is very dishonouring to yourself and Spirit, very disempowering and I would go so far as to say dangerous!
- Look for those who openly and constructively work together as a group to resolve any conflicts that arise. Avoid those who create secrecy and division between members and alienate any of their members in any way as a result of disagreement. Ensure groups you align with have actual processes in place to discuss and resolve conflicts fairly.

**"The FREEDOM
and UNITY audit –
essential for all
emerging
Earth masters!"**

continued on page 20

cont. from page 19

- Look for groups who co-exist harmoniously with all other spiritual groups and the community.
- Look for groups who allow you complete freedom of thought, action and communications. This is so important – you must be able to express your intuitive guidance, learn and grow freely in the moment if you are to evolve and master!
- Look for groups who are not trying to blend spirituality with the 3D systems of legality and regulation – this has never worked and never will. It is fear based, it constricts, stagnates and ultimately leads to power abuse.
- Align with groups who will openly celebrate your spiritual growth and creativity in every way – unlimited! Who will support you, cheer you on and embrace the changes that result within you, your reality and the group as a whole, seeing change as healthy and inspiring.

Think about these behaviours: consider where you are at in your life right now. Realise how these behaviours hinder our ascension individually and as a global collective. Understand that at their core they are fear-based and have no place in our emerging new world! Courageously look at your reality and conduct your audit, then depending on the outcome, move forward accordingly.

Be aware there are those who will not understand the concepts of universal freedom, free energy and universal unity: they will feel very threatened by this concept and often react accordingly. This is OK – there is no wisdom in working against anything, or trying to change fixed attitudes, simply accept 'what is' with compassion. Then as individuals and a unified collective of emerging masters we can choose to align ourselves to that which we wish to manifest-choosing to unite with like-minded souls in new ways and focus on our collective dream of unity and freedom!

I have a dream and I am not alone. There are many emerging new-wave Earth masters who do think like me and we will unite in-spirit in the times to come. We will work together relying upon our unified light, energy, passion and love. We will be unified unconditionally in Spirit, unrestricted by structure, regulation and negative projection – in simply and peacefully Being we will powerfully lead by example. We will live our truth, working together with the FREE energy to heal and guide our planet into the new world, as is our destiny.

BE-LOVED, BE-CREATIVE, BE-FREE!!!

Kyrona

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"I am a bridge between the old and new worlds, working in Spirit to empower and support the emerging Earth masters".



11:11
Is the answer to
WORLD
PEACE

If you are seeing the global phenomenon and the enigmatic number 11.11 repeatedly and desire an explanation read the book
FLICKER OF LIGHT
by Barbara Anne Nixon.

www.flickeroflight.com.au

33~Flower Essences of Grail Haven

New essences for a new spirituality birthed on Tamborine Mountain



Box set of 33 essences includes
*The Holy Grail of the White Rose,
The Magenta Magnolia of Mary Magdalene,
The Walking Iris of Saint Francis of Assisi,
The Angel Trumpet Tree,
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90 page booklet and Grail Haven Spring Water included in the set.
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Please contact: Grail Haven
www.grailhaven.com
Phone: 0755450414 Mobile: 0424080391

Geraldine De Welles (Taylor-Wood) is available for talks. Workshop on Tamborine Mountain in October, please enquire.

NEW FLOWER ESSENCES for a new Spirituality

by Geraldine de Welles

A sacred acre lies at the summit of Mount Tamborine in Queensland. Here the gardens of Grail Haven nestle peacefully swathed by misty rainforests, waterfalls and silent natural sanctuaries. A mystical quality imbues the lush, green terrain.

It was here in the garden that Geraldine experienced a beautiful angelic vision. A group of divine beings instructed her to make essences exclusively from the flowers within the garden.

Through the direct experience of communication between Geraldine and the beautiful plant Devas, messages as to the flower's qualities were received.

Blooms were plucked and floated in Grail Haven spring water on sunlit days and the group brought through precious insights to assist in their 'making'. 'The Making' is an old Celtic word used for spells, charms, alchemy or chemistry. An elemental dance takes place as sun, water, earth and air combine in a time honoured fashion for the 'making' to leave a vibrational imprint in the essence; a healing component.

The properties of flower essences are truly a gift from the Universe, God-given to those working within the realm of healing on earth.

The practice of administering flower essences can be found in many ancient cultures including Aboriginal, Egyptian and Celtic. Today they are utilized in conjunction with astrology, psychotherapy and a myriad of healing modalities. This is because the essences are intrinsically archetypal and can be applied to all aspects of the psyche. For example solar plants and lunar plants in accordance with Dr. Culpepper's 17th Century work with herbal medicine.

For Geraldine this is the culmination of over thirty years of work in the area of health and healing. A yoga teacher, psychologist astrologer and guide to fifteen overseas jour-

neys to sacred sites, she has worked with energies and vibration both at the body and health level and at high the energy points of the world's most sacred and holy sites.

With her husband Richard she has also founded the Grail Haven spring water.

These newly birthed essences have been accepted by T.A.F.E into the *Australian College of Natural Medicine* sector to be taught alongside the British flower essences, created by Dr Edward Bach, and the Australian Bush Flower Essences.

Their integration and acceptance into main stream education has brought further research. When each essence was aligned to the Chakra System, it was found that the *33-Grail Haven Essences* assist us to work with the higher charkas, thus heralding a new dawning spirituality evoking a new level of SPIRITUAL ATTUNEMENT.

Essences such as the *Angel Trumpet Tree*, or the *Holy Grail of the White Rose* and the *Magenta Magnolia of Mary Magdalene* hold an exceptionally high vibrational resonance with Light. *These essences will be presented in future issues of SHINING BRIGHT.

ADMINISTERING THE ESSENCES

Their application is also unique. They are to be used 'topically' only. The quality of the Trinity comes to the fore as three drops are placed; one on the third eye or brow center and one on each wrist - thus forming a pyramid shape. Vodka replaces Brandy as the preservative in keeping with the extreme lightness.

Most important, these essences hold a global symbolism. The myriad array of flowers in the Grail Haven gardens are truly global. Here you will find Australian Natives - tropical and bush; Chinese, Japanese, African - flowers from all continents and countries existing in natural harmony with one another.

No longer do we need to enquire which countries' essences to use. Our spirituality today is surely beyond borders and boundaries, religions and cultures as we are all children of the one God, the one True Light.

Geraldine will be presenting these essences at the National Federation of Spiritual Healers Conference and the International Aromatherapy & Medicine Association. For further information on the 33-Grail Haven Flower Essence Sets with 90 page book, and "The Journey to a Sacred Well - Grail Haven" by Geraldine (Taylor-Wood) and Richard De Welles.

please see: www.grailhaven.com Phone: 0755450414



JUST A MUM?

A woman, renewing her driver's license at the Motor Registration office, was asked by the counter clerk to state her occupation.

She hesitated, uncertain how to classify herself.

"What I mean is," explained the counter clerk, "do you have a job or are you just a ..?"

"Of course I have a job," snapped the woman. "I'm a Mum." "We don't list 'Mum' as an occupation, 'housewife' covers it," said the clerk emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own Medicare office.

The Clerk was obviously a career woman, poised, efficient, and possessed of a high sounding title like, 'Official Interrogator' or 'Town Registrar.' "What is your occupation?" she probed.

What made me say it? I do not know. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations."

The clerk paused, ball-point pen frozen in midair and looked up as though she had not heard right.

I repeated the title slowly emphasizing the most significant words. Then I stared with wonder as my pronouncement was written, in bold, black ink on the official questionnaire.

"Might I ask," said the clerk with new interest, "just what you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out).

I'm working for my Masters, (first the Lord and then the whole family) and already have four credits (all daughters).

Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it). But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money.'

There was an increasing note of respect in the clerk's voice as she completed the form, stood up, and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants -- ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6 month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy!

And I had gone on the official records as someone more distinguished and indispensable to mankind than 'just another Mum.'

Motherhood! What a glorious career! Especially when there's a title on the door.

Does this make grandmothers 'Senior Research associates in the field of Child Development and Human Relations' And great grandmothers 'Executive Senior Research Associates?' I think so!!! I also think it makes Aunts Associate Research Assistants.'



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

FREE WILL

by Rosemary Butterworth

No choice due to state of reaction. Free will can only operate when choices can be made.

If we are away thinking about this or that, and are not present witnessing the current moment, how can we make a choice? As we are not there to witness what is going on, the mind reacts in a habitual way. We are simply being governed by the ego and living out the patterns of the past. Our life will be one of recurring patterns.

Beginning using the powers of observation.

But as our awareness levels grow and we begin to observe thoughts, feelings and emotions we have choice, either to react as we always have done in the past from a belief or thought form, or choose consciously to respond to the situation in a way that may be different from the past. Free Will can then operate.

To free ourselves from the identification of the mind, i.e. to 'get out of the head' so we can begin to observe, we need to take our attention from our mind to another part of our body. For instance, when you notice you are thinking and worrying; stressed about this or that, whatever is going on in your head, immediately take your attention to your nose and become aware of your breathing. This will bring you into the Now.

It is simple, keep your attention on your breathing and it will keep you in the Now - be careful not to interfere with it but simply watch it. Another thing to try is to take your

Little Flannel flower flower essence is for addressing the child within, helping to engender carefree and spontaneous joy and playfulness. It assists adults in losing some of their inhibitions allowing them to play, enjoy themselves and have fun.

Solara Zuaneveld



soul wisdom
for adults & children



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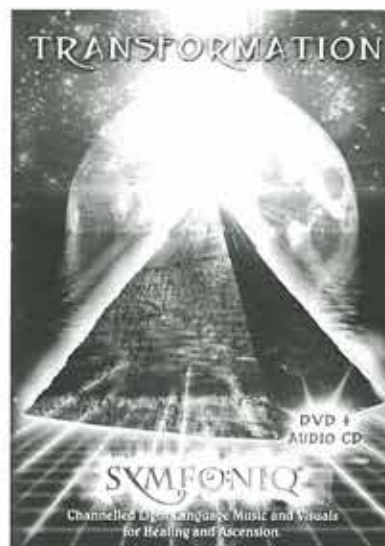


attention to your hands and feel what they are touching. If you are washing your hands, feel the temperature of the water on them, feel the aliveness inside your hands and yourself. Notice how your awareness to all that is around you increases.

In a state of Oneness

– Non duality – No Free Will – only 'Thy Will'

However, when we are totally present in a state of Absolute Love, then there is no choice because there are no longer two wills opposing each other and no need for free will to exist. There is no duality. There is only ONENESS. Any action performed, any word uttered or thought would be in line with Universal Law and would be for the highest good of All That Is.



The cover artwork entitled 'TRANSFORMATION' is from the SYMFONIQ channelled light language CD/DVD pack. The poster and DVD/CD is published and retailed by www.inspired-insight.com - © Inspired Insight 2007.

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ASTROLOGICAL HAPPENINGS - August to December 2008

As the Sun slips into the sign of Virgo at 4.02am on the 23rd of August it is joined by Saturn, Venus and Mercury also in the Virgo. Venus and Mercury are making a hard Opposition to Uranus at 21 degrees of Pisces and the Vertex, which is conjunct Neptune. This formation brings about high energy and sudden changes energetically, reaching us throughout our Collective through our bodies about the health of our planet and the situation we are currently in, being at the tipping point of environmental Earth changes.

Once more we are reminded of Saturn's movements into this sign of Virgo since September 2007. This is a significant period as I mentioned in the last SB issue as Saturn in Virgo represents boundaries and restrictions, our global food crisis, the long-term health of our planet and the health of humanity within all of this, as well as finding ones stability within the cycles of life.

By early September around the 5th Uranus in Pisces is starting to apply an Opposition to Saturn in Virgo. Uranus to name only a few represents a bolt of lightening out of the blue, creating either an Awakening, or a surprise jolt that catches one off guard. Uranus in Pisces represents "a shock wave, an Awakening to the Light, the unconscious Pisces, when placed with Uranus is made conscious, the martyr, and the victim to name a few", this grows stronger and more exacting by October the 16th. Saturn is thought as the "Great Malefic" representing "to name a few" discipline, responsibility, boundaries limitation, burdens, the big tests, control rules and regulations and management, Saturn in Virgo represents perfection in our duty to serve, our military power, our heads of state, our leaders, an insatiable appetite for over analysing anything, especially health issues.

This Aspect is one of the planetary line-ups we have heard so much about representing a real shake up and wake up for our planet, as this aspect stays in play with each other, waxing and wanning

until around June 2011. This is a very significant period for our earth and for humanity as a whole as the effects of our earth/weather changes will be significant, and for those whom have had their heads stuck in the sands about climate change and what we as a human race have been doing to our planet this is the wake up call, so it is a call to responsiveness to humanity, to pay attention.

With this aspect and other planets etc that come into play with this aspect, we very well may be experiencing all sorts of instability, confusion and flux, whilst others, especially the authoritative figures like government and even armies try to help create some kind of stability to try and maintain order and calm. There are many whom choose to live a more conscious life, and have a deeper understanding of these changes, a knowing that it is all part of the Collective Shift that we are in. These people will be very useful to the planet during these next tricky years, as they will be called upon to help sooth and smooth the way for others in torment and distress, it is time to step up and do your healing work. Remember as the Dahlia Lama says, "If you contribute to other people's happiness you will find the True goal, the True meaning of life".

The one really big thing with this aspect is that it makes you accountable, and forces one to take charge of ones life and direction, finding the ability and strength within, remember Saturn is the Lord of Karma for all our actions, "whatever we do or say comes back to us in some way". With these changes more and, more people turn to higher powers that be "God/The Light" and bringing this vibration down to Earth; helping to create a lighthouse where people may find some sanity. When you have the outer planets in play, they are considered to be big players, there vibrational effects resonate out for years, as they are long term in influence.

The last time Uranus and Saturn were in opposition was 1965/1966 during the Vietnam War when it intensified and Australia and New Zealand started sending troupes to Vietnam, and the civil rights movement started with Martin Luther King, and there was much unrest across our globe. Back then Pluto and Mars were also a part of this dynamic pattern being "a Grand Mutable Cross", and a similar planetary pattern is forming again over the next few years and in 2012 things intensify. On a personal level it may mean sudden



*The Virgin Goddess Virgo painting by Josephine Wall:
www.josephinewall.com*

changes to one's health or state of mind, it too represents a tipping point in the body, the body representing the microcosm, which in turn is mirroring the macrocosm, so again reminds us to keep in check both within and without. I honestly cannot begin to say how much meditation would help one during these testing times, and including a connection to a Spiritually caring group or consciously sensitive friends, listen to your intuition and watch the synchronicities, this will help.

On a different note there is something really magical in the air: On Thursday the 13th of November at 8.51.43 am, as there is an amazing rare and beautiful formation in our skies, which is a grand Sextile or the Star of David. These formations are very few and far between, and only last for a very short amount of time, this one lasts up until 9.19.01 am, I see them as a window into the 5th dimension, like a looking glass for God, or a gateway/connection to the Archangels, Deities and Spirit Guides etc. So this would be an amazing time to meditate and connect to the outer realms and the Angels.

Some astrologers see Grand Sextiles like a slipping point, as in being out of control and slipping into something like a warpath. Straight after this event there is a Grand Fixed Cross

Formation which may well feel like this too, as you might think you are unable to get out of something you are not too keen on doing, it may feel very restrictive indeed.

By Christmas, Jupiter the "Greater Benefic" Trines Saturn, which is now making a more exacting opposition to Uranus and Uranus Sextiles Mercury, and the Vertex Trines the Moon in Sagittarius and the South Node so feelings of benevolence, goodwill and compassion rein for the holidays, so may God bless this Earth this beautiful place of ours we call home, may we be safe, warm and nourished.

There is of course a lot more than this going on in the galaxy, but I only have these pages. 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 they are a Light to help you find your way through dark hours.



With Love-Light, rainbows and Angelic Blessings, namaste to one and all.

Heidi Jamuna.

email: archangelsastrology@yahoo.com.au

Web: www.archangelsastrology.com



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

September Full Moon: Monday 15th, at 7.12pm at 22 degrees 54 mins of Pisces. Sudden emotions rise to the surface, we are forced to find our Centre, the middle path we must reach out and help others in times of need. As the Sun goes down tonight we are extra sensitive and can easily attune to the outer realms in our dreams, bringing heaven to Earth.

September New Moon: Monday the 29th, at 6.11 pm, at 06 degrees 33 mins of Libra. As this Sun sets and the Moon in it's darkened Veil rises tonight unseen, there is the feeling of lady luck in the air, you know you can achieve anything you set your mind on, it might be a good night to feel indulged with Jupiter right at the Midheaven, you could do a sacred ceremony celebrating the Earth Spirits under the black inked sky tonight.

October Full Moon: Wednesday the 15th at 6.02 am, at 21 degrees 51 mins of Aries. Passionate feelings come to the fore, it could be in your dreams in these early hours? Write down your dreams, there maybe a message scribed in there for you.

October New Moon: Wednesday the 29th at 9.12 am, at 05 degrees 54mins of Scorpio. Sudden stirring undertones, feelings of impassioned connections, there could even be a little "drama", like the world's my stage! Use your negotiation skills!

November Full Moon: Thursday the 13th at 4.17pm, at 21 degrees 15 mins of Taurus. Finances may be an issue here, there maybe pain felt in the pockets? Try looking a little deeper to what is really getting to you, is it a lack of control or a need to be more organised for the future? Ask yourself what is the worst that can happen? Be realistic.

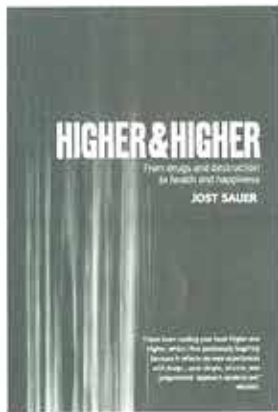
November New Moon: : Friday the 28th at 2.53 am, at 05 degrees 49 mins of Sagittarius. This New Moon may feel like New Beginnings for some, The Truth and answers come to us in our dreams when the golden lining to the Astral plains are at it's finest and we can easily slip through and converse with Angels in these early hours.

December Full Moon: Saturday the 13th at 2.36am, at 21 degrees 002 mins of Gemini. This may be a hard night to let sleep find you. Inquisitive and energetic minds need to know when to stop talking and to BE in stillness, it is here where the Light can set you free. Try meditation tonight you may reach places you never thought you could?

December New Moon: Saturday the 27th at 06 degrees 8 mins of Capricorn. This is a very powerful time, extreme emotions can simmer within to boiling point, it is also a powerful time to transform yourself by staying the observer and not immersing yourself into the drama. You may be very restless tonight, others may be in crises somewhere on the planet, we may feel the urge to reach out and help.

RECOMMENDED READING

Higher and Higher from drugs and destruction to health and happiness
by Jost Sauer



Have you ever wondered whether marijuana can lead to harder drugs? How people feel immortal on speed? Whether drugs can enhance spirituality, or why some antidepressants can make depression worse?

This book is a practical, honest and accessible guide to drugs.

Combining case studies with a candid account of his own journey through drugs, depression and near self destruction, *Higher and Higher* is in

turn thought-provoking and informative

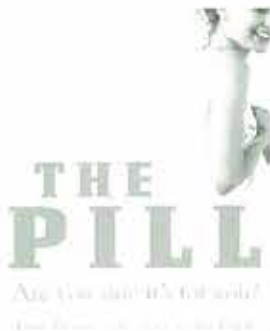
About the Author

Jost Sauer is a drug and alcohol counsellor who has worked with the Australian Government, developing rehabilitation programmes for heroin users. Jost is a successful practitioner and lecturer of Traditional Chinese Medicine.

Published by Allen & Unwin RRP \$24.95

The Pill Are you sure it's for you?

by Jane Bennett & Alexandria Pope



A groundbreaking book, *The Pill* is accessible, informed and inspiring, exploring the physical and psychological repercussions of taking the Pill, including side effects like weight gain and depression to cancer. It also provides a wealth of case studies and information to help women make a more informed choice about contraception.

While the pill is taken by most women and girls at some stage of their lives, few realise the disastrous side effects. Clear links have been made to depression, nausea, headaches and migraines as well as loss of libido. Contrary to popular belief, it is not failsafe.

If you are to come off the pill, what are the best ways to reclaim health and well being.

About the Authors

Jane Bennett has worked as a natural fertility specialist since 1990, and originally trained in Social Work and

clinical Hypnotherapy. Alexandria Pope has been a psychotherapist of 15 years and facilitator in a private practice.

Published by Allen & Unwin RRP\$24.95

Time for Tea The Gentle Art of Reading Tea-Leaves
by Lindel Barker-Revell

Time for Tea celebrates the almost forgotten pleasure of Afternoon Tea, and the art of tea reading.

This mysterious craft is surprisingly easy to learn, and is a wonderful and creative way to get in touch with your intuition.

About the Author

Author, astrologer and tarot expert, Lindel Barker-Revell is a highly respected teacher and practitioner of astrology and tarot.

Publisher: Allen & Unwin RRP 24.95



Make This Your Lucky Day Fun and Easy Feng Shui Secrets To Success, Romance, Health and Harmony
by Ellen Whitehurst

Ellen Whitehurst--brings a modern accessibility to an ancient tradition. She provides fun, fast and easy tips and shortcuts that will make incorporating feng shui into your everyday life a breeze!

Wealth and Success: Overcoming debt, increasing your bank balance.

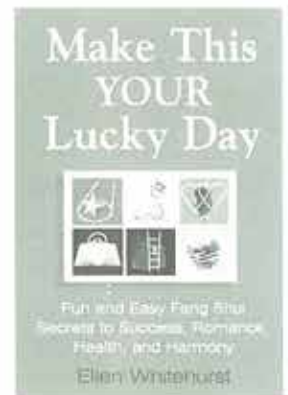
Career: Finding a new job, how to ace the job interview, enhancing your office/work space and deciding when to move on.

Health: Dealing with everyday aches and pains, preparing for surgery, when you or a loved one has cancer and taking the perfect sick day!

About the Author

Ellen Whitehurst is a leading feng shui expert and holistic practitioner and appears regularly on TV.

Publisher: Allen & Unwin RRP: \$24.95



RECOMMENDED READING

What's Happening to Our Girls

by Maggie Hamilton

What's happening to our girls?



MAGGIE HAMILTON

Informed, revealing and at times shocking, *What's Happening to Our Girls?* is a book every parent should read.

Over two years Maggie Hamilton interviewed dozens of girls, teachers, school counsellors, psychologists, law enforcement and medical personnel to get an insider's view of girls' lives in today's society.

Alongside this wealth of information on girls' lives from birth to the end of their teens, is practical advice on how

to parent a new generation of girls.

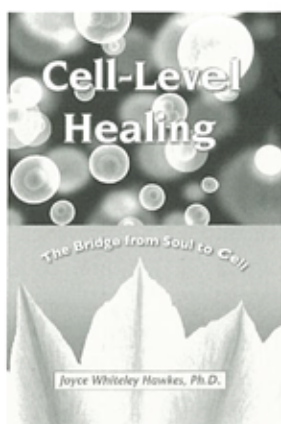
About the Author

Maggie Hamilton is a writer and publisher, regular media commentator, and keen observer of social trends. Her books have also been published in Italy, Holland, Brazil and Saudi Arabia.

Viking RRP \$29.95 Available in all good book stalls.

Cell-Level Healing

by Joyce Whiteley Hawkes



Filled with inspiring stories, illustrations and free of jargon. *Cell-Level Healing* invites readers to tap into their own innate powers of transformation and regeneration to attain new levels of health.

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About the Author

The author Joyce Hawkes, Ph.D, a biophysicist, past Postdoctoral Fellow at the National Institutes of Health, and Fellow in the American Association for the Advancement of Science, has earned an international reputation for her scientific contributions in the field of ultra highspeed laser effects on cells.

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by Omraam Mikhael Aivanhov

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About the Author

Omraam Mikhael Aivanhov the French philosopher and spiritual Master was born in Bulgaria in 1937. He immigrated to France, where he lived and taught for almost fifty years.

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About the Author

Barbara Ann Nixon is an artist and shares her personal journey toward enlightenment. This includes her spiritual connection with Mary MacKillop.



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Venue: The Crows Nest Community Centre,
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Date: September 4th

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Cost: \$45

Phone: (02) 9975 4905

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Venue: 75 Bay Road Waverton,
NSW. (directly opp. station)

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Time: 10am - 4.30pm

Cost: \$145

For bookings: (02) 9975 4905



Robbie Holz, owner of Holz Health Center in the United States (www.holzhealthcenter.com), is an international speaker, spiritual channel and counselor whose teaching principles have helped people worldwide reach higher levels of physical, emotional and spiritual wellness.



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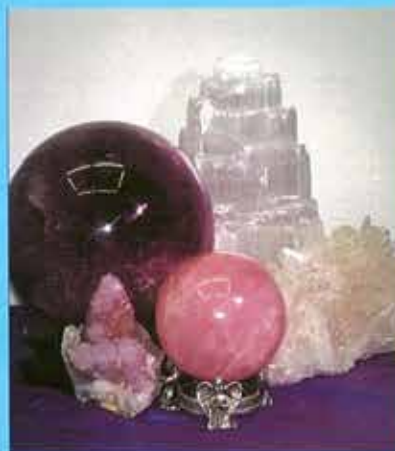
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