

# ShiningBRIGHT

*a guide for the soul*

VOLUME 10 ISSUE 1

AUTUMN 2007

## **OUTREACH IN BALI**

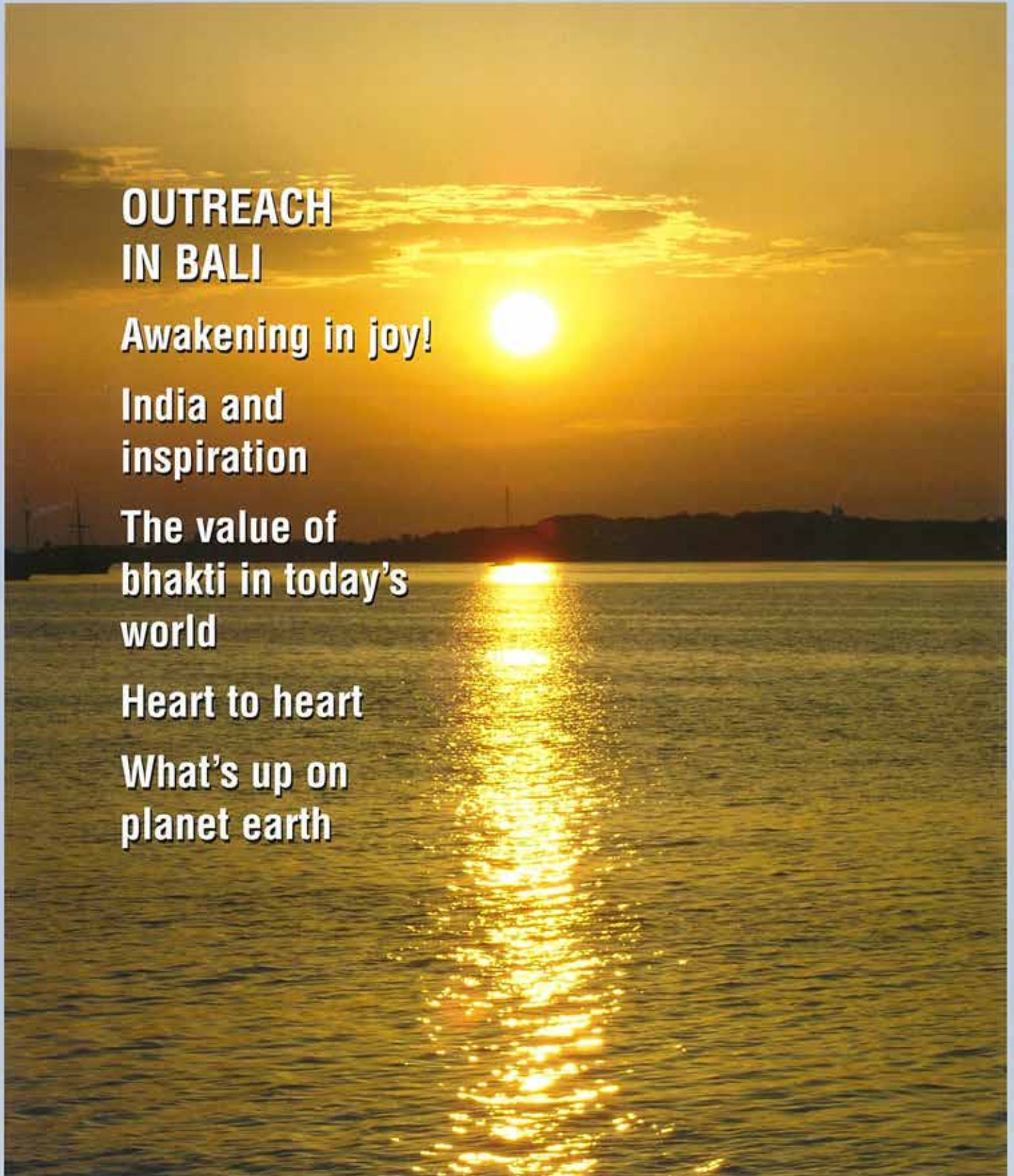
**Awakening in joy!**

**India and  
inspiration**

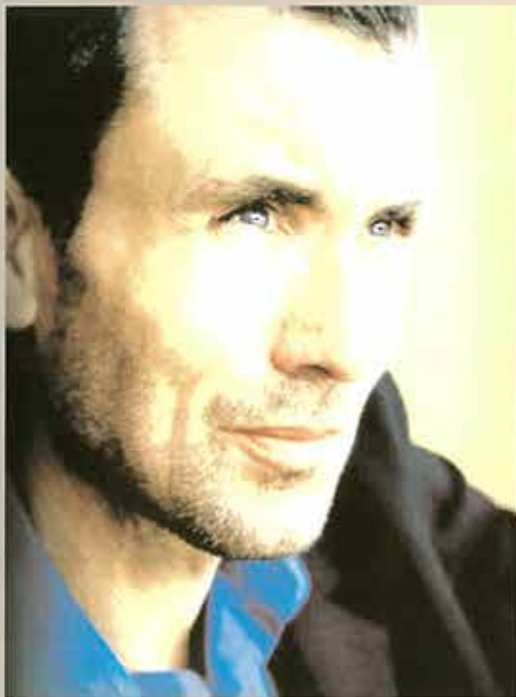
**The value of  
bhakti in today's  
world**

**Heart to heart**

**What's up on  
planet earth**







*Autori was born in Oceania. A series of powerful and profound life experiences has brought him into close contact with consciousness from other dimensions and a profound understanding of his mission on Earth. Autori operates as a transmitter of universal love.*

*He provides you with a tangible experience of who you are and how amazing you are. His seminars and his counselling direct you towards self mastery and self empowerment so that you may experience your own essence.*

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TM

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02 9975 4905

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## THE SOUTHERN CROSS ACADEMY OF LIGHT

### VISION & VALUES

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

#### ONE SPIRIT – DIVERSE VOICES

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

#### UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

#### UNCONDITIONAL LOVE

Loving each other without conditions.

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

To act according to one's own conscience.

#### MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and without judgment.

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#### CO-OPERATION NOT COMPETITION

Working together, supporting each other.

#### ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

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#### PEACEFUL LIVING

Living together in peace, harmony and truth.

#### AWARENESS AND LOVE OF THE SELF

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

THE SOUTHERN CROSS ACADEMY OF LIGHT is a non-profit, non-denominational organization.

The Academy's focus is to help people become spiritually aware and live consciously. Wisdoms, some thousands of years old, are being remembered and practised by its members. These wisdoms are restoring human values and help bring back a quality of life that brings peace and joy.

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

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

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

### ACADEMY CENTRES

#### NEUTRAL BAY

Monday nights at: St. John's Uniting Church Hall,  
Corner Yeo & Barry Streets, Neutral Bay (enter off Barry St.)  
7.30 pm – 9.30 pm Cost: \$11.00

#### BONDI

Special evenings only please check the website for details  
290 Bondi Road, Bondi (under Paul Fitzgerald Pharmacy)  
7.30pm – 9.30pm Cost: \$11.00

#### HORNSBY

Last Friday of the month at: Alchemy of Joy,  
2B Dural Street, Hornsby  
7.00pm – 9.00pm Cost: \$11.00

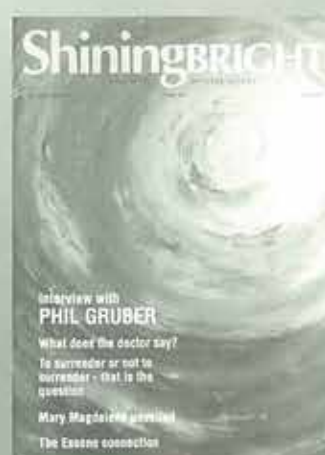
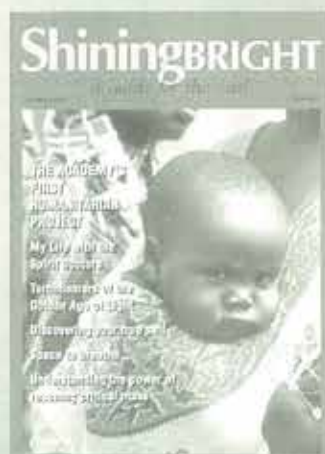
If you are interested in presenting at any of the centres please call the Academy office on 02 9975 4905 or email: [scal@a-light.org.au](mailto:scal@a-light.org.au)

Please visit our branches and meet up with your spiritual family. Nourish your soul and meet new friends.

We now have a youth group for under 30's. If you are interested please see advertisement on page 27.



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FRONT COVER



## ShiningBRIGHT

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Lily de Chalain

from the **EDITOR**

**W**e have collected some wonderful stories for your spiritual growth, some humour and general information on what others are doing to make a difference in this world. Our centre spread this issue is about two beautiful centres, one in

Australia and the other in Bali.

A magical example of how spirit works when everything is in flow and how much can be achieved when our hearts are in the right place and our intentions are aligned with God. I was most impressed by the power of love and as a result felt a deep desire to being involved in some small way to making a difference in the future. After all isn't that what most of us really yearn for, to depart this world having touched the hearts of at least one individual in a meaningful way? I truly hope this issue gives you inspiration to make a difference of your own no matter how small and to spread love wherever we can. A great example of this is the story on India.

There are so many amazing people here to support us to reach our true potential. I have just returned from an amazing retreat with Isira in the Blue Mountains. I recommend some time in silence and time in nature if you have the opportunity during the year. It will really recharge your battery and connect you with the peace within. Autori is also coming back to Sydney this July and is another teacher I highly recommend.

We will surely be buzzing with light with the upcoming visit by Neale Donald Walsch, Dr Eric Pearl and David Hoffmeister. Wow, we must be doing something right to deserve such wonderful teachers in our beautiful country. There really is no excuse if we want truth and divine guidance, just look around and you will find your teacher. It is now time to get on with the deeper work and time is fast running out if we wish to experience liberation from our own limitations.

With Love and Light

Lily de Chalain



Is pleased to announce

## Grand Opening Celebration

## Sydney Harmony Centre

Tuesday night 20 March 7pm  
Second floor 118 Willoughby Rd,  
Crows Nest

*Divine Blessings will flow at this  
Holy temple opening ceremony.  
Please join our celebration: all welcome  
(By Donation)*

### Sydney Harmony Centre offers:

- Inner peace and self mastery through  
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for more details

# AWAKENING IN JOY!

by David Hoffmeister



**W**hat time but now can truth be known. Now is the only time there is. In the Present it is recognized that giving and receiving are the same. All that is Given is Given as One Self, for God/Christ extend eternally. Using the symbols of the world for a moment, there is a destiny in which we are all sisters and brothers, and no one goes his/her way alone. All that we send into the lives of others, comes back into our own. Such is forgiveness, for it sees that giving and receiving are one.

When you come to the point in time when you understand, when you come to your moment of Awakening, you realize in that same moment the truth that - there was nothing I needed to do. Is there anything that you can do at all? You simply one moment Awaken, and say, "Ahhhh, I See!"

Ask yourself this -- if this world is not real, if it is but illusion, if it has no effect of any kind, in all of eternity -- then why would it matter whether your so-called "life here" makes a difference? That too is but illusion. Your only goal is to accept the Correction of forgiveness for yourself as you perceive yourself, which includes the world you perceive. Such an experience is an Intimate Moment of You with God. Such a Moment is within your mind when you, in a Moment, see this world differently, when you forgive this world. And that is your only function!

*"Do not be concerned with the fruit of your action – just give attention to the action itself.*

*The fruit will come of its own accord.*

*This is a powerful spiritual practice."*

*"All negativity is caused by denial of the present.*

*Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence.*

*Presence is the reality that dissolves the past and future."*

*"Death is the opening into the dimension of the transcendent the possibility of knowing who we are beyond name and form."*

Eckhart Tolle

You forgive not through action, not through doing, not through trying, above all not through studying the world and struggling to survive "as a body." There is nothing you can do to change anything in the world. The world is but an effect. Changing your thinking means to think only with God. You cannot fail to forgive and Be What You are -- Spirit!!!

And as you sit in your Silence for a very deep moment there will come, arising out of the Silence, a different Perspective on the world. But nothing will have really changed at all. You will be given a new Perspective on the world and come to experience Inner Vision. And everything you see from this Perspective will reflect the Love of God. And everything you experience will be with the Love of God.

So what can you do then? You simply experience your Life. If you would do that, you do not plan one moment in the "future," but simply experience your Life. If you would simply experience your Life, you follow the path of God's Joy! Follow the path of joy. I promise you, if you are not following the pathway of your joy, you are nowhere near, at all, the discovery of the Peace of God. The only activities that can possibly bring you to the point of time collapsing are those that bring you joy.

And what is the measure of your joy? If you believe you are experiencing joy, then ask yourself - "Can anything of this world threaten my joy?" And if the answer is "yes," then it is not the Joy of God. It is still the ego clamoring and crying out to be heard, and trying to convince someone, somewhere, that it exists, which of course it does not.

In the moment of your Silence, in the moment of your Joy, in the moment of the collapse of time, then all of time becomes the same instant. And in that instant - in that instant of the forever, a single moment, the time of your Awakening is Now! But remember, you cannot make it happen. You cannot figure it out. You cannot dialogue and discover what it is. You can never, ever, ever, give it as an experience to someone else. The only thing you can do is enter into the Silence, wherein you listen and are still, and wherein you hear the Voice for God, and wherein you gain a Single Vision. Let thine eye be Single! And in that moment, you will no longer see a world of illusion. Illusion will pass away, including the illusion of time. And in the moment of forever, you shall Awaken!!! Awaken and be Happy. That is God's Will for All!!!

Love and Peace in the Now,





EAST COAST TOUR OF AUSTRALIA - MARCH 2007

# THE VOICE FOR GOD

"EVERYONE HEARS IT AND YET RECOGNIZES IT NOT"



**David Hoffmeister** is a passionate and deeply committed teacher of the Truth. His life is a shining demonstration of a healed mind which is why there are always so very many people who come to his blessed gatherings of love.

During the past three years David has taught and shared with like minded people in Argentina, Colombia, England, Chile, France, Germany, Austria, Peru, New Zealand, Canada, and Spain in the last two years. Now again it is Australia's turn to experience this remarkable man in his own right and disciple of A COURSE IN MIRACLES.

*"There's no standard day for me. Every day is spontaneous. I feel as if I'm in a State of constant meditation. Practices and rituals have fallen away. I feel as if I'm in a constant State of prayer. There are no prayers for specific instances and events because prayers are included in the constant State that I am. It's staying in a State of joy, and I let that direct my day. I just use my stories and parables to be helpful to my brothers and sisters who I see as one with me." - David*

The teachings from David are inspired by the Holy Spirit and Jesus Christ. They are reflected in reading material such as the Bible, A Course in Miracles (ACIM), Christian Science, the Urantia Book, Disappearance of the Universe and other books. They offer a roadmap inward to Heaven, through forgiveness, as taught in A Course in Miracles.

IF ENLIGHTENMENT IS WHAT YOU ARE SEEKING -  
TAKE THIS OPPORTUNITY TO EXPERIENCE A MASTER.

## AWAKENING IN LOVE: GIVING DIVINITY & TAKING NOTHING PERSONALLY

Are you ready to go deep within and experience a happy dream and gentle Waking to Reality? This Easter Retreat offers an opportunity to glimpse the timeless State of Present Love that never ends. To learn to give the gift of Divine Love instead of temporal objects and to interpret with Forgiveness instead of taking things personally - this is the goal of our Retreat in the Blue Mountains.

At the Retreat we will be tracing every conceivable 'problem' back to mind and the erroneous attempt at ordering thoughts versus being right-minded. In deep reverence we discover how every seeming problem dissolves in returning awareness to mind. It gets simpler and simpler and

it gets very empowering when we realize that mind is not complicated at all. There's nothing to figure out in the world of form. Peace is the ONLY choice that we can make once the Real Alternative is made obvious. Atonement is Correction, and accepting the Atonement is the return in awareness to Original Innocence.

**ONLY \$775**  
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4 nights inclusive of  
accommodation, breakfast,  
lunch and dinner, teas etc.

**BLUE MOUNTAINS RETREAT - LIVING IN THE HOLY IDEAL**  
**WEDNESDAY 4TH APRIL to SUNDAY 8TH APRIL 2007**

### NEWCASTLE

**Wednesday 21 March**

Evening Talk 7pm - 9.30pm

'Manifesting Abundance', \$15

Venue: Charlestown Library,

Cnr Smith and Ridley St, Charlestown

### SYDNEY

**Thurs 22 March** Evening Talk 7pm - 9.30pm 'Manifesting Abundance', \$15

**Saturday 24 March** Full Day personal growth Workshop 10am - 4pm, \$95

Venue: Crows Nest Community Centre, Crows Nest

**Monday 26 March - Southern Cross Academy evening with David**

St John's Uniting Church, cnr Yeo & Barry St. Neutral Bay

**Also appearing in: BRISBANE, GOLD COAST, BYRON BAY and MELBOURNE.**

Note: For full day workshops, please arrive by 9.45am and bring lunch to share. Evening talks to do require reservation, however bookings are recommended for the workshops. For more information and wisdom from David visit [www.awakening-mind.org](http://www.awakening-mind.org)

**Workshop bookings available from Way of the Heart. Phone: 07 5563 0036**

**Email: [office@elohim.com](mailto:office@elohim.com) or visit [www.wayoftheheart.net](http://www.wayoftheheart.net)**

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# INDIA AND INSPIRATION

by Kim Fraser

India never ceases to fascinate and amaze me. Not only is it a visual and sensory extravaganza, it exists on an elevated spiritual platform owing to all of the great spiritual masters who have resided in that country. The people of India as a whole, value spiritual development as much as they value physical world development and achievement. This is not just a token thing, but a deep seated respect for the wise ones, for the rishis, sages and avatars who have guided humanity through all of time. Unlike the way we do things in the west, the intuitive and circular approach to life, which more closely resembles the movement of energy, is evident in all parts of Indian life and culture.

Thirty excited people from the Harmony Centre have just spent 16 days on a spiritual pilgrimage to India. Everyone without exception has been changed by the experience, and the awakening to our divine nature and our hearts desire was extraordinary.

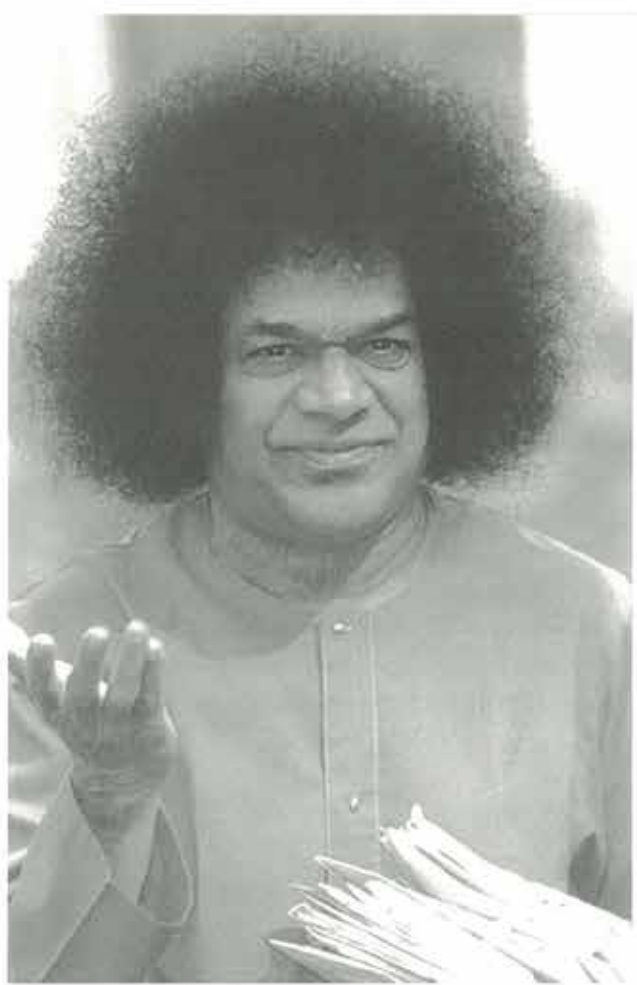
We arrived in Bangalore where we stayed in a wonderful hotel with soft beds and great food. We explored the shops, got kitted up with Punjabi suits and then headed out to the ashram.

Puttappathi is the home and birth place of Sai Baba and is the location of Prasanthi Nilayam, his incredible temple and darshan hall. Daily, over 15,000 people file into the hall just to see Sai Baba. Such is the devotion and zeal of the assembled people, that they will do just about anything to get just a little closer to God in human form. We got caught in a crowd surge on day two, from which we emerged safe if a little rattled, and somehow ended up sitting in the third row rather than at the back. God works in mysterious and wonderful ways, if you remember to keep your wits about you.

Sai Baba is now in his eighties, and is recovering from a broken hip. He is still the same spiritual dynamo he has always been. He is still manifesting things, we saw him manifest vibhuti (sacred ash) and felt the tremendous blast of energy as he brought it through from some dimension other than this one.

There have been many developments at the ashram, new gardens and (very exciting) there is now hot water in the bathrooms in the European accommodation. Luxury!

The shopping, sight seeing, museums, spiritual euphoria and multi cultural richness of Sai Baba's ashram remind me



of Disneyland, and if there was ever a spiritual Disneyland, this is it. It is impossible to get bored, and inspiration awaits around every corner.

LOVE ALL, SERVE ALL.

Apart from the wealth of spiritual energy and transformational potential that the ashram offers, Sai Baba has instituted a raft of social programs that have had a huge beneficial impact on the people of India. His vision is huge.

Sai Baba has established dozens of schools and higher educational colleges. The system of education in His educational institutions mirrors the ancient Gurukula system that was followed in India in antiquity. The Gurus in those days recognized that merely absorbing secular knowledge for the sake of earning a living was not sufficient to ensure that the students achieved true happiness in their lives. They placed equal emphasis on the use of that knowledge towards serving society, and equipped their students with the wisdom to lead their lives in a virtuous and responsible manner. Character building was considered the ideal of education. The ultimate goal of the educational system is taken from vedic scripture: "true education is that which liberates" (Sa Vidya Ya Vimukthaye) Down the track when the Harmony Centre establishes a school, this will be our focus also. State of the art science, mathematics, language and cultural studies along with social sciences can be placed in a framework of loving kindness, self awareness, teaching the art of self love and promulgation of a service mentality.

PROVISION OF WATER

In three areas of Andhra Pradesh (the state in which Sai  
continued on page 8

Baba resides) 2.25 million people benefited when the Sai organization caused about 2000 kilometres of pipeline to be laid providing nearly 500 villages with clean drinking water.

The latest water project was to supply drinking water to Chennai (formerly known as Madras) which is a city of 6 million people. Formerly, most people would have to queue for long hours to obtain water at public taps, and often they would be dry for days at a time. People were forced to drink contaminated water in which untreated effluent was present.

Through the will of Sai Baba, water was made available to the city. Eleven million cubic metres of soil and 80,000 cubic metres of hard rock were excavated, and over a million square metres of concrete were laid to ensure that water would reach the city. Clean drinking water is provided free of charge to anyone who wants it.



#### SAI MEDICARE

Sai Baba teaches that healthcare should be made available to one and all irrespective of caste, religion, nationality or economic status. In India amongst some parts of the population, this concept is still quite novel and is resisted. Sai baba gives strong leadership in the area of basic human equality, and the divinity inherent in every person.

Sai says, medical care should be administered with love - doctors, nurses and technicians should practice the five Human Values of Truth, Right Living, Peace, Love and Non-violence in every action. Healthcare should cater to the needs of not just the patient's body but also the mind and soul. Medicine needs to minister not only to the physical, mental and psychological health of the individual. It should aim at strengthening the spirit of man - the divine force in him that energizes his physical, mental and psychological systems.

Reflecting the importance placed on the spiritual part of mankind, each of the hospitals is built as a temple using sacred geometry and ancient vedic architectural knowledge, (called Vastu) which is similar to the Chinese Feng Shui tradition. We did a tour of the super specialty hospital in Puttaparthi, and the energy was amazing. The building was

cleansed with om and incense so as to prevent the accumulation of dirty energy which typifies hospitals elsewhere. Infection rates are minimal compared to Western hospitals. Many of the highly trained specialists from the west who go to do service in these hospitals are amazed at how much they themselves learn about wellness and how to run a hospital, from being involved in the love filled ambiance of the place.

The hospitals are equipped with the state-of-the-art technology and dedicated teams of skilled surgeons, doctors and nurses to ensure that the highest standards of medical care are made available to all patients. They are well-assisted by qualified staff in the support services, personnel, finance & accounting and administration departments. As on 31st March, 2005, around 1.13 million patients had been examined and treated by the hospital at Prasanthigram while during the period January 2001 to March 2005, around 0.3 million patients were provided complex medical and surgical care at the Super-Speciality hospital at Whitefield, Bangalore.

These 'Temples of Healing' are unique, not just the state-of-the-art technology or the highly skilled medical professionals, but the atmosphere of Divine love that pervades the hospital and makes the healing possible. Love is regarded in these hospitals as the Supreme Healer.

Medical care is provided absolutely free of charge in the numerous hospitals that Sai Baba has caused to be built.

As well as the hospital, school and water projects, the Sai Trusts run mammoth programs to feed the needy, to assist with disaster relief and provide basic necessities to millions of people. There are women's programs, handicraft programs to assist people to earn money, and so on. When the tsunami struck the east coast of India last year, the Sai organization sent enough food and clothing to supply 5,000 families. Teams were sent to help sift through the rubble for bodies, and to clear debris.

The work that is undertaken in India through the grand vision of Sai Baba has transformed the lives of millions of people.

Just think, one person who achieves the destiny of Divine realization has the power to do that much good in the world.

What are we doing in our individual and group capacity to assist in making the lives of others more worthwhile? It is easy to get tied up in our own little worlds, creating the abundance to satisfy ever growing demands for the things that make us feel secure. These things of course do nothing of the sort. A process of moderating our desires and assisting others creates an inner joy, harmony and sense of purpose that is often missing as we rush around doing all the things we think we have to do.

continued on page 10



# MORE OF ME

by Lily de Chalain.

I sit and breathe, breath in...breath out...I feel the familiar presence of my gatekeeper, the unseen one, he who is always there to protect my energies. He watches over me as I sit in silence and I smile knowingly as I feel his love and service to me. I sit and breathe, breath in...breath out..., readjusting my posture now as I become more accustomed to the energies present. Breath in... breath out...

My other guides are here and as they make their presence felt or rather as I connect with them, I recognize a knowingness of unconditional love and service. They are the ones constantly sending me guidance and whose whispers I am becoming more aware of as I sit and dedicate time to being in silence. I sit in presence and breathe, breath in... breath out... I breathe into the silence and into peace.

The boundaries melt away, the definition of me as a person and an individual begins to fade and as my energy expands, I experience more of me. Connections I had lost are revealing themselves through pathways I had not seen before. Cracks appear in my usual unconscious state and I feel connected to consciousness; this place of oneness, a place of peace and a familiar sense of belonging is felt. Slipping through the crack of my awareness is a feeling of expansion where the moments appear to last longer and longer the more I sit. Everything becomes clearer and I feel a sense of wonder as if I am visiting somewhere new, a place that feels like home.

'Being' and connecting to more of me expands my awareness forever in all directions and as I breathe, breath in... breath out... I am reminded that my breath is my only connection to my physical body anchoring me to my chosen path but also connecting me to the other realms. Although I do not have a sense of the body right now, the breath is present, expanding and releasing. Expanding me into new territory and stretching my energy beyond my fear; releasing my rigidity, releasing my control, releasing my fears and feeling more of me.

I welcome the comfort of letting go, of letting trust and letting truth into more of me. I've searched and searched outside myself gathering my lost energies or so I thought, in



the hope of finding missing parts left behind somewhere. My feelings of loss were just my loss of connection to all of me and to the underlying part that it always with me.

As I pondered this truth, an inner pathway revealed itself and showed me the way to my forgotten self. The pathway revealed itself slowly and gently and as I stepped into this deep well I searched and found more of me buried deeper inside of me. I saw my innocence had never left, my joy, my trust, my courage, was still right here waiting for me to welcome them in again. Through painful experiences I had buried them deep inside and believed them to be lost in a moment somewhere in the past. I had allowed my thinking to believe that my thoughts were my reality when really my thoughts are just that a thought that is never lasting, always fleeting and a reaction to my judgments and my attachments.

As I sit and breathe, breath in... breath out... I expand and allow more of me to be felt, to be present and to be experienced. I see who I thought I was I feel who I am now and I expand into who I have always been, this energy that I am finally ready to accept in totality.

As I breathe into this forgotten place, I experience who I am always, consciousness, consciousness and nothing but consciousness, nothing but love. I say yes to this energy that I hold, breathing in, breath in... breath out.... Undefined by my clothes, undefined by my looks and unattached to my past; just me as I am - Love and energy. Surrounded by the unseen ones, I hear whispering in my ear and I know they are waiting for you to feel their presence too. They are waiting for you to hear the whispers in your ears and to remember that you too are as you have always been, love, energy and consciousness.

They wait for you to sit in silence, to dedicate some time to find your place and to find more of you, the you who is always constant and never changing. The 'I Am' that you are, that I am and that we are together as one consciousness.





It is easy to get stuck in the thought, 'well he is Sai Baba so he can do these things, what can I do?' It is better to believe in your own ability to make a difference, and act upon it. If there is something that you think needs to be changed or actioned, then instead of waiting for others to fix it, we can do our bit. There is a sign on our fridge at the Harmony Centre which says:

"I used to wonder why doesn't someone do something and then I remembered that I was someone"

Through the Harmony Centre we are investigating the most efficient and beneficial way to help children and women in India to be safe, fed, housed, educated and made self sufficient. As soon as we have further information about

the channel through which we can make a difference, we will let you know.

We will be taking regular trips to India because there is nowhere on Earth like India for lifting you up to achieve more spiritually than you could ever do anywhere else.

As this year gets underway, think, what am I doing to make the world a better place? Whether your contribution can be large or small, the most important thing is that you make a contribution, helping just because you can and not because you have to. By opening the heart and serving others, we develop the heart chakra, experience joy and grace fills us. Do not ignore or put off to the back burner the opportunities that life brings you to make a difference.



## TEN GUIDELINES FROM SAI

### 1 QUIT WORRYING:

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

### 2. PUT IT ON THE LIST:

Something needs doing or taken care of? Put it on the list. No, not YOUR list. Put it on MY 'to-do-list'. Let ME be the one to take care of the problem. I can't help you until you turn it over to Me. And although My 'to-do-list' is long, I am after all...God. I can take care of anything you put into My hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

### 3 TRUST ME:

Once you've given your burdens to Me, quit trying to take them back. Trust in Me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on My list. Problem with finances? Put it on My list. Problems with your emotional roller coaster? For My sake, put it on My list. I want to help you. All you have to do is ask.

### 4 LEAVE IT ALONE:

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave Me your burdens and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with Me and forget about them. Just let Me do my job.

### 5 TALK TO ME:

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I pray you never forget. Please, don't forget to talk to Me - OFTEN! I love YOU! I want to hear your voice. I want you to include Me in on the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with Me. I want to be your dearest friend.

### 6 HAVE FAITH:

I see a lot of things from up here that you can't see from where you are.

Have faith in Me that I know what I'm doing. Trust Me; you wouldn't want the view from My eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust Me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?

### 7 SHARE:

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who have forgotten how to cry. Share your faith with those who have none.

### 8 BE PATIENT:

I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes Me a little longer than you expect to handle something on My to-do-list? Trust in My timing, for My timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

### 9 BE KIND:

Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for My sake. I created each of you different in some way. It would be too boring if you were all identical. Please, know I love each of your differences.

### 10 LOVE YOURSELF:

As much as I love you, how can you not love yourself? You were created by me for one reason only -- to be loved, and to love in return. I am a God of Love. Love Me. Love your neighbors. But also love yourself. It makes My heart ache when I see you so angry with yourself when things go wrong. You are very precious to me. Don't ever forget.....

Baba





# THE VALUE OF BHAKTI IN TODAY'S WORLD

by Swami Govindananda

There have always been two lines of philosophical thought: materiality and spirituality. In today's materialistic world, some may question the value of spirituality. Both schools of thought seek the goal of happiness: materialistic people seek it in the world of the mind, senses and body, while spiritual people seek it in God. Our Spiritual Masters inquire, 'Have you found the happiness you are looking for?' The reply comes, 'No, we are still looking.' The Saints say, 'My dear souls! You have spent, or rather wasted, countless lifetimes in this search. Listen carefully to my words, and follow my advice.' Some fortunate individuals do.

Even materialists agree that love and beauty are what we desire most. We even attain these to varying degrees, yet still we are not satisfied, we want something more. You say, 'what about the person who seems to have it all? Surely he is happy, I know I would be if I were him!' No, this is not the case. Money and circumstances do not bring happiness. We need only look as far as the divorce courts and rehabilitation centres to prove this. This is the disease of Maya: everyone is dissatisfied and desires what they do not have, from the mundane world to the highest celestial heaven.

***Yat prithiviam vrihiyavam hiranyam pasavah striyah  
Na duhyanti manah pritim pumsah kamahatasya te  
Bhagawatam***

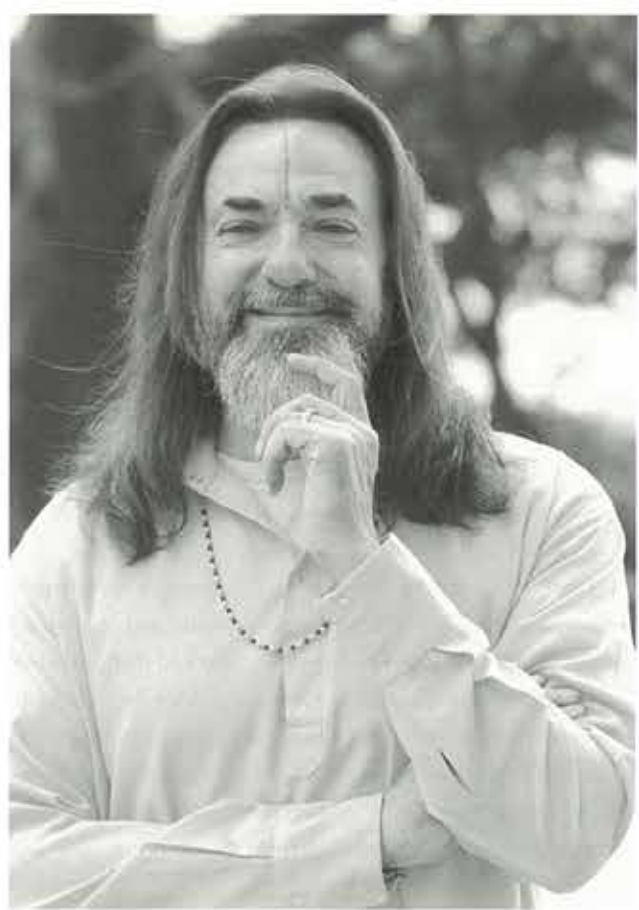
*'Even if a man is given all the possible material possessions anyone could ever desire, his desire for more will be the same as it was at the beginning.'*

***Girir mahan girerabdhir mahanabdher nabho mahut  
Nabhasopi param brahma tatopyasa duratyaya  
Veda Vyas***

*'A mountain is huge, but bigger than this is the sea, bigger than the sea is the sky, and bigger than the sky is God who is infinite. But bigger than God is desire.'*

This is how materialism fails us. The more we achieve, the more we want – when ultimately, the happiness we seek is only to be found in God.

The mind alone is responsible for all actions. For the pure minded the possession of weapons is of no concern. However, if the same weapons fall into the hands of the criminally minded, they cause great pain and suffering. It is



the quality of the mind, not the instrument that dictates the instrument's use or abuse. At the moment we are advancing in our material progress, as science and industry combine to produce more and more items to satisfy a growing need. But the question is, are we using our facilities for the service of humanity? Generally, no – because selfishness, desire, ambition and pride take precedence over any pure goals. These negative qualities are all symptomatic of an impure mind, and it is this impurity that induces us to misuse what we have for our own selfish ends, even to the detriment of others.

So how do we improve the quality of the mind, so that we may use the facilities of life for our true benefit? There is no material technique that offers a permanent solution. For that, only Divinity remains.

A spiritually developed mind is balanced, peaceful and contented, and imbued with Godly qualities. In this state, your mind is better able to serve yourself and society as a whole. Bhakti Yoga is not separate from your goals in life, but fulfils them. It satisfies your eternal desire for real happiness and gratification that the 'I' is looking for. It makes life worth living and it overflows from the heart as a Divine joy, which can be tasted in every aspect of life. You have nothing to give up, and nothing to lose, but you can add something very special. Do not fear that if you adopt devotion, you will have to give up your individuality, give up your family and live in a mud hut. Instead, you will become free, spontaneous, and satisfied in yourself. You, the individual soul, are eternally and naturally related to the Supreme Divine power. The practice of Bhakti gradually reveals this truth. You will feel like a blind man slowly recovering his sight and awak-

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# A CRABBY OLD MAN

Anon

**A**n old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. And this little old man, with nothing left to give to the world, is now the author of this "anonymous" poem.

## **Crabby Old Man**

*What do you see, nurses.....? What do you see?  
What are you thinking.....? When you're looking at me?  
A crabby old man..... Not very wise,  
Uncertain of habit, with faraway eyes?  
Who dribbles his food.....? And makes no reply.  
When you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice.....? The things that you do,  
and forever are losing..... A sock or shoe?  
Who, resisting or not, Lets you do as you will,  
with bathing and feeding, the long day to fill?  
Is that what you're thinking? .... Is that what you see?  
Then open your eyes, nurse, you're not looking at me.*

*I'll tell you who I am..... As I sit here so still,  
as I do at your bidding, As I eat at your will.  
I'm a small child of ten..... With a father and mother,  
Brothers and sisters..... Who love one another*

*A young boy of sixteen .....With wings on his feet  
Dreaming that soon now. ....A lover he'll meet  
A groom soon at twenty..... My heart gives a leap,  
remembering the vows..... That I promised to keep.*

*At twenty-five now, I have young of my own,  
who need me to guide..... And a secure happy home.  
A man of thirty, my young now grown fast,  
Bound to each other..... With ties that should last.*

*At forty, my young sons..... Have grown and are gone,  
But my woman's beside me..... To see I don't mourn  
at fifty once more, Babies play 'round my knee;  
again we know children, my loved one and me  
Dark days are upon me, my wife is dead  
I look at the future, I shudder with dread.*

*For my young are all rearing.....? Young of their own,  
And I think of the years..... And the love that I've known.  
I'm now an old man..... And nature is cruel;  
Tis jest to make old age .....Look like a fool.*

*The body, it crumbles, ..... Grace and vigor depart,  
there is now a stone. ....Where I once had a heart  
But inside this old carcass .... A young guy still dwells,  
And now and again, .....My battered heart swells  
I remember the joys, ..... I remember the pain,  
and I'm loving and living..... Life over again.*

*I think of the years ..... All too few, gone too fast,  
and accept the stark fact. That nothing can last.  
So open your eyes, people, ..... Open and see,  
not a crabby old man; ..... Look closer... see, ME!!*



Bakti in today's world continued from page 11

ening to ever-new daily wonders.

The Vedas declare:

**Raso vai sah rasamhyevayam labdhvanandi bhavati**

*'God alone is bliss. It is only by realising Him that the individual can become blissful.'*

You will become completely and eternally happy and contented once you realise Radha Krishna, the personification of Divine-love and beauty. And to do this you will need to practise Bhakti devotion. Any person can adopt this form of devotion, no matter what their age, skin colour or religion. The only qualification is sincere faith. There is no physical or intellectual technique to adopt and there are no restrictions on any of your daily activities. You need only accept your eternal Divine relationship, and the remembrance of your Beloved itself will reveal His powers of

Divine-love in your heart. What can be simpler than this?

You have spent a lifetime in worldly pursuits and still not found what you were looking for, so why not spend some time in the regular practice of Bhakti and experience the truth for yourself? Even half an hour a day of sincere practice will benefit you greatly. You will notice a change in your outlook. Bad habits, stress and the sea of disappointments will reduce. You will be happier and more settled, and the daily problems of life will not bother you as much. But most importantly you will be progressing towards Divine perfection.

So, spend some time to study the philosophy of Divine-love and pursue the path of Bhakti. It will harmonise your personal, social and spiritual life, and ultimately reveal the happiness your soul has been longing for.







## HEART TO HEART

This is the story of the journey by two hearts to reach out to hearts across the world. It was the vision of Les and Trudi Dyer for many years to create a special place of peace and harmony, a truly spirit-centred retreat space where deep healing and true enlightenment could be felt and experienced.

Then, in late 2005 their opportunity to purchase land became a reality. Heartland Retreat Centre is that vision now coming to life. Heartland is situated on 80 acres of rolling hills just 2 hours north of Brisbane and is being developed as Australia's own Centre for Spirituality. At present, many jacaranda, poinciana and fruit trees are being planted and an extensive organic vegetable garden is being planned. Also being developed is a 30 acre sanctuary and refuge for hurt and abandoned donkeys. The Retreat currently boasts

offer his courses in Spiritual Healing, Soul development and self-empowerment. The venue will also host visiting spiritual teachers from overseas and across Australia as well as artists who will teach glass art, clay sculpture and sacred art.

This is a place where you may find wholeness, love, true friendships, deep healing, real acceptance and inspiring spiritual wisdom.

Heartland's philosophy is simple – that we are each spiritual beings having a physical existence. We simply need to awaken to the Divine within and live it. That may be simple to say, but for most of us to live in a state of higher awareness is not possible all the time. We have moments of being awake and moments when we are almost asleep and simply reacting as we always have.... not consciously aware that at this moment we could make a new choice, we could express our higher selves.

Les has healed himself (with Spirit's help) from TB twice and is still healing the effects of neurofibromatosis. For the past twenty years he has helped inspire spiritual healing in a great number of people who have experienced cancer and other serious illnesses. For several years he has taught a 6 month spiritual healing course where program participants learn techniques to heal both themselves and others.

His spiritual teachings are followed by people across the world. He shows us that we can heal ourselves, from hurting from our dysfunctional childhoods, from living a life with no purpose or from often simply being our own worst enemy. He teaches that we are the light of God within – so what is stopping us from being it?

Most of Heartland's organic meals are prepared by Trudi. Her interests lie in health, nutrition and art, so she tries to prepare her meals with great creative flair! Les and Trudi like to work as a team and they are supported by Gay who is the Heartland resident therapist, available for treatments during most programmes.

Heartland offers weekend workshops and retreats throughout the year as well as spiritual celebration at Easter and Christmas. What better way to replenish one's soul and renew one's life purpose than with a spiritual group of friends who come together to refocus their life-intentions? Prices are extraordinarily reasonable (weekends from just \$295 all inclusive!) as their emphasis is spiritual service rather than profits.

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thirteen private rooms which have been designed with a strong zen influence. Each room looks out across rolling hills and is surrounded by an organic macadamia plantation (being further developed as part of the Retreat).

Heartland will be a teaching facility for spiritual truths, authentic healing and wholistic living. This will embrace the teachings of Findorn (including teaching organic gardening and alternative energy systems). As well Les will continue to



# OUTREACH IN BALI

by Raj

**M**ay I share with you this amazing tale that demonstrates what happens when we step out of 'our own world' for a moment and allow ourselves to be carried along in the Flow – that which can only be the God Force itself.

Just after the last Bali bombing in late 2005 Suzanne and I were in Bali to witness the economic distress caused through the US and Australian governments actively communicating the potential danger and risks of vacationing in Bali. These warnings still persist today, renewed again just before this Christmas and the Australian school holidays. As you can imagine, this has and continues to support fear and wreck havoc on the local economy. Once again, the hotels are empty, shops have days with no sales, staff are dismissed and morale is at an all time low.

Those youngsters that we have come to know have opened their hearts to us, sharing their personal difficulties of a life disrupted through no cause of their own. Ill-equipped to deal with this drastic collapse in their economy and having all opportunity in tourism and related industries withdrawn they feel they have no future and hold no hope.

Suzanne and I came upon the simple idea of offering eight young Balinese people the chance to expand their horizons through being taught how to use the computer, to access the Net and communicate with the world via email. These kids amazed us and we have been rewarded and inspired by their natural ability and enthusiasm.

Seeing the difference this small effort made, in July last year we decided to formalize our sponsorship of a small computer and English language school to be held on a regular basis for up to 12 young Balinese students in the little cultural town of Ubud.

Our friend Wayan was running the Internet Café at Toko's Restaurant and Guest house, just across the road from the "Way of Mastery" Alam Cinta Ashram in Ubud and we were discussing where to put our 12 potential students as the café was too small and would interfere with the internet business and we didn't think that to be fair. Toko, the Balinese owner who is a walking demonstration of the human potential for love, creativity and expansion, generously offered to convert his garage for \$1,500 to a classroom where we could have full time classes. This was exciting...and he offered it rent free. Then as we chatted about the door and lighting required, Toko said, "Of course, if you could pay to finish



the incomplete third floor of this building, I will give you that rent free for 5 years!" There was no third floor just a huge expanse of flat roof. "How much do you need?" I asked. "Around \$20,000US would complete it." Toko said. I was stunned, so little and a space that would give us eight classrooms, office, a storeroom and a significant meeting area. From our 12 students we could go to 260 students a year. Was that achievable? Could I extend my mind and reality that far?

Pondering the possibilities, I walked back to the Retreat I was attending. At the morning break, by now bursting with enthusiasm and with a 'palpable' dream, I mentioned what had occurred to another participant whom I barely knew. His response was, "Let me pay for that floor and you make that classroom idea of yours into a proper college." Just like that.

At lunch, I returned with my new benefactor, a director of a Queensland company, to Toko and Wayan to share what transpired. They were overwhelmed to discover so much support and so fast. When I asked Wayan if he could make it work he told us his story. At nineteen he worked in an export office and was befriended by an American client who suggested that he take computer classes to be better able to develop his skills. At that time Wayan was supporting a sick brother and a family and had no surplus funds for education and could not leave his job for training. The American insisted and offered to pay both his salary and training costs to allow him the three years of opportunity. Like a duck to





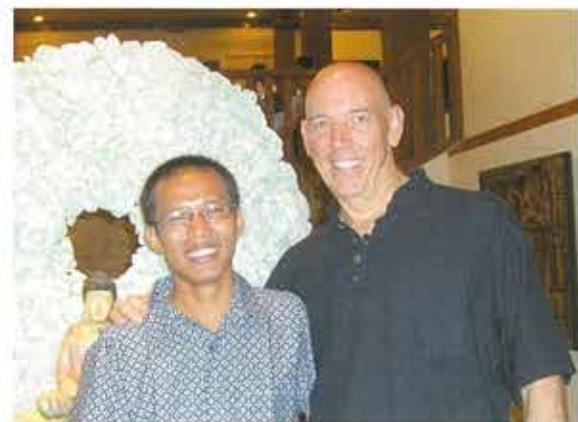


In addition to funding our own building and equipping almost all needs from donations and sales of Balinese products we have found sponsors for 148 young children for their schooling for a year, though a separate foundation that places primary school children. Now that is what I call being in the FLOW. The doors of the CAMPUHAN COLLEGE open this February with the first thirty students all fully sponsored.

This is a joint effort – a community undertaking and you are invited to come and play in this FLOW with us. Maybe you would like to ask yourself, as I did, “What is there that I can bring to this adventure and what role can I play?” Our immediate need now is to find further \$5000 to cover text books and a second set of computers as well as more sponsors for students - we can now take up to 260 part time students ranging in age from school leavers of 16 to 25 year olds all desiring to find their potential. For just \$100 you can change their lives by giving them a three month course in Computer skills or English language, both the essentials for any reasonable employment and for the most part

beyond the reach of most Balinese families, whose income is often taken in the rent of a small room and daily rice.

We will undertake to see that Sponsors receive regular updates and newsletters from the College and of course, from their stu-



dent and, if you are coming to Ubud call in and let us show you around, meet the students and see for yourself what a difference you are making.

Suzanne and I have dedicated ourselves to Bali for six months this year, in between our other commitments, to bring the College to the fullness of it's potential and to create the foundation for what will hopefully become a educational organization that will extend beyond borders and boundaries into other islands and countries. The possibilities to make a difference are unlimited.

*“We can't think of a better way to practice the extension of Love than to demonstrate through giving. And you know what? From the very first moment Suzanne and I embraced this 'dream' our own lives have shifted into another reality and we have become so blessed and experience a level of Grace and Miracles we never dreamt of before.”*

Raj & Suzanne – Way of the Heart Journal

water Wayan received straight A's in the first and second year and quickly moved through the computer science area and was offered work in an American sponsored college where he set up an ran a new English department. From there it was a natural progression to being offered the Directorship of the College.

This was just a few years ago and Wayan, now an owner of his own computer business employing ten people found himself desiring most of all to start his own college and give back the gift that he was given. Suddenly, that became possible.

Let me share with you where this has taken us – in just six months we have moved from the idea of simple classes introducing email and basic computer skills to a full professionally managed language and computer school with a faculty of five teachers in Ubud. This impetus birthed the BALI OUTREACH Servantship Programme and realized something completely beyond our wildest dreams; a brand new educational facility, five years rent free, fully equipped and paid for. Simply put, WOW!



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





Heart to Heart continued from page 13

Les and Trudi are well known for their 5 day healing programmes that help to assist the self-healing of people suffering from anything from simple stress through depression all

retreat includes all private consultations with Les during the week, organic detox juices, a massage or bower therapy to relax and assist with healing, all organic meals, meditation classes and inspirational talks by Les - as well as creative exercises that may include taking home your own personal mandala or sacred art piece to treasure.

Les and Trudi never push their philosophy on anyone, so if you prefer to simply visit Heartland and relax and enjoy the peace, retreat into your own private room and read one of the many thousands of books from their wonderful spiritual/healing library, you are welcome to do so!

Heartland supports and gives to charities and orphanages in both Africa and India (their website offers more info on how you can help others). Heartland is committed to helping uplift humankind, to encourage everyone to live the God within, to express their heart, to learn to love and express loving gratitude every day in every action, thought and intention.

Like the retreat project being undertaken by Rosemary and John, Heartland sees itself as a loving link in a divine chain of helping hands for those seeking healing, wholeness or, simply, inner harmony. It's a sincere case of from their heart to ours.

[www.lesdyer.com](http://www.lesdyer.com) [www.heartlandretreat.com.au](http://www.heartlandretreat.com.au)



the way to serious illness.. Each healing programme is developed specifically for each participant following a private consultation with Les. The Healing week begins on a Monday and finishes after lunch on the Friday. The 5 day

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# WHAT'S UP ON PLANET EARTH?

by Karen Bishop

**Y**es, the energy is building. New energy is arriving still, and creating feelings of stress. Even if you aren't having any stress in your life, these energies can create that pushing and pressure of feeling. They are designed to move things up and out. And these kinds of energies are also the precursors for natural disasters.

Physically, they can manifest as pressure headaches, pressure in the ears, neck and upper back stiffness, heart palpitations, nausea, a feeling of hyperventilating, sleeplessness even though you may be very tired, and even a need to eat often.

Emotionally, they can manifest as edginess, snappiness, shortness of temper and tolerance, inability to focus and sit still, and even bewilderment.

Just think of 'pressure cooker' and you will understand the corresponding symptoms.

This energy is designed to stir things up and move things along. Several days ago I saw that we would be experiencing nine hurricanes this year in the US. "NINE!" I thought to myself. And sure enough, CNN reported that they were predicting nine with five being fairly horrendous.

But here is the thing with natural disasters. When this energy arrives that can most certainly create them, this is almost always not the case. You may be feeling some kind of imminent disaster scenario getting itself ready. But what you are really feeling is this newly arriving energy. It usually manifests as what I refer to as an 'internal tsunami' or an 'internal earthquake.'

We feel all the emotions and traumas as if a natural disaster actually occurred, but it is simply the energy and ramifications of this 'moving out' energy. We are feeling it at all levels. Yes, at times it can create an actual physical natural disaster, but almost always it does not. And yes, there will be much more purging and purifying at the physical geographical levels, but no one can really predict when and if these events will actually occur. Depending upon the vibrational levels that have been reached, many times in the past, these actual manifestations were averted.

And know too, that the areas that have experienced

cleansing are the areas that are now purified and ready to be occupied in a New and higher way. This is why we will be called to do humanitarian work in regard to 'rebuilding' in a higher way. If the rebuilding is a duplication of what was purified and cleansed, it will not take. Watch and see what happens in the areas affected by Hurricane Katrina here in the US .

So, some natural disasters will actually occur, and it is in these areas that lightworkers will be called to rebuild and do their humanitarian work through their special gifts, talents, and passions, in a much higher way. Even though it may appear that many natural disasters are coming, it is never possible to predict. Things can, and have, changed on a dime.

How is this newly arriving energy manifesting for us? You may feel as though you do not want to do anything. You may be thinking, even subconsciously, 'What is the point?' You may not be able to settle down with anything and be feeling restless. You may feel deflated and powerless. You may wonder what you are even 'supposed' to be doing now. You may feel insecure as you sense that things will soon be falling apart.

This energy is all about 'breaking down,' so much in regard to this can apply. You may, then, feel as though you are having a breakdown. You may feel then, that you do not desire to build anything 'up' as it may seem that things will always just fall apart anyway. With this energy really building now, you may feel that something HUGE is about to transpire.

These particular energies always serve to knock us out of our grooves as well. So, then, you may be feeling as though you have lost your place in the scheme of things. Things may seem scattered and unclear. And as always, the old 3D world really does not make sense. It may be hard to stay calm and to concentrate. Your life may feel disrupted. So you see, these are all symptoms of experiencing some dire natural disaster, and yet none has really occurred. It is simply the energy of moving out and shaking things up that is occurring now.

We feel what the earth feels, as we are all one. What transpires from these energies is always a toss up.

During the past several months, many have been experiencing shoulder pain. Rotator cuff problems, stiffness, and other shoulder maladies seem to be at epidemic proportions. We are being asked to balance our energies in regard to how we move our energy in the world. We are readying

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ourselves to be the new creators for the very New Planet Earth. We then need to be clear and ready in regard to healthy and higher level ways of creating and using our energies in regard to integrating them with Source.

Right shoulder pain and stiffness is an indicator that you are taking too much on yourself. You are taking too much of the responsibility, and therefore, do not have the full use of your right side as you need to give it a rest. If you are having this experience, it is best to begin receiving and taking care of yourself. Bask more, do more creative and fun projects, allow yourself to be pampered, and take a specially designated day just for you. It is about receiving. When we show the Universe that we need to take a break and want the Universe to take over, it will follow our lead. Sounds strange and it is not what we are used to, but by taking a time out, much more will actually manifest and occur all on its own when we are out of the way.

If you are having left shoulder pain, you are being asked to balance your energy in regard to putting your energy out there and demanding what it is that you want. No more standing back and allowing everything and everyone else to dictate what will occur in your life. It is time for you to take up more energetic space and let your presence and desires be known. You deserve it. You have stood back long enough. You know what things should look like and you are needed now.

If both your shoulders are incapacitated, you are having what I refer to in The Ascension Primer as a letting go experience through a health crisis. You are probably not able to do much of anything as you are learning that your true power comes from Source, and not from your ego or analytical mind, or the 'old you.' This is another scenario all on its own with a much bigger explanation that I won't go into here.

So then, will the New World ever arrive and will things ever get better? Will we ever be supported in creating what we came to create? It is always about alignments, integrating, evolving higher and higher, and becoming ready for all of the New. These things always take time. Evolution takes time and we are most certainly evolving as we are going through the death process while still in form. It is about being willing to let go of the old in order to place us in the New or higher vibrating realities with higher vibrating experiences.

The more we are willing to let go of, the easier it becomes.

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



## Dr Verna Yater

Dr Verna V Yater returns to Sydney  
Live in Workshop – Oct/Nov 2007



Come to this workshop where you will discover transformation and healing in some of the most important areas of your life! This will be a live-in 5 day workshop on the land at 'Jacaranda Haven'. If you are interested please register your interest so we can plan Verna's next visit. Verna brings in an amazing energy and she gently guides you to a place where you have an opportunity to unlock hidden issues that are still affecting you today. Come and receive spiritual initiations and activations.

*Dr. Verna V. Aridon Yater, internationally acclaimed healer, trance channel, workshop facilitator, author and visionary is a pioneer in humanity's ever-increasing quest to attain the highest and greatest expression of spirituality.*

For more information call:  
The Southern Cross Academy of Light  
02 9975 4905  
Email: [scal@a-light.org.au](mailto:scal@a-light.org.au)

## AWAKENING - ENLIGHTENMENT

**IT'S TIME!!!**  
to release patterns and to awaken and  
be the teacher/leader that you are  
in the New Humanity



*Working with the highest integrity, Rosemary is clairaudient, clairvoyant, clairsentient – bringing through energies from the Ascended Masters, the Company of Heaven and the Spiritual Hierarchy.*

ROSEMARY BUTTERWORTH

Each workshop is for people who are looking for Enlightenment. Re-occurring and repeating patterns keep you distracted and small and locked into the 'matrix'. The illusion is that you always feel there is something to fix and this takes your energy and stops you being large and enlightened.

DATE: 21st April  
TIMES: 10.00am - 5.00pm  
COST: \$120  
VENUE: Tramshed, 1395<sup>A</sup> Pittwater Road,  
Narrabeen



BOOKINGS & ENQUIRIES:  
(02) 9975 4905



# SPIRITUALITY

by Rosemary Butterworth



**A**s a Spiritual Healer and a Life Skills Coach, I hear many times "I think I need to leave my husband because he is not spiritual and our lives are growing apart."

There seems to be a growing division within the community of those that are seeking the answers to life's

questions and those that haven't become aware of an inner journey that needs to be undertaken when they are ready.

The Seekers as we shall call the spiritual community seemed to be separating themselves by definition from the community at large.

It is obvious that once one undertakes the inner journey, likes change as one becomes more sensitive and discerning. The diet may change as well as social behaviours but the important thing to understand that *life is a spiritual experi-*

*ence*. There is no such thing as my spiritual life.....as opposed to main stream life.

As we are made in the image of God we cannot be anything else but spiritual the only difference being whether we are aware of our inner connection yet or not.

Into each family seems to be born one person

who is destined to be a Seeker – who will enlighten and illuminate by the Light of Love the road ahead for other members of the family. This can only be done by love and compassion. Remember judgement, analysis and comparison closes the heart. The Seeker may feel lost, not so much because he/she is in the company of someone who is not searching but because he/she has closed his/her heart.

Recently I was working with a beautiful seeker whose

husband was opposing her at every step and totally unhelpful with the children's needs. She had amazing strength in her solar plexus chakra and was using it to support the family. This left her totally depleted and sad. She felt it wasn't working and knew in her heart of hearts that she couldn't continue this way for much longer. Leaving her husband seemed to be a strong possible option.

It was good common sense to realise that she couldn't continue this way but my advice to her was to become aware of another way. What would a wise person do.

Firstly, I asked her to write down her husband's qualities that had drawn her to him when she met him.

She wrote: Loyalty, determination, honesty, humour, kindness. What wonderful divine, spiritual qualities.

When she looked at the list, she said that he had mostly lost these qualities. Not at all, I said – just buried underneath living stresses, feeling not good enough, feeling burdened, feeling it is all too hard to meet the bills etc., feeling unloved because he didn't understand her. Perhaps he felt he was being told he was wrong all the time.

I asked her, 'when was the last time you told him he was kind' when was the last time you told him that he was a good man'. This is the language of love – to see and remind someone of their qualities – this is what reconnects them with themselves and grows that quality in them. Thank them for what they do do.

We fly high when we are told what a good man/woman we are. We feel valued and loved and it is these feelings that take us on our inner journey to discover the truth of who we are.

Don't try to change him/her so you can walk your path in peace. Uncover what is already there and you will have peace. You will have before you a very spiritual person who just may want to walk the path with you.



## THOUGHT FOR THE DAY

Love is light. It illumines your path and helps you reach the goal. Your journey of life will be safe and secure when you carry the light of love with you.

Love is God. Live in love. Truly speaking, you are the very embodiments of love. Let the stream of love flow from one heart to another. Consider love as your life. This is your foremost duty. You may search anywhere in the world and you cannot find anything greater than love. You can conquer the whole world with the weapon of love. There is nothing that you cannot achieve with the power of love. Love is the supreme power. True human value lies in sharing and experiencing the supreme love. The power of love is unmatched. When you fill your heart with love, all people will become your brothers and sisters. You will not have enemies at all!

BABA

### Spirituality means different things to different people.

By definition:

"Spirituality is the God related science of developing or freeing the God made innermost being – the core of all of us 'made to the image of God'..."

from [www.kriyayoga.com](http://www.kriyayoga.com)

"A dynamic dimension of the Spirit of God within us - body, mind and soul..."

[www.united-church.ca/articles/0305.shtm](http://www.united-church.ca/articles/0305.shtm)

"A Call to seek and discover 'Who Am I', our purpose and place in life and what are our values and qualities in living this life..."

Rosemary Butterworth [www.a-light.org.au](http://www.a-light.org.au)



# HEALING WITH THE ASCENDED MASTERS

Guided Healing Meditations with Alana Fairchild

**T**here are no shortcuts on the spiritual path, but there are certain energies, when properly and safely invoked, that can assist you in accelerating your spiritual growth and soul development. Soul development is what is responsible for clairvoyant ability, the capacity to channel higher information clearly and reliably, healing ability and attainment of spiritual wisdom. When soul development is sought in conjunction with spiritual growth, spiritual power is wielded with love and wisdom and for the greater good of all.

As the soul develops, it enters through a variety of phases. Each individual will encounter a process of psychological individuation at some point in their spiritual development whereby family and social conditioning is released and the spiritual path of the individual becomes more important than the expectations that others may hold for us. This is the phase whereby the plans that we have for ourselves (even those that seem 'spiritual' already) are finally surrendered and we not only ask for help from the higher spiritual worlds, but we also allow ourselves to receive the guidance we requested.

Such action indicates that the individual is spiritually progressing and beginning to blend with the energies of their Soul or Higher self. This is a remarkable and rewarding stage of the spiritual journey whereby the spiritual aspirant begins to learn and operate according to higher spiritual laws, rather than being subject to fear or self-doubt.

The clearer your energy field, the stronger your conscious sense of this recognition and the more extraordinary your meditative work will be. You cannot fully call energies into your 'holy vessel' if it is still filled with your old emotional baggage, limiting mental belief systems and physical toxicity.

As the Soul begins to more strongly fuse with the individual, a sense of transpersonal or spiritual awareness

emerges, and perception of higher worlds becomes a reality. The Soul 'thinks' in terms of groups – an awareness not unlike perceiving each individual as a puzzle piece which has innate value not only because it is beautiful in its own right, but because its function is to be an essential piece of a greater whole.

The nature of the Soul is love and fusion – bringing the pieces of the puzzle together as it were. This means that as you invoke the Soul, you become increasingly magnetic – you will draw to you whatever you need and desire in order to further travel along your spiritual path. You begin to sense that the Universe is benevolent, abundant and loving – and wants you to have good in your life. You realise the old ways of struggle and sufferings are futile, and enter instead into a state of flow, trust and play.



## Instructions For Life

by the Dalai Lama

Take into account that great love and great achievements involve great risk

When you lose, don't lose the lesson.

Follow the three R's:  
Respect for Self  
Respect for others and  
Responsibility for all your actions.

Don't let a little dispute injure a great friendship.

When you realise you've made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change, but don't let go of your values.

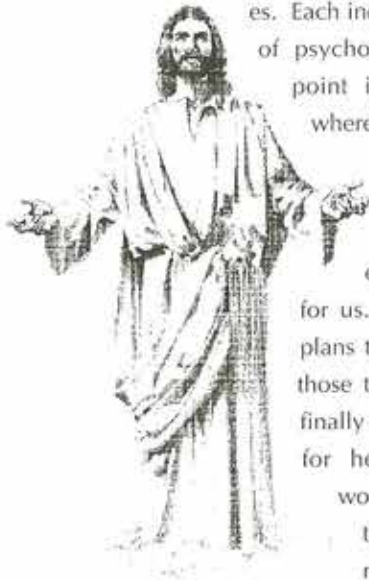
Remember that silence is sometimes the best answer.

A loving atmosphere in your home is the foundation for your life.

Be gentle with the earth.

Remember that the best relationship is one in which your love for each other exceeds your need for each other.

Approach love and cooking with reckless abandon.





# HIGHER ALTITUDES

by Joanne Turner

*We continue with Joanne's story, as told by her in the June/July '97 edition of Shining Bright. It was then that Joanne described her 'Journey of Joy' as she battled with the news that she had Leukaemia. She now writes for us, describing her journey during the last nine months. Those who know Joanne marvel at her positive attitude and courage.*

No ice axe, ropes or crampons were required. In fact, no equipment or preparation whatsoever was given to climb this mountain. No one even asked me if I wanted to join the team. But there I was, back in May 1997, standing at the foot of the highest, most treacherous mountain I had ever known. I was certain that I did not want to be there. I was certain that it was going to be long and hard and agonising. But I was also certain that I was going to reach the summit.

Focusing my thoughts, I set out with vigor in my stride and passion in my heart. I was ready to conquer whatever I encountered on this scaling expedition. Now I sit and reflect on a ridge halfway up the mountain. There have been steeper sections than I ever thought possible and times when I was clinging on ready to let go. But I have also felt the wind in the peaks and this, of course, is not possible on the ground.

Early on, I realised that my teammates were going to play a critical role in my quest and I in theirs. As we all strive to attain a common goal, there is wonderful comradeship of the climbing party. The friendship and mutual trust and understanding are unequalled. We pat each other on the back after a particularly long day's struggle. We pull each other up after one loses his or her step. We triumph over each of the crevasses we dared to jump over. We express our pain and discomfort and try to get some peace knowing that others share in our suffering. I respect that each of my teammates has approached the mountain in a different way and each will do whatever he or she believes is necessary to succeed. What is important is that we trust the rope which links us together and that we use it when necessary.

Along the way, I have been continually confronted with the loss of a team member. Some climbers are caught off-guard and are gone with the speed, unpredictability and strength of an avalanche. Others discover a wound but continue to press on despite the pain. Sometimes they get to the

point where they can go no further and must forever rest on a ridge with a sensational view. Regardless of the circumstances, every member of the team is a success and those who never reach the summit are often the greatest heroes of all.

Although I focus on reaching the top, the end of this sometimes-gruelling journey, I have realised that it is not the only reward. In the foothills or the first few weeks of my climb, there were waterfalls, flowers and berries. I noticed nature's smallest details and appreciated her beauty like I never had before. But what I have experienced at the higher altitudes is more precious and rare because it has been so difficult for me to access. I know the view from the summit will be unparalleled but for now I happy revelling in my daily joys like the brilliance of the sunshine and the crisp fresh air.

In order to reach my goal, it is imperative that my body receives the attention it deserves. Utmost care must be taken with the food I consume and the physical exercise I perform. In one aspect, I am a climbing machine that must be maintained to perfection. But in another aspect, I am far from a machine because my heart and soul play such a vital role in the outcome. Much to my surprise, as my trek progressed, I came to realise that mental endurance was far a greater feat than physical endurance. And, thankfully, I have found something deeper, more spiritual, and even mystical on my mountain.

One of the most difficult tasks has been maintaining confidence in myself and in my abilities when danger is constantly on the horizon. I am surrounded with potentially hazardous situations that are generally out of my control. Without warning, a storm can set in and last for hours, days, or weeks. You never really know what to expect but then again, I quickly learned to stop expecting. Expectations become fruitless and often dangerous because they so frequently lead to disappointment. Step by step, I concentrate on my footing and having utmost trust in my body, my spirit and my guides.

Throughout my climb, I have always maintained that there was nothing worse than to give up after a failure. I have fallen several times and each time I fall, the harder it seems to get up again. My legs are a bit shaky on top of the unstable rocks, but deep in my heart I know I must press on and giving up is never a consideration.



continued on page 22



# THANK YOU

by Oprah Winfrey

I live in the space of thankfulness - and I have been rewarded a million times over for it. I started out giving thanks for small things, and the more thankful I became, the more my bounty increased.

That's because what you focus on expands, and when you focus on the goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life.

"Say thank you!" Those words from my friend and mentor Maya Angelou turned my life around. One day about ten years ago, I was sitting in my bathroom with the door closed and the toilet lid down, booing and ahooping on the phone so uncontrollably that I was incoherent.

"Stop it! Stop it right now and say thank you!" Maya chided. "But ? you don't understand," I sobbed.

To this day, I can't remember what it was that had me so far gone, which only proves the point Maya was trying to make. "I do understand," she told me. "I want to hear you say it now. Out loud."

"Thank you." Tentatively, I repeated it:

"Thank you - but what am I saying thank you for?"

"You're saying thank you," Maya said, "because your faith is so strong that you don't doubt that whatever the problem, you'll get through it."

You're saying thank you because you know that even in the eye of the storm, God has put a rainbow in the clouds.

You're saying thank you because you know there's no

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## Higher altitudes continued from page 21

I feel grateful that my mountain has had many ridges on which to rest, recuperate and enjoy the view. Often the steepest faces are just underneath a ridge and this makes the joy of reaching the ridge that much more rewarding. Sometimes I hang out on these ridges for days, even weeks. I savour the extraordinary light that is to be found nowhere else. I look below and triumph over my journey. I simply am.

Like oceans and stars, mountains are among the great things on earth that fascinate me, almost cast a spell over me. I suppose that is why I choose to view the task of healing myself as a mountain climb. In so many ways, the last nine months has been the most positive, inspirational and rewarding period of my life. I have climbed mountains in Canada, New Zealand and Indonesia but never have experienced such intoxication of the heights. There will be no need for champagne on my summit.



Sarah Ban Breathnach suggests in *Simple Abundance*, listing at least five things that I'm grateful for. My list includes small pleasures: the feel of Kentucky bluegrass under my feet (like damp silk); a walk in the woods with all nine of my dogs and my cocker spaniel Sophie trying to keep up; cooking fried green tomatoes with Stedman and eating them while they're hot; reading a good book and knowing another awaits.

My thank-you list also includes things too important to take for granted: an 'okay' mammogram, friends who love me, 25 years at the same job (and loving it more than the first day I started), a chance to share my vision for a better life, staying centered, having financial security.

I won't kid you, having money for all the things I want is a blessing. But as I look back over my journals, which I've kept since I was 15 years old, 99 per cent of what brought me real joy had nothing to do with money (It had a lot to do with food, however.)

It's not easy being grateful all the time. But it's when you feel least thankful that you are most in need of what gratitude can give you:

**PERSPECTIVE.** Just knowing you have that daily list to complete allows you to look at your day differently, with an awareness of every sweet gesture and kind thought passed your way. When you learn to say thank you, you see the world anew. And as Meister Eckhart so eloquently stated:

"If the only prayer you ever say in your whole life is 'Thank you God,' that would suffice."

## Blessings



Today fear and restlessness are rampant all over the world. Man is haunted by fear wherever he is; at home, in a car, in a train or in a plane! What is the reason? It is because the human mind is polluted with desire, greed, anger, etc. If man wants to enjoy peace and security, he should get rid of these bad qualities and lead his life keeping in view the welfare of the society. He should give up selfishness and develop unity.



BABA



# ASTROLOGICAL HAPPENINGS March to June 2007



**W**hilst our great Apollo Sun God moves into the sign of Aries on the 21st of March at 10.56 am, this is also the day of the Spring Equinox in the Northern Hemisphere and the Autumn Equinox here in the Southern Hemisphere, so can

also be seen as a day of new beginnings. As well as this Saturn in Leo is still persisting it's destabilizing and health weakening etc, opposition to Neptune in Aquarius, (if you look back in the last issue I wrote about this extensively). But the difference now to this aspect is that the ever passionate,

energetic most restless Mars is also a part of this story as he also in Aquarius and conjunct (or sitting right next to) Neptune. On top of this Uranus in Pisces is making a conjunction the North Node and making an opposition to the South Node in Virgo. This kind of energy mix can really feel way out of the planetary realms, big time spiritual breakthroughs, it can also bring about a big lack of boundaries, and these energies can also bring the hero or even the martyr to the fore. With this kind of vibration it



*Botticelli's Birth of Venus – some say it represents The arrival of Mary Magdalene into France.*

also feels like the sudden complete loss of control of something, it can be like delirious rage, it can be something coming back you were battling to get rid of, and the battle returns. One needs to be very conscious now in everything they do, as in how you move physically and what you are thinking, remember Rosemary Butterworth's lessons of MIND BE PRESENT! Try and be as present as possible so you look after yourself and be more in tune with the Oneness, as everything we do has a ripple effect on everyone and everything. One can keep grounded by getting out into the garden and feeling the soil in your hands, make an effort to meditate each day, this time out for Spirit can only serve you well.

Our female planets the Moon, Venus and Pluto are in fairly harmonious but strong aspects at this time so I feel women are really highlighted here as being the ones to step up to the plate. Manifestations of the all powerful, greater feminine energies are expanding here, the birthing of a new Intensity compelling us for spiritual growth, and may be needed here now to move forward. I have a real feeling of The Mary Magdalene consciousness expanding here.

**Quote-** *Myths of the Great Goddess teach compassion for all living beings. There you come to appreciate the real sanctity of the Earth itself, because it is the body of the Goddess.* by John Campbell.

Considering March has been a pretty powerful eclipse month anyway with us experiencing a Total Lunar Eclipse on the 4th followed by a partial Solar Eclipse on the 19th of March, it really has been an eventful time for some. There are a few very tricky aspects with these eclipses, with the Sun being so close to Uranus and the bringing in the Nodes and the Moon to



*Mother Moon with what Nasa calls a phenomenon called Earth Shine.*

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

**March: Full Moon:** Sunday 4th at 13deg 00" of Virgo at 10.17am. Followed by a Total Lunar Eclipse b, just a few minutes after this full Moon.

**New Moon:** 19th March, at 28deg 07" of Pisces at 1.42pm. Just minutes before the new Moon there is a Partial Solar Eclipse a.

**April Full Moon:** Tuesday 3rd at 12deg 35" of Libra at 4.14am.

**New Moon:** Tuesday 17th April at 27 deg - 05" of Aries at 10.35pm.

**May Full Moon:** Wednesday 2nd at 11deg 38" of Scorpio at 9:09pm.

**New Moon:** Thursday 17th May at 25deg 33" of Taurus at 6:27 am

**June Full Moon:** Friday 1st at - 10 deg 12" Sagittarius at 12.04pm.

**New Moon:** Friday 15th June at 23deg 41" of Gemini at 2.13pm.

continued on page 24



name a few, some people may experience this as being a time of loss involving loved ones, people whom have been just hanging on may find it easier to slip away around this time. It may be experienced as a kind of culminating of events leading up to this point and this being the end of a phase or a new beginning for some. This can feel like quite a shock to the system, even if you knew it was going to happen it still catches you unaware. It can also be a huge energetically psychic, cosmic or even a major Kundalini awakening for others, depending where this falls in your chart. This Pisces energy vibration can also bring out victim consciousness big time as well as the drama queen, it could all feel like living in a big soap opera, "Oh why - oh why- poor me" but it is no joke, for some it can really be a major battle! It can also be a really positive time for others bringing in the bounty, fulfilment and abundance that many have been working towards for some time. The resonance and reverberation of this eclipse period will last about two months, so watch what happens around you during this time. I see this as being an especially psychic time for us allowing us to tap in or slip into the Oneness - or Enlightenment State more easily, like a waking up period.

**On the 20th of April at 9.55pm the Sun moves into the physical, tactile and Earth loving, stubborn sign of Taurus.** There is still the Mutable Grand Cross formation waxing and waning in and out of the skies making us feel pushed and obliged to change for some months to come and more. This may also be a push toward the growing consciousness and

living on this Earth, there is still so much work to be done. As this aspect includes the Nodes there is also a very karmic resonance to this, like we are reaping what has been sown.

There is also a Kite formation bringing in the elements of Fire and Air, with the point of the Kite pointing toward Saturn in Leo. It feels like a release of sorts and with both of these above mentioned astrological formations they vibrate the potential for fantastic creativity, so you could try to use the voice box, toning or singing at the top of your voice is a great energy release, especially as the Sun is in Taurus at the moment and Taurus rules the throat and the voice box. The physical use of paint or any kind of tactile art would also be wonderful as Pisces rules paint and creativity, with Mars, Uranus and the North Node all in Pisces maybe you have a real breakthrough creatively. This Grand Cross is very potent around the 27th – 28th of April and the feminine energy is particularly magnified.

By the 21st of May at 9.00pm the Sun now slips into Gemini and the Grand Cross has eased off a bit for now, there is a Mystic Rectangle formation linking up to Mercury the messenger God, Chiron the Ancient Healer, Jupiter the expansive one and Saturn the Wise old teacher. So with this big lessons are being felt; through the darkness there comes the Light.

**Jesus said "I have ignited a spark in this World, and I will nourish it until it blazes into eternal Light"**. The Sun is at 0 degrees Gemini which is also a critical degree and Pluto which is at 28 degrees close to 29 degrees being another critical degree, Pluto Quincunxes the Sun, a new beginning follows from the ending of something, a new consciousness is being borne, a new chapter in our world vibrationally is being opened up.

At 4.53am on the 22nd of June the Sun now slips into nurturing, family oriented, fertile and emotional Cancer. Nearly all of June it feels like the Archangels are watching over us as there is a multitude of Trines and Kites linking up nearly creating a Grand Sextile or the Star of David, this looks very beautiful indeed. This can be likened to a porthole or vortex through to the Heavenly 5th



Transits 20 Apr 2007  
Event Chart (1)  
Time Zone: GMT  
Time: 21:55:00  
Latitude: 51.505 N  
Longitude: 0.127 W  
Time Zone: GMT  
Time: 21:55:00  
Latitude: 51.505 N  
Longitude: 0.127 W



awareness of global warming, and the ever changing global weather patterns we are feeling now. Once again tendencies toward martyrdom or victim consciousness can be felt here, this maybe global or personally felt, as in don't sell yourself or in turn the planet short, by doing what we can in a micro-cosmic level we have the potential to help the planet together on a macrocosm level. Also don't sell your happiness, understand your value and worth to humanity as a human



Mary Magdalene



# KING ARTHUR AND THE WITCH

anon

**Y**oung King Arthur was ambushed and imprisoned by the monarch of a neighboring kingdom. The monarch could have killed him but was moved by Arthur's youth and ideals. So, the monarch offered him his freedom, as long as he could answer a very difficult question. Arthur would have a year to figure out the answer and, if after a year, he still had no answer, he would be put to death.

The question, what do women really want? Such a question would perplex even the most knowledgeable man, and to young Arthur, it seemed an impossible query. But, since it was better than death, he accepted the monarch's proposition to have an answer by year's end.

He returned to his kingdom and began to poll everyone: the princess, the priests, the wise men and even the court jester. He spoke with everyone, but no one could give him a satisfactory answer.

Many people advised him to consult the old witch, for only she would have the answer.

But the price would be high; as the witch was famous throughout the kingdom for the exorbitant prices she charged.

The last day of the year arrived and Arthur had no choice but to talk to the witch. She agreed to answer the question, but he would have to agree to her price first.

The old witch wanted to marry Sir Lancelot, the most noble of the Knights of the Round Table and Arthur's closest friend!

Young Arthur was horrified. She was hunchbacked and hideous, had only one tooth, smelled like sewage, made obscene noises, etc. He had never encountered such a repugnant creature in all his life.

He refused to force his friend to marry her and endure such a terrible burden; but Lancelot, learning of the proposal, spoke with Arthur.

He said nothing was too big of a sacrifice compared to Arthur's life and the preservation of the Round Table.

Hence, a wedding was proclaimed and the witch answered Arthur's question thus:

What a woman really wants, she answered....is to be in charge of her own life.

Everyone in the kingdom instantly knew that the witch had uttered a great truth and that Arthur's life would be spared.

And so it was, the neighboring monarch granted Arthur his freedom and Lancelot and the witch had a wonderful wedding.

The honeymoon hour approached and Lancelot, steeling himself for a horrific experience, entered the bedroom. But, what a sight awaited him. The most beautiful woman he had ever seen lay before him on the bed. The astounded Lancelot asked what had happened

The beauty replied that since he had been so kind to her when she appeared as a witch, she would henceforth, be her horrible deformed self only half the time and the beautiful maiden the other half.

Which would he prefer, beautiful during the day...or beautiful during the night?

Lancelot pondered the predicament: During the day, a beautiful woman to show off to his friends, or at night, in the privacy of his castle, an old witch? Or, would he prefer having a hideous witch during the day, but by night, a beautiful woman for him to enjoy wondrous intimate moments?

Noble Lancelot said that he would allow HER to make the choice herself.

Upon hearing this, she announced that she would be beautiful all the time because he had respected her enough to let her be in charge of her own life.

Now....what is the moral to this story? The moral is....

*If you don't let a woman have her own way....Things are going to get ugly.*



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continued from page 24

Dimension and beyond. It looks like some powerful tough times ahead, especially as Pluto Opposes the Sun mid June, we have help in the easing of the difficult energies with a fluid and flowing influence, It could easily be like a valve releasing pent up energy as well. On the 21st of June this marks the Winter Solstice here in the Southern Hemisphere and the Summer Solstice in the Northern Hemisphere. And so marks the shortest hours of daylight here in our great southern skies. Special initiations and rites of passage have been traditionally celebrated throughout the World for thou-

sands of years during these unique times of year.

**Jesus said: "When the outer has become as the inner and the lower as the upper, then will this world find peace". Quote from the Gnostic Scriptures.** (As Above So Below)

Of course there is much more happening over this period, but I only have these pages.

Namaste to all, with love and Light.

Heidi Pigott-Irwin.

Astrologer, Angel Artist

[c-angels@bigpond.net.au](mailto:c-angels@bigpond.net.au)

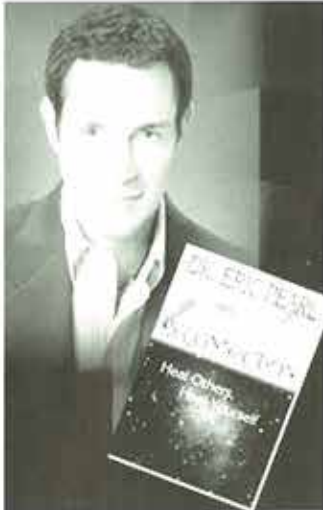




## RECOMMENDED READING

### THE RECONNECTION

by Dr Eric Pearl



Dr Eric Pearl started to witness miraculous healings on his patients and has committed himself to teaching the Reconnective Healing process. The new frequencies of healing described in this book transcend technique and brings you to levels beyond those previously accessible to anyone. This book takes you on a journey from the discovery of

Dr Pearl's ability to facilitate healings to his well-deserved reputation as the instrument through which this process is being introduced to the world. But most importantly, The Reconnection reveals methods you can use to personally master these new healing energies.

Dr Eric Pearl will be talking at The Southern Cross Academy of Light. For more information please call: 02 9975 4905

*"Eric Pearl has been given an unparalleled gift of healing... a new, nondirected form of energetic healing that goes beyond the formulas, techniques, and mantras that we have had to work with on this planet until now. I highly recommend it for health-care practitioners, as well as anyone else interested in awakening their own healing potential."*

Richard Gerber, M.D., author of Vibrational Medicine

*"Reconnecting ... the secret to all healing."*

Dr. Wayne Dyer, the best-selling author of The Power of Intention.

#### SAINT THERESA'S PRAYER:

*May there be peace within you today.*

*May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use God's gifts that you have received, and pass on the love that has been given to you.*

*May you be content knowing you are a child of the universe. Let this energy settle into your being and allow your soul the freedom to sing, dance, celebrate, create and love. It is there, within, for each and every one of us.*

### CONVERSATIONS WITH GOD (DVD)



Neale Donald Walsch changed the lives of millions of people worldwide with his series of books, Conversations with God. Now his story has been adapted into a feature film. This is the true story of Walsch when at the lowest point of his life, asked God some very hard questions. The answers he got became the foundation of his books. The film tells of Walsch's incredible journey through a series of unfortunate events. Angry at the world, Walsch writes a letter to God asking a series of questions and much to his surprise, God answers and their conversations were the basis for Walsch's novel, which made him a spiritual messenger and best-selling author.. This film will open your eyes and hearts to the power and possibility of faith. This film will make you re-examine your place in the world and change you for the better.

Very well filmed, entertaining and well worth watching, I certainly enjoyed the film as I also needed an injection of faith in my life at the time I previewed it.

Showing in Sydney at the Orpheum in Cremorne, March 19 & 20. Tickets are available through Ticketek. Neale Donald Walsch will be at the screenings.

### THOUGHT FOR THE DAY

From today onwards, the period of next six months is called 'Uttarayana' as the sun appears to move northwards in the sky. The northern direction, in Indian scriptures, is associated with the Gods, and so, these six months are considered specially suitable for Sadhana (spiritual discipline). But you must be concerned more with the 'Sun' in your inner firmament than in the depths of outer space, for you are concerned with the inner illumination, more than external light and energy. What is the Sadhana that will move the inner Sun Godward?

God is hidden and obstructed by the clouds of egoism. Getting rid of egoism is the Sadhana to be practised. Service is the best cure for egoism; so, engage in it to relieve pain and grief of others to the extent that you can.

BABA



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### NEW ACADEMY YOUTH GROUP – For the under 30's

The idea of the youth group is to practice meditation in a group and also giving our youth the opportunity to meet up with like minded friends.

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Time: 8.00pm – 9.00pm Cost \$5.00

If you would like to know more about it phone:

**02 9975 4905**

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**THE SOUTHERN CROSS ACADEMY OF LIGHT**

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

PEACE BE WITH YOU

## Possibility Imagined

by Richard Whitfield

*Everyone has an ocean of possibility  
 For journeys varied in risk and reality  
 Yet some stay tethered in home port,  
 Fearing wind and waves of every sort.  
 Others set sail in their due time,  
 When weather is forecast to stay fine.*

*A few must launch as bugle call is heard,  
 Impelled by some deep spirit stirred  
 As imagination is allowed an instant start,  
 To bridge hard head and rampant heart.*

*For imagination narrows gaps  
 Between possibilities and known facts.  
 It is our precious essence,  
 And creation's effervescence.*

*Such sparks loved ones gently fan,  
 Supporting possibility's large span,  
 Despite attendant anxiety of risk,  
 And varied weathers, calm and brisk.  
 For imagination may trigger ground-break story,  
 Inspiring humankind to some greater glory.*

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# Welcome to Heartland!

*Dear Friends,*

*We are delighted to invite you to come and share time with us at our beautiful hinterland Spiritual Centre opening April 2007 near Gympie, Sunshine-Cooloola Coast, Qld. We offer one of Australia's largest spiritual libraries, private rooms zen-style, fabulous organic dishes & a wide range of deeply spiritual programs.*



Heartland is set in 80 rolling green acres and our 13 guest rooms are surrounded by an organic macadamia orchard and a donkey refuge and sanctuary. Being also our home, visitors can enjoy private clairvoyant readings, channelled life-path and spiritual healing consultations with Les.

We have an extensive program of weekend spiritual enlightenment & self-empowerment workshops – as well as weekends for those people who simply want to be pampered with delicious cuisine and a relaxing time with meditations and those world-famous Mordechai channellings. Entire weekends, everything included, start at just \$295! Credit cards welcome.

Our 5-Day Healing Revival programs (ideal for those seeking new directions, stress-reduction or space to heal from cancer and other illnesses) runs once each month during 2007. We offer the professional services of visit-



ing health therapists – massage, Bowen, naturopathy, kinesiology and vibrational essences (as well as our own well-known spiritual healing program which we also teach). If you need a special diet for medical purposes, we can help there too.

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*Blessings, Les & Trudi Dyer*



# Reconnective Healing® Seminars

in Sydney *with* Dr. Eric Pearl

*World-Renowned Healer & International Best-Selling Author*



May 18 - 20 • Level I/II Reconnective Healing Seminar

May 24 - 27 • Mastery & Practice Development Conference

*First time in Australia!*

Find out what's baffling the medical community. Discover why hospitals and universities around the globe are investing time and money in an attempt to explain these healings, and how you, too, can *master this extraordinary work!* Eric will discuss the remarkable story of how this new, all-inclusive healing spectrum of energy, light and information – *Reconnective Healing* – was discovered. He'll discuss the research behind the work, the quantum theory that supports it, and the role that *light and information* plays in the healing process. We'll learn how we can now **evolve beyond energy healing, access and become that light and information**, and allow others to receive a more truly comprehensive level of healing in our presence.

From the day it was released, Eric's landmark book, *The Reconnection: Heal Others, Heal Yourself*, an international bestseller that's now in more than 21 languages, has created infinite ripple effects throughout the healing community.

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## Pre-Conference Events

May 21 - 22 • Semi-Private Level III

May 21 - 23 • Practitioner Mentoring (formerly Level IV)

May 22 • Practitioner Certification Program

May 23 • Reconnective Practice Management (RPM)

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(Dr. Pearl shares insights from *the* channelings, kept secret since 1994)

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