

# ShiningBRIGHT

*a guide for the soul*

VOLUME 12 ISSUE 2

2009



## **MESSAGE FROM THE FUTURE**

**The Temple of Abydos**

**The Reconnection**

**Aboriginal 5 steps to wellness**

**The Universe helps those who  
help themselves**

# Desert Ceremonies – Secret Women’s Business

## Be a part of the Dreaming!

Painting by Julie Paige (Pitjantjatjara) & Photo by Jodysparkle

It is part of the Pitjantjatjara aboriginal elder’s dreaming in Central Australia to share their ancient knowledge of the sacred stories and ceremonies with the non indigenous women of this land and women from around the world.

In their dreaming, women experience the healing from the land and allow this healing energy and awareness to be carried by each woman into their own life journeys.

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

This is an incredible way to reconcile with the traditional women of this land. Honour the land we walk on. Respect the traditional law and culture.



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.

If you are interested in this spiritual journey or would like to learn more contact:

Anne Saunders via email: [geomythical@yahoo.com.au](mailto:geomythical@yahoo.com.au)

Explore the website or register online: [www.desertwomensceremonies.com](http://www.desertwomensceremonies.com)

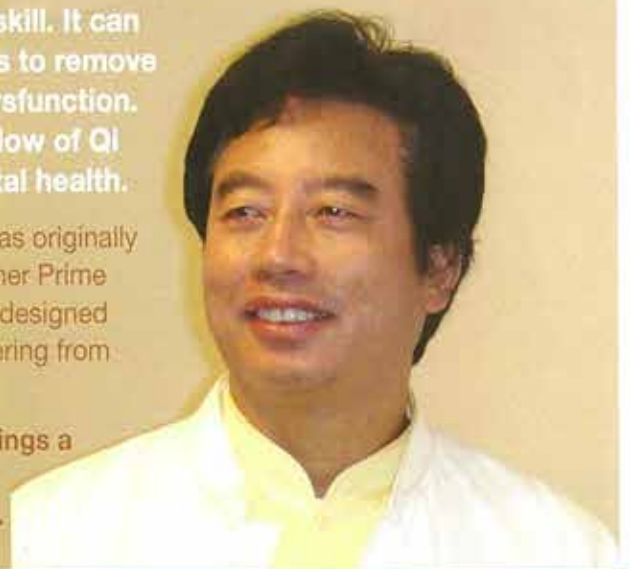
## TIANDI QIGONG

### TEACHING & TREATMENT

**Qigong is one type of energy work or energy skill. It can elevate health and treat disease. Qigong helps to remove energy blockages that can cause illness or dysfunction. It also promotes a dynamic and harmonious flow of Qi which improves physical, emotional and mental health.**

Shihua Zhao, one of China’s leading masters, who was originally invited to Australia by Sue Hawke, daughter of a former Prime Minister came to Sydney 11 years ago. His specially designed Qigong treatments have assisted many patients suffering from chronic diseases.

**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.**



For further information, please contact us:

(02) 9411 8978 & 0425 277 123

or visit our website at [www.tiandiqigong.com.au](http://www.tiandiqigong.com.au)

## from the EDITOR

HEALTH OF THE NATION

The health of the people is of paramount importance right now. It would seem that everything that is not kosher or of the Light, is breaking down. What has been hidden, is now being revealed.



Rosemary Butterworth

This is happening in our bodies as well as in the economy of the world. The thoughts that we have suppressed over countless years are being set free. But as they rise to the surface they are being amplified by the Light. We cannot miss them, they are right in our face now. The 'unwellness' you have been feeling might not be a virus but simply an old thought-form being released.

It is wise at this time to receive assistance from energy healers such as Accupunturists, Massage Therapists, Herbalists, Flower Essences and Spiritual Healers who can assist in clearing your etheric body and charkras. A good Past Life Regressionist is often important at this time - for he/she can take you back to the time when the trouble or fear originated. Ruth Eedy and Hilary Heaney are remarkable for this.

Imagine being buried alive due to an earthquake. What terror! What would you last thought be. The last thought we have is very important because we take it with us into our next lifetime. If you last thought is "I cannot breathe" in this embodiment you might have asthma or be frightened of being in a lift or an enclosed space. During a Past Life Regression you may remember such an incident. The fear of such a thing happening in your life again which you have been suppressing unconsciously, is released, gently and safely. You become the observer - and not emotionally involved in the experience.

The more you release - the more Light you carry and give out to the waiting world.

So be prepared for what has been hidden in your cellular memory to be revealed. The Southern Cross Academy of Light is there to assist you by bringing therapists and people who have the knowledge to help you heal yourself on all levels of being.

With Love,

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

Rosemary Butterworth



### VISION & VALUES

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

#### ONE SPIRIT – DIVERSE VOICES

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

#### UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

#### UNCONDITIONAL LOVE

Loving each other without conditions.

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

To act according to one's own conscience.

#### MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and  
without judgment.

#### PERSONAL RESPONSIBILITY

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

#### CO-OPERATION NOT COMPETITION

Working together, supporting each other.

#### ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and  
responsibility for the planet.

#### PEACEFUL LIVING

Living together in peace, harmony and truth.

#### AWARENESS AND LOVE OF THE SELF

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

## AMAZING TRANSCANNEL FROM THE UK



Shirley Humphreys Battie

*'My objective is to inspire others to realise what amazing gifts they have inside just waiting to be brought to the surface'*

Author of 'Channeling'  
available from Adyar Bookshop

**VISITING AUSTRALIA  
FROM 14TH SEPTEMBER 2009**

### PRESENTING DEVELOPMENT OF PHYSIC ABILITIES

Learn a variety of methods used for clairvoyance, psychometry sensing and dowsing.

### CHANNELING TRAINING (Experience in meditation prerequisite)

Come and discover if you are to be a channeller and how easy it is.

### PRIVATE SESSIONS

Includes hand readings which help define your sense of self.

Enquiries



**Southern Cross Academy of Light  
Ph 02 99754905**

info@aol.org.au www.aol.org.au

## Sound Healer

HOLISTIC COUNSELLOR USING  
INTUITION TO SUPPORT CHANGE

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

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

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



**Regular toning gatherings  
held at Hornsby on the last  
Sunday morning of each  
month**

**Phone: 02 9889 1966**

jpryce\_jones@bigpond.com.au

Joan Pryce-Jones

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

## Improve the Quality of Your Life

with

### Flower Essence Remedies

Nature's Flowers of Life® - "Essences for the Soul"  
*Flower Essences with Gem Elixirs*

Assisting you through your daily challenges  
and supporting your life's journey

Flower Essence Remedies are vibrational essences taken orally. They gently but powerfully address underlying causes for physical discomfort, illness, emotional challenges or fearful situations. By dealing with and calming your emotional and mental states, the physical body can begin to heal its imbalances. They transform your inner emotions, fears and self-limiting belief patterns held within the subconscious mind and the body tissues.

### Individual mixes

Personally selected for you with guidance through me  
- or your own choices.

Practitioner essence kits to support your clinical practise.



Email: solara@FlowersForHealing.com  
Web: www.FlowersForHealing.com  
Phone: 61 2 4969 6793 or 0425 217 570

**Presentations and  
Flower Remedy-Making Workshops**

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

## CONTENTS

MESSAGE FROM THE FUTURE	5
THE RECONNECTION exploring the next level of healing for humanity	7
PRIME TUNING OF CELLS	9
THE TEMPLE OF ABYDOS: the evidence for Egyptian energy healing	11
ST BAKHITA CENTRE Sudanese Australian Catholic Community	14
ABORIGINAL 5 STEPS TO WELLNESS	17
WHAT IS LEAKY GUT SYNDROME?	19
THE UNIVERSE helps those who help themselves	21
THE HISTORY OF THE WORLD	23
HOLISTIC PRACTITIONERS	22
ASTROLOGY plants and planets	24
THINKING	25
BOOK REVIEWS	26



FRONT COVER

Joe Campbell photographer®  
www.nefertiti.net



### ShiningBRIGHT

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

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

**Front cover:** Photo: Joe Campbell

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

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

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

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

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

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

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

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

#### Some of our speakers

Troi Leonard  
Bernie Prior  
Ian White  
Sylvia Shanti Vowless  
Ruth Eedy  
Kerryn Franks-Sedgman  
Swamji  
Alison Wilson  
Dr. Eric Pearl  
Doug De Vito  
Shirley Humphreys-Battie  
Maggie Hamilton



*Doug De Vito  
The Reconnection*

**NEUTRAL BAY:** 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.

All welcome

#### DIARY OF EVENTS FOR 2009

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

**11th May - Kellianne Parker, Vibrational Healing and Energy Intuitive and How To Lighten Up!** Kellianne will keep you in fits of laughter as she reads energetically what is going on in your life. She will also teach you easy ways to keep your energy high.

**18th May - Music, Toning and Sound evening. Plus a healing demonstration from Psychic Surgeon Micheal English** This evening we will be toning for at least half an hour, followed by some exotic musical instruments. Get ready for an energetically high night!

**25th May - Ruth Eddie - Journey of Self Discovery** International Facilitator and Therapist.

**Topic:** Past Lives With Aura Light! Ruth will facilitate you having recall of past lives.

**1st June - Sandy Waley - Pellowah** The name Pellowah is angelic for Radical shift in consciousness, which brings about healing at all levels.

**8th June - closed public HOLIDAY**

**15th June - Elaine Croker - Medical Intuitive**

**Topic:** Talk to your cells and become your own creator.

In the early 1990's Elaine Croker, author of "Talk to your Cells" was searching for help to heal her sick children. Her prayers were answered when she brought through information about a new method of healing. Today Elaine is a leading medical intuitive healer and teacher. Her six children are all healthy and successful.

**22nd June - Julie Hamilton:**

**Topic:** A Guide to Nurturing your Child's Infinite Potential

Do you want to encourage your child's intuitive side but are afraid of how to manage what they can do? You are not alone!

**29th June - Elizabeth Kruger, Healer and Teacher**

**Topic:** The Merkabah. How to raise the level of light you absorb and hold, strengthen your connection to Soul and Spirit, tune in to higher frequencies and become aware of other levels of reality.

**6th July - Julie Jara - Reconnective Healing:** Julie is thrilled to return to Australia to share ideas at the forefront in healing including Reconnective Kids Workshops, Reconnective Yoga and a new film on the science of healing "The Living Matrix" which features Dr Eric Pearl.

**13th July - Kulavadhuta Satpurananda**

We bring you the Avadhuta; Master of all schools of meditation. Guru of Vajrayana Buddhism and teacher of the profound wisdom of Guru Rinpoche, the 8th Century Master who introduced Buddhism to Tibet.

**20th July - Kayt Raymond**

An Extraordinary Experience.

Kayt will call in 77 Angelics and communicate energetically with the Angelic choir.

# MESSAGE FROM THE FUTURE

by Shirley Humphreys Battie © 2009

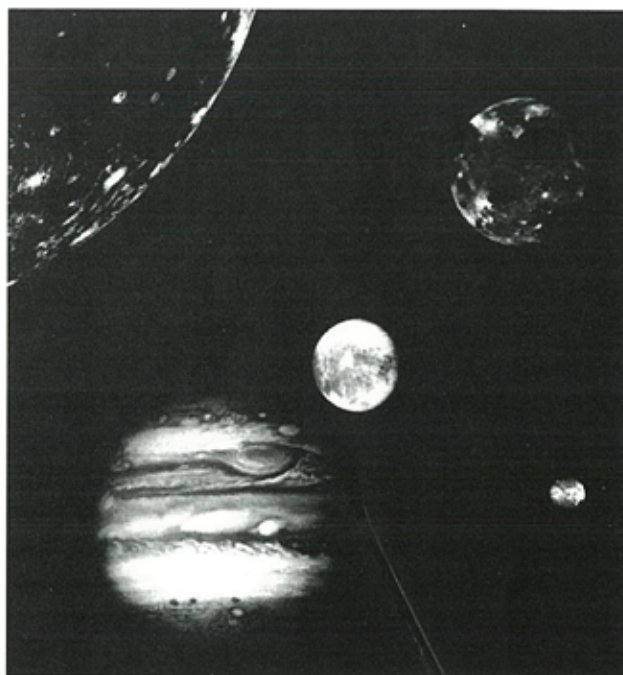
*Each individual act is important to the health of your world.*

Planet Earth will survive. The human species will survive. During channelling sessions from time to time we are having quite clear strong visits from one who states he is from our far future. This is not imagination since all present feel that very special energy, so tangible it could almost be touched. This says to us that we do have a future, one that is bright. The message that follows is clear.

"We are going to talk about the future for we feel this is in your mind and you wish to know what you could do. How can you best serve? Where should you be? What should you do? Your soul is important, your soul as a grouping, as a species of mankind will continue. There will be changes; there have always been changes so this is not new. We feel that your own personal focus is more on the near future rather than the far future. You are all so very concerned about your future, which is quite understandable, but do you realise that your future stretches into infinity? Focus on your present, for as you think and act today will dictate your tomorrow. So is it not important to think about what you are feeding your mind with? Are you feeding your mind with scenes of violence, negative thoughts and ignoble acts? Or are you filling your mind with the glories of being alive, stories of acts of brave and heroic individuals and the amazing work done by light workers? Be inspired by the astounding examples of those who give of their time, love and compassion to those less fortunate than themselves. Your mind will absorb all the food you give it and this in itself will affect your future.

There is a future, yes. There are many possible futures and not all are the same. Much of what we say you already know. Many of you are going to say: "Well we know this stuff." However at times you need reminding because it is easy to forget what you know. Well-meaning people say, "you have it all within", and that irritates because you can't remember what you have within, is this not so? You see all you need do is reflect a little longer and not dash about quite as much as you do, filling all your moments with unimportant matters.

What is important is how you feel about yourself. Do not do anything you would dislike yourself for. When you feel about yourself in a good way, then you are looking after your own soul development, your own soul growth. This is what is important, for this dictates your future.



It is not important if you are on this planet or another planet, on a spaceship or on the Earth. What is important is how you feel about your own particular soul. If you understand the concept that all is one, that everything is united in one great consciousness, and that you are as important as everybody else.

So your future? And we can hear you say, well when are you going to tell us about the future? There are always changes. We make contingency plans to assist the planet Earth and much of this is an infusion of special souls. Many are being born now, many have already been born. These are highly developed souls who have volunteered to be of service when there is a need. Are you one of these? We are also speaking of interaction with the mind, ideas, technology to assist, to keep civilisation going.

We realise that you have many practical people who know what they are doing on the planet. They know how to build a house, they know how to construct this or that or the other. These individuals who are alive today are vital for they will step forward and put things right. It is a bit like being marooned on a desert island and somebody comes up and says "Ah well, I can build a shelter because I know how to do it". Those who know how to heal without the use of medicine. These individuals will be there when the need is to rebuild society; they will be there to help those who haven't got a clue how to do anything, who do not know how to wash their clothes unless they have a washing machine. They do not realise it yet but these special ones will always step forward and come to the aid of those who haven't got any idea. Are you one of these?

Along with that you have special beings who have volunteered to be human. Some of them have never been human before, but are now incarnated as human beings specifically to assist mankind to get back on its feet, whether this be spiritually or of a practical nature, or with health and healing. Are you one of these? Concentrate on your own life and your role for this planet, for you do have a role – those who are healers will

continued on page 6

continued from page 5

heal, those who are teachers will teach, those who have serenity of mind will bring calm to those who are not serene, those who understand disturbed minds will be able to soothe them and arrange some method of assistance, those who are practical will put their practical gift to use, those who bring joy with music and dance and laughter will do so. Each has a role to play and each is as valuable as the other. You will have noticed that there are many young ones who are astounding in what they are able to do, and these numbers are increasing all the time.

You have those such as from Arcturus, Sirius, Orion and the Pleiades who are bringing forward ideas into the minds of those who are receptive enough to receive the ideas. Are you one of these? This is where your past developments have come from. People think it is some clever people who've thought of something. Yes, it is, but the idea has been given to them from a star system, from a group of beings on a star system who are helping the technology and the develop-

ment of your species with these ideas. Now it is up to you as an individual whether you recognise these gifts and accept them or whether you simply do not hear them. Are you one of these?

Dreams, meditation, channelling, any means of contact with the spirit world is absolutely vital. Many are being trained now to connect with the spirit world. Are you one of these? It is not random; it is a programme to enable people to make this connection themselves so that

many more will be awake. The numbers will grow so that there will be enormous help through this means. Those who close their ears and do not wish to have anything to do with this will be assisted by those who do. Are you one of these?

Is it always somebody else who must make things happen? Is it always somebody else's responsibility? If each individual took full responsibility for being the best they can be with what attributes they have, if each did this everywhere, then the whole of the planet would be transformed and healed in an instant and the job would be done.

It is no accident that you have chosen to incarnate in this exciting time and each of you here is going to make a difference. You are here to swing the balance to the desired outcome. We urge you; please dear souls, to think about your own role, no matter how to your mind, it appears to have no bearing on the greater work. We are aware that you know all the theories, you know the concepts, that you are connected, that you are all of one mind. But it still comes down to each individual.

How can you know what your role is? What do you do? You may go to someone who will give you a reading, in the

hope that they will tell you what your role is. Or you will meditate and ask of your guides what you are supposed to be doing, for you would do it if you only knew what it was. The first step is to ask yourself what you desire to do. Most of the fear that human beings have comes because they are concerned if there will be a change in their lifestyle, a change in events that will affect them personally. "Will I still have my job?" "What will we do if there is no oil?" Without seeing the bigger picture, they are worrying unnecessarily.

To advance spiritually, conduct yourself according to spiritual laws and spiritual values. When you meet challenges, greet them with joy, for that is yet another gift that will help you to advance. When you endure pain with fortitude, this is yet another means of advancing you. When you surmount the trials as they arrive with the right attitude, when it does not beat you down but lifts you up, then you have advanced. When you look at another soul and genuinely feel love; you do not have to like all souls, but if you can love them as souls - then you are advancing yourself, for love will advance you. Now we do know it is not easy to love everybody, it is easy to be judgemental, for it comes unbidden when one sees a fault in another. But if you can try to see the one that you judged instantly in another light and refer to them in your mind as simply another soul learning their way, finding the path for themselves, then you will find love for the striving that is going on, or for the unhappiness that is within them, you will aim to release the pain, to ease the burden, rather than condemning."

Never think that what you do in life makes no difference to your planet. Just keep in mind the 'Hundred Monkeys' syndrome. No matter how large or small you consider your contribution to be, rest assured that when you act with good intention you personally make a difference to the health of your own soul and well being of your planet and all its inhabitants. You are here right now to experience the greatest adventure of all time. Enjoy it.

[www.little-owl.org](http://www.little-owl.org) e mail: [Shirley@littleowl.force9.co.uk](mailto:Shirley@littleowl.force9.co.uk)

**NOTE: An important date for your diary. Shirley Humpreys Battie will be visiting Australia mid September. (Guest Speaker at Academy Meeting 14th September). There will be special evenings of group channelled readings as well, where contact is made with highly evolved beings (The Keepers of the Records). Relevant past lives are shown. This is a wonderful experience to share with like-minded people. You will have an opportunity to ask the entity questions relating to soul progression. Shirley may disappear from sight during the session. There is usually a heavy demand for this therefore it is advisable to book early.**

**Bookings & Enquires: The Academy (02) 9975 4905.**



**You are all so very concerned about your future, which is quite understandable, but do you realise that your future stretches into infinity?**



# THE RECONNECTION

## Exploring The Next Level of Healing for Humanity

by M. Darren Gregor

A new science is emerging that is changing our traditional understanding of health and healing. The latest scientific research is focusing on experiments that seek to quantify the effects of a newly accessible comprehensive spectrum of energy, light and information on human beings. This new healing spectrum is referred to by researchers today as The Reconnective Healing Spectrum. Leading the way in this research is an international team of world-renowned scientists including such research luminaries as William Tiller, PhD, Gary Schwartz, PhD, and Konstantin Kortokov, PhD, with their studies of the Reconnective Healing frequencies, first discovered by Dr. Eric Pearl. The powerful and profound results of this research, anticipated to be published later this year, are attracting the attention of the best and brightest in the scientific community.

Dr. Tiller, Professor Emeritus, Stanford University, author of eight books, 250 scientific papers and co-star of the film *What The Bleep!?*, has been conducting research on how the physical properties of a room or space change as a result of energy healing frequencies entering that room. He conducted his experiment on the Reconnective Healing frequencies for the first time at one of Eric Pearl's seminars held in Sedona, AZ in 2006, and found the results so extraordinary that he repeated his study into this phenomena three more times over the past couple of years, twice in Los Angeles, CA and once in Tucson, AZ just to be certain that his extraordinary data was accurate. What Dr. Tiller has now shown has the medical research community quite baffled.

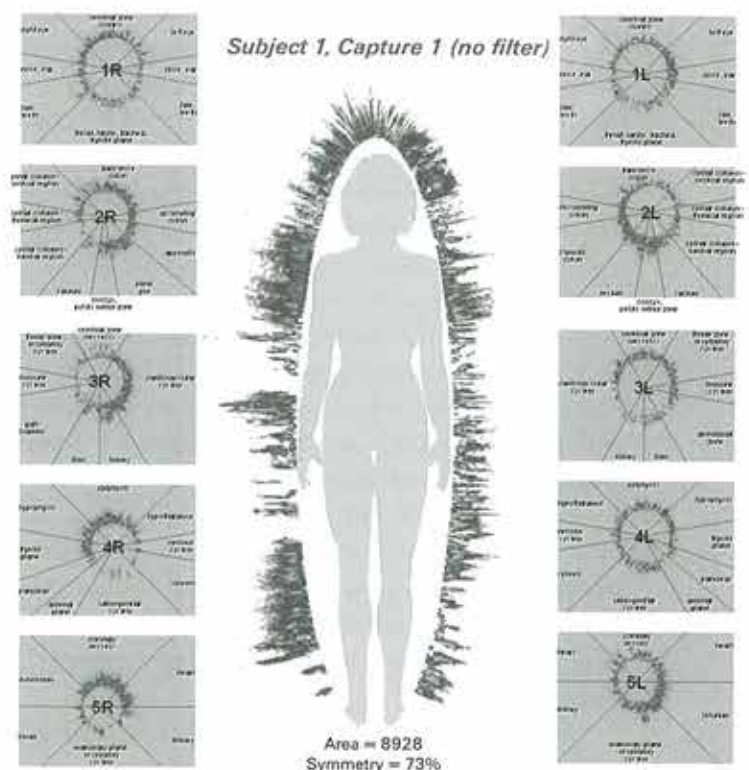
He explained that although the energy healing techniques we know of today utilize electromagnetic energy, Reconnective Healing brings us up "to a higher level... magnetoelectric energy," up to a "higher dimensional level." In Reconnective Healing, "what is happening is that many kinds of energy and light are flowing through the healer and into the healee," not just what we were accessing before. In other words, the Reconnective Healing frequencies bring healing "beyond just what has been classically known as energy healing into a broader spectrum of energy, light and information," a spectrum that may not have been accessible by us prior to now.

Dr. Tiller's studies also demonstrate that this new continuum of healing frequencies impressively and conclusively increases what science calls "excess free thermodynamic energy," something released or produced, to a small degree, with energy healing. Dr. Tiller explained that there was such an increase of

excess free thermodynamic energy in the Reconnective Healing seminar room that, if this were simply the energy we find in "energy healing" or energy healing "techniques," the temperature of the room would have had to have increased by 300 degrees centigrade to attain healing results even close to this. With Reconnective Healing, while the actual room temperature does not change, the amount of energy, light and information charging the room does, palpably and dramatically. In Dr. Tiller's words,

"As we continued to monitor that space, we found **two days later the increase in this effective energy content was huge.** [If we ask] "What is the effective temperature increase for that normal space, how much must it go up to give the same excess energy content as was in Eric's workshop two days after he

### GDV ENERGY FIELD



started?" [The answer is] **"The effective temperature increase for a normal space would have been 300 degrees Centigrade! That is huge."**

These findings are highly significant. In offering insight into how people are changed after learning or interacting with Reconnective Healing, Dr. Tiller continues,

"This shift of energy is what allows normal human beings to enter a room and later to walk out with an ability to heal others and themselves, regardless of their background or education."

In another research study, Dr. Gary Schwartz, along with Drs. Melinda Connor and Ann Baldwin from the Laboratory for Advances in Consciousness and Health at The University of Arizona, focused their research on the people who attend

continued on page 8

continued from page 7

Reconnective Healing seminars. Dr. Schwartz and his colleagues conducted their "baseline energy healing" studies both at Dr. Schwarz's lab at the University of Arizona and at Reconnective Healing seminars around the world. These studies measured people's abilities to work with, feel, transmit and receive light and other electromagnetic frequencies before and after they attended the seminar. What they found was, in their own words, "dramatic." Of the more than 100 people who participated in the study, all walked out with permanently expanded healing abilities following the seminar, whether they had never studied healing or even if they were masters, master teachers or grandmasters of the various energy healing techniques known today, old or new.

While Dr. Tiller has been measuring the impressive field effects that occur at these seminars and Dr. Schwartz has been focusing his research on those who attend those seminars, Dr. Korotkov has studied both field effects and effects on individual seminar attendees. Using cutting-edge imaging methodologies and measurement devices, Dr. Korotkov's research corroborates both Dr. Tiller and Dr. Schwartz's findings. More specifically, he has measured and documented significant field effects, known as "coherence effects," that occur while the teaching is conducted at the seminar. These coherence effects catapult to yet higher levels whenever a new concept or exercise is introduced into the seminar, documented by dramatic leaps in both the intensity and size of the seminar room's field. He theorizes these coherence effects might be the conduit allowing attendees to acquire these new abilities and become master healers in just one short seminar weekend.

Additionally, Dr. Korotkov's research demonstrates that simply by sitting in the seminar room itself, the overwhelming majority of attendees undergo substantial health improvements, most of them quite significant. This is further confirmed by the many conclusive reports of healings, physical and otherwise, by the seminar attendees.

What impact are these and other studies on Reconnective Healing having on the scientific and medical community? Traditional science and medicine can no longer approach health and healing in the same manner as they previously have and remain in step with the rest of the world. New scientific exploration by Drs. Tiller, Schwartz, Korotkov, Baldwin, Blair and others, as well as what is documented in Dr. Pearl's internationally bestselling book, *The Reconnection: Heal Others,*

*Heal Yourself*, are validating the powerful effects that this new spectrum of energy, light and information can have on people. This may not only be showing us a new level of healing, it may also be opening a doorway to the next level of human evolution, where instantaneous healing and regeneration are simple, everyday facts of life, simple, everyday miracles.

*For more information about Dr. Eric Pearl and The Reconnection, or to register for the Reconnective Healing Seminar, visit [www.TheReconnection.com](http://www.TheReconnection.com), call The Reconnection at 1.323.960.0012 or read Eric Pearl's internationally bestselling book, *The Reconnection: Heal Others, Heal Yourself*, now in over 30 languages.*



## 10 BENEFITS OF MEDITATING FOR GOOD HEALTH

- Instantly calms and relaxes your mind and body.
- Promotes healing and balance of your body, mind and spirit.
- Increases awareness of needs of your body and mind.
- Quiets the mind and produces inner peace.
- Increases your intuition, your sixth sense.
- Provides answers and greater consciousness to your life.
- Clears negative emotions and energy in your body and mind.
- Increases the flow of positive energy and love within you.
- Raises your vibrational rate, increasing the 'light' within you.
- Connects you to a Higher Power, One Consciousness, Your Higher Self, Your Spirit Guides.



Meditating is one of the most powerful and effective things you can do in your life. All it takes is 10 minutes a day!

### Transform your life

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



**Judy Mitchell NLP therapist and healer**

Phone 0422 152 258

**KJ International**  
global i-commerce

Developing online, environmentally friendly, organic, retail communities.

**Kuvee Jansky**

mob: 0434 005 205  
[kuvee.jansky@hotmail.com](mailto:kuvee.jansky@hotmail.com)  
[www.idabiz.com.au/guest](http://www.idabiz.com.au/guest)  
Member No: 7226752



# PRIME TUNING OF CELLS

by Sue Larkin

*The remarkable story of Elaine Croker.*

*Author of "Talk to Your Cells, How to be your own Creator."*

More than six years ago my husband and I went to see "Conversations with God" by Neil Donald Walshe at the Sydney Entertainment Centre. While there I decided to queue up to buy some books and it was then I met a lady who told me if ever I needed healing help that I should contact Elaine Croker in Ulladulla.

For six months this chance meeting was never thought about until one night my 20 year old son became very ill and he collapsed. My son had been to Nepal and contracted an unknown stomach bacteria that was resistant to medical treatment. My husband decided we should ring this mystery woman in Ulladulla and ask her to talk to my son. Elaine spoke to Matthew for about 30 minutes on the telephone and afterwards, he felt better.

This improvement lasted for about three days and it was then that we decided to make a personal appointment for our son to meet Elaine in Ulladulla. My husband drove to Ulladulla that next weekend with our son to see her. On their return to Sydney our son had improved again and I asked my husband what Elaine had done. He said she just asked our son some questions and asked him to choose some numbers and then touched his head and spoke to him.

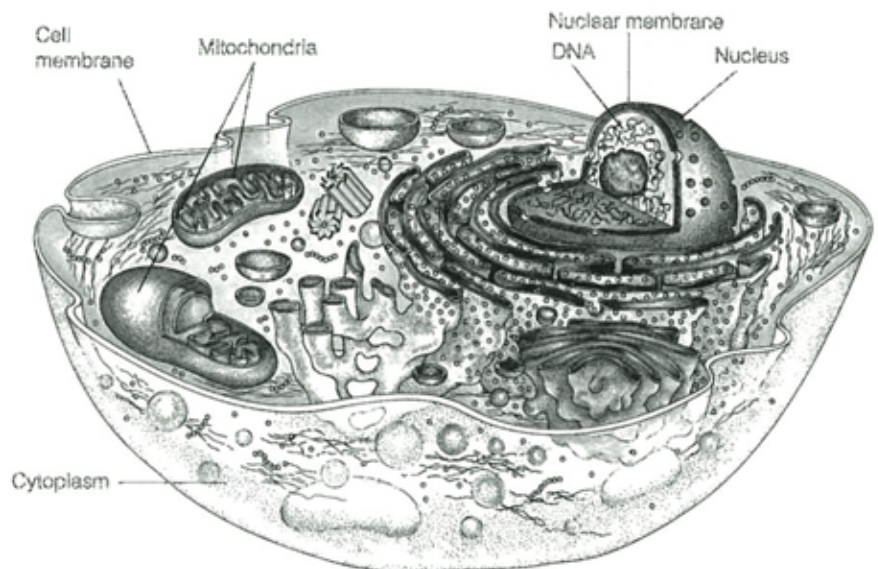
It seemed unbelievably simple, so we decided to take the whole family to Ulladulla to meet Elaine where she practises a modality called Prime Tuning of Cells. We stayed the weekend. I then had the opportunity to be "balanced" by Elaine at her home. Elaine sat me down in a chair, asked me to consider what I wanted to be balanced and then she checked me for some numbers using muscle testing. During the balance Elaine said that there was a short Chinese man seated at the foot of the massage table who was watching and was very happy.

This brought tears to my eyes as I knew immediately, that this person was my "mentor" Brian Lieu. This was a man who was an Acupuncturist, Kinesiologist and Meditation teacher who had helped me overcome my own health problems six months beforehand – which was Irritable Bowel Syndrome (IBS). Brian had passed away not long before this visit. It was

then and without any doubt that I knew Elaine was the "real thing".

Over the years I have spent so much time with Elaine and her patients, where I have observed. She is healer, counsellor and medically intuitive, with the patience of a saint and the intuition of an advanced channeller. She is without doubt a remarkable human being, who's initials are the same as Edgar Casey and who has such similar skills and abilities as the great man. Casey was born in Hopkinsville in the USA and Elaine's maiden name is Hopkins and Casey died in January 1945 and Elaine was born in December 1945. Perhaps they belonged to the same family? Is Elaine the reincarnation of Edgar Casey? Who knows?

When Elaine treated Matthew in her own home in Ulladulla, she could "see" that his problem was a "bug" that had infected into his gut wall in the upper stomach and also infiltrated the colon. This was the infection he had received while trekking in Nepal. She could also see the emotional issues that our son was carrying and how that stopped the healing process. She always said she was "treating the disease" and it was the disease that she directed the healing energy to. Elaine gave him strong insights into his physical and emotional difficulties and it was this that helped our son to direct his own



energies into getting well.

She also reprogrammed his subconscious mind to lift him out of the despair of his illness, which turned into severe chronic fatigue and MCS. This alone was a life saver! She helped him turn the corner and climb back the long journey to health. Since then I established a professional Reflexology practise in Concord, Sydney. I have hosted Elaine in my Clinic many times now over the past six years. My clients take the opportunity to have their health assessed and balanced, remedies and diet checked, emotions released, relationships improved, finances and careers optimised and success programmed into their field.

As I assist Elaine by writing the channellings and results of each client's Cell Balance, I witness the amazing wisdom and

continued on page 10

continued from page 9

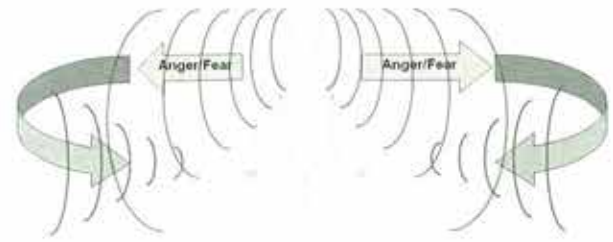
intellect of our cells and creator. Each Balance is a privilege to witness and even Elaine thanks her clients for this privilege too! Clients come for all manner of issues – ranging from pregnant mothers wanting a smooth delivery in childbirth, children and

adults with a wide range of physical health problems. Elaine has an astonishing ability to tap into the intelligence of her client's cells to uncover the real causes of their problem – whether it be a physical, emotional or spiritual cause. She then asks to find the best solution for the problem. Finally she totally relaxes her client and speaks to them (via their subconscious mind). The client often leaves feeling much lighter, pain has been released, bur-

dens gone, joy, clarity and direction returned.

The Prime Tuning of Cells is the name for her method. It lays the foundation for good health – physical, mental, emotional and spiritual health. I found it easy to learn and include in my holistic treatment of clients coming for Reflexology. For those who would also like to help themselves, a friend or family member, the Level 1 PTC next workshop is on April 25 & 26th. Practitioners can then progress to Level 2 & 3 for final

**The Prime Tuning of Cells is the name for her method. It lays the foundation for good health – physical, mental, emotional and spiritual health.**



Reflection of our own and trading emotions.

certification. Elaine has also channelled many books by automatic writing. Four of these books have been recently published and are available for purchase from her site [www.primetuning.com.au](http://www.primetuning.com.au). Her latest book is an autobiography: "Who Am I? The Discovery of Me!" Her life story is about the development of her Gift and makes for riveting reading.

My son is now well and I am so grateful to Elaine for this and her many other Gifts!

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



## DOGGIE RESCUE APPEAL

Only a week ago I was at the lowest point in my life, facing the heart breaking prospect of having to close the shelter due to lack of funds. Despite many months of belt tightening, our funds had dwindled at an alarming rate due to falling donations and rising costs.

I was at the point when I could not see a way out I needed \$75,000 by the end of April to stay open for the next 3 months.

I have been overwhelmed both by the number and the generosity of people who share my commitment and love for the doggies that no one else cares about. I would like to thank each and everyone of you who gave to the appeal.

Thanks to all this wonderful support, our target has been achieved in less than a week. Our shelter has avoided closure and can continue to operate in the short term our doors remain open for now and many doggie lives will be saved.

My goal now is to achieve sufficient reliable and predictable income to cover the ongoing costs of our shelter.

Our new 'Doggie Rescue Life Saver program is one way that you can show your ongoing love and commitment to the doggies that no one cares about. By becoming a Doggie Rescue Life Saver with a monthly contribution you will be supporting the care of one dog at the shelter.

Monika

Visit [www.doggierescue.com/lifesavers](http://www.doggierescue.com/lifesavers) now and save a life.



## REMEDIAL AND DEEP TISSUE MASSAGE

### UNA'S UNIQUE RETREAT

A celebration of therapies for your face, body and soul



KA HUNA temple style massage

CHI.NEI .TSANG Abdominal massage

Heartworks Lomi Lomi Hawaiian massage.

Aromatherapy, Reflexology, Pranic Healing.

Shirodhara (Ayurvedic Treatment)

Indian Head Massage.

Sacred Hot & Cold Stone Massage.

Pregnancy Massage

Pure Oxygen Skin Therapy.

Electrolysis & Waxing.

02 9452 5451

# THE TEMPLE OF ABYDOS: the evidence for Egyptian Energy Healing

by Cathy Campbell MA (Egyptology), Reiki Master

**E**gypt has a smell. Distinctively dry and dusty, the smell hits you as soon as you emerge from Cairo airport. Strip away the acrid overlay of car fumes and pollution and you have the smell of Ancient Egypt, a desert country that clings to life via the green belt of the Nile, but never far from the hot breath of the desert and the dryness of the tomb. These images and smells define Egypt as strongly as its pyramids and temples.

420 kilometers south of Cairo lies the city of Abydos, Abedu to the Ancient Egyptians, traditional home of the God of Resurrection Osiris. It houses one of my favourite places in all of Egypt: the Temple of Seti. This complex site houses two build-



ings: one the Temple itself and another building known as the Osireon. The latter was built by Seti as a funerary temple /cult centre celebrating the death and resurrection of Osiris, God of rebirth, whose birth place was traditionally believed to have been at Abydos. The Osireon was deliberately built in the archaic style and mimics the architectural style of the Valley Temple of Menkaure which can be seen at Giza.

Abydos was the site of pilgrimage from the Middle Kingdom (c1800 BC) onwards, when the democratization of the cult of Osiris began. In the Old Kingdom (c2500 BC) only the King



could hope to be reborn in the afterlife. By the Middle Kingdom, through the agency of Osiris, others could hope to share in this honour. Seti built the Osireon (c1290 BC) and the main temple in the aftermath of the Aten Heresy (c1350 BC), and this fact is critical to understanding the complex, its purpose and imagery.

The main temple is unusual in design. It has seven sanctuaries, dedicated to seven gods: Seti I, Ptah, Re-Herakhte, Amun, Osiris, Isis and Horus. From the sanctuary of Osiris a suite of rooms dedicated to Osiris can be accessed. Osiris is the chief deity worshiped in this temple, but the amount of real estate dedicated to other gods is unusual and indicates Seti's desire to ensure that all the major state gods were included in the offerings and ceremonies performed in the temple. This reflects the post Atenist pantheism of the 19th Dynasty, where it appears



Egyptian theology had developed the concept of one God or power source with many manifestations (Assmann 2001).

The temple features a number of intriguing scenes that support the hypothesis that the Ancient Egyptians practiced a form of energy healing and it played a significant and important role in their ceremonies and worship. Uncovering the true nature of what the Egyptians believed and practiced in regard to energy healing has been hampered and distorted by the sources that have come down to us: namely the Greek historians that have

continued on page 12

continued from page 11

written about the Egyptian Mysteries (Hornung 2001). The problem with these sources is that they are filtered through the lens of Greek practice and belief, which is fundamentally different from the Egyptian world view. They are also a record of what was known and practiced at the time these Greek historians wrote, during the late period. By this time, a great deal of the



original knowledge and practice had been lost, watered down and distorted by successive waves of foreign rule. Finally a point that needs to be born in mind is that Egyptian culture was not static. Religious and cultural practice and beliefs changed and developed over 3000 years. By the late period these practices and beliefs had metamorphosed into something that it is probable that the priests of Seti's time, and certainly those of the Middle and Old Kingdom would not

recognize. When visiting the Ptolomaic temples of the late period one gets the distinct impression that the artists and architects were following templates and patterns by rote, but that their meaning had been lost. They mix headdresses indiscriminately and the poses are stiff and formulaic but lack any real understanding of what they were supposed to mean. The Temple of Seti at Abydos is precious for many reasons, not least of which is that it is the only example left to us that preserves something of these ancient practices and beliefs, recorded by those who still understood them.

My research has pieced together the form of these early rituals and beliefs from the images in the temple and from the tantalizing fragments found in the medical papyri. I deliver sessions and courses in the Egyptian System of Energy Healing (called Hai-Djeserit by the Egyptians). Call 0400 411 508.

#### References

Assmann, Jan (2001) *The Search for God in Ancient Egypt* Cornell University Press

Davis, Rosalie (1973) *Religious ritual at Abydos* Aris and Phillips

### ENERGY CLEARING

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

I can help you with:

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

Lyn McLean 02 9501 3926

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



Hornung, Erik (2001) *The secret lore of Egypt: its impact on the West* Cornell University Press

Nunn, John Francis (1997) *Ancient Egyptian Medicine* British Museum Press

#### About the Author

Cathy has been an adjunct lecturer at Macquarie University since 2003 teaching at Post Graduate level. She has the following qualifications: B Ed Lib (Melb U 1983); MIS (UNSW 1992); MBA (MGSM 1997); MA Egypt (Mac U 2006); Reiki Master International House of Reiki 1998; Reiki I, II, III and Seichim I. Cathy lectures for Sydney University CCE, leads tours to Egypt each year for Academy Travel and is currently an APAI scholarship recipient at the Archaeological Computing Laboratory Sydney University, working on an ARC linkage research project as a post graduate research student.

NOTE: Cathy will be presenting a wonderful power-point presentation on Ancient Egyptian Energy Healing which would be valuable and of great interest to energy healers and people interested in Egyptology.

DATE: 26th August, 7.00 – 9.00pm

VENUE: Crows Nest Community Centre

INVESTMENT: \$45 BOOKINGS & ENQUIRIES. The Academy (02) 9975 4905



## MASTERY OF THE MIND

presented by Rosemary Butterworth



This course helps you identify 'What is the lower Mind (Ego)' and how it creates pain and suffering.

The course increases your awareness and mindfulness, enabling you to make different

choices and to stop repeating patterns.

Create a different reality one of Peace Love and Joy.

The course covers a full year -  
4 terms of 8 weeks  
\$225.00 per term

Ph. Southern Cross Academy of Light  
(02) 9905 4905



## Prime Tuning of Cells



Author of "Talk to Your Cells: How to Become Your Own Creator", "Humanities Role in the Evolution of the Soul" and "Who am I? The Discovery of Me!" Elaine Croker invites you as the founder to discover the Prime Tuning of cells.

At the core of our Being our cells are controlled by our subconscious mind. By reprogramming at this level, breakthroughs can be achieved in all areas of our lives. We have the power within us to make these changes. Would you like to move forward in:

Your life    Your health    Your relationships  
Your career    Your money    Your wisdom

Courses and Cell Balance sessions, contact:

9743 4017 or 0414 291 489

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

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



## TRADITIONAL ABORIGINAL HEALING

with Gerry Bostock

at JACARANDA HAVEN

Dyers Crossing

(1/2 hour sth of Taree)



2pm - 4.30pm SAT 6th OCTOBER

10am - 4.30pm SUN 7th OCTOBER

\$125 inclusive

## RECONNECT WITH THE LAND

Bookings and Enquiries

Southern Cross Academy of Light

02 99754905

## CRYSTAL DREAMING HEALING

A Journey of Bliss  
in a  
Mandala of Crystals

Access an altered state of  
consciousness

Release past life traumas with focus  
on forgiveness

Relief of stress & health issues

Experience profound spiritual, emotional  
and physical clearing in a nurturing space

For private consultations

Please contact Bronwen Bowden

Ph. 02 94516240



If you are seeing the global  
phenomenon and the  
enigmatic number 11.11  
repeatedly and desire an  
explanation read the book

## FLICKER OF LIGHT

by Barbara Anne Nixon

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

# ST BAKHITA CENTRE

## Sudanese Australian Catholic Community

by Jo Frecker



Left: Di Fagan (Volunteer) with baby

It is a brilliant Sydney morning, as we pull up with bags of food and donated goods, outside the St Bakhita Centre in Homebush West. The joyful sound of young children playing on the lawn in the grounds rings out. Prams line the perimeter and bright eyed children play, while mothers fan babies and feed them, under the shade of the trees.

Sudanese mothers and volunteers gather at the centre several days each week. Newly arrived Sudanese refugee women have the opportunity to learn English and basic job skills to assist in finding employment and finding their way in their new lives here in Australia. Their children are happy to play and mingle with those of their culture before they are of school age.

The path for many has been via years in refugee camps in Egypt. Eventually they have found their way through the immigration system, to the Sudanese Australian Catholic Community Centre St Bakhita's.

The centre's namesake, St Josephine Bakhita, was a Sudanese nun with the Canossian Sisters in Venice canonised by the Pope in 2000. [see the attached article]. Bakhita meaning "lucky" or "fortunate", was the Arabic name given to her by slave traders as she survived years in slave markets and later inspired many through her fortitude and compassion.

The Sudanese Australian Catholic Community centre is under the auspices of the Josephite Community Aid group, watched over by the Centre Co-ordinator, Sister Maria and Centre Manager, Akon Dut, herself a refugee who arrived

in Australia in 1998.

Di Fagan, an energetic and bubbling volunteer, gathers donated groceries from the community and delivers them out to the centre each week, to assist families in need. High rentals and other costs mean many of the community find it difficult to feed their families. Di has several groups and schools who call on their members through the year to make a small contribution of basic groceries and personal health items. It is through her that the wonderful generous grocery donations from the Southern Cross Academy of Light at Christmas last December were distributed through the centre.

The atmosphere at St Bakhita's is welcoming and there is evident pride in the success of the project. Having a sense of community within their own cultural context allows the women the chance to network, learn new skills and better equip themselves for their new start in Australia.

The inference of the name Bakhita – meaning lucky or fortunate, is not overlooked by these charming, shy women who

### Sister Josephine Bakhita

Canossian Daughter of Charity  
1869-1947

Our Universal Sister

A protector of the poor  
and abandoned



Bakhita was born in Southern Sudan near Darfur in the late 1860's. Taken from her family as a young child by marauding northern slave traders, she was called Bakhita, which in Arabic meant 'lucky' or 'fortunate one', as she had defied death at the hands of her cruel masters. Her early years spent in slavery were painful and torturous. Treated as a commodity lower than animals, she was sold between parties including: the Arabs, Turkish and later Italians.

After much hardship she was rescued and bought by an Italian diplomat, who valued her gentle hardworking nature. When he was forced to leave the Colonial capital of Khartoum, during political upheaval in 1889, she begged to be taken with him and later ended up with the Canossian Sisters in Venice.

Bakhita took her religious instruction, felt her calling and became a nun. Sister Josephine Bakhita was canonized, or made a Saint of the Catholic Church





**ST BAKHITA CENTRE**  
**Sudanese Australian**  
**Catholic Community**  
**9763 5641 0409 458 695**

*Above left: Morning tea  
 Above: Akon Dut, Centre Manager and  
 two of her charges.*

*Above: Staff and volunteers*



have in many cases had horrifying experiences and lost loved ones through the conflict in Sudan. To be able to turn on a tap with fresh water is a daily reminder of so much that is taken for granted in Australia. Scarcity of resources and the ensuing fight for them is a constant tension in the arid zone of Sudan.

Much of the political and social upheaval leading to the plight of refugees from Sudan has come from instability in the region which according to Jeffrey D Sachs, commentator on international economics and climate change is that:

"Small changes in climate can cause wars, topple governments and crush economies already strained by poverty, corruption and ethnic conflict" Jeffrey D Sachs Scientific American June 2006

Changing weather patterns causing diminished rainfall across the Sub-Saharan regions have forced Northern herdsman communities to push South into the Darfur region traditional-

ly occupied by farmers of the Southern Sudan, hence, creating pressure and competition for resources, particularly water and

food crops. Violence and political turmoil become spiralling problems as desperation sets in.

Hearing the chatter of children and friendly banter between the Sudanese women, the volunteer teachers and mentors, the horrors of war, dislocation and abandonment seem far away. St Bakhita's is truly a beacon of light for the fortunate who have the chance to start afresh and raise their children in a safe, abundant environment such as Australia.



## What can we do to help?

Sister Maria and Akon Dut expressed their sincere thanks on behalf of the centre for the generous giving of groceries earlier from our Christmas collection and recent clothing delivery from the Southern Cross Academy of Light.

While they are blessed with clothing and household goods from several agencies, their most pressing need is for basic groceries with a good shelf life; pasta, rice, couscous, sugar, coffee, tea, unsugared cereals, UHT milk, tinned vegetables and fish, and items for personal hygiene; soap, shampoo, washing powders etc.

Di Fagan on (02) 9419 4904 or Jo Frecker on (02) 99092500 can forward any donations.

### Volunteer Positions Available at St Bakhitas

Teachers of English as a Second language 1- 2 mornings per week.  
 A back up seamstress, to assist the current volunteer with sewing classes. Child Minding in the crèche while mothers engage in English language classes, sewing instruction and TAFE mentoring groups from other volunteers.

Sister Maria says "It is hoped in future to be able employ a Sudanese woman from the community to be the paid part-time Crèche Co-ordinator."

Funds towards this end are on the Wish List.

The centre runs Wednesday, Thursday and Friday mornings and promises a caring, joyful and rewarding opportunity to any one interested taking a role with helping Sudanese refugees become established in their new lives.

For more information on volunteering at St Bakhita's Centre, please phone Sister Maria on (02) 9763 5641

on 1 October 2000, in honour of her work and the many who had suffered in Africa.

"She was a long needed symbol to honour African Christianity, African women and making a statement against the brutal history of slavery". Pope John Paul II at her Beatification in 1992.

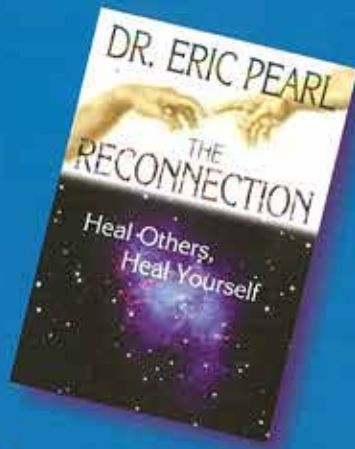
St Josephine Bakhita is truly the most revered African Saint, and her own life story is the story of the Continent, concerning Catholics, Protestants, Muslims or followers of traditional African religions. Her spirituality and endurance makes her Our Universal Sister, as the Pope called her.

Sources: *Bakhita, the Slave who met Christ*, CURIA GENERALIZA:

Website: AFROL, Mundo Negro

# RECONNECTIVE HEALING

in **Sydney** taught by **Doug De Vito**



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

**July 30**

**The Science of The Reconnection\***  
Crow's Nest Centre, 2 Ernest Place, Crow's Nest

**August 1 - 2**

**Level I/II Reconnective Healing Seminar**  
Bayview Boulevard, 90 William Street, Sydney

**August 3 - 4**

**Semi-Private Level III Seminar: The Reconnection**  
Bayview Boulevard, 90 William Street, Sydney

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

Eric Pearl has presented Reconnective Healing at the United Nations, Madison Square Garden and it has been featured in *The New York Times*.

Eric and The Reconnection have taught this new level of healing to over 50,000 people in more than 65 countries and it has been documented in six books to date, including Eric's own international bestseller, *The Reconnection: Heal Others, Heal Yourself*, now in over 30 languages!

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

Reconnective Healing elicits great interest from top doctors and medical researchers worldwide, with new research programs currently in progress under the guidance of Drs. Gary Schwartz, William Tiller, Konstantin Korotkov, and others.

**Doug De Vito** (BS ChE, MBA, Procter & Gamble, AT&T, Walt Disney, Deloitte) will discuss the remarkable story of how this new level of healing was discovered, along with the current research that substantiates it. Doug was the first person selected and trained by Eric Pearl to teach this work.



**Doug De Vito**

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

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

For More Information and to Register:

**www.TheReconnection.com • info@TheReconnection.com**  
Inside the US 1.888.ERIC.PEARL (1.888.374.2732) • Outside the US +1.323.960.0012

**Julie Jara • Julie@TheReconnection.com • +1 323 336 4213**  
**Catherine Ong • cathong@pacific.net.au • (02) 9555 6263**  
**Marie Budimir • mariebudimir@hotmail.com • 0413 069 036**

**\*To Register for The Science of The Reconnection on July 30 please contact:**  
**Southern Cross Academy of Light**  
**www.aol.org.au • info@aol.org.au • (02) 9975 4905**

# ABORIGINAL 5 STEPS TO WELLNESS

by Robbie Holz

**O**ur mind, body and spirit are interconnected. To heal your physical body, you must also address the needs and imbalances of your mind and spirit as well. Your physical body is a direct manifestation of the thoughts and emotions of your mind. Transformation happens from the inside out.

'Negative-based' emotions such as fear, guilt, depression, low self-esteem, etc. create unhealthy, dormant cells which, if unbalanced or unreleased, can overwhelm a system and become toxic to the body. These pent-up 'toxins' settle into weakened physical areas of the body and block the flow of energy, which leads to further deterioration and disease. However, these negative-based thoughts can become balanced by consciously focusing thoughts in more positive-based directions.

Emotions are to be experienced, felt and released, there-

by moving on to the next experience or challenge which is subsequently felt, learned from and released, and so on and so on.

Releasing negative-based emotions may be achieved

through a variety of activities such as laughter, talking, walking, music, deep breathing, exercise, etc.

Fortunately, 'positive-based' emotions such as hope, peace, joy, creativity, gratitude, love, etc. create healthy 'worker' cells which promote wellness by enhancing the flow of energy and supplying blood, oxygen, and nutrients throughout the body. The importance of increasing the level of healthier, positive thoughts cannot be overemphasized in pursuing a healthy lifestyle or healing a diseased state.

The following five Aboriginal steps to healing help embody the essence of the healthy human experience on this beautiful planet. Keep in mind this is a process. Every small step helps get you closer to your goal. Treat yourself with patience and compassion on your healing journey.

## WILLINGNESS:

The first step for healing to begin requires a Willingness on all levels of consciousness. A Willingness to change the sabotaging mindset.



- Are you willing to heal on all levels - physically, emotionally, spiritually - and do what it takes?
- How bad does it have to get before you are Willing to change?
- Are you Willing to give up all the components you may be receiving from your illness or challenge and be done with it?
- Are you Willing to feel the emotional pain and let it go?
- Are you Willing to learn *all* the lessons from your illness/challenge?
- Are you Willing to stop dwelling on it and release it to God/Spirit?

## AWARENESS:

Awareness is expanding your perception of a troubling situation and thereby releasing restrictive thinking. The more aware you become, the faster healing can take place because Awareness helps us see things differently – then there is less reason to fear it and remain held captive by it.

- What experiences and beliefs generated and/or contributed to your disease which is the outward symptom?
- What are the core victim issues that are remaining in your mind? What negative thought pattern do you continually play in your head and refuse to let go of and evolve beyond?
- Problems come from a limited perspective. Learn to 'see from above the trees.' What perspectives are causing conflict within you and keeping you from feeling hopeful, peaceful and joyful?
- There are no accidents or mistakes. Everything has a purpose. Some of the best lessons are learned from the most difficult challenges. What is your illness or challenge designed to teach you and how can it change you in a positive way?
- Learn to release unhealthy emotions through whatever works for you in that moment: Discussing an issue, taking a walk, enjoying a hot bath, breathing, listening to music, etc.

continued on page 20

- Don't numb it with drugs, alcohol, food, etc. Experience it and move on. Let it go! Give it over to a Higher Power.

#### ACCEPTANCE:

Acceptance is essential to healing because it frees us to move on. Only through *total and unconditional* acceptance of the self and/or challenge can healing begin to take place. You don't have to like your illness or challenging issue but you need to Accept that it is what it is. It takes a calm acceptance. No pity, no judgment - just Acceptance.

- What parts of your illness/challenge do you need to Accept and stop dwelling on?
- Will you forgive yourself, your illness/challenge and others connected to that illness/challenge?
- Will you Accept responsibility for *your path only* while respecting other people's choices for their own evolutionary path?
- Will you Accept the lessons your illness/challenge has taught you and move on?

#### EMPOWERMENT:

Empowerment is about taking back or reclaiming your power and taking responsibility for yourself. Your mind holds incredible healing power. What disease you have created, you also have the power to heal. However, we continually set our own boundaries and limits. Trust and believe in yourself and the empowerment with God/Spirit/One Consciousness.

- Have you given your power to your disease or doctors or others about how your healing journey should progress, against your intuition?
- To what negative energies, i.e. fear, anger, hopelessness, etc., are you leaking your power?
- You were never designed to do this alone. Will you give control of your challenge over to God/Spirit and ask for His help and guidance every step of the way?
- When dealing with your challenge, will you embrace and use the most powerful healing energies - Love and Forgiveness - rather than the negative, depleting energy of fear?
- All the intelligence in the Universe, including how to heal, is within you. Learn how to access it. Will you quiet your mind daily to listen to the intuitive guidance by God or your Guides on how to grow, heal and evolve through this illness and other challenges?

#### FOCUS:

Always focus on wellness as opposed to illness. Look at the problem, without denial. Accept it, but don't dwell on it. Focus on the healing, not the symptoms. There is a law of attraction that says: "Whatever you focus on, you will attract." Focusing on healing has to do with placing your attention on what *you want* as opposed to *what you don't want*.

- Learn how to control your thoughts and expectations of what your reality will be. Our thoughts, beliefs, emotions and words create our reality. Throughout the day, do you consistently have healthier positive-based thoughts or do you immerse yourself more in some form of fear, stress or other negative thought?
  - What we Focus our attention on or put our energy into is what we automatically create. At least two to three times daily, are you focusing in detail on seeing yourself well and joyful? Or are you focusing on the symptoms and thereby creating more of the same?
  - You can't undo painful experiences but you can reprogram the effects they have and transform it into a positive result, even find the 'gift' in it. Understanding everything is here to help us evolve, what have you learned, and in what positive way have you grown, from this painful challenge/illness?
  - You choose your perceptions. Practice gratitude daily. What little things went right today that you can appreciate and be grateful for? What can you appreciate or learn from people you have difficulty accepting or loving? What can you appreciate in yourself?
  - It's ultimately all about love and acceptance of self and others. Can you ask God/Spirit to help you open your heart more to love and accept someone who has hurt you most? Can you take a step closer to accepting and loving every cell and emotion within you?
- Now you are on your way to healing!*



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

#### EDITOR'S NOTE:

*Dr. Gary Holz had Multiple Sclerosis and came in a wheel chair to spend time with the Aboriginal people in Central Australia. It was here that he learnt this wisdom. Two weeks later and applying what he had learnt, he was able to walk.*



*Peace is the enjoyment of life, activity is the expression of life. A balance between the activity of the West and the calmness of the East is needed.*

Paramahansa Yogananda

# What is Leaky Gut Syndrome?



Dr. Judy Moss

*Do you suffer from fatigue, bloating or even autoimmune disease? At a recent Monday Night gathering of The Academy, Drs. Judy Moss and Marissa Stevenson presented a fascinating insight into, what is said to be a poorly recognised ailment, called 'Leaky Gut Syndrome and*

*what can be done about it.*

The purpose of the gastrointestinal (GI) tract, or gut, is multi-fold. Basically, it:

1. Digests foods,
2. Absorbs small food particles to be converted into energy.
3. Carries nutrients like vitamins and minerals attached to carrier proteins across the gut lining into the bloodstream.
4. Contains a major part of the chemical detoxification system of the body, and
5. Contains immunoglobulins or antibodies that act as the first line of defence against infection.

Leaky gut syndrome (LGS) is a poorly recognised but extremely common problem. It is rarely tested for. Essentially, it represents a hyper-permeable intestinal lining. In other words, spaces develop between the cells of the gut wall, and bacteria, toxins and food leak through. The official definition is an increase in permeability of the intestinal mucosa to luminal macromolecules, antigens and toxins associated with inflammatory degenerative and/or atrophic mucosal damage.

## The Mucosal Barrier

The barrier posed by the intestinal mucosa is, even in normal subjects, an incomplete one. Small quantities of molecules of different sizes and characteristics cross the intact bowel lining by both active and passive mechanisms. The route by which such transfer occurs is, at least in part, dependent on molecular size. Large molecules cross the lining through finger-like projections called microvilli. Larger molecules utilise other pathways.

## How Does The Gut Become Leaky?

Once the gut lining becomes inflamed or damaged, this disrupts the functioning of the system. The spaces open up and allow large food antigens, for example, to be absorbed into

the body. Normally the body sees only tiny food antigens. When it sees these new, larger ones, they are foreign to the body's defence system. So the attack results in the production of antibodies against once harmless, innocuous foods – thereafter regarded as allergens.

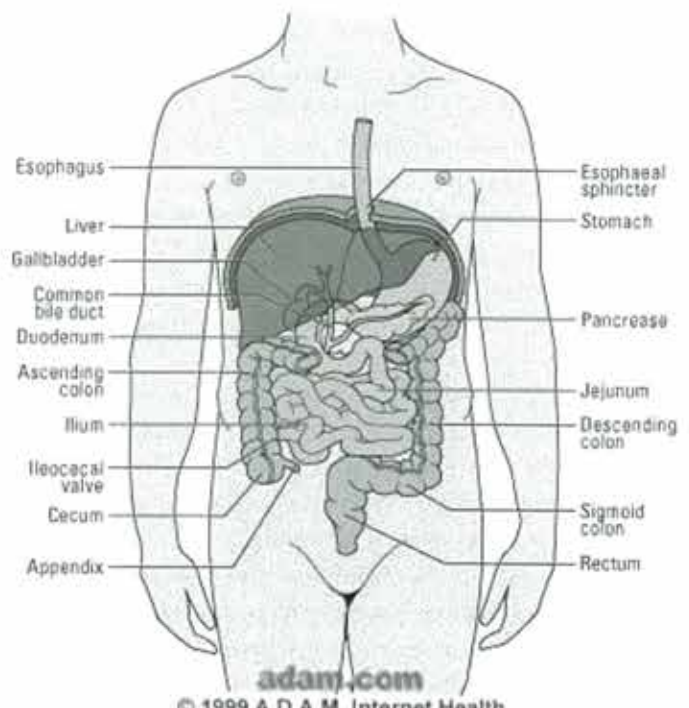
## Isn't Leaky Better?

It might sound good that the gut can become leaky, because it would seem that the body would be better able to absorb more amino acids, essential fatty acids, minerals and vitamins. For the body to absorb a mineral it does not just slowly diffuse across the gut membrane it must be attached to a carrier protein. This protein hooks onto the mineral and actually carries it across the gut wall into the bloodstream. However, when the intestinal lining is damaged through inflammation these carrier proteins get damaged as well, so now the victim is vulnerable to developing mineral and vitamin deficiencies.

## The 7 stages of the 'inflamed' gut.

1. When the gut is inflamed, it does not absorb nutrients and foods properly and so fatigue and bloating can occur. With respect to expected nutritional deficiencies, the small intestine absorbs most of your vitamins, proteins, fats and carbohydrates, with the exception of Vitamin B12

## Digestive System



(from the stomach) and the minerals from the large intestine/colon.

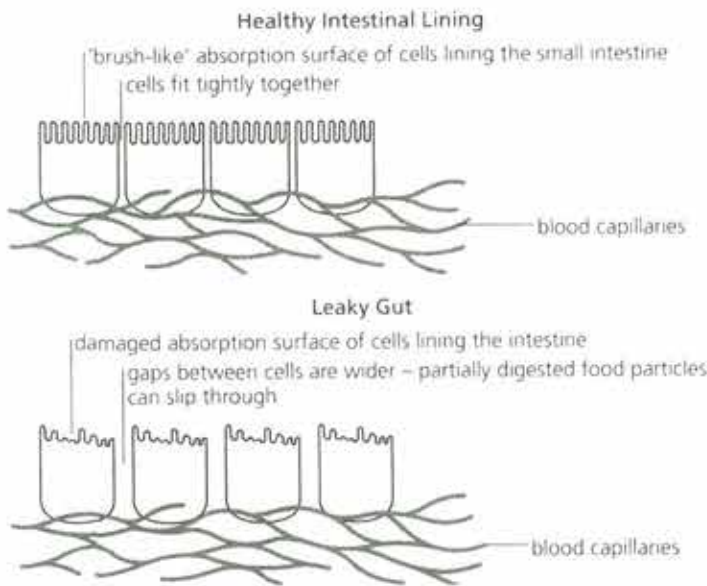
2. As mentioned previously, when large food particles are absorbed there is the creation of food allergies and new symptoms.
3. When the gut is inflamed the carrier proteins are dam-

continued on page 20

continued from page 19

aged so nutrient deficiencies can occur.

- Likewise when the detoxification pathways that line the gut are compromised, chemical sensitivity can arise. Furthermore the leakage of toxins overburdens the liver so that the body is less able to handle everyday chemicals. And in turn hormone production and fat absorption also mediated by the liver is compromised.



Reprinted with permission from *The Waterfall Diet* by Linda Lazaride

- When the gut lining is inflamed the protective coating of immunoglobulins (immune defence cells) is adversely affected and the body is not able to ward off protozoa, bacteria, viruses and yeasts.
- When the intestinal lining is inflamed, bacteria and yeasts are able to trans-locate. This means that they are able to pass from the gut lumen or cavity, into the bloodstream and set up infection/imbalance anywhere else in the body.
- The worst symptom is the formation of antibodies. Sometimes these leak across and look similar to antigens on our own tissues. Consequently, when an antibody is made to attack it, it also attacks our tissue. This is probably how autoimmune disease starts.

At least 50% of the population have leaky gut syndrome. Leaky gut syndrome together with body pH status and heavy metal toxicity can be easily diagnosed from a simple urine sample. The treatment is equally easy and takes only two to three weeks to correct. Thereafter it is worthwhile addressing the causes to ensure short-term and long-term vibrant health, happiness and well-being.

**NOTE:** For further information, consult your doctor or you may be interested to ring the contributors of this article, Dr. Judy Moss and Dr. Marisa Stevenson on phone no. 0423 833 300



## THE JACARANDA HAVEN PROJECT

A spiritual community is being built and you are invited to be a part:



407 Avalon Rd., Dyers Crossing  
(1/2 hour south of Taree)

**This is an exciting new project – discovering a new way of being, living and loving the earth.**

For those who feel a heart connection to this project you are invited to come along and see for yourself how you can be involved.

There are so many different projects being undertaken - one might be close to your heart. In time there will be the experimentation of growing vegetables under different geometrical shapes and setting up a small bio-diesel manufacturing plant for the property's machinery. Plus the planting of local native plants to stabilize dam surrounds & spillways.

Yurts will be built for more accommodation/workshop space.

If you would enjoy spending a weekend helping in the gardening/maintenance department OR: Attend an Open Day - there is music, speakers, meditation and good food.

**Next Open Days:** 31st May & 26th July  
10am - 4pm

**Enquires:** Contact The Academy: (02) 9975 4905 Email: info@aol.org.au www.aol.org.au

# THE UNIVERSE helps those who help themselves

by Elizabeth Kruger

**W**hen we incarnated on Earth, we made a contract with the Universe; to obey the Universal Will and its Law of Cause and Effect. Part of that contract is to take care of our form so that it can grow both physically and spiritually.

The way to help unite and awaken our spiritual consciousness is done through not only attracting energy, but implementing it within our system ... the chakras, organs, cells, auric and spirit bodies, mind and spirit mind.

Although it's actually easy to do this (all it takes is focused intent), what makes it a challenge is that we have also created a world with multiple distractions, a society that leaves us time poor and a mentality that is no longer used to taking responsibility.

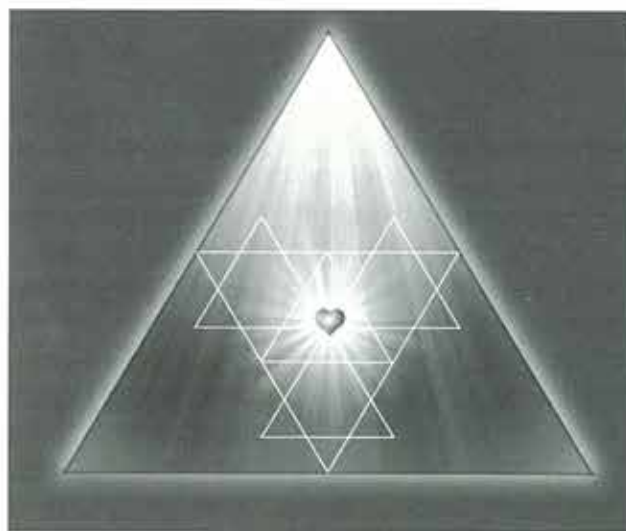
Add to that the scores of energies all around us – some set on keeping the status quo, consistently bad news from the

media, unconscious negativity in our own thinking, thought forms sent by others - and our job becomes exponentially harder.

Then there are the tentacles that occur as a by-product, if you like, of everyday life. They're simply parts of other people's auras, emo-

tions, thoughts and so on. When you touch a window, you leave fingerprints. So it is when you touch or embrace. Tentacles of energy are exchanged, especially when there's a strong emotion present as that causes us to open our auric bodies.

I am aware that what you've just read may sound negative to some. However, my words aren't written to invoke fear. Rather, I'm doing the best I can to alert you to what is around you as, in my opinion, forewarned is forearmed. Focusing on



*Double Crystal Triangle*

the positive to the exclusion of all else is as out of balance as making decisions based on fear.

Furthermore, the energies are increasing in intensity as we rush towards 2012, which is even more reason to assist our entity to not only survive, but also thrive in these intense transitional energies.

There are many ways of endeavouring to protect yourself. Mirrored bubbles, pyramids, rings of energy... and the rest. They certainly all have their place. However, I have total faith that what Master Jesus told me over 30 years ago is now happening. We need the Crystal Triangle around us to remain sane and whole as we move into the sixth dimension.

At the same time as I was told about the Crystal Triangle, Drunvalo Melchizedek was told about the Merkabah. Not that many years later, he came to visit me at my centre and it became clear that, together, these multi-level protection constructs help you move through life without having to deal with interference and influences from outside energies as well.

Like the Crystal Triangle, the Merkabah is a concentrated form that we create around ourselves. However, whereas the Crystal Triangle is a protection for the physical, the Merkabah is cosmic protection.

However, it's not only about protection. It's also about raising the level of light energy you can absorb and hold. Practised regularly, these constructs have multiple benefits on all levels.

To strengthen your connection to spirit and soul.

To increase the amount of energy you can absorb and, more importantly, hold in your physical form.

There's another important aspect of working with energy that I feel I need to mention. One thing keeps on being asked by the beings that surround those who I see at workshops, private sessions and meditation evenings.

"Why do they call us to them, but give us no direction when we're there?"

It's not enough to ensure you're in your Crystal Triangle, get into the meditative state and then do nothing. You actually need to have focus once you're there. Alternatively, some only use prayer or the meditative state to magnetically attract help from the Universe for the purpose of superficial expression.

continued on page 22

This energy that we are attracting is actually very precious and best used with a conscious directive to open up and sensitise the cells, atoms and nervous systems of our humanness. In



The Merkabah

this way, even though we are working on ourselves, we are actually giving service. After all, we are all one!

Once we awaken these faculties in the body, they become active, resourceful and, even, intelligent. As they emanate in conjunction with the whole system, which includes the physical and outer systems, we become a miraculous receiver and healer for all we meet and can, through sound (words)

and projection of the universal expression, become a wholesome embrace to all.



## Angel Essence House™



Sheena-Gaye Kaperonis

Angel Intuitive, Reiki Master  
Angel Connections, Readings  
Healings and Awakenings



Separate or group sessions  
\$70 or \$100

**Mob: 0402 504 415**

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

## Live and Breathe Success

Create abundance in all areas of your life  
Help others create abundance in their life

[www.liveandbreathesuccess.com](http://www.liveandbreathesuccess.com)  
[info@liveandbreathesuccess.com](mailto:info@liveandbreathesuccess.com)

**0414 595 203**

# The Silent Revolution

*On the surface of the world right now there is war and violence and things seem dark*

*But calmly and quietly, at the same time, something else is happening underground*

*An inner revolution is taking place and certain individuals are being called to a higher light*

*It is a silent revolution*

*From the inside out. From the ground up*

*This is a Global operation*

*There are sleeper cells in every nation on the planet*

*You won't see us on the TV*

*You won't read about us in the newspaper*

*You won't hear about us on the radio*

*We don't seek any glory, We don't wear any uniform*

*We come in all shapes and sizes, colors and styles*

*Most of us work anonymously*

*We are quietly working behind the scenes in every country and culture of the world*

*Cities big and small, mountains and valleys, in farms and villages, tribes and remote islands*

*You could pass by one of us on the street and not even notice*

*We go undercover*

*We remain behind the scenes*

*It is of no concern to us who takes the final credit*

*But simply that joy gets spread*

*Occasionally we spot each other in the street*

*We give a quiet nod and continue on our way*

*During the day many of us pretend we have normal jobs*

*But behind the false storefront at night is where the real work takes place*

*Some call us the Conscious Army*

*We are slowly creating a new world with the power of our minds and hearts*

*We follow, with passion and joy*

*Our orders come from the Central Spiritual Intelligence*

*We are dropping soft, secret love bombs when no one is looking*

*Poems, Hugs, Music, Photography, Movies, Kind words,*

*Smiles, Jokes, Meditation and prayer and Random acts of kindness....*

*We each express ourselves in our own unique ways with our own unique gifts and talents*

*We are the change you want to see in the world*

*That is the motto that fills our hearts*

*We are now recruiting*

*Perhaps you will join us*

*Or already have All are welcome*

*The door is always open*

Author Unknown



# THE HISTORY OF THE WORLD

Once in a time, long ago there was a Council of Twelve Elders. They lived in a beautiful galaxy where harmony and order reigned. It had not always been this way and everyone knew of the 'disruption' when the black star was shining and bright before the great War of the Galaxy.

Now the black star stood as a permanent reminder of what had happened and what could happen.

Now the twin stars stood firm in the environment bathing their planets in gold and blue light.

Let those who have eyes let them see.

Through the great illusion of time the play of the great Creator had spun two most beautiful jewels. The breath of the sun brought the jewels to life and they shone with a majestic beauty like a giant sapphire and ruby travelling through the Universe.

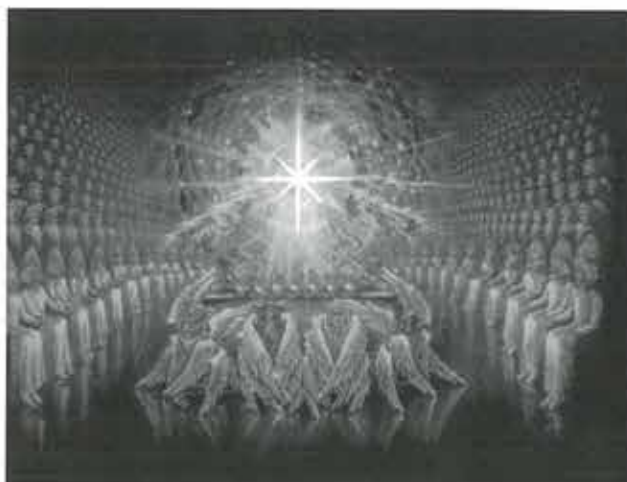
A great civilisation arose on the Ruby planet. One with great technical skills, however a division arose between them and two groups formed and using their technical prowess, one fought the other for dominance. Soon the ruby Planet was reduced to dust. This left, some four thousand "INCIBI" who were forced to seek sustenance on the Sapphire Planet. Before they left they built an enormous monument which for all time would depict their plight.

Three colonies were established on the Sapphire Planet. They believed they were the first advanced civilisation on this planet, but in this they were wrong.

The earlier civilisation in order to adapt to a catastrophic planetary movement arising from their own delusion had taken a new form and had safely secured their knowledge until their level of consciousness became sufficiently advanced.

As the original four thousand aged, great difficulty arose with the physical reproduction of their numbers.

The planet had primitive beings who were harnessed for the production of their sustenance. The planet also harboured harmful strains of bacteria which soon greatly reduced the numbers of the new arrivals. It was decided to breed between the beings but the result greatly reduced the collective memory of the succeeding generations.



To overcome this difficulty one race was keep pure to breed with each other. They were to retain the knowledge but it soon became apparent that the only way to sustain this knowledge was to entomb it, so as before on the Ruby Planet which they had left, monuments containing the knowledge were constructed.

The Aboriginal inhabitants gradually evolved into a higher field of consciousness.

Their base was different and in this fertile field, their emotional, not mental centre stirred.

One group in particular led the way and made contact with the debased descendents of the arrivals at a time when the arrivals knowledge was lost to all but a few.

Now three distinct streams developed in the Sapphire Planet.

The descendents of those who took the path of nature (Action).

The descendents of those who came from the Ruby Planet who took the technological path (head).

The descendents of the original inhabitants took the emotional path (heart). At this point it is necessary to bring all three parts together and the Council of Twelve invites those who are prepared to take the journey to do so, but in taking on the mission, it is necessary to take human form and with this form is the ever present journey of forgetfulness. That you forget who you are and where you come from.

Let those who have ears let them hear.

Ra na



## A MANTRA FOR TODAY

*I am always well  
I am content with what is now in my life  
I am flush with money  
I am happy and content with life just the way it is  
Good things are always happening to me  
My relationships are loving  
My career is going well  
I deserve the best in life  
I am generous loving and kind*



-Reiki and Seichim master  
-Private and group re-birthing  
-Chakra balancing  
-CBA

Mobile: 0409 031 912  
Email: elene.8@hotmail.com

Anon.

# ASTROLOGY

## plants and planets

by Geraldine Taylor-Wood

The herbalist Culpepper centuries ago declared, "To every plant there is a planet, and to each planet a plant". This is the basis of herbal medicine. It links planets, chakras, angelology and the plant kingdom together like pearls on a string. For instance the planet Venus resonates with Archangel Anael, the heart chakra, copper in metals, and venusian plants such as the beautiful "Broken Heart Flower".

Below is a selection of twelve of the 33-GRAIL HAVEN FLOWER ESSENCES made by Gerry Taylor-Wood on Mount Tamborine, Queensland. These essences are now taught in the natural medicine colleges through out Australia.

ARIES – RED JUSTICIA – RED MANTLE OF ARCHANGEL MICHAEL

Red justice! Have you ever felt enraged over an injustice. Are you carrying an old wound around perhaps a family slight, or a career situation in which you felt unjustly used. This



essence will help the healing at an alchemical level to eliminate such old wounds. Used in conjunction with the 'Coral Tree' essence a balance and harmony can then replace the drama.

TAURUS – LUCULIA – BELTANE'S ST. BRIDE

We enter the beautiful month of May, the first day of which is sacred to Saint Bride or Bridget of Ireland. Her Pagan ways are assisted by the beautiful glass pink flower of the Luculia, its perfume so heady it breaks a gardener's heart to leave it. This will restore your appreciation of beauty; Beauty Absolute is an enlightened state, wherein we go beyond the negative which is being fed to us in this modern world where we can see beyond people's disruptive personality to the soul, or beyond the rubbish heap to the flowers that line the way. The Luculia brings



joy to the heart of those who work with the essence. Enhances singing and love of music.

GEMINI – THE WALKING IRIS – ST. FRANCIS OF ASSISI

This flower literally walks out of the bed and down the path! Its beauty lies in the petals of the Iris, three sets of three. It assists in creating communication, movement and motivation, absolutely necessary to Gemini's. For travelers or those going through an upheaval at work or at home. It helps us rejoice in the constant changes that come our way, crisis, change, opportunity – the Walking Iris helps us face the future with optimism. CANCER – MADONNA LILLY – TRIPLE FACE OF THE GODDESS

Cancerians are the true supporters of family in all of its aspects. To know our roots, our 'family, clan and tribe – our past lives, assists us to know our true place in the ever changing world we find ourselves in. Those family members you have known for lifetimes and are still working on the challenges they bring. The Moon and the Goddess in all her aspects bring in the folds of her shimmering white silver gown love and compassion. Invaluable for mothers and grandmothers.

LEO – LYCORIS – ILLUMINATION

Do you remember fun and play? Well the custard golden yellow Lycoris will help you to. When you feel world weary and bogged down by work and worry, let the golden orb of the Lycoris lily remind you we are all Children of God. Know that you were sent here with a Gift, the past is history, tomorrow an illusion, you only have the present, that is why it is called 'a Gift'. Take it by both hands and live, live, live!

VIRGO – BEGONIA – 'WALK SOFTLY, CARRY BIG STICK'

Body and mind synchronicity is the essence of the sign Virgo. The body is the temple of all aspects of the mind and a mirror of the soul. Be gentle yet firm with yourself. If sugar is your enemy, let it go. Gently discipline yourself to see the body as a temple with guardians at gateways. Only let into your aura, your life, that which fills you with light and love. Begonia helps to clear old pains, especially grief. It helps you breath more easily. When you need arms of comfort enfolding you, use Begonia.

*Geraldine is a renowned astrologer, yoga teacher and leader of Sacred Site tours. Flower essences can be found on the website [www.grailhaven.com](http://www.grailhaven.com) Ph:0755450414.*

*to be continued next issue*

# THINKING

by Rosemary Butterworth

Thinking is a world-wide disease. Because it is so common place, it is considered normal to think. Thinking is the cause of pain and suffering as it causes separation from the whole. It divides people, families and nations. These are strong statements because it is considered necessary to think. We have been trained to think. But did Einstein think up his Theory of Relativity or did he connect with the Superconscious and have an 'aaha' moment, a moment of realisation.

What is thinking anyway? Is it not only a collection of thoughts based on what we have experienced and learnt? Is it not only our perspective and beliefs? Does it not depict our level of awareness at the time? Does not our thinking change as our awareness changes?

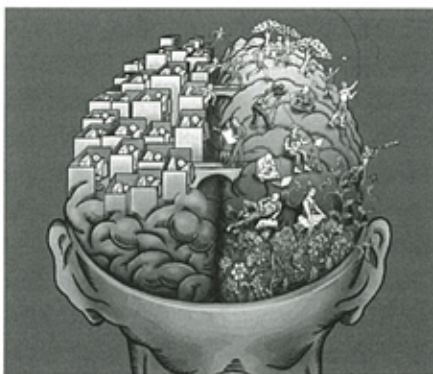
If this is true, why do we believe what it tells us?

The fact is that we love to think because it is always about us. 'How do I feel?', 'What will I do today?' 'Why didn't he ring me?' 'I don't want to go to work' 'I think I will change my job'. Whatever happens in life our first thought is usually 'how will this affect me'. It is our own moment to moment 'soapy'. Our thoughts are about our personality self and our life. Unfortunately most people do not realize that we are using our consciousness, our life force and are creating our reality.

People cry and say, "but I didn't ask to be abused, I wasn't thinking thoughts about being abused, so I didn't create this reality." No, nobody would ask to be abused, but if they notice their thoughts are continually about 'poor me' and it is that sound that carries through the ethers and attracts to itself circumstances that create victimhood.

Because thinking is so commonplace and considered normal, most of the time we don't even notice that we are thinking. Perhaps this is the reason why we repeat patterns – we simply are unaware of what we are thinking until we react to something that is said or done and an emotion is triggered by our thoughts.

Now the thoughts are so loud that this is all we can hear. We become blind to whatever else is happening. We become deaf and out of touch with the world – all else fades away, there are only our angry thoughts which by now have taken over us. These reactive thoughts are emotional and should never be believed for they are very destructive not only to ourselves but to the world around us.



Let us liken our body to a car. The first thing you do to drive is to start the car but it will not move until your put it in gear and then put your foot on the accelerator so that the petrol will flow through the engine.

The body's organs keep our 'car' in readiness but how does it move forward? It is the thought that you must take a shower that sets the intention to move the body to the bathroom. It is the thought that puts the body into gear. Now what is the 'petrol' that flows through the engine to move the body? It is our own life force, our consciousness, our energy.

When there is anger in the body it is like putting your foot hard on the accelerator and burning the tyres. You don't move anywhere, but you burn up heaps of energy. It is extremely destructive to yourself and everyone else when you are in the grip of anger.

It is said that the parietal lobes of the brain have become over stimulated since birth.

When we were born the frontal lobes at the front of the brain were activated. We could look and not name things, we could observe. We were aware of how our mother felt because there was no separation, we were aware of noises. We listened, we felt, touched tasted and saw. The five senses operated well because there was no thinking.

Gradually, we absorbed language into our computer system of the brain. We learnt quickly. Ideas were put to us from our parents, not from their talking but from their energy fields. The ideas they carried from their parents, ideas that go back 7 generations. Ideology about religion, country and just what they thought was right. The ideas became ingrained into our energy system. These ideas had power and could cause war.

The frontal lobes of the brain have become inactive. How many people listen to nature, or even to each other, unless you find away to attract their attention away from their thoughts. Thinking has become an obsession. Thoughts have become dominant and the human subservient to them. How often do we say, "I need some space to think." What we need is a quiet mind, a mind that is still. We need peace.

Now there is an urgent need to wake up! To notice what you are thinking about because these are the thoughts that produced the situation you find yourself in right now.

Now is the time to become more aware, take a moment to breathe and see the sky. Is it blue today or cloudy?

Now is the time to take your power back from the Lower Mind and you can only do that by noticing that you are caught up in it.

Take a tip – don't believe a word your mind tells you. This is the first step to enlightenment.

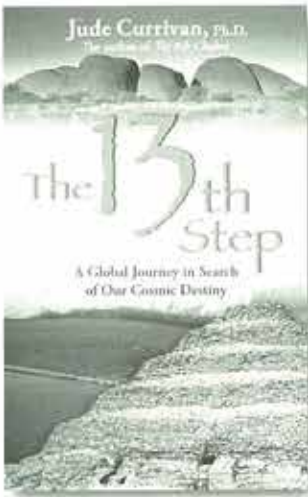
Email: [info@aol.org.au](mailto:info@aol.org.au)



## RECOMMENDED READING

### THE 13TH STEP

By Jude Currivan



12 Ancient Lemurian artefacts activated...  
The inspiring journey to activate the 13th to help us fulfil our highest purpose on earth as we move towards 2012 - said to be one of the most significant years in our history. In 1998, scientist healer and mystic Jude Currivan heard an inner message - a call to undertake a global quest to reveal the hidden heritage and cosmic destiny of humanity. This is the book that explores these journeys with the

intention of sharing messages of hope and reconciliation.

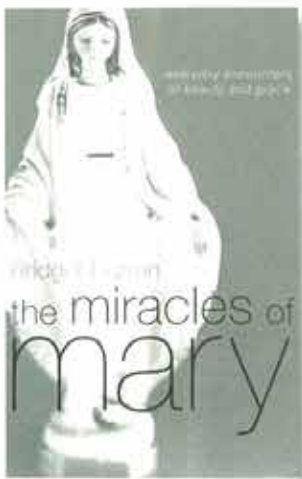
#### About the Author

Jude Currivan is a scientist, healer and mystic who has directly experienced multidimensional realities. She has a master's degree in physics, and a Ph.D in archaeology, researching ancient cosmologies.

Published by Hay House RRP \$24.95

### MIRACLES OF MARY

By Bridget Curran



Miracles of Mary aims to offer a glimpse into who Mary was and to understand why she means so much to so many people. However, it also examines the mysterious figure of Mary and how every age, every culture and every formal religion has interpreted her in so many different ways. Told simply and honestly by people who have encountered Mary, the remarkable accounts featured in this book allow readers to experience the wonder of these events themselves.

#### About The Author

Bridget Curran is currently researching and writing documentaries for film and television. She holds a triple major in history, Italian and Anthropology (Hons) and lives in Perth.

Published by Allen & Unwin RRP \$22.95

### AMAZING ENCOUNTERS WITH THOSE WHO HAVE PASSED OVER

By Georgina Walker

This heartwarming book is packed full of real-life encounters with loved ones who have passed over. In past generations talk of death was commonplace, as were encounters with loved ones who had died. This title is inspirational, affirming and will whet the appetite of those curious about life after death.

#### About the Author

Georgina Walker is a world renowned psychic intuitive who has advised everyone from pop stars to kings. She is the author of the best selling book *Dearly Departed*.

Published by Allen & Unwin RRP \$19.95

### FRACTAL TIME

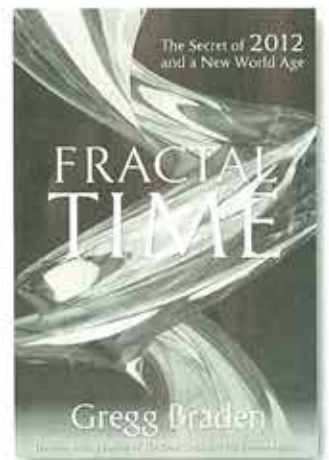
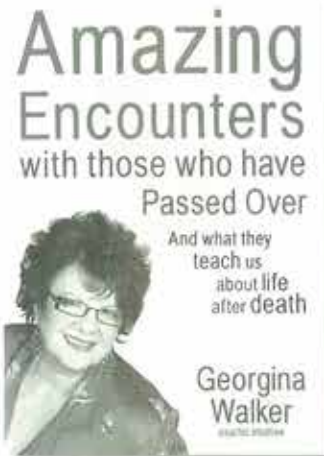
By Gregg Braden

Did you know that all events - from war and peace between nations, to personal relationships and familial hardships are actually the repeating patterns of our past? As each pattern returns, it carries the same conditions of previous cycles. These are called fractal patterns able to be known measured, and predicted. In *Fractal Time*, Braden merges ancient and modern world views into a powerful new model of time. *Fractal time* shows us the secret to our moment in history as we move toward the year 2012.

#### About the Author

*New York Times* bestselling author Gregg Braden is a former senior computer systems (Martin Marietta Aerospace) designer and computer geologist. Braden is considered a leading authority on bridging the wisdom of our past with the science, technology and peace of our future.

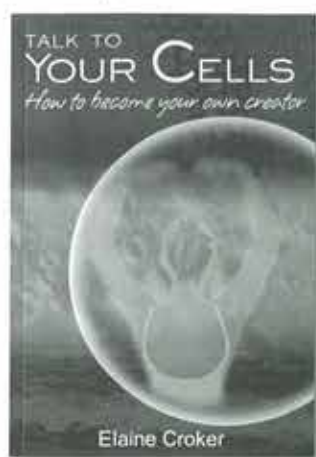
Published by Hay House RRP \$26.95



## RECOMMENDED READING

### TALK TO YOUR CELLS

By Elaine Crocker



How to become your own creator. This book will give you the tools and techniques to change your life simply by communicating with, and becoming master of, the trillions of cells which make you who you are. Our cells are willing slaves, always listening and responding without question to our thoughts and words, whether positive or negative.

#### About the Author

Elaine Crocker discovered in the early 1990s that our cells were intelligent. She has dedicated her life to the development and practice of a healing system called "Prime Tuning" a healing system that has transformed lives.

RRP \$14.95 [www.primetuning.com](http://www.primetuning.com)

### SECRETS OF A BULLET PROOF SPIRIT

By Azim Khamisa & Jillian Quinn

30 key strategies to bounce back from life's hardest hits

## SECRETS OF A BULLET PROOF SPIRIT

AZIM KHAMISA  
and  
JILLIAN QUINN

Everyone is vulnerable to the setbacks of life. There are some people who are undeterred and seem to have super resiliency. They don't have better karma. They think differently and make life-affirming choices instead of defeatist ones and they look for and find purpose where others see loss. Fortunately their valuable and powerful kind of thinking can be learned.

Azim and Jillian reveal the 30 keys to emotional resiliency and the

corresponding strategies they themselves have used to transcend their own heart-wrenching personal losses

#### About the Authors

Azim Khamisa is an Associate Minister at the Interfaith temple in New York City. In 2006 he received the Circle of Courage award and is the recipient of the Californian Peace Prize. Jillian Quinn has reached thousands all over the US through her workshops and classes.

Published by Allen&Unwin RRP: \$26.99

### THE USES OF SADNESS

By Karen Masman

Everyone feels sad now and again. Being sad doesn't mean you are depressed.

The essence of this book is to offer people ways to shed their misconceptions about who they are and where they are going. Sadness can signal many things. It could be a wake up call about a relationship or a career, time to reassess goals, relax more, or make an important transition.

Readers will also find quotes and simple, creative activities to explore their feelings of melancholy.

#### About the Author

Karen Masman until recently was the managing editor at Innovative Resources, the publishing arm of a large welfare agency in Victoria. *The Uses of Sadness* has come out of workshops of the same name.

Published by Allen & Unwin: RRP \$24.95

### GENERATION INTUITIVE

By Julie Hamilton

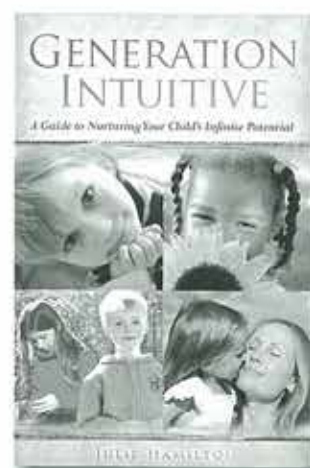
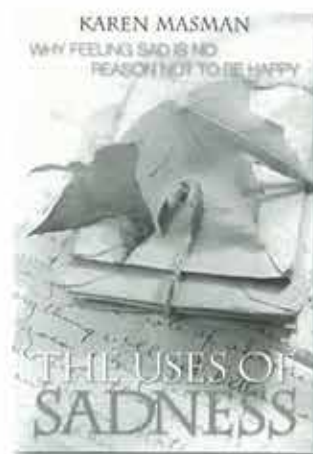
This is a straightforward and down to earth guide to nurturing and developing your child's natural and intuitive gifts.

The significance of intuition in the modern age is explored, highlighting it as one of the most powerful tools for children to live empowered and successful lives. This book also features practical tools and advice, to equip parents with everything they need to know about nurturing their children's unique intuitive gifts.

#### About the Author

Julie Hamilton is a psychic, columnist, author and public speaker. She is also a qualified alternative health practitioner, journalist and editor.

RRP \$24.95 [www.blueangelonline.com](http://www.blueangelonline.com)



# ShiningBRIGHT

www.a-light.org.au

## ADVERTISING RATES 2009 (Australian dollar)

COLOUR			MONO		
BACK PAGE	\$400	297mm h x 210mm w + 3mm (full bleed) or 277mm h x 190mm w (image area)	FULL PAGE	\$250	257mm h x 170mm w (image area)
INSIDE FRONT	\$350	277mm h x 190mm w (or full bleed)	HALF PAGE VERT.	\$155	257mm h x 82.5mm w
INSIDE BACK PAGE	\$325	277mm h x 190mm w (or full bleed)	HALF PAGE HORIZ.	\$155	126mm h x 170mm w
INSIDE FRONT/BACK	\$180	126mm h x 190mm w	QUARTER PAGE	\$85	126mm h x 82.5mm w
Half page horiz			BUSINESS CARD	\$50	65mm h x 82.5mm w
FULL RHP	\$350		SIZE		
ADVERTORIAL (Editorial + Advertising)			SPECIFICATIONS: Artwork and font compatibility must be checked with Patricia Latta, our Graphic Designer. Please send photos scanned at 300dpi minimum and in jpeg format (if by email), or eps (if by CD, DVD) No web images, resolution too low for print media. PDF files, fonts embedded. Text to be supplied on CD or via email in a basic text or Word format and sent to The Southern Cross Academy of Light.		
HALF PAGE VERT.	\$180	257mm h x 82.5mm w			
HALF PAGE HORIZ.	\$180	126mm h x 170mm w			
QUARTER PAGE	\$150	126mm h x 82.5mm w			

Email: scal@a-light.org.au Ph: 9975 4905 PO Box 1221 Neutral Bay, NSW 2089 Australia

Email: patgraphics@pacific.net.au Ph: (02) 4576 3330 Type setting and design available on request at a small cost.

### CLAIRVOYANT INSIGHTS

DEAN COLLIER



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

BOOK YOUR APPOINTMENT ON 9904 3341

### Wholistic Healing

*Michael is like no other healer we have met.*

*Michael goes where Angels fear to tread.*

*He pulls out of us very old (sometimes centuries old)*

*wounds and cuts the connection with the aggressor.*

*He does psychic surgery repairing etheric cuts and wounds.*

*He is a psychic healer extraordinaire.*

*Micheal English Mob: 0428 38 17 64*

## SUBSCRIPTIONS FOR SHINING BRIGHT

For 4 issues postage & handling AUD \$20

Name (in block letters).....

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

Postcode.....

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

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

Please post and make payable to:  
(NB Please write name in full  
otherwise bank will not accept cheque.)

The Southern Cross Academy of Light  
P. O. Box 1221 Neutral Bay NSW 2089 Australia

### CHANGE OF DETAILS

My postal address has changed to:

Name .....

Postal address .....

Postcode .....

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

Email:.....

Debit my credit card  Bankcard  Mastercard  Visa

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

Thank you for your continued support



# ELIZABETH KRUGER

**Powerful intuitive healer**

*In Sydney from 29 June*

**Book early to avoid disappointment**

## EVENTS AND PRIVATE SESSIONS

### One hour Private Sessions

Elizabeth Kruger has worked closely with the light for over forty years. She always deals directly with your soul, working with the Universal Masters and Karma Lords. Honouring all beliefs, she is an instrument of divine and powerful healing, Elizabeth is trusted by spirit to deliver her channelled messages, guidance and blessings with love. She has touched many lives, often with extraordinary results.

**\$130 BOOKINGS: [lesleyestelle@oosterbroeketc.com](mailto:lesleyestelle@oosterbroeketc.com), 0419 265 000 or 07 5574 7199.**

### Evening Events

#### The Merkabah in the Ascension Process.

29 June – 7.30 to 9.30pm.

Like the Crystal Triangle, the Merkabah is a concentrated energetic form that protects us. However, whereas the Crystal Triangle is a protection for the physical form, the Merkabah is cosmic protection. It will take regular use of both to thrive during the enormous transition that lies before us!

**\$15, Conc \$10. Academy of Light, Uniting Church Hall, Cnr Yeo & Barry Sts, Neutral Bay.**

#### What is Spirit and why protect it.

2 July – 6.00 to 7.15pm.

We're already in the 5th dimension and are heading into the 6th, so it's become all the more important to work with the Spirit within regularly. Are you aware of how it's linked to our human incarnation ... where you should focus your attention to align with it ... and why it's so important to use the Crystal Triangle and Merkabah? It's time to expand and increase the flow of energy between the Universe, Earth and yourself.

**FREE. Adyar Bookshop, 230 Clarence Street, Sydney.**

### One-Day Workshop

#### USING THE MERKABAH

4 July – 9.30 to 5pm.

- ▲ Raise the level of light you can absorb and hold.
- ▲ Strengthen your connection to Soul and Spirit.
- ▲ Tune in to higher frequencies.
- ▲ Become aware of other levels of reality.

Along with helpful information, you will be given tools to move further along the path to unity. As you are the one responsible for your own entity, you will be doing work – in the form of guided meditations - focused on clearing any blockages. EK will use her powerful psychic energies to help and give personal feedback throughout the workshop.

**Cost: \$130. Uniting Church Hall, Cnr Yeo & Barry Sts, Neutral Bay. BOOKINGS: Academy of Light, 02 9975 4905 or [info@aol.org.au](mailto:info@aol.org.au)**



**Elizabeth has two books and three meditation CD's.**

**Order your copy from your local distributor or [info@eagleheightscentre.com.au](mailto:info@eagleheightscentre.com.au)**

# HEAVENLY Energies

*Inspiration and Empowerment for Heart and Soul*



WORKSHOPS

TALKS

MEDITATIONS

READINGS

ANGELS & FAIRIES

INSPIRATIONAL GIFTS

CRYSTALS

CRYSTAL JEWELLERY

ESOTERIC & HOLISTIC  
BOOKS

ORACLE & TAROT  
CARDS

CD's & DVD's

ESSENTIAL OILS

SERENITY VIBRATIO  
HEALING

Healing Sessions  
Classes  
Mists & CD's

AURA-SOMA  
Therapy for the So

Products  
Readings  
Chakra Balance

MASSAGE

Remedial  
Swedish  
Lymphatic Drainage  
Reflexology

REIKI



*To find out more about what we offer, why not visit our store or website*

We are still in Willoughby **Moving soon** Phone: 9967 9415

Check website for details [www.heavenlyenergies.com.au](http://www.heavenlyenergies.com.au)