

ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

MILLENIUM EDITION

VOLUME 3, ISSUE 4

AUD \$3.95



MAGAZINE OF THE SOUTHERN CROSS ACADEMY OF LIGHT

A non-profit organisation offering a support network of loving service physically, emotionally and spiritually for all

THE SOUTHERN CROSS ACADEMY OF LIGHT



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ShiningBRIGHT

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from the EDITOR

Yes. Shining Bright says yes, yes, yes to James Twyman's question. Yes, we are ready and willing to make a quantum leap of faith into the new century. With the loving support, devotion and dedication of the "members" of the "community" of the Southern Cross Academy of Light, Shining Bright has grown into a magazine.



Rosemary Butterworth

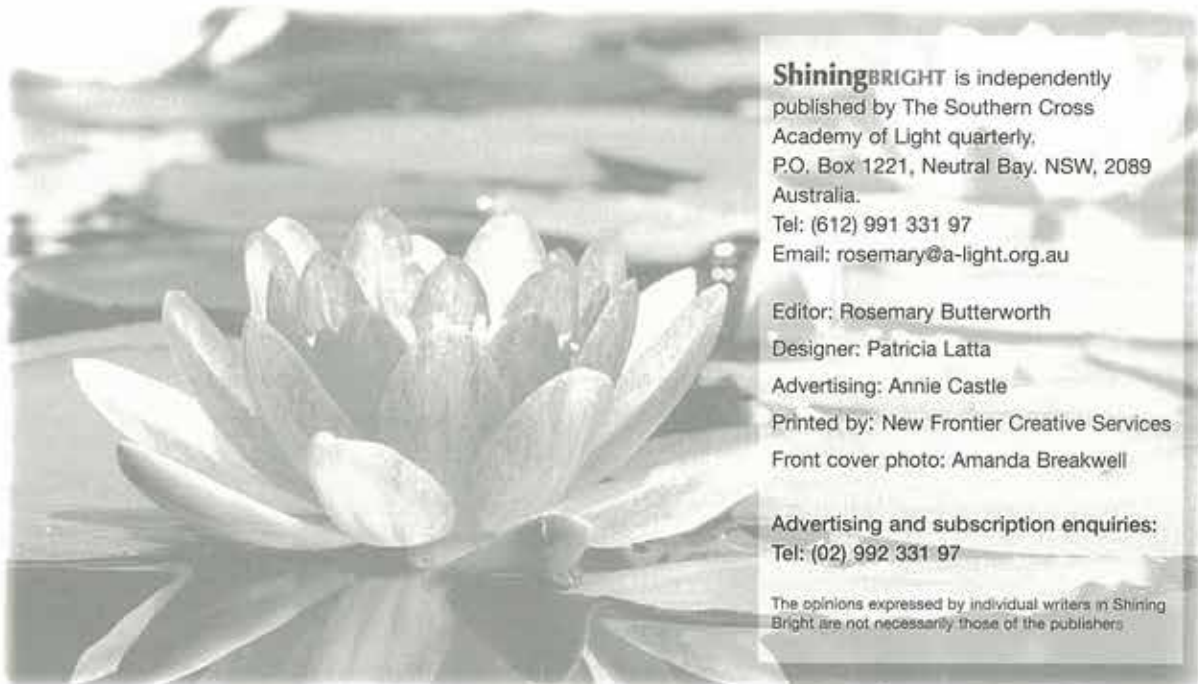
The focus of this special Millennium edition is **Peace**. May the presence of Peace be with us always, may Peace allow the Light to shine forever forth.

We trust that our readers enjoy this Millennium edition and share the inspirational, delightful stories with others. If you want more information about the stories, people, magazine or the Southern Cross Academy of Light, please don't hesitate to phone, mail or email.

We invite you to continue sending in your stories, advertisements, subscriptions and donations to forever keep this magazine "shining brightly"!

Love & Peace to you all,

Rosemary



ShiningBRIGHT is independently published by The Southern Cross Academy of Light quarterly, P.O. Box 1221, Neutral Bay, NSW, 2089 Australia.
Tel: (612) 991 331 97
Email: rosemary@a-light.org.au

Editor: Rosemary Butterworth
Designer: Patricia Latta
Advertising: Annie Castle
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Front cover photo: Amanda Breakwell

Advertising and subscription enquiries:
Tel: (02) 992 331 97

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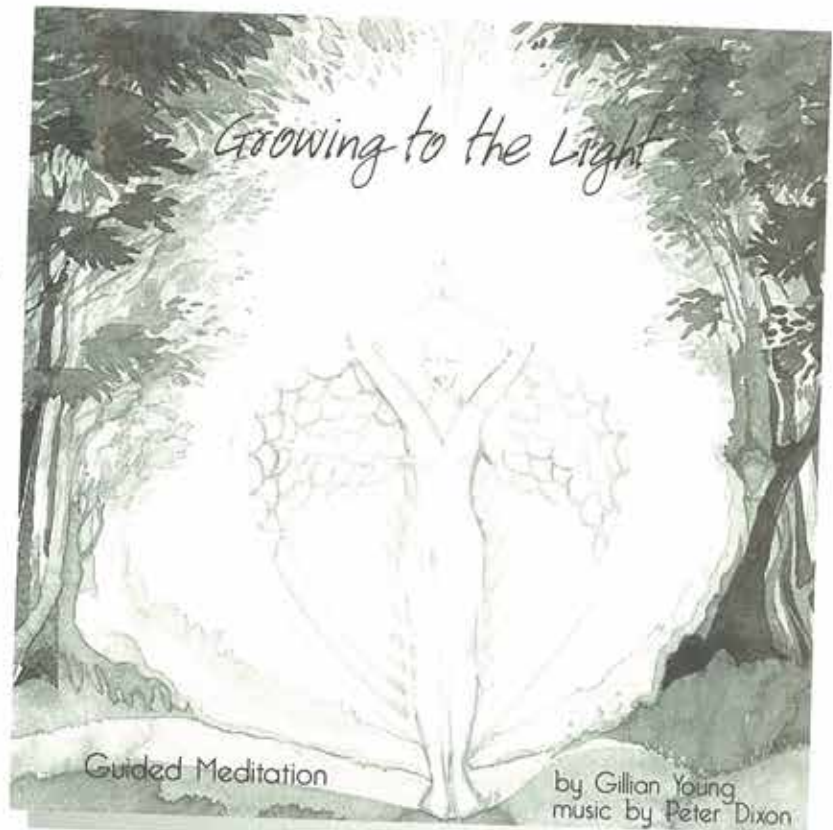
Growing to the Light

Spoken by Gillian Young

Music by Peter Dixon of Avondale Music

Artwork by Marianne Martin Lewis

These two meditations, Growing to the Light and Colour Vibrations are suitable for beginners and for people who already meditate. They are guided meditations accompanied by gentle music. Both relaxation and visualisation techniques are used.



“Growing to the Light” takes you into the experience of growing from a seed into a tree and seeing your own strength and beauty. This meditation is dedicated to my daughter Siobhan, who left this life on the night I was inspired to write it.

“Colour Vibrations” guides you to the seashore, into the healing and purifying ocean waters, then uses colour to energise the body and bring feelings of wellbeing.

I first taught stress management and meditation to students training for the Hospitality Industry and now teach privately in Port Stephens, NSW.

My own experience in learning to meditate has given me a firm belief in the benefits of

meditation in relieving stress, raising self awareness, assisting personal change, dealing with health problems and traumas and increasing feelings of well being.

Gillian

Growing to the Light may be purchased from
The Southern Cross Academy of Light. Aud.\$20 plus P&P

THE NEW MILLENNIUM - THE BRINK OF AN AMAZING JOURNEY

by James F. Twyman

We stand at the brink of an amazing journey, an opportunity to create a world of peace and compassion. The foundation was laid centuries ago, and many of our ancient cultures have pointed to this as the time of a great awakening, an awakening to our true purpose in this world. Each one of us chose to be here at this time. It was a conscious choice, one that is only now being realised. The New World is born through us, by us, and for us. There is only one question that needs to be asked.

Are you ready?

Are you ready to lay aside all the dreams that have limited you and chained you to fear and separation? Are you ready to seek peace above everything especially in those moments when conflict seems more appropriate or more satisfying? Are you ready to say yes to who you are, to who you have always been, and to the reality within you that cannot change?

Say YES! That is all that is required. When you do, then the New World is born within you. When you say yes to peace, then you become the instrument for its



extension into the world. You must become the peace you seek. That is the way the world transforms, not from the outside but from within. Just say YES! and the rest will happen by itself.

Do you see how simple this is? You have always had the answer. You, in fact have always been the answer. Rejoice in that. Let this be the beginning of everything you have ever desired, for you and all the world. You are ready...I guarantee that. You have always been ready. Maybe it's time to realise that.

In Peace
James F. Twyman

James Twyman Books,
Emissary of Light and The Order of the Beloved Disciple as well as his C.D.'S are available by mail through The Shanti Shop - 024751 8994 mobile 0410 765 385
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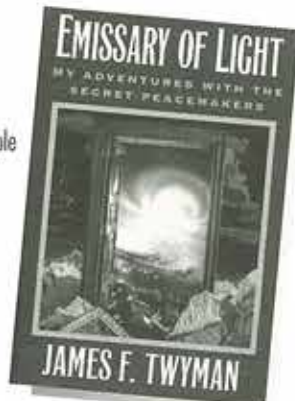
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*If there is righteousness
in the heart, there will
be beauty in character.*

*When there is beauty
in character, there will
be harmony in the home.*

*When there is harmony in the home,
there will be order in the nation,*

*When there is order in the nation,
there will be Peace in the world.*



Sai Baba

ABOUT THE SOUTHERN CROSS ACADEMY OF LIGHT

It is difficult to describe something that is organic and has no form, no shape and no structure. The Academy has no members. It has become, since its conception, a community of like-minded people participating together in loving service in the community at large.

That participation has taken the form of choosing to attend Academy meetings where guest presenters from around the world speak; participation has also taken the form of networking or being on the service team at an Academy workshop, such as Nurturing Day for Ladies, and having your hands in the sink, washing up for hours. Participation might mean a simple phone call to someone not well, or the offer to do a couple of hours ironing when the need is there. Participation has grown to mean living in a caring community. It has not meant that each has to live side-by-side. Not at all. In some cases the distance is hundreds of kilometres between people.

Love knows no time or distance, neither do any of the people who participate in the Academy community. No membership means no limits, everyone is welcome. The Academy's aim could be summed up into four words: LOVE ALL/SERVE ALL.



How it began

Approximately four years ago, John and Rosemary Butterworth got together with some friends and the idea of an Academy of Light was born. It was seen as a place where people could come and find themselves, live in peace and harmony. It was envisioned that there would be a community living on the land in harmony with nature. A self-sustainable community growing organic fruit and vegetables. Separate buildings hous-

ing a healing and medical centre, film studio, library, arts and crafts space, performance space, school, and eventually a hospital and university were part of this grand vision. Many, many, hours were spent on the development. Solicitors were consulted to draw up a Trust deed and as to how a non-profit organisation should run. At that time, it was always seen as a physical space.

In June 1996, the following year, invitations were extended for people to come to the 1st Annual General Meeting of The Southern Cross Academy of Light. It was held in Canberra, Australia, and 40 or more people came; some had travelled hundreds of kilometres to be there. From the hearts of these wonderful people came the guidelines for the Academy's future. The Values, Mission, Vision and Goals were written down and have been published in each issue of the Academy's Newsletter, *Shining Bright* ever since.

The Invocation

At that time, an Invocation emerged. This is that beautiful Invocation....

*In acknowledging Spirit in all things, and the Aboriginal custodians who have worked in
Harmony with Spirit to protect Australia and keep it safe and pure since the
Beginning, we co-create an Academy of Light under The Southern Cross.*

Growth and expansion

The Academy has a data-base of hundreds of people from all over Australia and overseas. It is growing all the time. People realise it is time for us to know what is happening around us. It is time for us to share our knowledge and support each other as we go on our inner journey of discovering who we are.

As the people who attend grow in love, so does the Academy. For the Academy is merely a reflection of ourselves. It is simply a 'space' where we can be ourselves, our true selves. A space where we can live naturally according to natural law.

The realisation now is that the community is very real and yet the Academy has no physical space. Perhaps there will never be one physical space with a nameplate on the gateway. **Perhaps the space of peace and love that we have all been anxious to retreat to has simply been the space in our hearts.** Working and participating within the Academy's community has allowed us all to access that space.

At that 1st Meeting, the Vision of the Southern Cross Academy of Light was expressed as,....*creating a network*



of Light Centres radiating across Australia and the rest of the World.

And this is what is happening. Not in the way originally thought, but like individual cells in the body becoming filled with light and it is wonderful to watch. Being organic in nature, having no shape or form, nobody owns or can control the Academy. It is simply about waking up to the realisation that there is a body of Light of which we are all a part.

Shining Bright has done its best in the last 3 years to network what each little 'cell' is doing and the part they are playing in the whole.

Shining Bright from newsletter to magazine

Now it is time for *Shining Bright* to go on to becoming this fully-fledged magazine. As a vehicle for the consciousness of this body of Light, it can bring to the rest of the world knowledge of safe and peaceful ways of discovering who they are. It can network what the different centres are offering and extend invitations to everyone to participate.

Friendship and participation

As people subscribe to *Shining Bright*, their name is put on a data base. The conception was that the \$35 subscription was for a year's *Shining Brights*. However, it has proven to be a way to find family members from near and far. Beautiful people interested in how to transform themselves and their lives back to the values of peace, love, truth, non-violence and right-action have been brought into touch with one another.

True friendships have sprung up. Friendships based on truth, integrity and honesty and most importantly Love. Each recognising and acknowledging in the other, their Divinity. Each recognising all are equal. Each taking on the responsibility of practising loving another unconditionally.

To become a 'member' of the Academy's community, there are no forms to sign, no requirements at all other than an open loving heart, and a willingness to see the Divine in all things.

How to contact the Academy

The Academy meetings are held on the 1st Monday




Night of each month in St.John's Uniting Church Hall, cnr.Yeo and Barry Streets, Neutral Bay in Sydney at 7.30p.m. A circular letter is sent out each month advising the people on the data-base who will be the guest presenter and other news to be networked. If you would like your name to be added to the Academy's Database, or if you would like to subscribe to *Shining Bright*, simply email or write to us.

P.O.Box 1221, Neutral Bay, NSW 2089 Telephone (02) 9913 3197

Email: rosemary@a-light.org.au





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PEACE....through pure food

by Rosemary Butterworth

We are what we think. What we think creates our reality. What we think comes from food.

These are powerful statements.

What is food? Our food is what we feed our body, mind and spirit.

Food is what we ingest through our mouth, eyes and ears.

This food creates our thinking patterns and this creates our reality.

Just as the sun is always shining even when the clouds are covering it, peace is always there. Where did the clouds of stress, wars and violence come from if not from our attitudes, thoughts and opinions? And where do these attitudes come from? From what the eyes see, from what the ears hear, and what is fed into the mouth.

It is not a recognised fact that what the eyes see, and what the ears hear, what the mouth intakes, create the world around us. But where does the violence that can be seen all around us, come from? What creates the wars? Are violent thoughts caused by the driver who cut in on us? Or were they already there? Was the anger inside us waiting to explode and the driver the release mechanism?

It has been said and written many times, that we create our own reality..An analogy would be that the brain is the projector, the mind the film, consciousness is the light and the universe is the screen. So what we think is projected outside ourselves and becomes our creation. If we think violent, angry thoughts, violence and conflict is what we see around us. If we are judgemental with ourselves and others, we will judge everything we see to be 'right' or 'wrong' according to what we have been taught to believe life should be like. We can only see



what we believe to be true. **And we believe each and every thought we have is true.** We seldom question the validity of our thoughts because we think the thoughts are us and we are 'right'. And when have we ever wondered where the thoughts came from? Why, at times we feel so peaceful and othertimes feel attacked. I AM, therefore I THINK and what I attach the I AM to, becomes a reality.

If we are really serious about peace being in our own lives and the world, then let us examine the following.

To begin, let us look at the physical food that we put into our mouth.

The quality of this food gives us the quality of our thoughts. If we eat flesh, and the animal has died in fear of its life, then this fear is eaten. This fear is ingested into our body and mind. It is said that as quickly as a half an hour after eating flesh containing fear, we will have a fearful, violent thought. Fish that are taken from polluted waters and eaten will create confused, muddy thoughts. Toxins create thoughts patterns that are disharmonious to the body. If the body is troubled by toxins, the nature of our thinking will be worry and that life is a struggle. How often have we felt worried and troubled without really knowing what we are worried or troubled about?

Doctors call it anxiety and prescribe medicine which is often necessary to relieve the symptoms because the cause is not realised.

Secondly, the attitude of the cook, the preparer and server of the food need to be considered. Whatever is being thought while cooking or preparing food will go into the food. If this person is in an angry, selfish or unhappy mood, then this is what is

Shinto Prayer for Peace

*Although the people living
across the ocean
surrounding us, I believe,
are all our brothers and sisters,
why are there constant troubles in
this world?*

*Why do winds and waves rise in the
ocean surrounding us?*

*I only earnestly wish that the wind will
soon puff away all the clouds which are
hanging over the tops of the mountains.*

eaten with the food and will affect the thoughts of the eater. If TV is watched while eating, whatever is being said on the TV will be eaten and affect the thoughts. The environment that we eat our food in is equally important. All thoughts come from outside of us. And yet we think we have thought them. We think they are us.

Today when one is hungry, one does not care what one eats, in what restaurant one eats or what kind of food one eats. People will eat anything according to taste preferences or a whim. They have become a victim to their taste buds. Whatever is available in nature they transform to suit their tastes and they thereby kill the very essence of life contained in them. Because they now exterminate the life-giving forces in their food, they are needlessly subjecting themselves to an increasing amount of diseases.

Selfishness is growing while selflessness and help to others is diminishing. The heart is becoming harder and harder. Intelligence is on the rise but good qualities are diminishing. Thus all the agitation and lack of peace in the world may be traced to our own food habits.

Sometimes to satisfy our palate, we consume all types of food not knowing that through it bad qualities like lust, anger, greed, attachment, arrogance and selfishness grow in us.

The quality and quantity of food that we take determine our

what we think comes from food

thoughts and feelings.... Sai Baba.

For those looking for enlightenment, and to live in the state of love and peace, the food we give ourselves, what we eat, how we eat, and where we eat needs to be addressed.

It is suggested that we eat fresh food that has been cooked only minimally. Food that is not too hot, nor salty, nor spicy. Raw fresh food is best because the protein is not lost. Regulation of how much we eat is also important as we should not overload our stomachs. It takes a lot of energy to digest food.

It is important to eat in clean, loving, peaceful surroundings and that the food be cooked consciously in a loving manner.

The food should be blessed before eating to remove any negative thoughts that it may have gone into it from the grower or toxins from sprays and chemicals. Organic food, food grown without sprays help the body to be peaceful.

Peaceful food, warm, loving surroundings, create peaceful thoughts for the next day... and the next and so on...

MAY PEACE AND PEACE AND
PEACE BE EVERYWHERE.



**Rosemary
Butterworth (Whitfield)**
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Human Rights and Peace

"I don't know how to thank Amnesty International for everything you have done for me and my family. The fact that we are alive and safe is because of you." Reina Xiomara Gonzalez. She and her children were persecuted because of her husband's testimonies against human rights violations in his native Honduras. On 11 February 1997, Reina and her daughters Maryuri, Stephania and Cythia were granted permanent residency in Sweden.

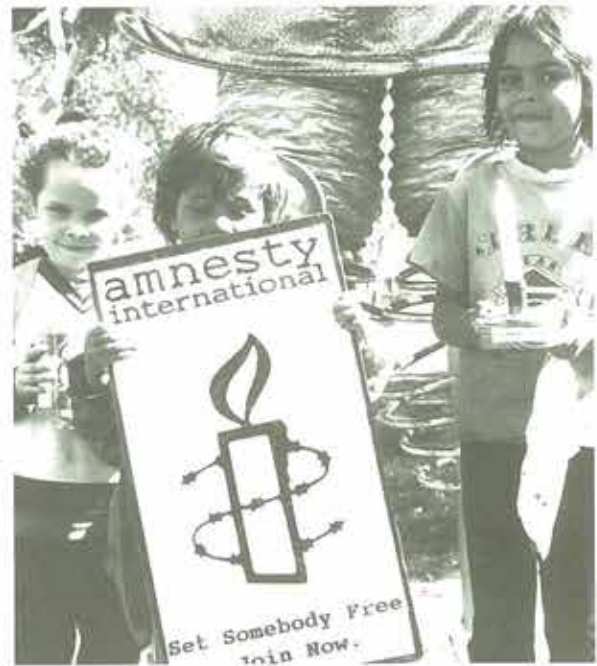
Amnesty International is a world-wide independent movement of over one million people in over 170 countries and territories. They work through international action to prevent some of the gravest violations of people's most fundamental human rights by governments and other political bodies; and to promote human rights in general. Founded in 1961, and basing its work on the UN Universal Declaration of Human Rights, AI campaigns in particular for:

- the release of people imprisoned for their beliefs or origins, who have neither used nor advocated violence ("prisoners of conscience");
- fair trials for political prisoners;
- and an end to torture, "disappearances" and executions.

The organisation also seeks to ensure fair treatment of asylum seekers, in accordance with international human rights standards. For example, intervention by Amnesty International helped to secure the release from detention and granting of a visa to a Libyan asylum-seeker in Australia. The man in question was facing persecution for his political beliefs if returned to Libya. He had been held in detention in the Villawood Immigration Detention Centre for approximately 18 months. Amnesty International continues to call for an investigation into allegations that the asylum seeker in question had been badly beaten by Australian immigration officials on 20 July after he had eaten a page of his passport during an attempt to deport him.

The organisation is constantly reviewing the 'mandate' of human rights violations that it tackles, to ensure that as the nature of human rights abuses changes Amnesty International is in a position to respond. Examples of the expansion of Amnesty International's work include:

- becoming a founding member of the International Coalition to Stop the Use of Child Soldiers;
- joining the campaign to ban the use, manufacture, stockpiling and transfer of anti-personnel landmines;
- campaigning against the use of exploited child labour;



- opposing arms and security equipment transfers where such transfers contribute to human rights abuses;
- urging governments to take action to stop the practice of female genital mutilation; and
- urging the authorities in Pakistan to take action to end 'honour killings' of women and girls.

'Honour killings' in Pakistan are where women or girls are murdered on the perception that they have violated the honour of their family or tribe for such things as having been raped or choosing their own husband without the permission of their families.

Amnesty International complements the work of local human rights organisations by adding international pressure and working to establish international mechanisms such as treaties and human rights monitoring bodies. For this reason members do not work on specific cases in their own country. AI accepts anyone who is committed to defending basic human rights as a member, regardless of political or religious affiliations.

On the 30th anniversary of the Universal Declaration of Human Rights, Amnesty International was awarded the United Nations Human Rights Prize for "outstanding achievements in the field of human rights". The movement received the

Nobel Peace Prize in 1977 for its contribution to "securing the ground for freedom, for justice, and thereby also for peace in the world".

"I don't know how to thank Amnesty International for everything you have done for me and my family. The fact that we are alive and safe is because of you."

While AI rarely claims that its action is responsible for improvements in human rights, as it is unable to definitely prove its effectiveness in each individual case, there is a strong correlation between AI taking action on a case and some positive action resulting. Some examples of recent positive outcomes in cases that AI has worked on are:

- the release of 13 Christians in Laos this year, who had been imprisoned in 1998 for attending a Bible study;
- the release of Grigory Pasko, an investigating journalist, in Russia, who had been accused of revealing secrets about Russia's Pacific Fleet and details of accidents involving nuclear submarines;
- a change in the policy of the Illinois Department of Corrections that it will no longer use restraints on pregnant women prisoners in transit or in hospital; and
- the release of Dita Sari, an Indonesian trade unionist, imprisoned for her peaceful activities defending worker's rights.

AI has a wide range of ways in which members can contribute to work on its human rights concerns.



Individual members may be part of its Urgent Action Network, receiving requests to send appeals to governments on behalf of people in imminent danger via mail, fax or email. They may respond to appeals published in the Amnesty International Newsletter, or sent through special interest or professional networks. Many members belong to AI groups in their local community, through which they may participate in an international

**its contribution to
“securing the ground
for freedom, for
justice, and thereby
also for peace
in the world”
Nobel Peace Prize
citation 1977**

al three-month campaign on a particular country, or develop their own long-term campaign on a particular prisoner of conscience or group of victims or against particular legislation which allows human rights violations. At any one time, AI members in Australia are working on specific cases in approximately 90 countries. Members can also assist with media work, fund-raising, public speaking and representing AI and promoting human rights at

public events.

Information concerning political imprisonment, unfair political trials, torture, “disappearances” and executions is centrally evaluated by the movement’s International Secretariat in London. The Secretariat employs 270 people of over 50 nationalities, including Australians. The Secretariat is funded entirely through the contributions of AI sections in 54 countries. The International Secretariat collects and analyses information from a wide variety of sources, including hundreds of newspapers and journals, government bulletins, transcriptions of radio broadcasts, reports from lawyers and humanitarian organisations, as well as letters from victims and their families. AI also sends fact-finding missions for on-the-spot investigations and to observe trials, meet prisoners and interview government officials. Once evaluated, information is distributed to Amnesty International’s world-wide membership with recommendations for action.

The work of AI’s active Australian members is supported by some 30 full-time and part-time paid staff, plus volunteers, based in the national office in Sydney and regional offices in each of the capital cities, under the National Director who reports to an elected National Executive Committee.

Amnesty International Australia has had the active support of all the major political parties. Parliamentary groups comprising MPs and parliamentary staff are active in bringing issues of concern to the attention of parliamentarians and to international parliamentary bodies such as the Commonwealth Parliamentary Association and the International Parliamentary Union. But AI does not seek or receive any government funding and is not affiliated with any political party.

The movement’s research and campaigning is made possible through the wide range of members of the public who donate money, materials, expertise and contacts. AI has strict rules to ensure that such support received by any part of the movement does not affect its integrity, make it dependent on any donor or limit its freedom of activity.

Those wishing to contribute to Amnesty International’s important work or to join Amnesty International in defending and promoting human rights can call the Australian national office on freecall 1300 300 920 or e-mail hello@amnesty.org.au.



PEACING THIS WORLD Together-Together!

by Barbara Wolf

Hello everyone, this is Barbara Wolf on
<http://www.globalmeditations.com>

I have just returned from the Middle East and here is my report to you. My last night in the Middle East, when I was staying with Hagit Raanan near Tel Aviv, the phone rang and the director of the Askar Refugee Camp in the West Bank said, "Please ask Barbara to tell the world that we are here and that we invite the world to come to us. We cannot come to the world and so we ask that the world comes to us with its cultural exchanges in all fields, be it health, art, or whatever. All are welcome."

I visited Askar Camp and other camps in the West Bank with Hagit, and I tasted the hospitality of the people, and, yes, I assure you that the world will be gratefully welcomed.

What is a West Bank refugee camp? I expected rows and rows of tents. No. No tents.

The camps today look like towns or cities, a tight complex of drab apartment houses. To the untrained eye, there is nothing to indicate that they are refugee camps.

It is my understanding that the United Nations, which once provided medical, school, and other facilities, has largely pulled out, and so today many facilities are either lacking or are provided by non-government organizations. I am not an expert on this subject.

Who are the refugees? Those who fifty years ago fled their homes located in the area now called Israel. They, their children, their children's children live in the camps that were set up for them.

They are stateless. The Palestinians who live in the area of their camps on the West Bank do not consider these people to be Palestinians, even though the majority of these refugees have been born in the West Bank.

The refugees are caught between the cracks. Hagit has taken me to three camps on the West Bank. At the first camp, Jenin camp, I learn there are actually two

camps, the old one and the new one. Both look the same. An outsider would not know the difference between them, except there is a road, approximately one kilometer long, separating and joining them.

The old Jenin camp has a school for all the children. The children of the new camp walk to school via the road between the two camps. They contend with the cars and everything else on that road. Some are killed.

Hagit has suggested that volunteers go to Jerusalem to be trained in road safety for the children. This would seem easy enough to set up, but it is not easy. Camp volunteers need passes in order to cross zones before reaching Jerusalem. For clarity's sake, let us say that Jenin camp is in Zone A. In order to go to Jerusalem, one must pass through Zone C and then Zone B. Each zone has its requirements. For example, Zone C may be controlled by Israeli authorities, and Zone B may be controlled by Palestinian authorities. And so, in order for a refugee to go from Jenin Camp to Jerusalem, he needs passes to fit the requirements of the zones he will pass through.

As an aside, and to show the complexity of the situation, what amazed me was how the camp people talked about Israel in terms of an inaccessible country, such as a country thousands of miles away instead of five or ten miles away.

When I went to Gaza for a ceremony of a Peace Pole, I learned that some West Bank Palestinians I shared a bus with had never before seen the Mediterranean Sea,

a two-hour drive from their homes. Until Hagit arranged for permits for them to come to Gaza for the Peace Pole ceremony, they had never had permits.

At this moment, for the first time ever, a road is being designated as a passageway through Israel between the West Bank and Gaza which will enable Palestinians to travel cross Israel without a special permit.

You see the complexity of the situation in the Middle East? Barriers. Permits. Papers.

As for the road between

Muslim Prayer for Peace

*In the name of Allah,
the beneficent, the merciful
Praise be to the Lord of the
Universe who has created us and
made us into tribes and nations.
That we may know each other, not that
we may despise each other.
If the enemy incline towards peace, do
thou also incline towards peace, and
trust God, for the Lord is the one that
heareth and knoweth all things.
And the servants of God,
Most Gracious are those who walk on
the earth in humility, and when we
address them, we say "PEACE."*

the new and old Jenin Camps, which the new camp children use to reach their school, can anyone suggest a solution to this problem? If so, contact Hagit. I will put her email address at the bottom of this report.

Does anyone want to take up my stop-gap suggestion? Each child carries a tall stick with a colorful flag at the top. Surely this would warn the drivers to take care.

And yet there is need to teach the children road-safety. In the camps there are no sidewalks, and so when the children leave their homes, they are immediately in the streets contending with traffic. I have seen a two-year old child run out of his house and into the street without thinking about cars. For him, cars are a natural part of his scenery. When he runs out of his house, he is among them.

At Askar Camp (with a population of thousands), I learn there is no clinic. If someone becomes ill at night, his illness must wait until morning. There is a hospital four kilometers away for anyone who can get there. In general, refugees don't have cars.

I wonder what help is given to women who go into labor in the early hours of the morning.

At Askar Camp, I talked with a doctor who trained nine years in Moscow. He wants to specialize in research of children's diseases, but there is no opportunity where he lives. If he is to train, he will need to go somewhere else, such as to Canada. If anyone has ideas about how he can continue his training, please contact Hagit. By the way, the status of this fine, intelligent man is stateless, refugee.

One takes for granted that one will have the nationality and papers of the land of ones birth. Well, I now realize that some people can be born and live in a land and have no nationality or papers!

At Askar Camp, there is a Women's Center, as well as a place with new computers. The children need computer training.

In Gaza, I visited a Red Crescent rehabilitation center giving people with disabilities an opportunity to learn how to make handicrafts that can be sold. The director says that 5,000 out of 100,000 people in Gaza are handicapped - a huge portion of the population. There is need for help with the blind, the deaf,

Jewish Prayer for Peace

Come, let us go up to the mountain of the Lord, that we may walk the paths of the Most High.

And we shall beat our swords into ploughshares, and our spears into pruning hooks.

Nation shall not lift up sword against nation- neither shall they learn war any more.

And none shall be afraid, for the mouth of the Lord of Hosts has spoken.



those who have lost limbs. Anyone interested in helping, contact Hagit.

Who is Hagit? A knight in shining armor. She walks among those in need and answers their calls in whatever way she can. She works for no organization. She uses her own resources to help all, be that person a child with medical problems or someone in need of a permit to visit a friend or relative in another zone. That is Hagit.

If you want to help, contact her. And, remember, world, the director of Askar Camp has asked me to tell you to visit. The door is wide open.

Peace, love, and Light,
Barbara Wolf

P.S. Hagit's email address:
h-raanan@netvision.net.il



REIKI WORKSHOPS

Reiki Masters Jean Reid and Jackie Stores are a Mother/Daughter energy providing healing and spiritual guidance.

Jean and Jackie have created a Reiki family through their dedication to Reiki.



Their workshop basis is Reiki but extends to all aspects of spiritual healing, awakening and development. After workshops, there is continued support with regular newsletters, healing days, community involvement and access to information on other metaphysical and spiritual workshops.

All workshops are a maximum of 20.

Reiki 1 - 2 day workshop \$150.00

Reiki 2 - 1 day workshop \$200.00

Manual and certificate provided for each workshop.

For further information and workshop dates please contact Jean on 02 6456 3305 or Jackie on 02 6452 4775.

OM SHREE DHAM FARM

by Nell Hourn

PEACEFUL PLACES

Looking for a peaceful place to stay? A place away from the noise and bustle of your life, where you can meditate, walk and just be. The Academy has done a little research for you. Nell Hourn went to Om Shree Dham Farm and experienced Agnihotra first hand, and Antoinette escaped for a magical 24 hours to the Buddhist Monastery on the outskirts of Wollongong south of Sydney. Here are their stories to tempt you to get away and restore your whole being to a state of peace.

If you feel like a long weekend away from the city and you would like to try some new spiritual practices, especially if you have an emotional block to clear, then Lee and Frits Ringa's ashram at Cessnock in the Hunter Valley, north-west of Sydney will provide a wonderful healing respite.

The drive up there through the Hunter Valley is love-



A typical weekend gathering at Om Shree Dham Farm

ly and unburdening enough, but the four days ahead of you, in a simple caravan stay, amid farming fields and a centre around the temple where Agnihotra is performed twice daily, will bring you right into the present moment where the past and future don't matter. Now that's a relaxing weekend!

Agnihotra is the ancient science of capturing the unique creative energy available at the precise moment of sunset and sunrise through the use of mantra, fire, cowdung, ghee and a small amount of rice. All of these elements interact to form a healing composition which is released into the atmosphere. Thus, those practising



An Agnihotra ceremony underway at Om Shree Dham Farm

Agnihotra experience their fears, emotional and mental blocks, and even physical illnesses burn up in the fire. And all surrounding people, plants, and animals, the whole surrounding region will be cleansed and healed by the fire also. The practice is a wonderful tool to heal our dis-eased Mother Earth of many illnesses including

radioactivity and chemical pollution. Much scientific and empirical evidence is available for perusal on the subject.

Your day at the ashram begins 10 minutes before sunrise at the sound of the large bell. The first few moments of rising at this time are strange and a little arduous, but even half way through quickly dressing, one feels an exciting romance with the beginning day and nature waking up all around.

Chanting usually begins a few minutes before the actual Agnihotra ritual in the little temple and then meditation continues afterwards at least till the fires burn out but for as long as one pleases.

Tired, burnt-out city people can retire to bed again for a few hours or perhaps take on the country life and work a few hours in the vegetable garden before breakfast.

Meals are taken in the warm family dining room, surrounded by laughter and peaceful children! The vegetarian food is deeply wholesome and most of it fresh from the surrounding field. Nutritionally, this weekend is a big clean-out for a city person and one can't but feel more solidly nourished than ever before.

The days are spent in a peaceful round of working in the garden or on one's own practices in the caravan, shelling peas for dahl; perhaps discussing philosophy with Lee or Frits; a quiet walk and answering the bell's summons to retire to temple at 9.00, 12.00, 3.00 as well as sunrise and sunset. It is the quiet, gently religious-secular life for a few days.

Or the time can be taken in silence for a really powerful experience of mind, heart, and body. During the full moon each month, when extra fire rites are performed, even more powerful energy is being released into the atmosphere by the fires. So this is indeed, a very special time of healing and intensity.

NAN TIEN TEMPLE

- A QUIET AND PEACEFUL PLACE

by Antoinette Sampson (Blaxland)



In August, a friend of mine asked me to visit her in Wollongong, New South Wales, to do some work on a corporate video. While I was there I visited the Buddhist Temple, Nan Tien, that I had heard so much about.

The Temple is large and majestic, with beautiful grounds and the energy of love enveloping it. I was completely transported back to my time in Puttapparthi in India, where I visited Sai Baba. The energy was very similar.

Whilst there, I enquired about their weekend meditation courses, and booked in for the September weekend.

I arrived on Saturday afternoon, and booked into a wonderful hotel-type room in their accommodation block. I was then given a set of punjabi's to wear, quite similar to those worn in India and was asked to rest and then meet downstairs at 5.00p.m.

From 5.00p.m. on Saturday until 4.00p.m. Sunday, the seventy of us who had booked in, worked together on meditation skills, staying focussed, living in the moment, eating consciously and experiencing the principles of the Buddhist way of life. We observed silence until the Sunday afternoon at 3.00p.m. What a blessed relief not to have to talk. To be silent is such a gift. I absolutely loved it! We also ate in silence, being totally conscious of what we were putting into our mouths and being grateful for the food we were eating.

I loved being at the temple. The simple way of life with an emphasis on loving service, discipline, non-violence and non-judgement was totally refreshing. A tangible way to practice our disciplines, a rest from our very busy schedules, and a total rejuvenation for our spirit.

continued from previous page

It is certainly sad to leave Om Shree Dham Farm but one does so with a peaceful heart still in the present moment, having achieved a lot in the preceding days.

Anyone wanting to learn or experience *Agnihotra* can contact Lee or Frits who would be happy to arrange a private city workshop in your home.

OM SHREE DHAM FARM

P.O. BOX 68 CESSNOCK NSW 2335

PH/fax 02 4998 1332

Email: Omshreedham@Hunterlink.com.au



I would highly recommend this weekend! The cost was \$50.00. The vegetarian food was delicious and the accommodation fantastic. Not to mention the bells, the Tai Chi, the superb meditation room and the genuine concern and care of the wonderful reverends (all of whom are women). A truly blessed and peaceful piece of heaven on earth.

The Nan Tien Buddhist Temple's phone number is (612) 4272 0600



UPDATE ON THE SOUTHERN CROSS PEACE ANGELS

It is a very exciting continuing process. Enormous amounts of work have been done on the Peace Angels. A business plan has been drawn up. Antoinette Sampson (Blaxland) and her husband Rob are going to New York on the 3rd December. They have appointments with people who they feel sure will help make the Peace Angels a reality. Until then and when it has been trademarked, the direction from Spirit is not to reveal the details as yet.

The 3 year plan is estimated to cost \$800,000. Antoinette and Rob gratefully acknowledge the donations that have come through *Shining Bright* that have enabled the birthing of the Peace Angels to continue.

They would be so grateful if you could continue to hold the focus for the Peace Angels' project.

If anyone would like more details on the Peace Angels project, Antoinette would enjoy speaking with you on 0410 543 664.

Antoinette's original vision was printed in *Shining Bright*, Feb/Mar 1999, Issue. A copy of this issue can be obtained by writing to *Shining Bright*, PO Box 1221, Neutral Bay, 2089

Every Morning the Sun Shines!

by Sara

It rained last night! I had bedded myself under clear skies on the open deck of a boat docked on the western edge of Lake Union, near Seattle center in the USA. At the deepest hour of my dream-time, Father Sky seized an opportunity for a giggle and drifted the clouds to empty their guts right above my outdoor lodging. Naked as a newborn, I bolted upright, scrambled to get my bedding under the cover of my orange tarpaulin and then stood out in the rain and accepted the water blessing, laughing right out loud at both the beauty and absurdity of my life walk for peace.

Years ago I chose peace. What that meant to me was remembering something I knew I knew but didn't know exactly how it would unfold or what it was I was remembering. In my heart there was a way of being that sang of freedom but I resisted the full remembering until May 1994.

By contradicting divine synchronicity, my circumstance brought me to the precipice - jump off a bridge or take the leap of faith, one was the same as the other. The full remembering came to me that May and I was excited with the truth of who we all are. **We are love.**

Once I fully remembered love isn't something we do, it is what we are, the purpose and meaning of my life became very clear. My choice for peace was to follow spirit and travel around the world sharing experiences to expand that truth. The gift is the stories of the people that weave the fabric of goodwill and interconnect our hearts as one. Within each being there is this truth. This is where peace is real.

At the tenth anniversary of the Harmonic Convergence, a global celebration to honor peace and unity I connected with Danyo White Mountain (a Pipe Carrier of the Lakota Sioux tradition) and since that time we have travelled together in Canada, USA, Australia, New Zealand, Europe, Great Britain sharing the message of inner peace as one way to create global peace.

During this time we have slept under trees, in the arms of tree branches, on beaches, in forests, in parks, in my Honda Civic car sweetly named by my oldest



son as the Hondaminium, in a church, in rental cars, in motorhomes, on office floors and in the homes of some beautiful and open hearted people. Our physical home has been wherever we are at that particular moment and in the home of our hearts we are warmed to

witness that people in homes everywhere are remembering love is everything and everybody.

In New Zealand, the symphony of life carried us toward the sound of a spiritual brother who for years has gathered people together for a freedom song, a single global focus of attention on peace. With hope in his heart that critical mass collective consciousness for peace will create a quantum leap, he has distilled ten years of writing books on The Simple School of Life into these few words 'Now Love God within'.

Later, in the land of the long white cloud (New Zealand) we are blessed to meet a generous angel of love who gifted airfares to far away lands that the message of inner peace could share and grow. Twenty eight of us, including seven children plus one carried in the womb to be welcomed a few months later, toured in motor homes to a conference in Slovenia. In the ancient Castle Borl, IDRIART joined people from many nations to promote peace through the pure expression of each one's creative genius in art and music integrated into the place of business.

In England, a heart of enthusiasm bounced into a health food store and from the soul level our worlds met on the playing field of peace. Connections were made that brought us to the open heart of a peace 'warrior'. He balanced the art of giveaway in a firm and gentle way that enabled me to travel in the comfort of a rental car so I may speak with seven thousand others at a 'Green' gathering for sustainable life.

In Australia, I journeyed in the beautiful gift of golden companionship, travelling with a spiritual brother who resonates the beat of mother earth into the hearts of the people with his master crafted Native American style drums. Both of us were 'Mothered' in the beautiful home of a grace filled angel of light and shared circles of laughter and

**once I fully
remembered love
isn't something
we do,
it is what we are,
the purpose and
meaning of my life
became very clear**

dance with groups of the affirmed and some student initiates for peace.

Together in America, we travelled ribbons of roads through twisting hills and wide open stretches, visiting alternative shops, bookstores, eateries, sharing the message at stop lights with those in the car alongside, or at roadside stands where rose quartz heart stones were gifted a plenty. Later we came to be embraced in the arms of a very patient mentor, a Hu-man of the Tibetan wisdom, sharing the ancient stories of remembered love.

In Germany, we were blessed in the presence of willing words shared in a group through the heart of a sister translator to make what was spoken universal. Over thirty years the group had expanded, from small numbers meeting discreetly in private homes to a very active and visible network of fifteen thousand strong throughout the country. We were brought into the home of these new friends where good company was shared over food and our bodies, our minds, our hearts, our souls, our spirits and our connection to source being was nourished with love.

And now, out of asking a higher power for a solution-orientated way to exponentially expand the awareness for peace, we were gifted a project to grow the remembering and interweave the stories of peace into one. The project is rightfully called 'Peace by Piece', as one of the programs openly invites people to weave their piece into the peace story. As we travel around the globe, people are writing their personal commitment for peace onto colourful cotton ribbons. The ribbons are woven into beautiful artful baby blankets that share the energy of peace and love from the inspiration of everybody's choice for peace and welcoming the new ones coming.

Words can hardly express the vastness of what my heart is saying. Everywhere we are love and there is goodness and peace for us all. There are so many stories to tell and so many stories for us to hear. They all are threaded to weave together the fabric of peaceful living, for the people, created by the people on this planet. For this I am inspired by all of you to continue serving Spirit in my 'gypsy messenger lifestyle' and to appreciate the humour of the Great Creator dumping a wet blessing in my dreamtime because the sun shines everyday, everywhere!

With humility and gratitude we celebrate the love that we are One!

Sara

To weave your piece with Peace by Piece visit the website HYPERLINK "<http://www.peacebypiece.org>" www.peacebypiece.org



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RADICAL FORGIVENESS

- the easy way

by Nell Hourn

Early in November the Academy was graced with the presence of Colin Tipping, from the US, author of *Radical Forgiveness*. It was a full house as Colin explained the basics of both his book and workshop-held later that week.

For most of us, the concepts of Radical Forgiveness are not new. We know it all mentally. We've read it, we've studied it and know it to be true. But the blunt question, "Am I really living it and practising it?" is inevitable. And if in the moment of calm honesty the answer is "no, the mental knowledge has not penetrated that far yet"... then the workshop, or at least the book, will help - MIRACULOUSLY. It's simple.

Take your present major emotional dilemma: The boss treats you like a slave with an IQ of 38, even though you're competent and your company record is proven. It makes you wild because if you say anything, he stares at you as if you're a burglar and he's about to call the police.

So, it's time to have a serene look at the situation: The *story* you've built up around the situation is pretty extensive-you're no good, never will be. No matter what you do, you're not loved, appreciated, nor well paid. Men walk all over you. Men are bastards. There's nothing else for it. And worse, you hate yourself as well. You feel an apocalypse of all these thoughts and



feelings-every negative thing each of them brings until the whole situation is so emotionally complex you're sliding up and down the whole human emotional gamut every day.

But let's go back to the facts: The boss does not value you or your work. How does that make you feel? Like compost. Angry. Also sad, humiliated and frustrated. These are, let's say, the bone-bare true feelings to be honoured. The rest is a hogwash spin-off you've said like a mantra at every available moment, until the whole thing's so complex you are more and more removed from the original problem. Boning

this emotional labyrinth down, Colin calls *collapsing the story* by Colin.

So, it's time to take out the baseball bat and go into a quiet room and yell your guts out, beating a pillow with the bat. Don't be polite. Really get into the feelings. Let them out.

Love yourself for being human and having these feelings of anger, sadness, frustration. Then attempt a re-frame of *the story*. Acknowledge the bare facts as above, and the legitimate pain. But be willing to see what's perfect in this God-given situation, even if you don't know why.

Colin's 4 steps to re-frame and detachment are:

- 1 Look what Spirit has given me in the form of all those around me who are showing me how to heal.
- 2 I notice my judgements of others and I love myself anyway. I am human.
- 3 I am willing to see the perfection.
- 4 I choose peace.

If you're willing, truly willing to see the perfection in it, you will.

At the workshop, we were, at this stage of the proceedings, instructed to lie down for some cellular breathing; the purpose being to really integrate the acknowledgement of the pain, and the willingness to see the perfection.

Cellular breathing is hardly a new technique. Many

would have experienced it in re-birthing sessions. However, we at the workshop, went through the most amazing - I can only say earth moving - experience as we breathed and breathed for 1 hour with this simple technique. Going with the earlier hypothesis, it would be entirely likely that in the breathing you would then have a specific memory of, let's say, your father preferring the male siblings and disregarding his daughter's value. Ergo, the situation with your boss. But with the breathing comes integration and healing. And usually a great smile and an open heart space!

The book explains the whole procedure and more. Don't think you're beyond it. Caroline Myss, like Colin Tipping, can be admired enormously for honesty. She candidly tells the story of how she arduously toured the lecture circuit on 'Healing from Within', whilst enduring migraine headaches, and for 8 years would literally walk off the podium holding her pounding head, saying to herself "It works for everyone except me". It may be that we learn first mentally and think we know it, but in fact it may take much longer for the learning to seep in layer by layer until we're really living what we preach.



To have the process witnessed is a very important part to help legitimise the pain of the event, as well as to make sure you do relinquish it.

Colin Tipping will be back same time next year. Colin, an angel from the planet earth, teaches, above all, that you don't have to be Mother Mary or Lord Sananda to be worthy of love and appreciation. You're beautiful, lovable, and worthy exactly as you are right now. Your humanness is beautiful. Your anger, frustration, sadness and humiliation is what you signed up for by agreeing to enter the world of limitation and separation. That's what we're here for - to experience just that. And er...to practise a little forgiveness.



THE EISSA PROCESS

- GENTLE, EFFICIENT
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The EISSA process is a gentle, transformative clearing process which assists you in connecting to your Higher Self. It is then through this connection you energetically clear old patterns, self limiting beliefs and karmic themes which block and sabotage your life in some way.

Look to those areas that are stuck. **Dare to be willing** to emerge from your confusion, your unfulfilling relationships, financial stresses, poor health, lack of direction, low self worth, sexual issues, loneliness ...

You have been there long enough!

The sessions provide an inner journey where the Higher Self emerges to guide you into imagery, symbolic and archetypal stories, past and present memories, contracts, metaphors, feelings or other experiences which reveal those very issues which have kept you entrapped.

The Higher Self is the spiritual energy which becomes the transforming healing force.

Self limiting beliefs, karmic themes and negative emotions clear efficiently and at high speed.

The results are life changing and permanent.

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Gina McPadzean started her career as a pharmacist over 20 years ago. After diversifying her studies into various other physical forms of healing, her exploration led her to a deep understanding of, and a passionate belief in, energetic healing, the human energy field and in particular the healing of the emotional body through the love and guidance of the Higher Self.

The Eissa process is the culmination of her work.



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PEACE THROUGH REIKI

by Faye Mathews

After a long search, through many workshops, books and healing sessions, in my quest for peace and inner fulfillment - I found Reiki Jin Kei Do to be the key and the path to find that place inside of myself. I discovered the initiations into this healing system to be unique and profoundly healing. It has been the ongoing ability to treat myself directly on the body and in my auric energy field, so simply and effectively, that gives me a feeling of love and support for myself I have not known before. I feel so connected to the essence of life itself and empowered to work with that essence, rather than in fear and resistance.

My reactions and mental gymnastics in response to what was happening in my life were the cause of so many uneasy feelings in my stomach (and occasionally powerful knotted!). Reiki opened me to begin to see the underlying cause of those emotional mental responses. It continues to give me a way of healing and nurturing myself through those times.

Reiki has also increased my intuitive awareness, so I know when I need another form of healing to complement my Reiki treatments.

The compassion I now feel for myself and all humankind inspires me to continue to share this beautiful system, both individually and through classes. I have been teaching Reiki full time for over 9 years, and yet remain in awe of the transformative potential of Reiki and the subsequent inner peace attained as a result. Reiki Jin Kei Do has given me the gift of myself back to myself and a way of being in this world in a harmonious and balanced way.

(For more information see page 25).



This photograph is a graphic illustration of how Reiki actually works! It was taken during the first Reiki workshop I conducted in 1990. The Photo has captured the powerful way a very fine vibrational frequency of energy pulses into the recipient. So significant is the power of the energy it shows up even though a flash was used.

When given a Reiki treatment you are also receiving this powerful vibrational energy as it flows through. In an attempt to verify the authenticity of the photograph, experts at the James Cook University examined the negative and verified the fact that there was no leakage of normal light into the camera to overexpose the film.

Incidentally, the beams of light are a soft candy pink in the original photo.

Jainist Prayer for Peace

Peace and Universal Love is the essence of the Gospel preached by all the Enlightened Ones.

The Lord has preached that equanimity is the Dharma.

*Forgive do I creatures all,
and let all creatures forgive me.*

Unto all have I amity, and unto none enmity.

*Know that violence is the root cause of
all miseries in the world.*

Violence, in fact, is the knot of bondage.

"Do not injure any living being."

*This is the eternal, perennial, and unalterable way
of spiritual life.*

*A weapon, howsoever powerful it may be,
can always be superseded by a superior one;
but no weapon can, however,
be superior to nonviolence and love.*

DEVOTION

and its gift of inner peace

by Grace S. Foulds

When we allow Devotion into our hearts-we gift humanity, and we in turn are gifted.

Devotion is creating Inner Silence in our lives that is Eternal. It is a state in which we access Source through a Beloved 'Master' outside ourselves, in order to access those qualities WITHIN. Recently, I was asked to Consecrate myself daily to our Beloved Holy Mother. Her Compassion, Her Unconditional Love and Her Peace can help us at this time. As Jimmy Twyman reminds us "...The Blessed Mother is so Present in so many ways right now. This is her moment to bring us into the Light - it's Her job right now. All we have to do is ask for that guidance and it's there for us" Her beautiful qualities are here now to remind us Who we are and to make active those qualities within.

Whether we give Devotion to The Divine Mother, Jesus/Sananda, St. Germaine, Buddha, St. Francis, when we Consecrate/Give ourselves consistently in Devotion once or several times daily - or if we have a state of Constant Devotion regardless of what is occurring outside of ourselves - profound awareness is revealed on all levels of our being. We are able to Be in each moment more easily. Expectations of people, time, or situations fall away and we can simply experience Present time and be Open to Whatever and However. A CONSTANT flow of Energy happens within. The Gifts Humanity receive as we each Surrender Ourselves in Devotion are many, as we open our Hearts to the Limitless Love, Compassion, Joy, Energy and Universal Peace of Source. The Peace Within that passeth all Understanding really has no words that adequately describe the experience. We are Gifted for our Devotion

All her life, I has yearned, thirsted and searched for peace. I has experienced many teachings. During a worldwide Peace Vigil for the East Timorese Refugees,



James Twyman and Grace Foulds

brought together by Peace Troubadour, James Twyman, I realised I am simply an instrument of the Divine Mother's Peace and Compassion. As a conduit of The Holy Mother's energy and messages of Peace and Compassion, I now offer 'Sacred Peace with the Divine Mother', events and personal sessions of deep connection.

DEVOTION PEACE PRAYER

*I open my Heart
I accept the seed of Grace
I Allow for the
Full and Unconditional
Manifestation of Devotion
In my consciousness,
In my Body and in my Life.
I AM Devoted to Universal Peace
I AM Life Everlasting
I AM ALL THAT I AM*

*Amen
And So It Is*

For details of this Sacred Event in your area or to arrange one locally wherever you are,

CONTACT: Grace

Ph/fax 61247518994

Email: universalpeacehm@hotmail.com



Zoroastrian Prayer for Peace

*We pray to God to eradicate all the
misery in the world:
that understanding triumph
over ignorance,
that generosity triumph over indifference,
that trust triumph over contempt, and
that truth triumph over falsehood.*

Millennium Reflections

by Gillian Young

Shakespeare's words touch a fundamental truth of our experience as human spirit beings.

What does it mean, to be true to your self? Can one be untrue to oneself? Well yes, it would seem so: each time I suppress my true feelings and act contrary to them, I am being untrue to self. If I say something that I don't believe, I am being untrue to self, and if I neglect to express to another person the love and appreciation I feel in my heart, I am being untrue to self.

"Walking your talk" is a catch phrase of the nineties which reflects Shakespeare's words, but what if your talk is not in fact your truth? As we grow through the various experiences of earthly life, we frequently seek for our identity, trying to make our unique mark on society, building a framework for our self image for the world to see. During this process, our truth may sometimes become obscured, or we may seek to explore outside our truth in order to view it more clearly.

As spirit beings living in a human body, we need to experience the world as we find it, to observe, learn, absorb and express our spirit in a three-dimensional form. There would be no point in being here if we did not thoroughly explore the human experience.

So powerful is the physical environment that a person can become immersed in the material experience on Earth to the extent that this dominates their life, and connection with Spirit becomes diminished or neglected. Often this results in a feeling of something lacking, of dissatisfaction and incompleteness.

Then there are those whose expression of spirit gives meaning and purpose to life. Through love, laughter, joy, kindness, compassion, courage, they radiate contentment and peace of mind. Often we see people, living in conditions of poverty that horrify those of us in materially wealthy societies, who are shining lights of happiness and contentment, their spirit shining through. We are inspired by Mother Theresa, Albert Schweitzer, Elisabeth Kubler-Ross and many others not as famous who allow their truth and spirit to guide them along life's path.

What then is the secret to being true to self?

*"This above all: to thine own
self be true,
And it must follow, as the
night the day, Thou can'st not
then be false to any man."*

William Shakespeare, Hamlet.

I am learning that illusion falls away the more I understand and know myself as an expression of God Consciousness. It becomes easier to feel this God Consciousness in my life and see it in other people. This means that I allow my truth to show, to be expressed, and let the thought and feeling become action. It isn't always easy. After all we live in a

society where certain conventions are observed and the public expression of emotion makes others critical or feel uncomfortable. However, practice makes perfect and I find that the more I allow my truth to be expressed, the easier it is. It is also infectious, for, as one person acts from the heart, it allows other people to be themselves too and let their truth be expressed.

Meditation is my way of accessing my spirit self and connecting with God Consciousness. I know many people who meditate and each one would describe meditation differently. What does meditation mean to you? What pictures come into your mind? What feelings are evoked? These are some of the words that I connect with meditation:

- Quiet time
- Connection with Spirit
- Communication with higher self and others at a subtle level
- Facing my demons in safety
- Self discovery
- Joy
- Soul searching
- Healing
- Listening to God
- Consciousness expanding
- Inspiration
- Peace

Meditation, accessing the quiet place in the deepest part of our consciousness, gives us a subtle way of communicating with our inner self and with each other.

Sensing, feeling, without distracting influences brings a clear communication that needs no words. In our own space we can be truly ourselves, confident and unafraid.

Meditation also provides a pathway to the still small voice within whereby one can face ones' demons and "pouff!" they are gone in a puff of smoke.

Meditation can teach us unconditional love of self which in turn brings peace. Once peace enters an individual's life it then radiates and influences all around them.

**if we are true to
self then we
cannot be false
to others.
Surely this is a
basis for peace**

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THE DOVE OF PEACE

- BREAKING THROUGH THE VEILS OF ILLUSION

by Judy McConchie



THIS PAINTING'S MESSAGE IS ONE OF PEACE and was channelled from Spirit

My painting is a semi-abstract collage, using coloured inks on layers of different types of paper. The Dove is made from a piece of paper worked into the shape of the bird which was then painted white. It has a sacred symbol painted blue on its wing. The Veils of Illusion are of hand-made Japanese rice paper with flecks of gold and silver.

Spirit's message interpreted is that all conflict comes from a misunderstanding – and that is the Illusion. So, with a change of heart, a new perception, all things can be resolved to...Peace.

The Veils of Illusion signify that it is easy to break through and come to a position of Peace. The painting is special to me and remains in my possession. It now accompanies all my exhibitions as my signature piece.

Since its 'inspired' creation, it has made a silent statement just by being there. At the naming of the Canberra-Nara Peace Park where political pressure was brought to bear to drop the word 'Peace' from its title, it had a very significant role to play.

In the unfolding story, initiatives between the cities, Canberra, Australia and Nara, Japan, came from delegates of their Chambers of Commerce. Both these cities have held the role of capital of their nation and it was from this perspective that Canberra and Nara have

the role of "Twin Cities" The ACT Government certainly supported these trade initiatives whole-heartedly and as often happens, a synergy emerged that evolved the idea to create, as a symbol of the bond, an area of parkland by the shores of Lake Burley Griffin. From that synergy, another good idea emerged to call it: 'The Canberra-Nara Peace Park'. What a wonderful idea to bring the peoples of our two nations together in this gesture of forgiving and forgetting the past. Well, if that didn't stir up a controversy! Pressure was brought to

bear to drop the word 'Peace' from the name. Most people in Canberra couldn't believe the unfolding drama surrounding the proposed initiative of a Canberra-Nara Peace Park, myself included.

Spirit starts moving in miraculous ways, for on the day of inauguration of the site, I was inspired to take this painting 'The Dove of Peace Breaking

Through the Veils of Illusion'. As I approached the official site, which was clearly cordoned by white ribbon, I was 'led' by Spirit to continue past the gathered crowd and a little behind and to the side of the podium. The crowds continued to gather. All the TV cameramen were present, the Duntroon Military Band played, etc., etc. From this uncrowded location, the painting was easily seen by the TV men and was filmed. I felt the painting made the most eloquent statement on its own. The official speeches began first with the welcome to

**Since its
'inspired' creation,
it has made a
silent statement
just by being
there**

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And what of the second part of Shakespeare's verse: if we are true to self then we cannot be false to others. Surely this is a basis for peace, for if people deal with each other in truth then mistrust, fear and ignorance must eventually dissolve. When people trust each other there can be no reason for fear, blame, recrimination, protection against betrayal. Certainly there will always be differences between people, this is the nature of human beings. Sometimes we clash with others: they have their path to walk and this is how we learn unconditional love and to cherish without judgement. Around the world people are working hard to resolve conflict and in Australia we can be proud of the initiatives taken by our own Conflict Resolution Network who send mediators into every imaginable conflict situation at home and overseas. As more people learn the communication skills which enable them to honestly express their truth with dignity and respect, human society will, I believe, become more peaceful. The energy that has been trapped by conflict will be freed to be redirected towards creative, inspiring actions which lead to reconciliation and tolerance.

As we enter the new millennium, many people are evaluating their life, reflecting on the human condition, striving for a better world, whilst some of our brothers and sisters are just fighting to survive. Deep in their hearts, every person on this planet surely desires to live at peace.

If we truly desire peace, the best we can do whilst we live on this planet Earth is to be true to our own self, for then we empower ourselves to express our spirit in actions. Shakespeare is right. His is a voice of wisdom from the Piscean Age.

May the Age of Aquarius bring Peace and Love to all Humankind.

(See page 2 for Gillian's meditation CD)



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the Mayor of Nara and the Japanese citizens that had paid their own way to be present - most of them quite elderly and who had probably lost loved ones in the War. Then came the Mayor's reply through an interpreter. When the Mayor was directed to cut the white ribbon that was strung between two large trees behind the podium, I knew why Spirit had led me to stand where I did. I was directly in his line of sight as he turned. The interpreter sprang to his side and whispered excitedly into his ear. With that, his face



Canberra-Nara Park's Arbour is proudly sponsored by the park's designers Totalcare Industries Limited, in celebration of the Sister City relationship, 1999

Nara Park and the plaque which has been attached to the seat

wreathed in smiles, his arms raised wide, this man who spoke no English, uttered 'Peeeee, Peeeee' and bounded over to me and the painting, hands outstretched. What a moment! Of course, to see his reaction immediately made my heart sing, so as he approached he was received unconditional love and smiles from me also. The whole thing was recorded by the camera crews and was beamed on the networks in Canberra and interstate. What a victory for Peace!

The painting is now surrounded by the Peace Prayers from the different world religions gathered by James Twyman, loving referred to as The Peace Troubadour, for his wonderful work. I enjoy seeing the responses from members of the public to the painting and prayers whenever it accompanies my exhibitions. It is indeed an ambassador for Peace.



CANBERRA - CITY OF PEACE?

by Philip Simpfendorfer

From GLASTONBELL - (a peaceful place to visit in the Blue Mountains, Australia - all invited)



Looking down to the Cathedral from the mouth of Linking Cave Glastonbell

For many reasons, 1999 has been an historic year for Australia. One memorable event was the initiative of leading a peace-keeping military force to East Timor.

The social and political aspects are being adequately recorded by experts in these fields. This short article is to discuss a few features of the usually unrecognised dimension.

In his monumental study of cities 'The City Shaped', Spiro Koslof defines Canberra as a city in the grand manner under the general classification of Cosmic/Holy Cities. It was planned to have an inner triangle of power in contrast to the usual single authority centre.

On one corner of Canberra's inner triangle is Capital Hill and Parliament, the second the Commercial Centre and the third the Defence Department build-

ings. This was not how Walter Burley Griffin planned it. A national cathedral was planned on the summit of the little hill just behind the Defence Department.

It may seem strange that the anti-war Griffins placed both spirituality and military defence on the same corner of the triangle. However, both are concerned with protection and ultimately, peace - in contrast to gain (commerce) and regulation (lawmaking) on the other corners.

The national cathedral was never built. The hill remains bare and unattended - except for a peace focus from Glastonbell and from concerned friends.

Some years ago, Steven Guth from Canberra/Galong experienced how a difference can be made to surrounding human consciousness when simple love, light and harmony is projected to a landscape feature. Since that time, he had a strong feeling concerning the importance of a genuine spiritual focus on Cathedral Hill.

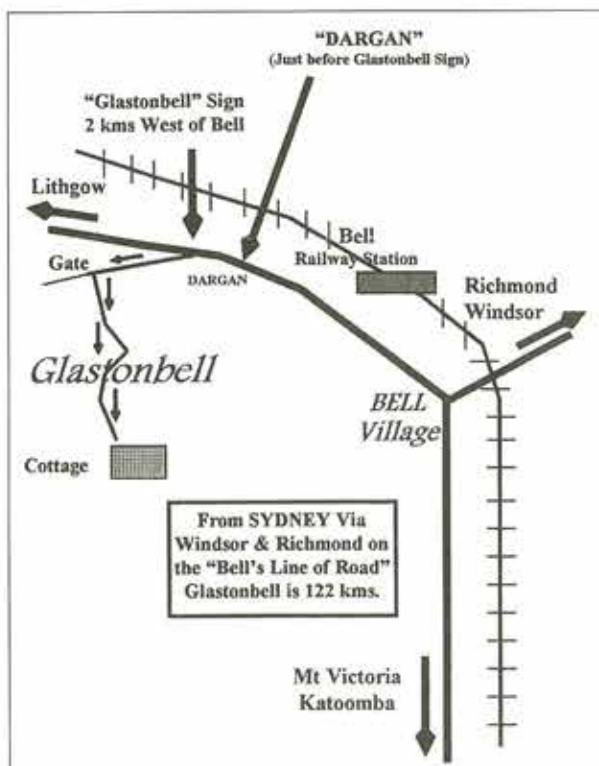
Meanwhile, a group of friends were planning a 'Journey of Infinity' around Australia and I felt the lack of a spiritual unity centre in the triangle where the decisions affecting the nation were made. How can a democracy flourish without spirituality? Walter Burley Griffin's wife Marion had written an article in a magazine in 1914 stating that democracy "depends on the superiority of the spiritual element."

Early this year, Steven and I got together and decided: "Let's get serious about that hill." Steven started rounding up Buddhist monks and anyone with ability to meditate positive thoughtforms and took them to sit on the hill which he renamed 'Peace Hill.' As Glastonbell is listed as a spiritual retreat centre in Barbara Hasslacher's book of Australian retreat places, I sent out a circular letter to 70 centres to ask for their prayers for Peace Hill.

It could be just a co-incidence that the peace focus started early in 1999 and the Military's peace-keeping role in East Timor began six months later, but those of us who know the power of prayer, also know it is not pure co-incidence. We did not try to influence military or political establishment in any way. We simply sought to open way for the Transcendent Presence to activate the harmony of the hill and do what It wanted.

However, this is only a small step toward Australia becoming a 'peace nation'. Follow-up and more follow-up is needed, more people and more powerful

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faith. The next step being planned is a the two weeks between 21st February and 5th March 2000 to stabilise the peace emanation from the hill. Are you interested?

In the meantime, let us focus on that little Peace Hill in Canberra with such strength that not only does our military become a peace-making force, but the commercial corner is full of generosity and integrity and Federal Parliament, motivated by compassion for all beings, is able to balance the diverse and often conflicting polarities that make up a democracy. Above all, let us be peace and harmony-emanating people.

We all know that Canberra is Australia's capital city, but Glastonbell may not be known. It is an area of Blue Mountain bush in New South Wales, dedicated as a dreaming place for a holy land of Australia.

It does have a phone (02) 6355 2616 and E-Mail: [HYPERLINK mailto:glastonbell@hotmail.com](mailto:HYPERLINKmailto:glastonbell@hotmail.com) glastonbell@hotmail.com
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The Book of Love

- As Reviewed by Nexus Magazine

For years, Australian medium Valerie Barrow has been in contact with interdimensional beings; but one time she was woken and asked telepathically to write a book - with special help from the Indian Avatar Sri Sathya Sai Baba. The subject matter was revealed after an ancient Aboriginal sacred tjuringa or Alcheringa stone came into her possession.



The Book of Love is written diary-style and is the result of Valerie's stream-of-consciousness communication with the energies that speak through the stone. These highly spiritual entities provided her with fascinating information about the Earth's evolution and humanity's place with the Universe.

The 'Star People' tell of an asteroid they brought to Earth to wipe out the dinosaurs as a prelude to mammalian development. They give a vivid account of Atlantis's final destruction over 10,000 years ago, sparked off by another asteroid hit which caused the Earth to tilt on its axis and created 2,000-foot tidal waves, continental drift, vast magma upwellings and eruptions followed by a 5,000-year-long ice age.

The Book of Love has a profound message that will strike familiar chords for many readers. Sai Baba fans will find great delight in the synchronicities that Valerie records in the course of her writing.

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For information on workshop dates or treatments contact: Faye 0412 778 205

For Sydney workshop dates or treatments contact: Marina Carvin: 02-9819 6274

Reiki Jin Kei Do Teacher, Faye Matthews, has devoted her life to sharing the gift of Reiki with all people who wish to experience it and her workshops reflect this deep love and dedication to others.

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FORGIVENESS

Accepting responsibility for your life;
releasing blame and the judgement of others.

Workshop 18 August 99: Abstract
(Studying Meredith L. Young-Sowers
- Angelic Messages)

Even though you have worked on your dysfunctional patterns for years, you still feel at times, strongly tied to old feelings and failures, hiding the immense beauty and opportunities beneath your old emotional scars.

Forgiveness comes through turning your attention inward and using the spiritual energy of love to assess your own relationships. Forgiveness is a spiritual initiative rather than one grounded in the emotion or the intellect.

The issues that seem to defy forgiveness are always aligned in some ways with love; the love you never received, the love that you offered and others rejected or betrayed, the love that was used to manipulate or control you.

It is difficult to forgive others completely without reserving that small corner of your heart that asserts you were right and they were wrong. That is because you may be seeking to forgive others by using a rational

explanation for the reason you should forgive. Truly releasing lingering remorse, guilt, or anger through reasoning is impossible.

But, once you realise that your failure to forgive hinders the flow of love into your life and the circulation of this essential energy throughout your body and mind, you are capable of forgiving others from a place deep within you.

Love is the basis of your life's well-being but in tying your spiritual energy reserves to old hurts, you are severely limiting the energy of love available to you in the present moment.

Perhaps this is the time to search your heart for those you still need to forgive more fully, starting by yourself?: hence LOVING yourself more?

With Love and Light

Marie-Paule Goudon
Transpersonal Psychotherapy & Relationships
(612) 9358 3562 - Mob. 0402 002 986
HYPERLINK [mailto:Marie_Paule@big-
pond.com](mailto:Marie_Paule@bigpond.com) Marie_Paule@bigpond.com



WHEN IF NOT NOW ?

- What is it within us that drives us to do what we do, seek the relationships, the careers that we do?
- What prevents us from attaining the results we expect?
- Each of us is such a unique individual yet part of a complex fabric that embrace not only our immediate family but the broader society, our common humanity and even our place in the cosmos.
- Questions of values, meaning, symbols, dreams and purpose of spirit are definitively at the core of our search.

Two main disciplines address and respond to all these factors -
Transpersonal Psychotherapy and the Myers-Briggs Type Indicator (MBTI).

Marie-Paule is a trained Transpersonal Psychotherapist and MBTI Practitioner with over 25 years experience both in France and Australia. Her childhood in Morocco adds to her genuine sensitivity to people when dealing with multiculturalism and integration issues. With the MBTI, clients' focus is on discovering and understanding their personality type and temperament at play in every day life, learning to deal with relationships and conflicts. Transpersonal therapy addresses the bigger picture. Combined approaches offer clients the ability to grow away from unconscious self-defeating behaviour and move towards a truer expression of Self.

For an appointment, call Marie-Paule on (02) 9358 3562

or e-mail on Marie_Paule@bigpond.com

Marie Paule Goudon
Dp. Couns. PsychoThy MBTI Accredited Practitioner

UNLOCK STRESS

with John

This treatment is different... so different that John, who is a member of the International Stress Diffusion Association, has only recently come up with a name that succinctly summarises the therapy he offers. "Unlock Stress" best describes what is an amalgamation of years of study and hands-on experience that he has developed since 1984.

John's unique method of healing combines crystal chakra work, Reiki, Foot Reflexology, and intuitive psychology. He believes clients can reach their full potential and attain a greater state of wellbeing than they ever thought possible. To gain a deeper insight into a therapy that is breaking new ground and reaping beneficial results, this is how one client saw the treatment:

"I sensed John's quiet caring immediately when his warm Reiki hands began to massage my lower back with special essential oil. His aim was to release the pain caused by a congenital spine defect, so he patiently spent time focussing on that particular area.

Below the table's peephole, I gazed at a magnificent Elestial crystal he'd placed there, slowly relaxing into the warmth radiating from John's nurturing hands. But as yet, I had discovered nothing new.

Then John began intuitively pressing his fingers into various spots on my back. "I'm looking for blockages", he explained "There's one..." Sure enough, he'd found a painful spot. More silence and more clearing followed.

He instructed me to ask my sub-conscious at what age my back began to be a problem. It seemed a silly question, but immediately the age of three came to mind.

"Memories of events occurring in the first 5 years of our lives are contained in an area of the brain which cannot think logically, making its decisions based mainly on feelings," explained John. "Consequently, those immature emotions and decisions are stored in the sub-conscious mind, creating negative patterns and often our recurring pain".

With prompting from John... "What is behind the feelings?... Go into the emotions" It didn't take long to discover the 3 year old's decision made more than 50 years earlier - one that has obviously affected my life and caused pain. Unannounced tears dripped onto crystal below me.

John then set to work clearing my chakras. He whirled, stroked and patted the air above me, his face a



study of intense concentration. It was almost funny to watch and then after applying a balancing pressure to my feet, he announced the healing session was over. One and a half hours had flown in an instant.

The result? The deep ache in my lower back had eased, and what was so wonderful was the lightness of spirit, the sense of being relieved of some constant burden that had been with me for such a long time."

JOHN BENNETT can be contacted at
SCENT FROM HEAVEN, 3/169 The Mall, Leura
(in the Blue Mountains west of Sydney)
(02) 4784 3393.

He also conducts a home/office Sydney mobile service on (0414) 257 302 or phone the Academy (02) 9913 3197 and runs 1 day Crystal Healing Energy workshops for those wanting to learn more.



Craniosacral Visceral Therapy

by Gerry Martin D.C. DO.

When I became a Chiropractor, I searched for therapies that would satisfy the needs of both my patients and myself. If deep down there is a yearning to help and if there is the deep longing to give rather than to take, then while the human mind drives me from one seminar to another, the spirit silently, effortlessly and patiently leads. I am at peace with myself now that I have been guided and encouraged into this field of therapy.

The very core of our being is the central nervous system. Our physical internal environment is our organs. The brain, spinal cord and internal organs hang from the skeleton. Muscles hook onto and move these skeletal bones. All these structures are moving in harmony. They are all enmeshed in one sheet of tissue called fascia, this makes all the body parts one co-operating mechanism. The facial tissue is continuous from your head down to your toes and one can travel along this fascia anywhere in the body without leaving it. Consider a small but constant pull from some insignificant part of the body that shows no symptoms can create problems to an organ or muscle far from it, causing pain. A pull can be from operation scars e.g. Hysterectomy and Appendicitis or from minor or major traumas in life.

STOMACH

Jill had monthly treatments of Craniosacral therapy when she was overseas for headaches, neck pain and depression. She came for treatments and I started clearing faults I found in her body. On her 5th visit, I treat-

ed her symptomless stomach. The headaches and neck pain lifted and her depression disappeared too. She said she went home and wanted to dance.

HYSTERECTOMY SCAR

Joan was suffering from fatigue, pain in her legs and digestive problems. After treating her Hysterectomy scars, her leg pain and stomach problems improved remarkably.

BLADDER

Steven had leg pain caused by a sensitive bladder

CRANIOSACRAL

Julie's nausea and stomach cramps diminished with treatments to her cranial and organic systems.

I am not in charge: "Thy Will be done". Now I listen to my patients with all my faculties. Their body tells me what to do. I approach my work in awe and with respect.

Jill's stomach, Joan's scars. Steven's bladder and Julie's nausea and stomach cramps. Did I heal these people?...No. Did I help these people to help themselves?...Yes. I believe the therapist and the patient have the answers together. Caring giving, working sincerely, these are the qualities of God, and it is through God's presence that an outcome is achieved, according to God's Will and our free choice.

It is through the closeness I achieve with people through Cranio-Visceral work, that I am just beginning to understand the profoundness of the first two Commandments (of the Bible) and stand in awe at the events that take place when one tries to follow these Commandments.



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SOUL ALCHEMY

by Glenda Anderson

What if you could accelerate your soul journey? How would that feel, what would happen? Imagine living your life as an experience of love, joy, happiness and total conscious connection to spirit. Some may wonder is this possible. I know and have experienced that it is and have made commitment to bring this to as many people as possible.


So how do you go about turning the lead of your life into gold? Well there are many paths up the mountain and the way there that I facilitate and teach involves a synthesis of many years of learning and experience. I use a synthesis of Energy Healing, Time Line Therapy™, Kinesiology, Spiritual Healing, Astrology, Sacred Geometry and Love to allow you to clear the debris from your path and to open the windows of your mind, heart and soul.

By learning how to release blockages and limitations we have created, we suddenly have a whole lot of energy for creating what we do want and this is best used when in total conscious connection to God. When we move past what our ego wants and become totally guided by our Higher Self and spirit connection, what we manifest makes us truly happy on all levels, not just the ego level.

During the clearing process, all levels of your being - physical, mental, emotional, genetic and spiritual - are addressed and cleared. The clearing processes are gentle yet powerful and the results are often profound - even if in a subtle way. The clearing may not be instantaneous as a lot of the time we layer our 'stuff'. The way I work is that I follow the guidance of your Higher-Self as to what needs to be healed and what order it needs to be healed in and I follow that always. Our egos, expectations and control-issues sometimes resist this idea in that we want our results in a certain way, in a certain time, to fit with the picture we have of how we 'should' be. Quite often, I find that Spirit has a different idea of what are the best results for us. Our Higher-Self loves to communicate this to us, if we can only let go of ego and control and listen to our Higher Self/Spirit connection guess what? The results our Spirit/Higher Self guide us to will actually bring us true happiness and contentment. Well, if Spirit is guiding you where else could you go?

Soul Alchemy is a journey from Duality to Oneness. Duality is the illusion that most of the world lives under and a lot of energy goes into keeping this illusion alive

and well. A lot of people actually seem to feel safe within this duality. I guess that we've lived that way for a long time.

Imagine a world without duality! Wow, challenges are seen as gifts so we can grow, differences and uniqueness are celebrated and encouraged, and love, joy, happiness and compassion permeate all that we do. I definitely want to live in a world like that! Do You? 

SOUL ALCHEMY 'The Art of Soul Healing.'

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- Access and Use Universal Energy
- Release Negative DNA,
- Astrological & Soul Patterns
- Move from Duality into Oneness
- Accelerate Your Journey

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Phone Glenda Anderson
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CONSULTATION AND COURSES.

Christian Prayer for Peace

*Blessed are the PEACEMAKERS,
for they shall be known as
the children of God.
But I say to you that hear, love your enemies,
do good to those who hate you,
bless those who curse you,
pray for those who abuse you.
To those who strike you on the cheek,
offer the other also,
and from those who take away your cloak,
do not withhold your coat as well.
Give to everyone who begs from you,
and to those who take away your goods,
do not ask them again.
And as you wish that others would do to you,
do so to them.*

DIRECTORY OF WHOLISTIC HEALTH SERVICES

ART HEALING

NARELLE GREEN - Discover who you are. See yourself through your art. Clear emotional patterns working in either water colour, oil or pastels. Group or private sessions available. (02) 99691590.

ASTROLOGY

JEAN RENWICK - Using Astrology, Jean gives a special blend of insight and positive guidance. Ph. 0263 376 576

AURA PHOTOGRAPY

DENISE - available for private groups in homes, or fairs.
(02) 9569 9113

AROMATHERAPY

BEATRIX FLIS - Aromatherapy, remedial massage, Reiki and Bush Flower Essences are all wonderful remedial techniques which blend together to activate healing. (02) 9908 7389

BEAUTY THERAPY

YVONNE HOLT - Professional Beauty Therapies, healing, aromatherapy and special care for M.E. and Chronic Fatigue sufferers.
(02) 9953 2543

CHINESE HERBAL MEDICINE

ALASDAIR REED - Chinese herbal medicine cares for your body and soul using the wisdom of the ages. Also Bush Flower Essences.
(02) 9973 2904

COUNSELLING

ANNIE CASTLE - Experienced, trained personal Counsellor. Valuable experience with teenage counselling - private sessions Reiki and reflexology. (02) 9452 3110 or mobile 0414 264 996.

CRANIAL SACRAL THERAPY

GERRY MARTIN - Cranial sacral therapy - Be free from pain, headaches, emotional upset, chronic fatigue. Also accredited chiropractor. (02) 9955 3911 also 4731 3377

ENERGETIC HEALING

GINA MacFADZEAN - Founder and director of EISSA, a school of energetic healing and a healing centre. Private sessions and workshops. 0248 721 250.

EAR CANDLING

LIZA de GOEDE - Non- invasive, safe and painless process - a safe alternative - gives feelings of cleanliness, lightness and promotes healing. Yoga and meditation also. (02) 9456 7117

FENG SHUI

MICHAEL BRADSHAW. - Clean your environment of all stagnant unwanted energies. Enhance and energise positive patterns in your life. (02) 9460 9412 mobile 0418 237 518

KA HUNA BODY WORK

ROBYN SIMON - Emotional/Stress Release, Counsellor, Psychic Readings, Aromatherapy, Reiki, Esoteric Healing (02) 4782 6274

MASSAGE

SANDRA COOK - REMEDIAL MASSAGE - Intuitive bodywork bringing awareness to your energy imbalances to release, heal and energise all levels. (02) 9918 0554

MEDITATION

GILLIAN YOUNG - Stills the mind calms the senses and helps to bring balance into one's life.

C.D.'S for meditation available \$20 ea. 024 981 1181

PULSING

MARGARET MUNRO - Pulsing for Peace. Gentle rocking and ripples throughout the body releasing stress, creating relaxation.
(07) 5445 7343

KAREN EMERSON - Holistic Pulsing, massage, therapeutic touch, Bowen Therapy, Reiki, EFT. (02) 9327 3748

PSYCHOTHERAPY & COUNSELLING

MARIE-PAULE GOUDON - Wonderful relationship therapy bringing understanding and benefits to your life. Private sessions and workshops. (02) 9358 3562

REIKI

JACKIE STORES and JEAN REID (Daughter & Mother) - Reiki Masters. Feel totally relaxed and at peace with yourself. Workshops and private sessions. 0264 563 305

REIKI JIN KEI DO

FAYE MATTEWS - Reiki Master, Reiki Jin Kei Do is a spiritual lineage emphasising the practice of Reiki and opens the heart with compassion. (07) 3856 1881

IRENE MOURITZ - Reiki Master, Specialising in Reiki Jin Kei Do and Transpersonal Breathwork. Working together establishes relaxation and releases blockages. (07) 3372 8532

JEANNETTE - Loves to use Reiki Jin Kei Do because of its non intrusive gentle, healing ways. In office or home. (02) 9969 1487

REMEDIAL MASSAGE

Jessica Cowley - Healing for your mind, body and spirit.
(02) 65 570 554

REFLEXOLOGY

FIONA ROSS-SMITH - Healing through pressure point stimulation of the feet, hands and ears. (02) 9953 2013. Mobile 0417 414 826

SOUL ALCHEMY

GLENDA ANDERSON - The art of soul healing - Time Line TherapyTM energy healing NLP and Kinesiology. (02) 9918 4518
(02) 9460 8230

SOUND THERAPY

JOHN BUTTERWORTH - Personal sound therapy using the healing powers of voice and exotic musical instruments. (02) 991 331 97

SPIRITUAL HEALING & COUNSELLING

ROSEMARY BUTTERWORTH (WHITFIELD) - Uses Spiritual Guidance to see your potential and blockages. Reiki, Light Therapy, Kinesiology. Phone Readings available. (02) 991 331 97

STRESS RELIEF

JOHN BENNETT - Combines Reiki, Foot Reflexology and intuitive psychology, Crystal & Healing Workshops. Ph. (02) 4784 3393
0414 257 302

coming EVENTS

WESAK CELEBRATION AND GRAND ALIGNMENT - Join us in one of the biggest spiritual events

Where: Mona Vale, Sydney
When: 5-7th May 2000 - Full Moon in Taurus
Speakers include: Ken Page(USA) and Jani King.
Activities include: Cleansings, crystal bowl healings, songs and music, sacred dances,
profound meditations, and much more.

Grounding this power and energetic shift into your body, Sydney, Australia and the planet for global peace.

This is a special invitation and clarion call to all who are on their spiritual path and all Lightworkers. Wesak 2000, Australia will be a 3 day festival and celebration of talks, visions, learnings and activities. It will raise your energies so that we help bring down the energies to start the 1,000 years of Peace on this planet.

During this festival, you may well experience a tremendous vibrational shift and a quantum leap in your spiritual growth and maturity. This will be facilitated by:

Renowned Guest Speakers from Australia and overseas, have been invited. Highlights include the Wesak Mediation on Saturday, under starlight (weather permitting), an Aboriginal sacred initiation, doing a walking meditation and a cosmic ascension activation.

During the festival, you will receive gifts of a traditional Tibetan Welcome Scarf and Blessing, holy Wesak water, and a small packet of sacred ash from Sai Baba's Ashrams.

For registration, further information, contact Ione Dean Ph: 612 9997 3731 Email: ioned@magna.com.au
Shirley Mason Ph: 612 9971 4720 Email: rmason@mpx.com.au

THE JOURNEY OF INFINITY is a pilgrimage and you are invited. The path traced will follow a symbol of infinity. It is a JOURNEY OF INFINITY because it seeks to be open to the Infinite Source, yet not tied to any particular religious tradition.

It departs from Glastonbell, west of Sydney, on March 18. Departs from Melbourne for the Pilgrimage to the Centre on April 7th, leaves Alice Springs on April 29th to Monkey Mia, Western Aust. (dolphin contact?). Departs Monkey Mia on May 23 to Kalgoorlie. June 10th leaves Kalgoorlie for Alice Springs. Departs Alice Springs for Cairns on July 1st. July 22nd arrives at Cairns. Sept 8th - completing the Infinity Sign. Enquiries Ph: 612 6355 2616

CALLING ALL ESSENES

Experience a day with the philosophies of the ancient Masters. Don't stay small - be large. Trigger the magic within. A workshop never presented before. It's fun, colourful, and light. Be enlightened through the teaching of the Essenes. Experience colour meditation, Reflexology with colour and healing with art.

Where: Passionist Monastery, 138 Killeaton St. St. Ives. (Sydney area)
When: 5th February, 2000
Time: 10 - 4.00p.m.
Cost: \$80.00 (concessions available \$65)
Enquiries: Annie (02) 9452 3110

ACADEMY MEETINGS

When: 1st Monday night of each month, 7.30p.m.
Where: St. John's Uniting Church Hall, cnr. Barry & Yeo Sts. Neutral Bay (Sydney)
Presenters: From Australia and overseas.
Enquiries: The Academy on 612 991 331 97

WILLARU HUAYTA - INCAN SPIRITUAL MESSENGER

The Academy will present Willaru Huayta, an Incan Spiritual Messenger, from Cuzco, Peru, who will speak on Incan Prophecy and spirituality, Wisdom of the Father Sun or Gnostic Wisdom Teachings. Willaru arrives in Australia, on the 9th or 10th of February, spending his first week in South Australia and there are plans during the remainder, to visit NSW and the ACT. He will be in Australia until the 29th. He will consider doing a half or one day workshops looking at how to awaken the Consciousness to ascend to Higher Dimensions. He will share the teachings of the Masters. The Academy will send out further details of his tour, as arrangements are finalised. A wonderful experience, not to be missed.



EVERYONE IS WELCOME TO ATTEND

MEDITATION (facilitated by Rosemary & John Butterworth)
at St. John's Uniting Church Hall, Cnr. Yeo & Barry Sts., Neutral Bay (Sydney)

MONDAY NIGHTS (except Academy Meeting Nights) 8.00 - 9.00pm (optional refreshments afterwards)
COST: \$5.00 (to cover hire of hall) ENQUIRIES: 991 331 97



earth chant australia

A special journey into the Simpson Desert

It is my honour to invite you to be part of a journey to grace the earth of Australia's centre, guided by a group of aboriginal people of the Southern Arrernte tribe. We will be travelling across the Simpson Desert (including Uluru) over a period of seven days. We will be taken to the most powerful sites of awesome beauty, a journey from the dreamtime of their ancestors to explore the living history of their culture.

I made this pilgrimage in 1997, much of it way off the "tourist track". We met up with the custodians of particular places and were told the dreamtime stories of the landscape, of nature, animals and the stars.

We will camp under the stars, be cared for in every way...three meals a day - the damper (bush bread) freshly baked is a special treat.

Memories return of my journey... looking up at a brilliant night sky and the Pleiades (seven sisters) twinkling a "hello" and welcome from the stars. I remember the teaching and conversations with our aboriginal friends around the campfire at night... the sharing of their warmth, their wit, their humour, their patience...the breathtaking beauty of the sites we visited.

We will participate in boomerang and spear throwing



and learn to play the didgeridoo, how the Dreamtime is translated into art and how it has evolved into the art form it is today.

On the 19th and 20th June we will have time in Alice Springs for resting, visiting with local folk and meeting with people participating in the "Journey of Infinity around Australia", who are honouring our indigenous culture and recognising the sacredness of the land.

On 21st June we will be taken to Rainbow Valley, the homeland of the Southern Arrernte tribal group for a winter solstice celebration.

Hosted by our aboriginal friends expressing our reverence for the earth in this idyllic place, this is a time to celebrate the New World where we honour our loving connection to each other, no matter what race, colour or creed.

The cost of the 14 day journey is AUD \$1,950 which includes twin share accommodation in Alice Springs in a three star hotel. Excluded are airfares and dinner on the 23rd, 24th and 25th June.

For enquiries, contact Ulli Hansen ph.61-2-9953 2669
mob: 0411 691 470 also enquiries 02 63552616.
Early bookings essential.



SPONSORSHIP/ADVERTISING

Shining Bright is currently circulated throughout Australia and Overseas - a circulation continually increasing in number. Hence, this is a wonderful way to network your goods, services, courses, workshops etc. to like minded people!

Shining Bright invites you to take the opportunity to advertise and/or be a sponsor.
All advertisements must be in keeping with the Academy's Goal's and Objectives.

ENQUIRIES FOR ADVERTISING RATES: (02) 991 331 97

Costs to produce each issue are substantial, e.g., printing, postage, graphic design, stationery.
All other work is voluntary. Shining Bright needs and welcomes your support in every way to continue Shining Brightly!!

SPIRITUAL CONSULTATION

Receive individual 'guided painting' specifically for you. Use as a pivot point of awareness. By using clairaudient and clairvoyant perception, I gain insights from Divine guidance that lay the foundation for the consultation and that explains the painting.

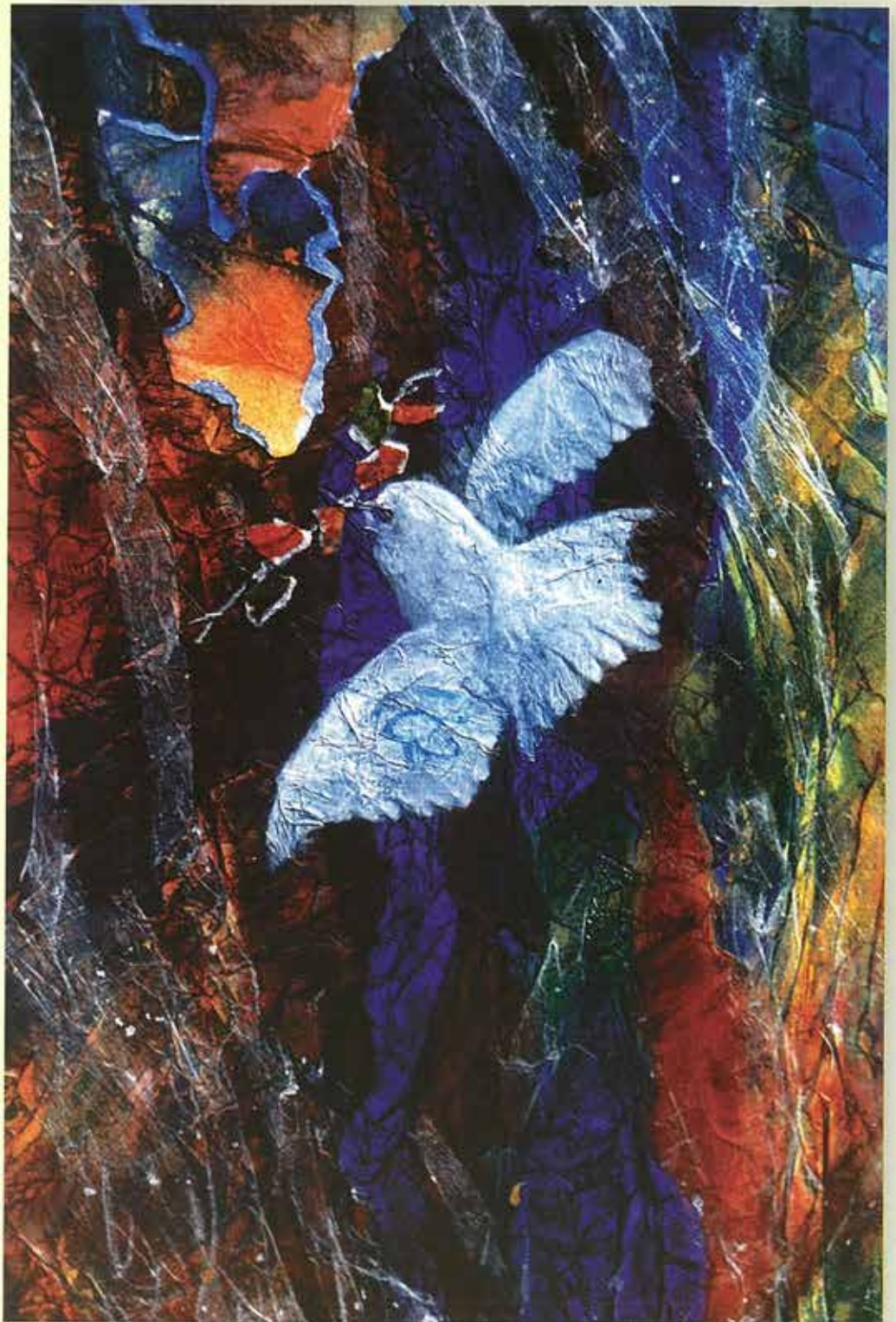
Investment:

\$60.00

Appointment:

Judy McConchie

Ph: 02 6286 4963



CARDS FOR SALE

"The Dove of Peace breaking through the veils of Illusion"

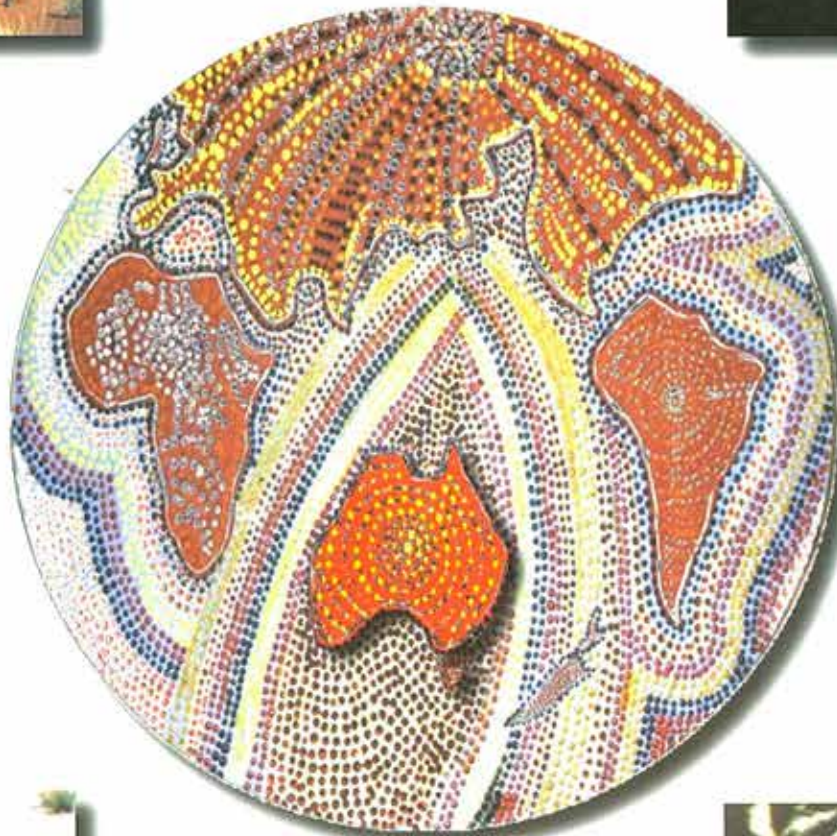
"Pillar of Light from the Stargate"

\$4.00ea or 3 for \$10.00

Other images available

earth chant australia

special journey into the Simpson Desert
june 12th to 26th, 2000



aboriginal artwork by Japanangka
"singing the earth"



Celebrate the Winter Solstice
june 21st, in Rainbow Valley
via Alice Springs