

ShiningBRIGHT

a guide for the soul

VOLUME 12 ISSUE 1

2009

MYSTERIES OF CROP CIRCLES

Finding harmony

Welcome home to the troops

Qigong

Essence of the 'Centre'

2009 - Year of transformative change



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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.

Acqulmistli 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.

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- Closure of Relationships
- and any Special Events



from the EDITOR

I have never been very comfortable about using the word 'ascension'. To me it applied 'going up' somewhere and as there is in Truth no where to go, it didn't make sense. We have all heard the expression 'multi dimensional beings' and we have nodded wisely each time we have heard the expression but what does it mean to our experience in the here and now.



Rosemary Butterworth

I have realized now that 'ascension' IS the expanding of consciousness – taking and experiencing things at their essence - it is not about going up anywhere - its about understanding and experiencing whatever is, at a deeper level. Take water for instance, you can understand it at its gross state or level, that it is a substance you drink to stay alive, it is 2 parts hydrogen and one part oxygen. You use water to wash your physical body, but what about your etheric, mental/emotional and spiritual body - water can cleanse that too. When used to take off the layers of toxic materials collected in all our bodies over eons of time, water becomes a multidimensional resource. The more we appreciate life at all three levels, i.e. body, mind and spirit the more we expand our awareness and with an expanded state of awareness we are naturally in a higher state of consciousness.

I AM so grateful to the Academy, for without its operation, I would never have met so many wonderful people, like John Archer - who have made me more aware that water was alive and conscious and this connection expanded my state of being. John came and shared with us some of his stories from his book *The Wisdom of Water*, how he talks to Lakes around the world and what's more he gets answers! He says from his perspective, Water is God. John will be back to share more of his marvelous adventures in 2009.

Also, I extend my gratitude to Suzanne Eckart who introduced us to Omraam Mikhael Aivanhov, a Master whose talks have been compiled by his students in many, many books which can be purchased through the Academy. I highly recommend *The Mysteries of Fire and Water* and *The New Earth* (it just happens to have the same title as Eckhart Tolle's). After reading *The New Earth* we can never look at things the same way again.

Lastly, but not least, I extend my gratitude to the people who come to Academy Meetings to create a circle. This circle is made up of individuals who share a common vision of a future based on spiritual values and recognize their responsibility to lift the energies not only in themselves but the energies around them. This is their service, to raise the consciousness on the planet. Without you all, there would be no Academy.

With Love,

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

Rosemary Butterworth



VISION & VALUES

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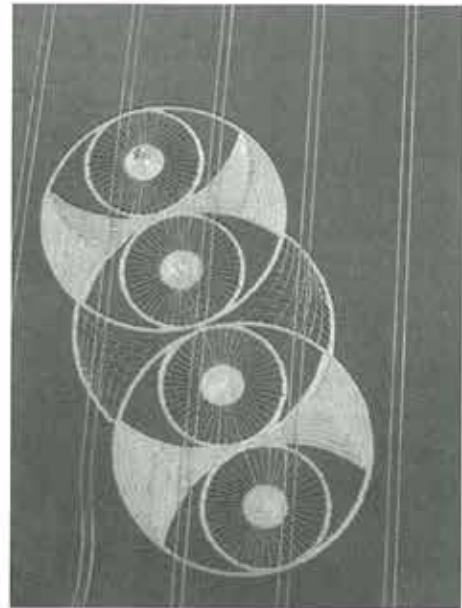
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Why not gather together a few people and I will come to you!

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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



*Kerryn Franks-Sedgman
Atlantean Astrology
- The Tree Of Life*

NEUTRAL BAY: Monday night gatherings are held every Monday night except for public holidays at: St Johns Uniting Church Hall, Cnr of Yeo and Barry Sts, Neutral Bay. Starts at 7.30pm sharp. Entry fee: \$15.00 or by donation.

CAMPERDOWN: Thursday night gatherings are held the last Thursday of the month, at: The Harmony Centre, First Floor, 176 Parramatta Road, Camperdown, (above AGL). Starts at 7.30pm sharp. Entry fee: by donation (half the proceeds go to The Harmony Centre).

All welcome

DIARY OF EVENTS FOR 2009

St. Johns Uniting Church Hall, cnr. Yeo & Barry Sts., Neutral Bay. Cost \$15 Cons. \$10

The following People will be speaking at our Neutral Bay and/or Camperdown gatherings, whilst others will be presenting courses and seminars. They come highly recommended to us. We bring them and their work to you with great joy.

Ruth-Helen Camden - International Guest speaker and author of 'Past Lives' (Mon 9th Feb.)

Maggie Hamilton - Author, Publisher and media commentator, Maggie's books have been published in Italy, Holland, Brazil and Saudi Arabia. (Mon. 23rd Mar.)

Troi Lenard - International Master of Colour and Sound - Deeksha giver - 'heart opener'. 22nd Feb. (Jacaranda Haven Retreat) - Private Sessions, Sydney (Tues. 17th Feb.)

Julian Noels - Founder of Aware Business and a powerful Shaman - Opening Ceremony including beautiful Maori Chants - Camperdown (26th Feb).

Sandy Mayor - Serenity Vibration facilitator - "Dare to Disturb the Universe". (Mon 16th Feb.)

Gerry Taylor Wood - Author, Grail Haven Flower Essences, Sacred Site Tours. (20th April).

Ruth Magan - USA, Author "Vision of the 4th Dimension"

Doug De Vito - USA - From the team of Dr. Eric Pearl presents "The Science behind The Reconnection - (July/August)

Shirley Humphries Battie - UK. Psychic, Clairvoyant, Soul Readings and surprising source of knowledge on Extraterrestrials. (Sept. 09)

Dr. Judy Moss - Medical Intuitive - Judy's nights are sheer joy and fun - don't miss it! - (Mon. 9th Mar.)

Francesco Garri Garripoli - International Master of Qigong presents Qigong for Healing and Empowerment - (23rd Feb.)

John Archer - Author of Wisdom of Water - Camperdown

Robbie Holtz - Aboriginal Healing Methods. Robbie - wife of the late Dr. Gary Holtz who learnt Aboriginal Healing and passed his knowledge to Robbie to share with the world.

Ruth Eedy - A wonderful Australian teacher of EFT and Aura Light living in Thailand. At Jacaranda Haven Retreat 2nd May.

Hilary Heaney - A wonderful friend of Dr. Verna Yater whose ability to work with Spirit Doctors was transferred to her. "Spirit Doctors". (Tues. 31st March).

Sylvia Jacka - An incredible course covering the 3 dimensional aspects of the chakra system.

Jacaranda Haven Spiritual Retreat - Open Day - All Welcome. Special guests include Troi Leonard, 22nd Feb. PLUS 19th April - Spirit Doctors.

The exact times and dates for these will be progressively announced both on our web site at: www.a-light.org.au and through our weekly email newsletter 'What's On'. To subscribe to the newsletter email us on: scal@a-light.org.au and enter into the subject title "Subscribe." or ph: Academy 61 2 9975 4905 The Southern Cross Academy of Light ABN: 81 919 104 219 Postal Address: P.O. Box 1221 Neutral Bay NSW 2089



MYSTERIES OF CROP CIRCLES

by Megan Hazelwood

When I was first introduced to crop circles, 8 - 9 years ago, I was astounded by their beauty, complexity and sophistication. I am an artist, and have some understanding of the logistics involved in creating art on a large scale. So confounded was I to see 4-900 feet in diameter crop circles, with the added challenge of appearing in the landscape, on undulating land. As well as this, I found it difficult to understand or accept that designs of this size and genre could be delivered pristine and complete secretly, anonymously, with no disturbance in the field, unobserved and in the darkness of just one English summer's night. An English summer's night has only 4-5 hrs of darkness.

Crop circle designs are in the form of a universal language – the language of mathematics and symbols. The phenomenon has been evolving and unfolding in a perfectly organic way, like a conversation. This is perfect for a species capable of self destructing over the written, or spoken word. Symbols communicate with us on a very deep level. This is understood by artists. Carl Jung, the famous psychoanalyst dedicated his whole career to the importance, the depth and universality of archetypal symbols and sacred geometry on the human psyche and the collective unconscious.

With the crop circles, we are free to pay attention or not. They exist in our fields for a season before yielding to a combine harvester.....much like in the tradition of the Tibetan Buddhist Monks, who on completion of their exquisite sand mandalas, toss them into the sea.

If one were to look at it from a perspective that one of the possible meanings (amongst a myriad of possibilities), could be that it is a communication which is co-creative and multidimensional, between human consciousness/the field/God consciousness/ET consciousness/Earth consciousness. In which case, we have the perfect medium, the perfect manner and the

perfect language displayed before us. Because crop circles harm no one. They do no damage to the plants. The energy actually enhances the growth and seed proliferation in the plants. This has been scientifically proven. As the ears of wheat, barley or canola have not been broken or damaged in any way, about a week after the crop circle has been made barley will recover. Wheat takes 3 - 4 weeks to recover to an upright stance. In fact, if the design is imprinted in mature crops the growth of the plant is enhanced and the seed heads more prolific. The reverse has been observed if the crop circle event is in an immature crop. It has been observed that a crop circle flattened the previous year grow taller than the surrounding crop....conforming to the previous years design. For more info go to www.bltresearch.com

As I said I have been studying the phenomenon for 8 years, I learned that these imprints not only appear in any/all varieties of crop. They have appeared in snow and ice and as enormous geoglyphs.

Geoglyphs are works of art that were made from moving or arranging stones or earth or other objects within a landscape. The Nazca Lines are arguable the most famous geoglyphs on the planet. The largest geoglyph is Australian! In outback South Australia, south of Maree, atop a dry tableland is a 4.2 km figure of an aboriginal man poised to throw what looks like a woomera. The lines are 35 metres wide, and can be seen still on google earth with the satellite imaging.

In Oregon USA, 13.3 miles of lines render a perfect Sri Yantra Mandala on a dry salt lake bed - Lake Alvord. There have been tree circles in Czech Republic and in The Netherlands. There have been sand designs in Egypt's desert and in Nth NSW, Byron Bay. These have been included in the phenomenon because, as with crop circles, these defy an easy, rational explanation. No person has claimed authorship (of the geoglyphs)

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authentically, as in presenting evidence with accountability. The same lack of regard to rigorous enquiry and scientific process applies to all these events at the hands of the media. Between the years 1983 - 2003, 10,000 crop circles have been catalogued and archived. Taking into consideration the hundreds in the years before and after these dates, there would be upwards of 12 - 13,000.

There are "hoaxed" crop circles. There have been debunking documentaries, displaying the techniques employed by men with stomping boards. They have even become good at the artwork, but their years of practicing at being able to fin-



Glyph of Maree Man in South Australia

ish a design with any degree of accuracy even when the documentary has permitted them days to complete the work and in daylight hours provides no proof of this being the answer to the whole phenomenon. Nevertheless this has been touted in the media as the answer to the whole enigma.

There has been very good scientific studies carried out rigorously by the BLT Research Team in Michigan USA. Studies of plant and soil samples taken from multiple different crops from many different countries over a number of years has revealed consistent and repeatable results. The overwhelming conclusions are that what is producing the effects seen in the plants and soil of crop circles are from an energy source not yet understood by any known natural or man made means.

This has been proven. The results have been published in peer reviewed scientific journal "Physiologia Plantarum".

Generally speaking, the public, by and large, if they have heard anything at all about the phenomenon, only want two questions answered, and they are quite happy for the media to answer it for them.

1. "Is it aliens doing them?"

Or,

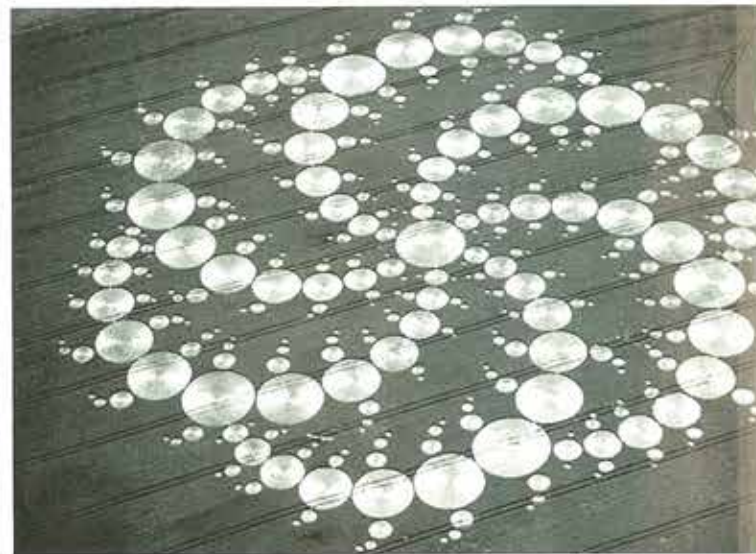
2. "Is it a huge global prank?".....people getting out in the fields at night with stomping boards as the hoaxers themselves claim.

The crop circle phenomenon holds up the perfect mirror to humanity. What we choose to pay attention to is a reflection of who we are and what we are creating in our personal and collective worlds.

What possibilities do we see?

How free are we to think for ourselves?

How curious are we?



Photos of Crop Circles. Copyright Janet Ossebaard www.circularsite.com

What is the nature of reality?

What does it take to arouse us?

What is acceptable? What is credible?

Are we alone in the universe?

Who are we really?

I visited Wiltshire to experience the phenomenon first hand in 2006 and 2007. What I saw, what I experienced personally and learned from researchers has changed my life and view of reality profoundly.

I would urge anyone to look into this phenomenon; and to be prepared for a long journey with many exciting avenues to explore. Expect to be confronted, awe-inspired, incredulous, uplifted and educated in many disciplines. Learn from them, the crop circles, no matter who or what anyone thinks are at the heart of their creation. Be ready for a great adventure!

Email: meganis4u@hotmail.com



WELCOME HOME to the troops

by Mark Wentworth



In June 2007 I had the great opportunity of visiting the beautiful city of Graz in southern Austria, it's well worth a visit and now so easy to get to from anywhere in Europe with low-cost airlines. It was also a wonderful experience to see Austria in the summer and to see that its beauty extends beyond the crisp white

wintertime. I was there not for a holiday but to attend a conference on the effects of war on the human soul, I don't think there was anything that quite prepared me for those 3 days up in the Austrian mountains. Looking back I do think it ought to have been sponsored by Kleenex as the amount of tears that were shed could have easily started a downhill stream, none of us 36 attendees realised the depths we were about to be opened up to.

The conference was organised by the International Deep Memory Association, an association created by Dr Roger Woolger, a Jungian Analyst and creator of Deep Memory Process. See www.rogerwoolger.com for more information on this groundbreaking work and also for further information on this year's forthcoming conference Exile and Return - The Longing for Home in Dublin, Ireland. The association is aimed at bringing understanding and healing to the wider community. The main presenter for the 2007 conference was a man called Ed Tick; Ed's primary work is working with war veterans and their families. Up to this point his work has been with those involved in Vietnam and now spreading to those coming back from Iraq. His book "War and the Soul" is well worth reading or recommending to anyone who has been directly or indirectly affected by war, in fact it's worth reading by everyone.

We started the work by discussing and talking in small groups what effects war had had on us as individuals, what struck me was how we all have been affected indirectly. In my own case it was two generations back that my grandfathers had been involved in WWII, my mother never really met her father until she was 2 or 3 years old, the impact of this strange man coming to live in her home, who was caught up in his own thoughts and feelings ultimately had an effect on the way she related to him and her future relationships with men. It was only when I sat and talked about it did I start to realise how this had affected my own life, this was even before I started to look at my father's side of the family. Ed went onto explain that he renames the common symptom of Post Traumatic Stress

Disorder (PTSD) given to those suffering the trials of war, to Post Traumatic Soul Disorder, for it is literally a trauma to the soul to have to be involved with the killing or destruction of other human beings for the sake of power and oil.

"When one person goes to war, we all go to war" Ed Tick

Apparently we can learn a lot about how to look after our heroes and warriors simply by watching how the great Buffalo herds deal with their own wounded heroes; we like to think somehow we are more advanced than animals but in a lot of cases the roles are reversed. When a buffalo herd is attacked they immediately form a circle which has different layers, the outer circle has the older bulls, the second inner circle has the next youngest and each inner circle gets younger, in the very centre you will find the females and the calves. After the danger and attack has cleared the circles open up and take in to the centre any buffalo that may have been wounded or simply exhausted, they are then protected and welcomed back as heroes. As human beings and being much more advanced and compassionate than mere animals of course our military hospitals are built in the centre of our communities, of course we welcome home our soldiers and help them integrate back into society, don't we?

"The first casualty of war is truth" Ed Tick

Ed works with a lot of ancient tribal traditions as well as working closely with the help of the spiritual practices of Vietnam, all of which acknowledges and recognises the existence and presence of the soul. His work, simply put, is dealing with Soul loss and importantly Soul retrieval, he takes veterans on return visits mainly to Vietnam to help them reclaim the parts of their psyche left behind in the midst of slaughter and destruction. Many who seek out Ed's help literally feel they have no one else to turn to other than solace in the bottom of a bottle; there is no one to talk to about the recurring nightmares of seeing the tormented faces of their dead buddies or haunted by the sights of children as young as 10 laying dead with smoking machine gun in hand. The solution offered by the military and traditional medicine is medication, it numbs the pain and the nightmares but ultimately it doesn't heal the wounds of the soul.

The final part of the conference was to create a healing ceremony to call home all the lost souls that are still wandering, lost in their own kind of living hell and never welcomed home as the heroes and warriors that they were and are. This ceremony is used by numerous non-western cultures for welcoming home their war dead so that their souls can come home to rest. We were asked to become the voices for any lost souls that were ready to come home, the group was divided into two circles, the outer circle would hold and support those people in the inner circle who were voicing the souls of those being welcomed back as heroes. Here I have to say that although I work with trans-generational healing and other such methods of reconciliation I do retain a healthy skepticism and for me the proof is in the experience.

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I was taken by surprise to have the strong sense of a group of soldiers from all the wars standing behind my left shoulder, I was thinking yes I am happy to support the people in the middle but to actually be part of the inner circle that was a different matter altogether. I thought if I didn't think about these souls standing behind me, the ceremony would start and someone else would help them, but no. An hour or so passed and they were still there in fact more had joined them, as I connected with them more I realised that there was something quite specific about all these men, it was that they had never been welcomed home as heroes or acknowledged openly as comrades



because of their sexual identity. I was shocked to say the least and would have never connected the two but by now there was an ever growing number of military men from different wars from around the world.

With this information I felt even more resistant as I wasn't sure I could speak this out loud in front of the group. I was contemplating on how not to be part of the inner circle and maybe to even leave the ceremony full stop, then I realised that by entering the circle and giving all these men a voice was about helping them, and that by not entering I would be indirectly supporting the prejudice that is in the world today.

The experience was overwhelming, the grief and sadness combined with the anger of not being seen or welcomed home was immense, whilst I was giving voice to all their pain, me, Mark, was kind of standing on the outside listening and watching, thinking where is all this coming from, as I said earlier for me the proof is in my own personal experience, this was for real.

The strongest proof, as if I needed more, came as the ceremony was closing. We were all standing in one big circle to symbolise the integration of the lost souls, everyone had their eyes closed but being a little curious I opened mine to have a look around, I was shocked at what I saw. Standing in front of

me as clear as day was an army captain in full Second World War uniform, normally I have the sense of souls but have rarely seen them physically so clear as he stood there. Behind him stood line upon line of men from all wars in all different styles of uniforms, the captain stepped forward and looked me directly in the eyes and as he did so he raised his arm and saluted me, at the same time so did all the men behind him, it was, as I understood it, their way of saying thank you and to let me know they were home, then they disappeared. When they did this I think I got through my own box of Kleenex, I felt and still feel honoured today to have taken part in such a healing ceremony.

When I got home I did some research on the internet to see if I could find out more about this subject, I came across information about a museum in San Francisco that recently held an exhibition about gay men in the military, part of the exhibition was the story of a pilot in the US Air Force called Leonard Matlovich who died in 1988, his words seem to sum up our current state of affairs, it is very often the lone voice of one who speaks the words of thousands. To Leonard Matlovich and all those that I had the great privilege of welcoming home as heroes and to all those that have never been acknowledged I say Welcome Home and thank you. Leonard Matlovich asked for these words to be written on his epitaph:-
"When I was in the military they gave me a medal for killing two men and a discharge for loving one"

For more information on the work of Ed Tick please go to www.soldiersheart.net

For more information on Mark's work please go to www.colourforlife.com

Mark Wentworth lives in Lisbon, Portugal and has been working and studying personal development for 20 years, his background is based in Colour Psychology, Deep Memory Process and Shamanism. Mark is the founder and principal of Colour for Life, a training school for transformational colour therapy and personal development. He created Dynamic Theatre 5 years ago by bringing together a unique blend of Psychodrama, systemic constellations and Shamanism. Mark has presented Dynamic Theatre in Europe, UK and US, as well as sharing it at various world conferences which promote and support the world community



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healing exercises strengthening body, mind and spirit

by Francesco Garri Garripoli

Energy... we appreciate it most when it gets low... when the power goes out at the utility company... when our fuel gauge points to 'E'... when we are dragging at the end of a long day at work... Everything relies on some kind of energy to operate... every motor, every engine, and every cell in your body. We may not understand exactly how a car runs, but we operate it nonetheless... and we make sure we fill the tank with petrol to keep it going. Our body is the same – we don't exactly know how it runs either, but we know it requires nourishment, exercise and rest to keep it running. Imagine what life would be like if we could get a clear and practical downloading of the operational physics of our body's energy? With that understanding of your automobile you would go from just an 'operator' to a racecar driver. With that under-



standing of your body/mind/spirit... where would you be able to go?

We are living in amazing times, witnessing the ancient wisdom of China, Mexico, aboriginal Australia, India, the Mid-East, Egypt and Europe all merging with modern discoveries. It is no longer an 'east-meets-west' issue as much as it is an 'ancient-meets-modern' awakening. When all cultures look back into their roots, they discover clarity of vision that comes from a deep connection with the natural flow of existence.

Amidst the many ancient wisdom practices around the world is a system we now know as Qigong (pronounced "chee – gung"). With origins in India, it was developed for thousands of years in China. It is a beautiful and comprehensive system in that it incorporates the best of yoga (the Hindu influence), with mindfulness meditation practice of Buddhism, the free-flowing connection with nature of Taoism, martial arts components, and the holistic healing focus of Traditional Chinese Medicine. When you open the door to learn Qigong you walk into a world that can take you to so many wonderful, healing places... and because it is such a vast field of knowledge, a good instructor can help you customize a practice that is right for you.

At its core, Qigong is an empowerment process. It may look like slow moving, gentle stretches or may appear to be a meditation. You will learn self-massage with very effective acupressure points, and then find yourself doing breathing exercises that calm your spirit and build your core confidence. What you

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bring to Qigong is what you get out of it. Entering with an open heart and mind, you may find it can address exactly where you need unblocking in your healing and personal growth. This is the wonderful part of 'energy work.' Qigong ('Q' = energy; 'gong' = work) helps you understand that you - and everything you experience - is energy. Learn to work with energy and unblock it, and you learn to dream your life as you envision it to be.

BIO

Francesco Garri Garripoli is the author of "Qigong - Essence of the Healing Dance", has an award-winning instructional DVD series, and has been leading trips to China to study this ancient practice for the past 12 years. Thanks to the years he lived there and the relationships he developed, he has been introducing people to a variety of talented Qigong Masters in China who would otherwise be difficult to find. Leading this recent trip with his teaching partner Daisy Lee, they brought Sydney-based Qigong Master Zhao Shihua and his wife May who were a great addition, not only because of their wonderful knowledge of Qigong, but their understanding of teaching Qigong in English with the many students whom

have studied under his leadership and guidance, and as such, have helped to bridge East and West. The teamwork proved effective and everyone on the adventure got to truly deepen their understanding of this powerful healing modality.



**For more information: Email Louise von Sperl
lvs888@bigpond.net.au or tel: 0412 584 630**

Francesco will be guest speaker at the Southern Cross Academy of Light, Neutral Bay on Monday 23rd February at 7.00pm



1943 GUIDE TO HIRING WOMEN

The following is an excerpt from the July 1943 issue of Transportation Magazine. It was written for male supervisors of women in the work force during World War II. It must be remembered that it was the first time married women were eligible to be employed.

Tips on Getting More Efficiency Out of Women Employees.

There's no longer any question whether transit companies should hire women for jobs formerly held by men. The draft and manpower shortage has settled that point. The important things now are to select the most efficient women available and how to use them to the best advantage.

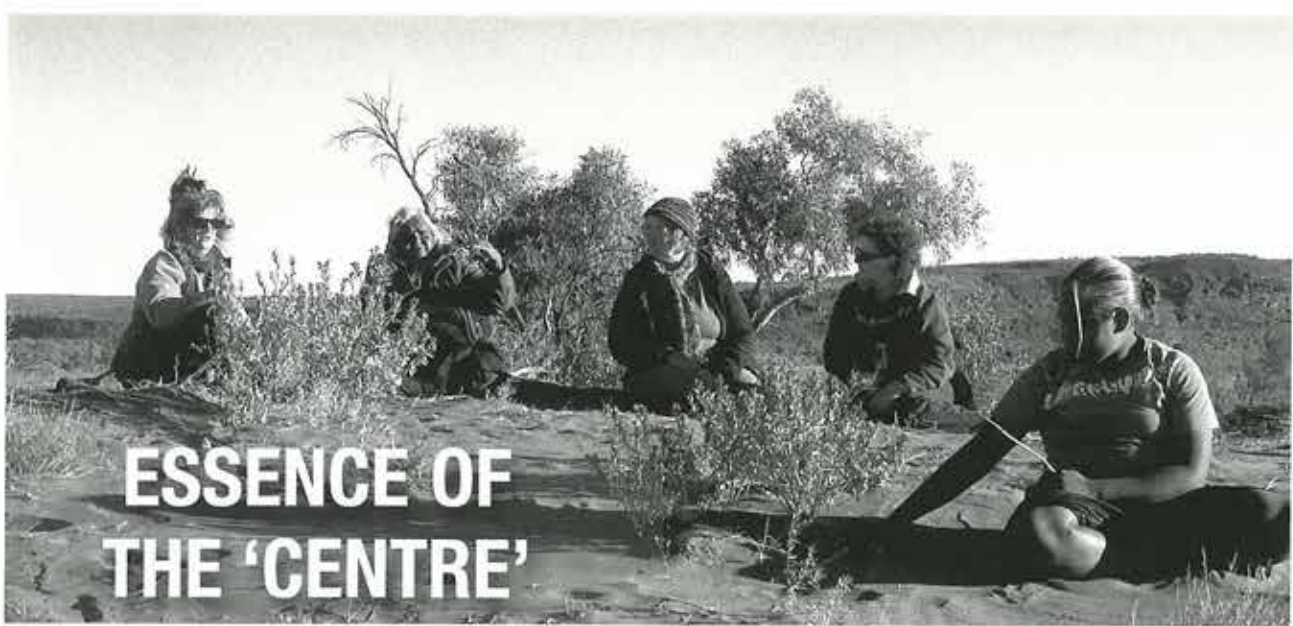
- 1 Pick young married women. They usually have more of a sense of responsibility than their unmarried sisters; they're less likely to be flirtatious, they need the work or they wouldn't be doing it, they still have the pep and interest to work hard and to deal with the public efficiently.
- 2 When you have to use older women, try to get ones who have worked outside the home at some time in their lives. Older women who have never contacted the public have a hard time adapting themselves and are inclined to be cantankerous and fussy. It's always well to impress upon older

women the importance of friendliness and courtesy.

- 3 General experience indicates that "husky" girls - those who are just a little on the heavy side - are more even tempered and efficient than their underweight sisters.
- 4 Retain a physician to give each woman you hire a special physical examination - one covering female conditions. This step not only protects the property against the possibilities of lawsuit, but reveals whether the employee-to-be has any female weaknesses which would make her mentally or physically unfit for the job.
- 5 Stress at the outset the importance of time, the fact that a minute or two lost here and there makes serious inroads on schedules. Until this point is gotten across, service is likely to be slowed up.
- 6 Give the female employee a definite day long schedule so that they'll keep busy without bothering you for instructions every few minutes.

It is fun to see how men viewed women - how times have changed ... Rosemary Butterworth.





ESSENCE OF THE 'CENTRE'

by Barbara Joy Golden

The Desert Women's Ceremonies are a unique opportunity for non-aboriginal women to really sink into the red earth, and to experience the culture of Central Australian aboriginal women. As spoken by one of the elders; "Come and sit in the dirt and listen". A challenging invitation for us to let go of our personal stories and practices and to immerse in an experience that touches a timeless organic part of us. On my

for the deep shared experience. (See back cover ad for info)

I had a definite sense of revisiting ceremony from a past life, as well as knowing that we were creating a new bridge between cultures at this time, and a bridge to something new. A special bond has formed with the women who have been a few times.

At the very first ceremonies in 2003 the Aboriginal women were unable to attend, but the non-aboriginal women went on to have a great adventure in the desert anyway. I was involved while the ceremonies camp was near Alice Springs, but after that I was unable to get time off work, so met up with the group



first ceremony, I didn't learn a lot intellectually, but my body remembered a tribal grounded way of being and sang with the experience. And I know the Earth sings with us too. A multidimensional healing occurs that doesn't need words.

We are asked not to pass on any details of the ceremonies, and it's just as well because each ceremony is different, each individual's experience is different. There is a ceremony held at the ceremonies ground near Yulara resort (near Uluru) and then for women who have attended ceremonies at Yulara, there is another one at sacred land south-west of Uluru.

A number of women keep coming back to the ceremonies

afterwards at a bbq. Here I re-met Ron who had driven me in a bus to Uluru the year before. He was working with the company who provided the transport, and loved the experience so much we went on to create our own spiritual tours. One of our favourite places on our tours is Atila (Mt Conner) - about 100km from Uluru - because the mountain itself is a very powerful place and we have a private campsite all to ourselves. Not many people go there because it is on a cattle station with a locked road. This quiet makes it feel more remote and peaceful. During a recent tour there after a group healing, we felt a distinct energy shift and I was given the message that we had par-

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ticipated in the opening of a Portal of Grace, a great gift for transformation and oneness.

Two years ago I first took a group of ceremonies women to camp at Atila. We went there as a preparation time and sharing before the ceremonies.



It is a wonderful opportunity for the women to feel the spirit of the land in that area, and to do any letting go or healing or just chilling out before the ceremonies. We don't have an agenda

just sharing time together in a beautiful campsite, and walking and playing there, and eating yummy food.

Until this year I have picked up the women at Yulara, but this chews up extra fuel and time. So from next year we will start our journey at Alice Springs, drive to Atila for two days and nights, then I take the women to Yulara to meet up with the ceremonies vehicles.

Ron and I have also taken groups after the ceremonies (including one partner who flew in for the experience) on a 3-day journey from Alice Springs. An opportunity to integrate the ceremonies experience, see very different landscapes, and meet

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our beautiful friends, Mavis & Herman Malbunka (who were on "The First Australians" on SBS). We spend a night on their homeland, Ipolera, and listen to personal stories and those of the land, mostly with Mavis when the group is all women. The other night is spent under the stars at Palm Valley.

About 15 years ago I had a dream of a strong woman calling me to gather a 'women's otago'. I loved the sound of 'otago', but had no idea what it meant. In recent years I found out Otago is an area of New Zealand, and when I was there in early 2008, I discovered its meaning - 'place where the red earth/ochre abounds'. So here we are journeying with women in the place where the red earth abounds!! I just love how these messages take their sweet timing to reveal themselves. In May 2009, we will also bring together "Goddesses in the Desert", an 8-day celebration and healing journey with Kaliana Raphael Rose, a spiritual teacher and master healer - and a gorgeous person.

If you are interested in any pre or post- ceremonies tours next year, or other tours, please visit the website, www.essenceofthecentre.com.au, email me at info@essenceofthecentre.com.au or phone 0401 062290.

NB. "Aboriginal" is a commonly accepted word out in the centre, as one elder said to me "we are the original people here before whitefellas came." For some people I guess "indigenous" sounds a bit clinical. And the word "Koori" is from an eastern -states language.




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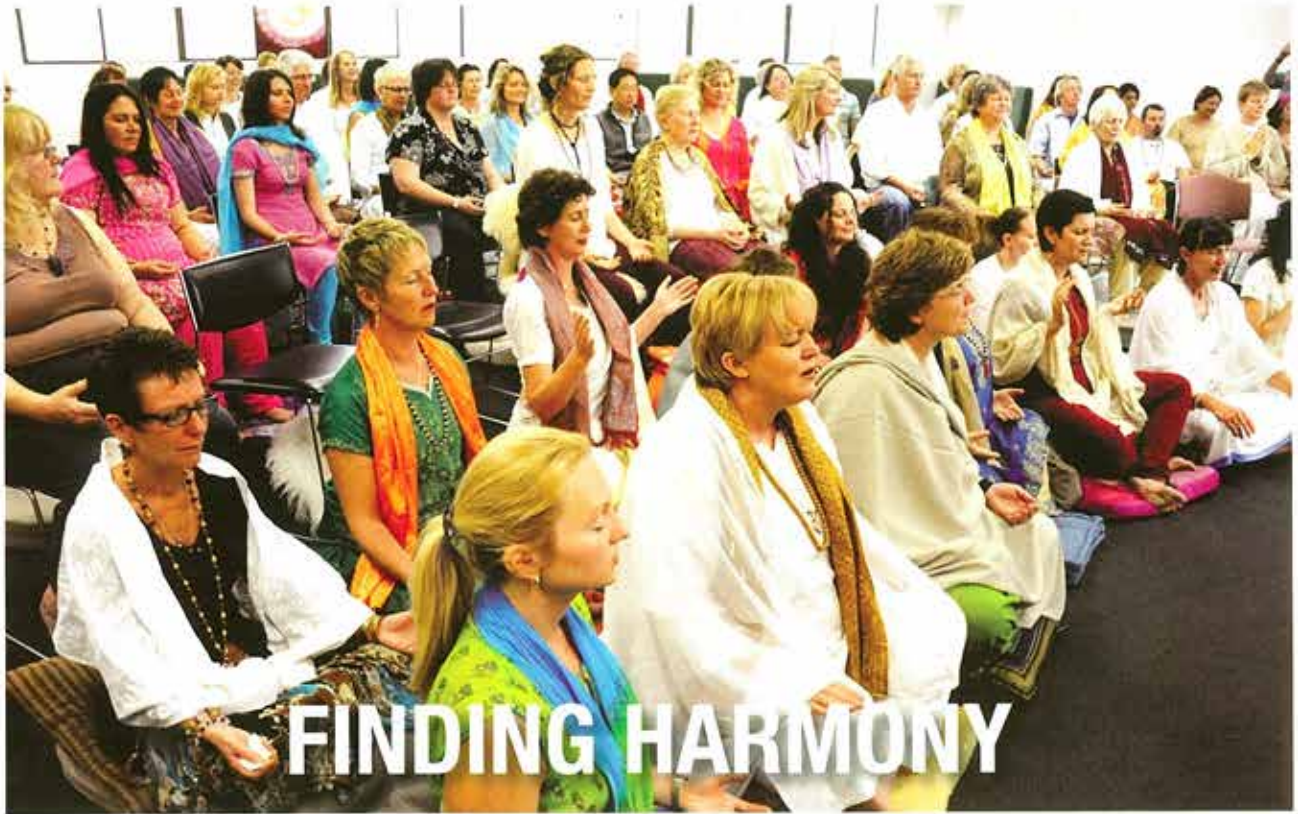
TEACHING & TREATMENT

Shihua Zhao, one of China's leading masters, was originally invited to Australia by Sue Hawke, daughter of a former Prime Minister and came to Sydney 11 years ago.

His specially designed massage and energy healing has assisted many patients suffering from chronic diseases; he restores the harmonious flow of Chi which improves physical, emotional and mental health. As well as his vast knowledge of Qigong, Zhao brings a joyful and light approach to Qigong Practice that makes his classes very accessible to newcomers.



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FINDING HARMONY

by Kim Fraser

The idea to start the Harmony Centre came in 1995, during and after a crystal dreaming session with my then mentor Raym. At the time I was a full time practicing barrister, with no thought of becoming a healer let alone starting a centre. Still, life unfolded in a way that gave me the opportunity to do it, and after a bumpy start, here we are.

In 1999 I purchased the property which is now the Harmony Centre and for a few months I lived there until the demise of my second marriage mid way through 2000. In 2002 I opened the doors of the first version of the Harmony Centre. It was a dismal disaster, and after 6 months I had to close it again because the place was over-run by rats and hardly anyone else came near the place. I rented the property out and kept studying, meditating, learning and growing.

In March 2004 having retired from law I re-opened the Harmony Centre, expecting to teach pranic healing as I had been for a couple of years. However my then Guru Master Choa Kok Sui gave me a gentle shove out of the Pranic Healing nest, telling me that I was meant to be a teacher in my own right, and it was time to start doing it. This left me with no established income, Pluto was conjunct my Sun and there was nothing for it but to find a new direction and find it fast! During this unstable and topsy turvy period I received clear guidance that instead of running seminars for fixed prices I ought offer everything by donation. My business woman brain freaked out but I thought, either I trust the guidance or I don't, and so I decided to put my future where my mouth and beliefs

were, and hence the Harmony Centre in its current charitable form began. Apart from the initial need to borrow money to keep it afloat, (a real test of faith...) we have run on income generated solely by donations since then.

The first couple of years were very scary. Continually I had to go deeper and deeper inside of myself as thought forms of scarcity and isolation kept cropping up. This was an intense time of introspection, and the development of a series of seminars based upon my own development. Things went from shaky to just a bit shaky, and before long I had the assistance of Sioux Burns, the worlds happiest and most engaging 'office chick' of all time. She is now my senior disciple and Guru in her own right, but that is the end of the story and not the beginning.

In 2004 I published my first book *Ignite Your Spirit*, and in 2005 wrote the second one *Child of God* which was published in 2006. Geoff Russell and I created *Archangelic Meditation* in 2004 and a few other CD's for meditation and for chanting. It was a busy and highly creative couple of years.

The social experiment of running a charity with no major sponsor and keeping it open, paying staff from our donations and motivating volunteers through loving support continued to be a source of fascination. It kept my nose to the grindstone, honing my understanding of abundance and



Kim Fraser

Shanti Mission I



community. Faith, love and generosity were the foundation upon which the Centre operated! I was determined that it was better to have jobs undone than to have people doing them through a sense of obligation rather than joy. Our volunteers are all asked



Guru rock

Guru's then, and they are Guru's once more in this life. The love between us brings me to tears of joy and it is multiplying. Just when I think we couldn't possibly love more than we do, well, we do.

to stop the work if it no longer makes their heart sing, because otherwise the vibration of the entire enterprise is affected. This is balanced with the virtue of reliability, and Grace, through which if one person is sick of it, another comes and takes that task on. It has been amazing to watch this unfolding. Whenever there are problems I immediately realize that it is actually a reflection of a problem within me, and do inner work as well as worldly things to rectify it. Finding the origins of all problems within is certainly character building but it is also empowering and I recommend it.

In 2007 the financial situation stabilized, and hundreds and into the thousands of people per year were coming through the Harmony Centre. We opened a second Harmony Centre in Crows Nest Sydney and grew out of that within months. In October we opened at Camperdown and that centre is going from strength to strength under the capable guidance of Jenny Nurick and Paul Wilde, two of our Beloved Gurus. In Newcastle Parvati House, operated by Bronwyn Marchesi and Adriana Bellicanta has opened under the spiritual guidance of Sioux Burns, (Guru Parvati Ma) and Miriam Gardens was opened by Elaina Young and under the spiritual guidance of Karen Burge (Guru Miriam Ma).

On 28 October 2006 a most unusual and unexpected thing happened to me. I walked into our seminar room to teach a new seminar called Life Beyond Form. The Heavens opened, many angelic beings filled the room and I was given an initiation and the spiritual name Shakti

Durga. (Shakti means life force or power and Durga is a name for the Divine as protective mother) 40 people were witness to this, and many saw the light and the angels who were everywhere. Immediately and spontaneously I began blessing people. Some fell down in ecstatic trance, and I have to say that the brand new lesson plan went right out the window! Since that time I have been learning

how to be a Guru, which is not a career path that I had expected! I have learned how ritual and ceremony are not archaic nonsense, but are vital parts of a healthy soul. Our spirit and inner child responds to the colour and 'bling' and it helps to open our connection to our intuitive side of the brain. As my consciousness continues to expand it has been a tremendous joy to recognize and continue the training of the students of Shakti Durga from other incarnations, many of whom were

follow an 'old fashioned' system like the Guru tradition? To me there is nothing old or archaic about it. It is the living Presence being transmitted as the Oral tradition has been done for thousands of years. It was done like that because it is so effective. We live in a culture that is addicted to rational thinking. While that is good in many ways, it can block our higher capacity for intuitive awareness and Divine communion. The logical mind likes to be able to read things and follow along in a linear fashion. The Divine mind is far more expanded and creates results faster than could be possible using logic alone.

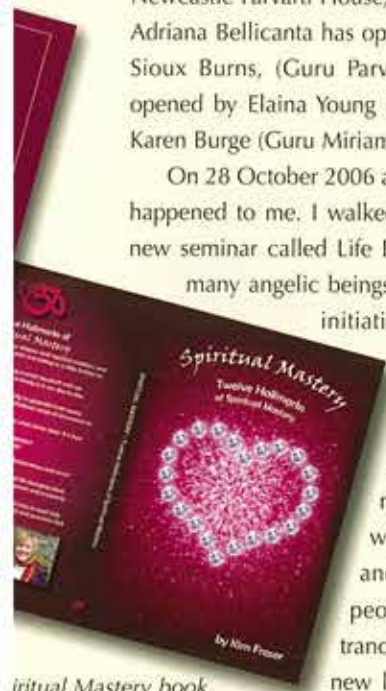
When we are reliant upon writing, as a lawyer I can tell you that everything is open to interpretation. A decent lawyer could extract several meanings from almost anything. On the other hand, the oral tradition has to do with transmission not just of information from the mouth of the teacher, but currents of energy which contain that information which are installed straight inside the student. This means that the mind is fed, but on a deeper level the soul is fed. The information is then available to that being permanently. There is no room for misinterpretation because through Divine grace, each person receives precisely the energy and information that they are able to receive given the diverse levels of development and comprehension that are present in any group of people, no two of which are identical.

The transmission to which I speak is possible through love. If there is love between the Guru and disciple, then the knowledge of the Guru can be multiplied and shared with the student. This honours the divinity of both parties because in this exchange the two become one. It is not me and you, it is just the presence of the Divine in which we share.

The initiation into being a Guru and the task of re-acquainting Westerners with this potential pathway towards the Divine has led to many personal and group changes. Things have become easier. The Divine energy has been anchored solidly which translates into tremendous support and help being provided in a timely fashion. More, it is provided by kind and competent, committed individuals who are deeply wanting to



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PRAYERS ARE ANSWERED

this beautiful story was written by a doctor who worked in Africa

"One night I had worked hard to help a mother in the labor ward; but in spite of all we could do, she died, leaving us with a tiny, premature baby and a crying two-year-old daughter."

We would have difficulty keeping the baby alive, as we had no incubator (we had no electricity to run an incubator). We also had no special feeding facilities. Although we lived on the equator, nights were often chilly with treacherous drafts.

One student midwife went for the box we had for such babies and the cotton wool that the baby would be wrapped in. Another went to stoke up the fire and fill a hot water bottle. She came back shortly in distress to tell me that in filling the bottle, it had burst (rubber perishes easily in tropical climates).

'And it is our last hot water bottle!' she exclaimed. As in the West, it is no good crying over spilled milk, so in Central Africa it might be considered no good crying over burst water bottles. They do not grow on trees, and there are no drugstores down forest pathways.

'All right,' I said, 'put the baby as near the fire as you safely can, and sleep between the baby and the door to keep it free from drafts. Your job is to keep the baby warm.'

The following noon, as I did most days, I went to have prayers with many of the orphanage children who chose to gather with me. I gave the youngsters various suggestions of things to pray about and told them about the tiny baby. I explained our problem about keeping the baby warm enough, mentioning the hot water bottle, and that the baby could so easily die if it got chills. I also told them of the two-year-old sister, crying because her mother had died.

During prayer time, one ten-year-old girl, Ruth, prayed with the usual blunt conciseness of our African children. 'Please, God' she prayed, 'Send us a hot water bottle today. It'll be no good tomorrow, God, as the baby will be dead, so please send it this afternoon.'

While I gasped inwardly at the audacity of the prayer, she added, 'And while You are about it, would You please send a dolly for the little girl so she'll know You really love her?'

As often with children's prayers, I was put on the spot.

Could I honestly say 'Amen'? I just did not believe that God could do this.

Oh, yes, I know that He can do everything; the Bible says so. But there are limits, aren't there? The only way God could answer this particular prayer would be by sending me a parcel from the homeland.

I had been in Africa for almost four years at that time, and I had never, ever, received a parcel from home.

Anyway, if anyone did send me a parcel, who would put in a hot water bottle? I lived on the equator!

Halfway through the afternoon, while I was teaching in the nurses' training school, a message was sent that there was a car at my front door. By the time I reached home, the car had gone, but there on the veranda was a large 22-pound parcel. I felt tears pricking my eyes. I could not open the parcel alone, so I sent for the orphanage children.

Together we pulled off the string, carefully undoing each knot. We folded the paper, taking care not to tear it unduly. Excitement was mounting. Some thirty or forty pairs of eyes were focused on the large cardboard box.

From the top, I lifted out brightly-colored, knitted jerseys. Eyes sparkled as I gave them out. Then there were the knitted bandages for the leprosy patients, and the children looked a little bored.

Then came a box of mixed raisins and sultanas - that would make a batch of buns for the weekend. Then, as I put my hand in again, I felt the.....could it really be? I grasped it and pulled it out.

Yes, a brand new, rubber hot water bottle. I cried.

I had not asked God to send it; I had not truly believed that He could.

Ruth was in the front row of the children. She rushed forward, crying out, 'If God has sent the bottle, He must have sent the dolly, too!'

Rummaging down to the bottom of the box, she pulled out the small, beautifully-dressed dolly. Her eyes shone! She had never doubted!

Looking up at me, she asked: 'Can I go over with you and give this dolly to that little girl, so she'll know that Jesus really loves her?' Of course, I replied!

That parcel had been on the way for five whole months, packed up by my former Sunday school class, whose leader had



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evolve and grow, and who can see how fast their transformation is occurring, and with ease and grace at least most of the time!

As part of our evolving form, the Harmony Centre Foundation was registered in September 2007 and we are now working on Shanti Mission, which is the vision for which the Harmony Centre Foundation is the vehicle. Shanti mission



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holds the vision of anchoring the Golden Age of Peace with ease and grace. After a full year of debate and discussion between our senior initiates, we have determined 8 pillars upon which our work rests. These are set out below. We are currently developing vision groups comprising people who have a passion for particular areas of life, such as caring for babies, or assisting the elderly, or earth care, respect for animal life and so on.

For more information about our seminars, satsangs (company of truth seekers) chanting evenings and vision groups, please drop into a Harmony Centre or visit us online, www.shantimission.org or email: admin@shantimission.org. If in Sydney contact Sydney@shantimission.org and we look forward to growing in love with you! Namaste Kim (Shakti Durga)

Pillars of Shanti Mission

Devotion to God and respect for all spiritual teachers. This pillar says that every path is right for those who travel upon it and we ought not be critical of any path, church or religion. Even fundamentalism has its place, helping souls who could not yet function in a religion based on needing to make ethical decisions based upon contextual issues. Having a rigid code to follow is of great support to those who are just starting out. Purification – inner and outer cleanliness

1 Purification means looking after our mind and body as well as our energy field. Much has been learned in our culture about looking after the body and the pillar of purification imports the necessity for self care. However it goes further, urging all of us to remember to constantly weed the garden of our mind and not fall into the temptation of dwelling on negativity, doubt and fear.

2 Responsibility, 100%

This pillar is based on the notion that we are a universe unto ourselves. Whatever happens to us will have some root inside of us, whether it is something really wonderful or really horrible makes no difference. It is all there for our own education. If we look at how we behave and speak, think and relate with others we will see many seeds of our own future. If we take a

step back and consider our deep and even our unconscious beliefs we will see more of how we create things. If we look at the karma which has arisen from our past, and how we live in accordance with the many laws of the Universe, we will eventually find a causal link to everything that we experience. Knowing how we did it helps us reverse it if we don't like it. This is the essence of personal power.

3 Meditation

There are probably as many types of meditation as there are teachers who teach it. This is all ok, because meditation is what happens when you go beneath the form and find the essence of self; meditation is going into the stillness and finding both the self and the Divine. The method is just decoration, as are all of the experiences we have in meditation, be they pleasant and blissful or annoying, like when the mind will not shut up.

5 Wisdom: Expansion of Consciousness (study)

We all need to keep growing and never assume that we have learned enough. If we still have any issues or problems then we need to keep learning. If we are still breathing then we need to keep learning. Study wide, by which we mean study a broad range of subjects to keep your soul fresh and stimulated. Also study deep. This is what many spiritual aspirants avoid doing. You only get traction when you dig into a set of teachings that appeal to you and learn to use them over a period of at least 7 years.


6 Virtues – embodying all of them

The many virtues that are taught in all spiritual traditions are meant to be cultivated through living them. When the material world necessity entices us to take moral and ethical shortcuts, can we rely upon the storehouse of inner virtue and do the right thing even when it is hard? It is when we live the virtues that we are really living our spirituality. Patience, loving kindness, tenacity, inner strength, humility, calmness, consideration, integrity and so on are the bedrock of a Golden Age civilization. To call the Golden Age to us, we need to embody these living gems.

7 Karma: develop grace, Giving, Forgiving and Serving

When we experience a run of bad luck, it is really bad karma. There is an antidote. Give, forgive and serve. By doing this you will develop karmic merit which softens the effect of harsh karma from the past. Miracles of grace occur when we exercise our heart chakra through the age old methods of giving to others and to spiritual and social causes, forgiving those who have done us wrong, a belief upon which Christianity is founded, and serving, which is what Shanti Mission is all about.

8 Multi Faith

The acceptance and respect of all religions is core to our philosophy. We are like different kinds of flowers growing in the garden of the same Creator. The more we look for the things we have in common and view our differences through the eyes of compassion the better our world will become. There is only one religion, and that is the religion of love, which is practiced by many different groups with different colour and flavour. 

BELIEVE IT AND THEN YOU WILL SEE IT

as received by Gillian MacBeth-Louthan

We will speak to you about the energy of 'poverty consciousness'. When you speak to another 'I do not have enough money' - whether it is a fact or fiction, you completely downsize and dilute your money consciousness. Now whether you are making this up as an excuse or it is a truth - it affects the very next amount of money that was coming towards you. That money screeches to a halt, no matter what form it was in. It turns around and goes the other way because you have given it the high sign verbally, that it is not welcome.

With each spoken limiting word, you send the frequency of money high-tailing it back into the cosmos. All energies and all particles believe your every word. Your quantum world sees you as God. The molecules of everything see you as God. They view the divine truth of you. As a God-unit, they believe your words, your utterings, and your mutterings. You are commander and chief of all life.

If it is a breeze that you want, do not push it away with the words - 'There is no wind.' 'It is so hot.' 'It is so muggy.' Why not invite the wind in? You just sent it high-tailing away by your very decrees. Look at your words about love. 'No one is coming into my life.' 'No one loves me.' 'No one has ever loved me.' 'No one ever will love me.' Why would love enter into such a moat of despair? Why would anything enter into such a toxic park of hopelessness. Every living thing sees you as God. We can not emphasize that enough. It responds by you for you to you. EVERYTHING!!! If you mail a letter and you have a fear that it will not get to its destination then that is exactly what is going to happen. It is going to go land in the elephant graveyard.

Now as far as your money awareness and money consciousness is concerned, you must realize that you have all taken 'vows of poverty' in many lifetimes. The reason that you took a vow of poverty to begin with was because you were about to embark into a spiritual field, or a spiritual endeavor. This could have taken the form of a priest, a holy person, a shaman, a nun, a minister or any other form. When you walk into any type of spirituality, automatically all 'vows of poverty' are reactivated and initiated. In many lifetimes you believed that to be Godly, you must be poor, you must do without. You

believed that wholeheartedly, and took a vow of poverty to prove that belief.

Anytime new levels of Light, of energy, of divine declarations come to earth, you automatically step into the DNA remembrance of your vows of poverty. Every time a new expanded form of awareness comes to humanity - you stop creating prosperity. You deeply fear that when you walk fully into your spiritual position, that you will not have a cent to your name. You fear you will have to rely upon the good nature of other people to feed you, to clothe you, to give you love offerings or pay penitence.

Bringing this to your attention and bringing this to your consciousness is one of the most important steps that we can take with you. By acknowledging this type of thinking, you can then clear it. This is important!!! Please heed these words. You have done great damage to yourselves. You expand, you contract, you expand and then you contract again. Your consciousness is very well equipped to incarnate as a rubber band, because you have practiced so much expansion and contraction. You stretch that rubber band essence of you with great plans of propelling it forward into your world. But it stops - popping you in the head - because you don't let it go. You are afraid. You are afraid to look forward, you are afraid to move from where you are situated in your life, in your relationships, in your jobs, in your judgments. It is time for you to become fearless. Ask for that energy of fearlessness to dance in your veins, to beat in your heart. Decree, "I am fearless".

You each are laced with 'the possible.' The intricate details and fine lines and fine threads are possible. You are not formatted with impossibilities. It is time to remove the 'm' from impossibilities, and replace it with an 'n'. All things are 'IN-POSSIBILITY'. Release the 'm' from yourselves and put an 'n' in there. Format your world in-possibilities. It is very important!!! Until you are emptied out of what you hold in your heart to do, you will not be refilled in the 21st century with the creators new dreams for humanity.

This will come in different forms for each of you. For some of you, it could come as falling in love, and finally trusting that love. For some of you it will come in the form of a new job or business that you truly enjoy and love. What a terrible thing it is to ask you to love your job, and earn more money! Anything that lives in your heart can be accomplished. You have to believe it first. Walk into your heart's desire, you cannot procrastinate anymore.

We will end this talk at this time. We have given you much to chew upon and it is not necessarily pleasant. Understand the effect that you have on all things, not just yourself. When you do not love you, you send that screech, just like that little blood cell did, throughout all of existence. When you renew your vows of poverty, you do it for all of humanity. Understand that you are effecting and affecting everything. You are one drop in an ocean of life. One drop changes the chemical outcome, the chemical balance.

continued on page 20

Points to Ponder

You have no business to believe me. I ask you to believe nothing that you cannot verify for yourself.

G.I. Gurdjeff

Never place your files in piles on the floor, especially to your left - this will push you out the door to the unemployment line.

To ace that job interview - wear deep, dark blue to enhance your self-esteem.

Make this your Lucky Day, Ellen Whitehurst

There is one alone and there is no other, and if we did but know are eternally it.

Ram Dass

A family tomb was found in Jerusalem, one of the coffins marked 'Jesus' had the remains of two people inside. DNA confirmed they were not related, it was suggested they were man and wife.

The Lost Tomb of Jesus, Channel 10, 20th December 08

On the winter solstice of Dec 21, 2012 the sun will rise within the dark rift at the centre of our Milky Way galaxy, an event that occurs once every 25,300 years.

2012 The Return of Quetzalcoatl by Daniel Pinchbeck Penguin Books Ltd.

From the United Kingdom's Jewish Cemetery Board

The Board has agreed to a test project which has put a cash machine in a tombstone at Chester Hill Cemetery.

Following the death of Morris Gorski earlier this year, he put in his will a clause that his heirs would only be entitled to get their share of his money by visiting his grave in River Path Road on a weekly basis.

Working with ATM North Europe Services, the cash machine will allow his heirs to collect up to 750 pounds a time when they turn up. A special debit card has been issued to 25 of Mr Gorski's heirs which they can use at the graveside as well as being able to use elsewhere.

'When Uncle Morris said he was going to do this, we thought he was joking' said niece Jane Gould. But when we read the will, we soon realized he wasn't. I would visit his grave anyway, but I guess Uncle Morris wanted to make sure that other family members got a worthwhile incentive to visit him.

According to the board should the test project involving Mr Gorski prove popular, other people will get the opportunity to have cash machines in their tombstones.

Soul Light, lesllyer.com



Prayers are answered continued from page 17

heard and obeyed God's prompting to send a hot water bottle, even to the equator. And one of the girls had put in a dolly for an African child - five months before, in answer to the believing prayer of a ten-year-old to bring it 'that afternoon.'

'Before they call, I will answer.' (Isaiah 65:24)

When you receive this, say the prayer. That's all you have to do. No strings attached. Just send it on to whomever you want - but do send it on.

Prayer is one of the best free gifts we receive. There is no cost, but a lot of rewards. Let's continue praying for one another.

This awesome prayer takes less than a minute.

'Heavenly Father, I ask You to bless my friends reading this. I ask You to minister to their spirit. Where there is pain, give them Your peace and mercy. Where there is self-doubting, release a renewed confidence to work through them. Where there is tiredness or exhaustion, I ask You to give them understanding, guidance, and strength. Where there is fear, reveal Your love and release to them Your courage. Bless their finances, give them greater vision, and raise up leaders and friends to support and encourage them. Give each of them discernment to recognize the evil forces around them and reveal to them the power they have in You to defeat it. I ask You to do these things in Jesus' name. Amen'

P.S. Passing this on to anyone you consider a friend will bless you both. Passing this on to one not considered a friend is something Christ would do.



Believe it and then you will see it cont. from page 19

Each day when you drop your negative thinking, your denser droppings, shall we call them, into life - you pollute it, not just for you; but you pollute it for everyone you love and everyone that you want to love. Be responsible. Think responsibly. Create responsibly and lovingly. That is the way that you were birthed. You were not thrown together haphazardly. A lot of thought, a lot of love, and a lot of time went into each of you. EACH OF YOU! God specializes in each of his creations. Each is created through the heart of the Creator, because he knows all creation is an outpost of self. It is an extension of selves (little self, higher- self, soul self).

Your world - every part of it, every person in it - is an extension of who you are and how you create. If you don't like the way it looks, if you don't like the backdrop of it, understand that it was your creation and that it is your responsibility to shift it. We will leave. We are the Council of 22, Pleiadian energy that is in alignment with your highest truth, the brightest possibility of your being, and the deepest love of your essence.

Published with permission, The Council of 22 - by Gillian MacBeth-Louthan.

www.theQuantumAwakening.com



THE ESSENCE OF OUR CHAKRA SYSTEM

by Sylvia Jacka

We are born in pure love and light but become disconnected to our true purpose in life.

This totally new and comprehensive course will cover the Chakras on a Metaphysical, Psychological and Physical Level to help you become whole.

How do we develop wholeness within - Spiritual Medicine?

Spiritual medicine is our ability to love and this provides us with our own healing. This is our connection to the essence of love in its purest form. Love will connect us directly with our heart, mind and spirit. If we do not have love, we get sick, relationships fail, etc.

To develop wholeness this will then balance all areas of our life; body, mind, spirit, heart, work, relationships and emotional wellbeing. These parts are not separate, but make up our whole self. If one part is out of balance, for example if the solar plexus chakra is affected by lack of self esteem, it affects the rest of us and can lead to ill health.

Chakras are a vortex of invisible cosmic energy and their function is to balance the physical, emotional, mental and spiritual parts of our body. As chakras are cleared, vitalized and expanded in clarity and development one may experience the actualisation of qualities which have not previously been manifest. If a chakra becomes blocked or stagnant then an illness may occur in the physical area relating to it. Chakras exist in our subtle bodies and are involved in taking in higher energies. The 7 major chakras are associated with a major nerve plexus and a major endocrine gland. Each chakra has particular qualities relating to human nature, as well as a colour vibration and a sound or mantra.

How do we clear the chakra system.

During the course we will learn that fear, anxiety or illness are created as emotional manifestations from our thought patterns and can be changed.

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For example physical security is affected by every thought and feeling. A feeling of lack of something 'never enough to go around' blocks your base chakra.

A blocked chakra with thoughts manifests self-fulfilling prophecies of all the fears relating to that area.

In this work you will clear out ideas and thought patterns from the bottom up.

Find out how the Colour Rays and each Chakra influence each area of one's life. Each week discover new ways to understand the significance of each chakra for your own healing.

Examples of this:

Red Ray - for healing issues in the Base Chakra of grounding ourselves; strengthening our will to survive; in manifesting and creating for living on the physical plane.

Orange Ray - linked to the Sacral Chakra and our sense of security, sexuality and empowerment through the choices we make. The relationships we form with people that satisfy our personal and physical needs.

Yellow Ray - is the colour for the Solar Plexus. This is the part of us that absorbs emotions and deals with our identity. The colour of the Mind and the Ego. What do we need to let go of?

This course will give each person practical knowledge of how to heal and balance each chakra as well as heal the soul at a very deep level. As you build and understand the spiritual significance and how everything is linked, then the spiritual path we all walk becomes much clearer.

Each session may include: Aromatherapy Essential Oils and the colour vibration linked to each chakra.

- Australian Bush Flower Essences.
 - Auras
 - Archangels and many other Beings of Light.
 - Major Nerve plexus and Endocrine gland associated with a chakra area.
 - Areas of the body affected by the issues in each chakra.
 - Guided meditation for personal healing in each session.
- May this be a wonderful journey of discovery.

Sylvia Jacka is a Holistic Practitioner who has been in practice for many years and will share her many years of knowledge. Sylvia believes in treating the whole person and not just the dis-ease, by understanding the underlying causes and the effect this has in our life.

The Essence of our Chakra System presented by Sylvia Jacka. For more information about this course 8 week evening course to be held March/April please phone the Academy office on (02) 9975 4905 or email us scal@a-light.org.au

GRATITUDE: the hallmark of an enlightened soul

In many cultures a moment is set aside, during the harvest season or at the end of the year for the expression of gratitude. The Jewish festival of Sukkot in the fall, and the harvest

Thanksgiving observed in many Christian churches, are examples. Buddhism regards gratitude as a hallmark of humanity, for the doctrine of dependent origination means that everything and everyone in this world is connected, and the "mutuality" of our environment means there is no one and nothing that does not deserve our gratitude. Hinduism recognises the interrelationship between the law of karma and gratitude, and the Moslem holy month of Ramadan is intended to cultivate gratitude. Numerous cultural traditions throughout the world set aside annual observances for the collective expression of gratitude - for earth's bounties and for the blessings of life itself.

To express gratitude is not just a nice gesture; it ties one

into a pattern of energy-flow governed by definite spiritual laws. The Alice Bailey writings describe gratitude as a "basic releasing agent", which suggests that something is freed up for the use of the soul when gratitude is expressed. To be grateful is to look beyond oneself in acknowledgement of the sustaining power of relationship, not only with "kindred spirits". But with sources of aid and succor that are often invisible. In this way, gratitude releases one from the

prison-house of isolation, pride, inferiority, jealousy and resentment.

To express gratitude initiates a scientific process, for gratitude is a purifying agent that clears away old matter, frees up any tendency to crystallisation, and brings in new mobilising energies. Interestingly, gratitude is said to be closely related to loyalty. On first thought, this may come as a surprise, but to express gratitude is to recognise the contributions of those greater than oneself and to feel admiration and joy in their achievement. In responding with gratitude we align ourselves with the same forces and energies that have brought us help. In doing so, we enter into a



stream of energy that is circular, in effect, and related to karma. This is why we are told that the Great Ones do not need our gratitude, but that we need to feel it for their aid.

Every server joins an energy-field created by other servers, adding one's little part to a group effort too great for any one individual to take its measure. In shared service the contribution of each worker is exponentially augmented.

From the Triangles Bulletin Dec. 2008

Triangles is a world service activity in which people link in thought in groups of three to create planetary network of triangles of light and goodwill.

www.triangles.org



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PEOPLE OF THE STARS

by Shirley Humphries Battie

Most who read this will be aware that our planet Earth is changing and some will have an idea of what is to come. Many more will realise that what is happening is part of our necessary evolution as a species. Souls incarnated as physical beings are changing in molecular structure, vibration rate and in the DNA.

But did you know that we are receiving outside help? Great Beings from the Stars have for uncountable years played a part in these physical and mental changes of our form. Why? We are of the Stars ourselves and can regard ourselves as the offspring, the products of interaction with beings from many star systems. Principally these are Sirius, The Pleiades, Arcturus, Orion and Venus. To respect Galactic Non-Interference Law they are limited in what they can do. To overcome this many have bravely volunteered to incarnate as a Human, either through the birth process or as a walk-in.

Do you know who you are? Have you ever felt that you do not belong here? It may be that you are one of those volunteers. If so then you have a job to do and you won't be satisfied until you get started.

Are there inter-planetary beings and angels living among us? Are we already becoming greater human beings? What is happening today and what is to happen on and around the Earth very soon? Are these events to be welcomed, ignored or feared? What is our connection to the stars? Who were the gods of ancient legends? Did giants really roam the planet at one time? Answers to these questions are coming thick and fast, through spirit communication. How we are to prepare ourselves for this stupendous leap for mankind?

We are all aware of the other dimensions we go to when we die. We are currently in the third dimension. This fact is no surprise to anyone, even to those who do not think about such things.

What would you say if you were told that there are 144 dimensions with many levels in each, as far as we know? We have a long way to go. The good news is that it gets better as we climb the dizzy heights. Even one step is a vast improvement on our present status as human beings.

Many of this earth have experienced the lower levels of the fourth dimension, through near death experiences or altered states of awareness, during meditation. Most say how wonderful this is and how they wished they could have stayed. Have any of us been in the fourth dimension before? Of course we have. Between physical lives our soul consciousness is free and is able to travel where it will, according to its level of vibration. We speak of Light Beings and Light Workers, both in the physical and non-physical form. Whether you are a Walk-in or not is not as important as shedding our light into the dark and helping others on our way.

We are told that there is no such thing as time and yet we feel we are bound by time. We rush here and there, trying to get everything done in time for this or that. However when we meditate, even for only five minutes, we find that our inner journeys cover vast tracks of events. We can access the past, present or future with ease. We can visit other planets or enter free space, the Great Void. Do we believe what we experience? Even as a creation of our imagination, it is a reality, it exists. We

can 'image create' worlds of wonder, health and happiness. These worlds exist and can be accessed, for they have been imaged before and have not disappeared from reality. These then are the other dimensions.

We have been there before, if you believe there is no such thing as time. I have spoken to entities through channelling sessions who affirm this. They speak of giants who roamed the Earth. Our own mythology speaks of giants, gods, fairies, mythical creatures and other great beings who inhabited the Earth. They speak of Atlantis with the

great powers of those who lived at that time. Where do these stories come from, if not from reality?

I believe that many of you here now, Teachers, Healers, Walk-Ins, incarnated angels, old souls or new and re-incarnating Atlanteans have come as a new immense spiritual wave sent to Earth, to assist those who do not understand that we are about to enter a greater dimension in a lighter, less dense physical form. We come from many planets and have been here for a very long time, to understand the nature of our role and of humanity. I am told by The White Brotherhood that there is to

be a new root race of man. That mankind as a whole is leaving behind the Adamic period and entering a new level of being.

Already I am meeting many who have a wide knowledge of the nature of our existence, who show great knowledge and spiritual understanding. Many clients who come for readings are from other worlds, or

are teachers as Walk-Ins, or from a higher realm. Through Soul

continued on page 26



Do you know who you are? Have you ever felt that you do not belong here?

2009 – YEAR OF TRANSFORMATIVE CHANGE

by Gerry Taylor-Wood

As we enter the New Year of 2009, the planetary energies are aligned for great change and transformation. January 6th, the Christian day of Epiphany and the Returning of the Light, could not be a better metaphor for the coming months. Jupiter, the jovial planet of abundance, expansion, and sheer good fortune, moves from Capricorn to Aquarius 'trailing clouds of glory' as we remember our true identity and mission on this planet earth.

For one year Jupiter shines its light into Aquarius, radiating its positive energy on friends, as we come to realize how very precious they are. Those wishing to form new groups and organizations, this is your best timing.

The Karmic North Node is also in Aquarius this January, adding emphasis to the above. Venus and Neptune, planets of love both personal and divine also take up the Quest.

Pluto, the small dark, distant planet of great transformations has just began its journey through Capricorn – the first time it has been in this position for over 300 years. Its mission? To break down, change, and transform our addiction to money. In the year to come a system based on fairness to all will come to pass.

Let us take a look at how these new energies will affect the twelve signs of the zodiac in the coming year



ARIES: Jupiter in your 11th house brings a strong focus to your own journey. It seems that you may have gone as far as you can as an individual, and now the lesson is to join with others, friends, group and, societies in order to shine

your light as an individual, yet be further empowered by others. This also relates to your Libran opposite sign from which you gain balance, peace and harmony.

Pluto has entered your career house and there will be deep and lasting changes in this area. If the job you are in does not make you heart sing, Pluto will have a way of taking it from you. This will focus you to search deeper for true meaning with regards to where you place your time and energy in career and work.

The blessing of a baby to you or your family will be an important birth, heralding a new beginning.



TAURUS: You may have been feeling a little overwhelmed towards the end of last year. Changes for the better come as Jupiter enters your career house and heralds a time of great improvement in your work. It has taken twelve years to get there, and its promise can come in the form of a great job offer, sometimes overseas or with an international link. Relationships may improve with co-workers who value your input.

Pluto in your 9th house holds an implication of deep and transformational changes concerning religion, philosophy and general 'meaning to life'. In this time you may feel rebellious about what you have placed your faith in until recently. It is now a time of scrutiny and analysis, leading to deep and fundamental changes in who you light a candle to. A time when Christian becomes Buddhist, non-believer has an Epiphany and 'sees the light'. Whatever form it takes it precipitates you onto a higher path. Go willingly!



GEMINI: Always restless and easily bored, be comforted as great journeys await you this year! Whilst others are feeling the pinch from current financial difficulties, for you it is time to spread your wings and fly!

With a multitude of choices you may be drawn to further your education, and with the mind expanding topics available, to increase your knowledge – learn a foreign language, or a new healing modality.

Pluto will nag away with old scripts that emphasize your 'lack' in life, it is your choice whether you listen. If you work in accordance with the natural law of abundance, you will lack for nothing, become all that you know you are and be, unstoppable!



CANCER: Deep and meaningful friendships is the emphasis for Cancerians this year. Usually you are satisfied with keeping your focus firmly fixed on family. Spread your wings and know that we are all brothers and sisters sharing one planet – thousands of would-be soul-mates and true friends in the making are out there. There may even be the possibility of sharing business projects with close friends whom you trust.

Re arranging and thereby increasing and releasing money to spend would take you into new areas of adventure and learning. A good time to risk a little financially.

Relationships that have been a weight and burden to you in recent years you will find a blessed release from leaving you free to explore new opportunities in life.



LEO: Jupiter brings a sense of satisfaction, approval and abundance to the relationship area of your chart. Personal,

intimate relationships become more satisfying, even several close intimates at one time! Business takes off with this wondrous planet also, a time, if ever there was, to take calculated risks. Leos like to gamble and play, this is the year to forget old regrets and hurts and where you were burned before. See your life as a whole new blackboard wiped clean - the stars are certainly on your side.

Co-workers could be troublesome. There is a theme here as Leos are ultimately here on earth to be the King of their own domain. Do not rely on others, its time to be your own boss and do what Leos do best, shine!



VIRGO: Just another year to go, then the planet Saturn leaves your sign, phew! Its weight and burden shows just how uncomfortable it is to live inside a body made of flesh and blood. Nevertheless, Saturn bringer of profound challenges and lessons will not be wasted in the

future as the ultimate prize is 'Wisdom', so hang in there.

Pluto has entered your fifth house of birth, death and re-birth. You may find these themes acted out in your family. Look within and see where the old, worn out attitudes to family and close friends needs a makeover, address the issues and prepare to move on.

A new baby born into the family may bring a revolution in thinking and philosophy..., a gift!

Jupiter in the sixth house emphasizes good fortune in the workplace, or a job opportunity that will be to your liking. Those in the therapeutic realms will find that client's come in abundance, as you are on earth to be of service to mankind.



LIBRA: Upheavals from the very core of you life are imminent. House moves, interstate relocations, even overseas moves are all possible. A time to focus on the family history and background and re-frame old attitudes. Re-birth is a

phrase that you could consider whilst reinventing many aspects of your life. Off with the old, on with the new!

Jupiter in Aquarius in your fifth house lightens the load and you may find that friends and close associates bring fun and joy into your life. This is the house of recreation, revitalization and the area of re-inventing your life. Spend time reflecting on your childhood and its positive qualities and be around children remembering that we are all children of the one God. Enjoy the Creator's creation.



SCORPIO: Pluto in the third house equals a transformation in your mental attitudes. This could be linked to the realization that more time is needed to meditate and clear the mind. Pluto will have us do away with old patterns and

attitudes and 'clear the decks' for a revolutionary way of think-

ing. You may find yourself selling and giving away 'things' no longer of use in your new life.

On the home front there is a sense of wanting more space, whilst the wilds of nature call Enjoy a rustic retreat or go walk-about.



SAGITTARIUS: Pluto has entered the house that represents your value system. Now is the time to take stock on what is truly 'owned' by you. Not only your material possessions but also your values and morals that you would stand by.

What we value most we are willing to put our energy and money to. Take a long hard look at that as you will be called upon to be accountable for what you felt you 'could not afford'. Sacrifices may have to be made in certain areas for you to spiritually progress.

Communications, learning, writing, and group involvement are an area of ease in your chart. 2009 will be a busy, buzzy year with many activities. Charities may come to the forefront requiring your time and effort. Lots of good Karma awaits you!



CAPRICORN: Not for over three hundred years has the planet Pluto stepped into your sign. In the past this has bought about great changes by people such as Martin Luther and Elizabeth I who revolutionized the world. We are

now seeing a reassessment of certain values worldwide. Somehow you are in the forefront. What sort of a Fish-goat are you? Has your life been about building wealth on earth? Are you ready to set your store in a heavenly place? I think so!

The sign of the half-goat, half-fish depicts a strange mythological creature, a complex sign. Mysticism and Gnosticism and all deep paths showing ways to enlightenment shine before you. If you haven't already chosen your path, do so, if you have, it is time to go deeper. Use your fish-tail, the depths of you human consciousness awaits you with jewels and diamonds, the riches of the Underworld.

A cautious sign, but Pluto stays in Capricorn for seventeen years, so, you do have time on your side!



AQUARIUS: Jupiter is in your sign, a once in twelve year's gift to you.

Time to bound into the future. Always a little out of time and step with others, now you have a marvelous planet on your side that brings rewards,

abundance, opportunity. Whatever you have been saving yourself for, now is the time to step out and become, cosmic!

Friends applaud you and want to spend time with you. What seemed strange and unfathomable before about you, is now, well, fashionable!!

continued on page 26

People of the stars continued from page 23

Readings I am delighted to inform clients of their mission and heritage. They usually go on to do astounding things as a result. All any of us need is encouragement and inspiration. There is a great awakening on this Earth.

We can also help the Earth itself. We are infinite souls and cannot be erased from existence. Where we go from here is dependent on the quality of our light, our souls. We are urged to focus on our souls for the soul continues on to greater things. © Shirley Humphreys Battie 2008

www.little-owl.org e mail: Shirley@littleowl.force9.co.uk

Note: Shirley will be visiting Australia in September 2009.



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continued from page 25

The pull to live by the ocean or countryside, or travel abroad has its timing in the now Go for it.



PISCES: Your old ruler Jupiter in Aquarius gives a deep yearning for solitude. Friends seem to not satisfy these days and family feels distant. Pisceans need music, massage, evocative perfumes, and beauty. Remember who you

are and live in accordance with your true heart.

Pluto in the 11th house sees you dismissing old friendships, spending time alone and ultimately remembering your life's mission. Time then to utilize your own power and strength to move forward. Relying on others will cause you great discomfort, it is time to be free and unfettered to become the oceanic, boundless creature that you are.

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RECOMMENDED READING

2012

THE RETURN OF QUETZALCOATL

By Daniel Pinchbeck



"In 2012, his part memoir, part anthropological journey through many things spiritual, metaphysical, and just plain eerie, Pinchbeck illuminates not the world's end but the many ways in which our social structures are disintegrating..... Into 2012 Pinchbeck fits Jung, crop circles, Martin Heidegger's critique of technology, the ecological theories of Rudolf Steiner the parables of Christ, Jared Diamond's Collapse, and even the confessions of Whitley Strieber.... A box of treasures".

Judith Lewis, LA Weekly

About the Author

Daniel Pinchbeck has written for *The New York Times Magazine*, *Esquire*, *Wired*, *The Village Voice*, *LA Weekly*, and many other publications. He lives in New York City.

LET GO YOUR PAST AND LIVE

By Avril Carruthers



The little girl, the victim, the pleaser, the happy face are some of the many automatic parts of us we hide behind to get through the day. Conditioned into us when we are young, they are far from the real part of us. Often these characters stay with us for a lifetime. They drain and distract us and sabotage our best efforts. This book shows us how to leave them behind and take charge of our lives

About the Author

Avril Carruthers is in private practice, has a Masters degree in counseling and a Bachelors degree in psychology. English literature and drama.

Publisher; Allen & Unwin RRP \$27.95

THE FACE READER

By Patrician McCarthy

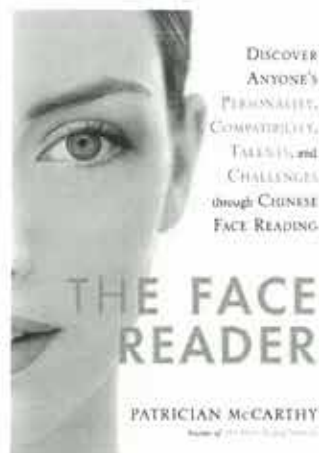
Mien Shian is a 3000 year old Taoist practice that literally means Face Reading. This ancient Chinese art was first used by practitioners of traditional Chinese medicine to detect signs of existing ailments as well as predispositions to illness of mind, body and spirit simply by studying a persons face.

About the Author

Patrician McCarthy has taught diagnostic Mien Shiang for more than twelve years to doctors and medical students.

Published by Inspired Living,

an imprint of Allen & Unwin RRP \$32.95



PAST LIVES

by Ruth-Helen Camden

Our past can hold powerful clues to present issues. Sally a capable executive is plagued with phobias, until she relives a birth trauma and finds the inner peace she had forgotten.

Unless resolved, our traumas remain with us through time, replaying over and over. We see this in patterns of abuse an inability to trust or be intimate, persistent physical ailments, as well as fears and phobias.

The many inspiring true stories in Past Lives make for compulsive reading.

About the Author

Ruth-Helen Camden is a Psychologist and Naturopath who specialises in past -life therapy Born in Masterton ,New Zealand, Ruth-Helen moved to Australia when in her 20'S, and intends working as a therapist in San Francisco

Publisher; Allen & Unwin RRP \$24.95



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Painting by Julie Paige (Pitjantjatjara) & Photo by Jodysparkle

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Pitjantjatjara knowledge is not ours to teach but to learn and walk with understanding in our hearts.

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Come with an open heart and expect nothing
– you may experience the extraordinary.

This is not a holiday - it is an experience. Sitting, listening, and learning. You can expect to take part in everything from the sacred ceremonies, sleeping under the stars to cooking, collecting fire wood and the washing up.

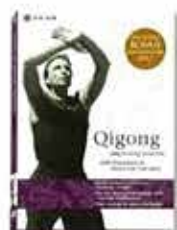
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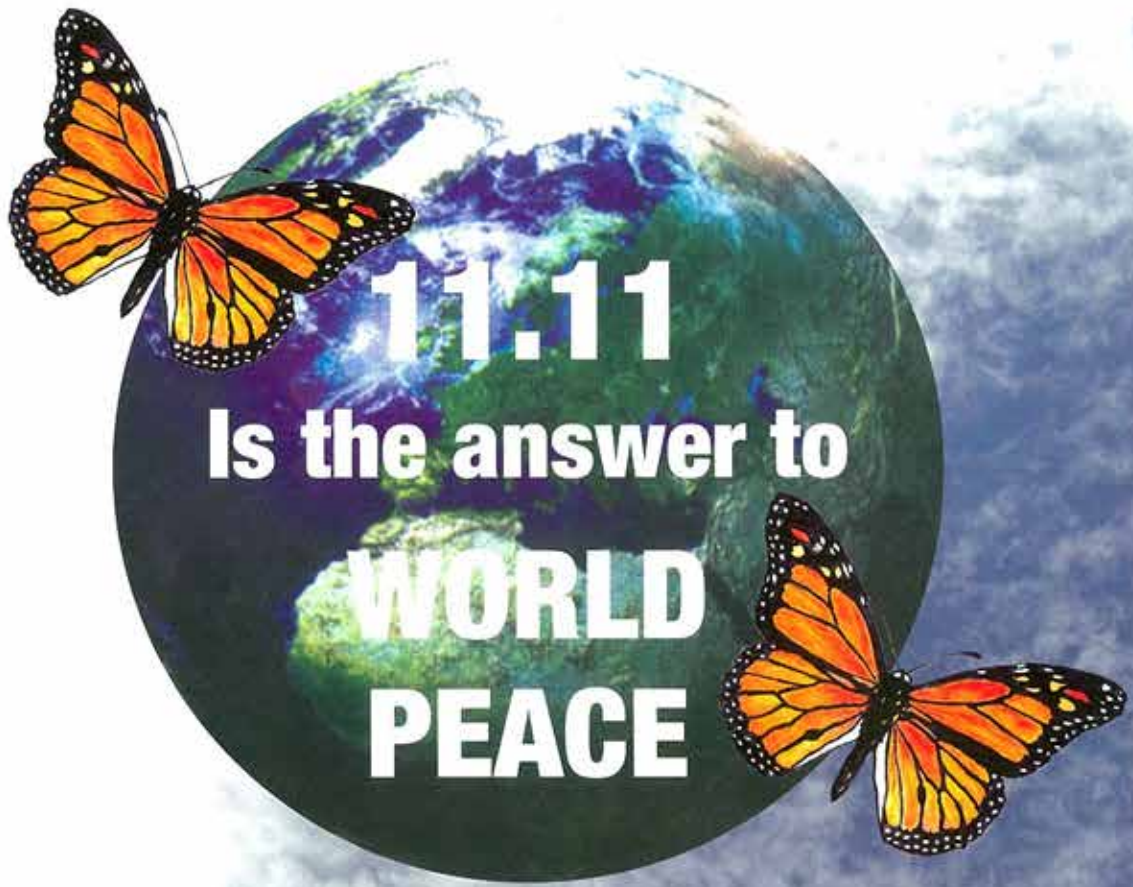
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