

# ShiningBRIGHT

*a guide for the soul*

VOLUME 10 ISSUE 2

WINTER 2007

**LIVING IN COMMUNITY**

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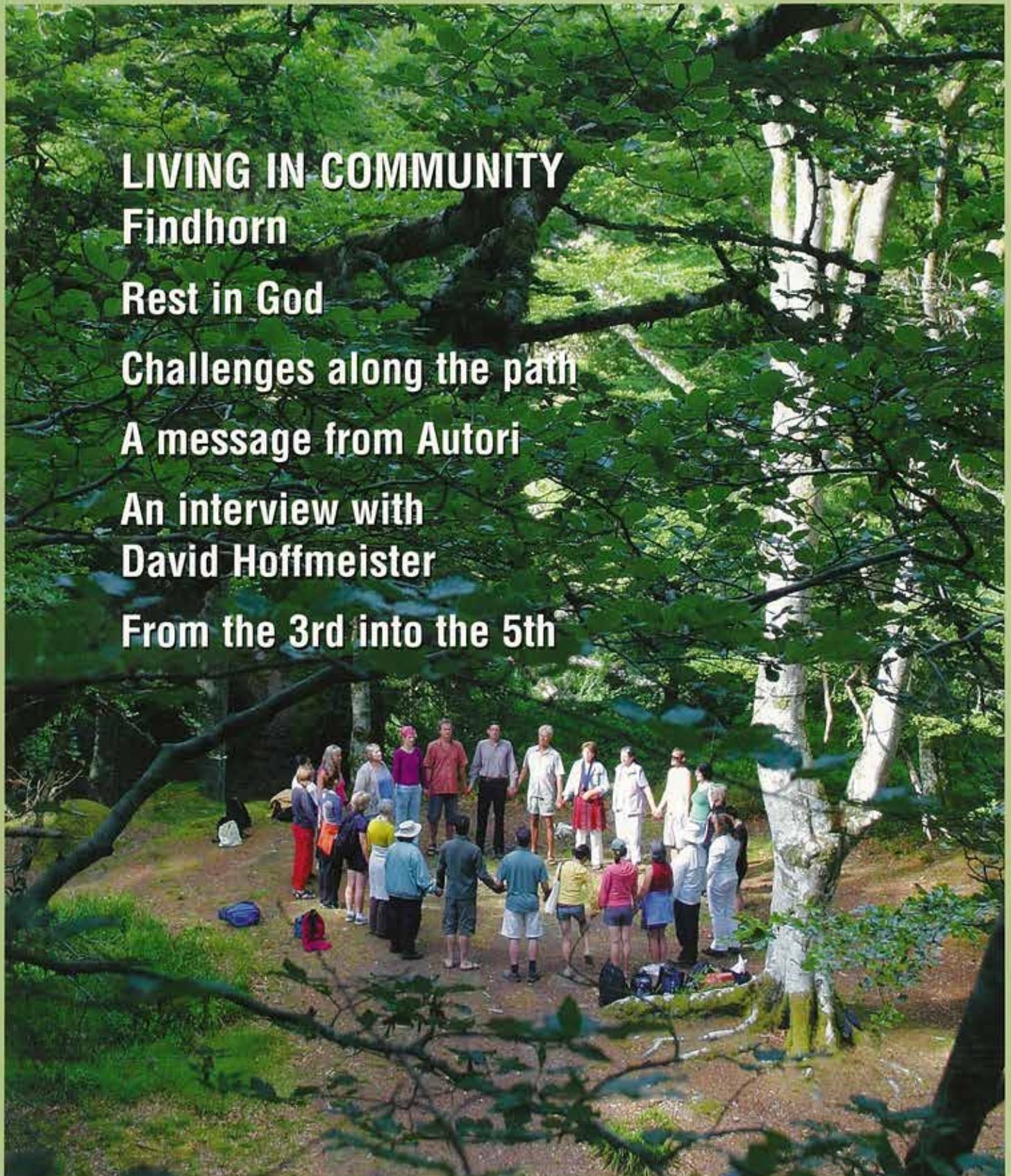
**Rest in God**

**Challenges along the path**

**A message from Autori**

**An interview with  
David Hoffmeister**

**From the 3rd into the 5th**





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*Blessings, Les & Trudi Dyer*



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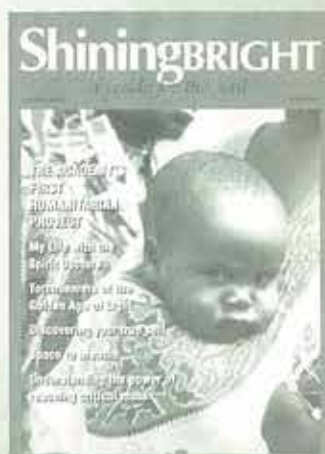
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FRONT COVER



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Lily de Chalain

## from the EDITOR

Dear Friends

**W**ith the arrival of winter this normally signifies a time of going within, hibernation, being still and enjoying time inside. What a perfect opportunity to observe the areas in

our lives that need to be discarded like the leaves dropping from the tree.

A time to rest whilst we wait for renewal and transformation; it is not meant to be idle for it is at this time that much needs to be done from the inside. Maybe this could be a great opportunity to do some self inquiry or take up meditation to access the wisdom that lies dormant in many of us.

It is time to prepare ourselves for awakening, to cleanse, to fast or maybe just be still and connect to our divine self. Finding time to access our creativity and passion and challenge our normal way of looking at life to discover the person we have become.

The more authentic we become and the more we are connected to our feelings and our true desires and the easier it is to fit into the community of the heart and be at one with all there is.

It is also a time to prepare our being for the new growth ahead, planning what we choose to germinate and encourage these new beginnings to take shape; following through with dedicated rituals to ensure the best possible outcome for this next phase of our growth.

And speaking of amazing energies I would like to acknowledge a dear friend of the Academy who passed away last month. Aubrey Reay, an amazing soul who shared his light, his love and his journey with us. We will miss his beautiful energy.

The cycle of life is a continual process and that which appears to have gone and appears to have died is only in a stage of transformation. It is in dying that we are reborn and in letting go that we find new space to create and to expand into the oneness and into the consciousness of love that we are. Go within and enjoy the stillness.

With Love and Light

Lily de Chalain



*Kim Fraser*

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# REST IN GOD

by Miranda

*'The One you are looking for is the One who is looking'*  
*St Francis of Assisi*

Often people find their way to work with me either in one to one settings or in groups when they are in the midst of a 'spiritual crisis'. This is essentially a shift occurring in the innermost depths of our being that often brings on a crisis of meaning. It seems to de-stabilize our core centre of gravity. We can feel as though we are losing the plot - as though our world is falling apart. Spiritual crisis is often misdiagnosed as depression and treated with suppressive drugs because it is not commonly understood. It is actually a powerful gateway, a tremendous gift of life into a vast newness. A cross-roads where for some mysterious reason the soul wishes to open into a new dimension. We usually experience fear and disturbance because it rocks what we have come to know as our self, and it shakes that which we have built our lives upon.

Everyone at some point will experience a spiritual crisis - when the soul needs to shed its previous psychic structure to make way for new life and there is little to be done to halt it. This can be triggered by sudden loss, illness, bereavement, a relationship melt-down, trauma of any kind, or for no particular reason at all. Typically we feel deeply out of control, and previous pillars of meaning and nourishment just don't cut it anymore. Most of us come to the spiritual life to find resolution to some great pain or life dilemma. When what once has sustained us spiritually falls away, it hits us at a primary survival level. It can literally feel life-threatening.

I have come to see that there are three primary paradigms of folding back into the Source - whether we wish to call that God or by any other name. I see these as to God, with God, as God. Although I speak of these paradigms in three stages, none is superior to another, and all three want to be activated for the fullest experience of Spirit to be lived in and as us. A shift from one primary paradigm to another often prompts a spiritual crisis, and to have some understanding of the different dimensions of spirit can go a long way towards helping us panic less and surrender more to the opportunity that the bottom falling out of our life brings us.

TO GOD

Simply incarnating into a physical body involves a certain degree of forgetting our spiritual heritage and home. Whether we remember this as a specific point of turning away from the Source of all life, or simply a gradual deadening of our joy and a sense of closing down taking place



gradually throughout childhood, it is part of the human experience to apparently 'lose our innocence'. This can be somewhat minimized but not stopped.

If we are fortunate, at some point we hear a calling to return to an echo of something the heart faintly remembers. A Course in Miracles poetically calls this 'the forgotten song'. It is the call of our deepest heart, of our own true nature to return to itself, like an ancient melody we begin to hear wisps of. In this there is choice - to continue to walk the wilderness or to turn around and follow the melody back to its Source. Many choose to continue walking in the wilderness - better the devil you know than the one you don't.

The story of the prodigal son describes this paradigm beautifully; someone who was given everything, yet wandered away, gradually forgetting his home and heritage. At some point he became tired of walking in the wilderness. He feels the pull to come home, acts upon this pull and turns around. Feeling unworthy of anything but the most basic shelter, he discovers to his surprise that he is greeted with a total welcome and celebration.

In the initial stage of awakening, or of awakening to a new level, we discover that underneath our wanderings are the everlasting arms of love. We are greeted unequivocally and unconditionally by Spirit. We allow our self to be as a young child held totally in the arms of love itself. What a celebration is this journey TO GOD.

Necessary, true and utterly beautiful when we have been unknowingly wandering in the wilderness, lost to ourselves, lost to our Source. It is the experience of being found and profoundly loved and it is enough to utterly change our life. It is this that most hymns and bhajans sing in praise of. The heart opens in deep gratitude and breathes a great sigh of relief. We recognize that despite our fears, we are loved and lovable

WITH GOD

If we continue to go deep with this experience of being held and unconditionally loved and not alone in the cos-

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mos, what evolves is an experience of entering into spiritual partnership. Like a mature relationship is one of equals flowing together in co-operation, in this paradigm we learn to operate less independently from Spirit. We foster deep attunement with The Presence, begin to ask for insight with an open mind, and we learn to listen in silence for the response. Thus we begin to walk the world informed by a wisdom beyond our limited thinking based on perception and past experience. This can make our life much more graceful and inspirational, as we begin to tap into resources beyond our conscious mind. We access a profound sense of flow.

The journey WITH God is a very relational, prayer-full and devotional one. It is centrally about cultivating divine obedience. Deeply devotional by nature, for many years I dove very deep with this dimension of the journey. For years I have sat open at the end of meditation sessions with these kinds of questions:

What wants to be received?

What wants to be known?

What wants to be released?

What wants to be done?

Listening for the responses, I learnt to distinguish the difference between the voice of my own wanting and the voice of spirit. Essentially, I recognized that the voice of spirit was always that which re-established the awareness of wholeness and oneness - some form of reconciliation or healing that produced greater sense of love and unity. That my own wanting would be centered around bolstering the story of 'me' and my individualistic agendas. Then the focus of the day would be a challenge to live in accordance with this guidance. I have written much about this in my previous book 'Boundless Love' - in itself a detailed guide on the journey to and with God. The decade I spent training interfaith ministers was centered upon initiating them to this level of partnership with The Divine, so as to extend healing and grace to others.

AS GOD

The third paradigm of awakening is the dimension of Self AS God. It has a much more impersonal quality about it than the first two stages, and thus often marks a quantum change and often the biggest emotional risk. The Self I speak of is not the personality self, but that which gives rise to all personality. It is not the ego running amuck disguising its fears and opinions as divinity. It is actually a core shift in identification from separate ego to collective Self. When we dive deep enough, we discover that there is actually no separate self. Not even a 'higher' self. More accurate would be to call it 'no-self'. It is an opening to a profound humility; a vast horizon when concepts fall away to reveal what eternally IS - vast spaciousness that dances vibrantly through all of life.

All the great sages and spiritual traditions have pointed to this, but it can only be truly known experientially. The way is very simple. It has been spoken of in the Biblical Psalms: 'be still and know that I am God'. This is the universal summary of all spiritual teaching east and west. However, like a zen koan, this cannot be intellectually understood by the mind. Its purpose is to stop the mind - to interrupt the trance of the thinker and open the door back into essence. 'Be still and know that I am God' is an ancient inner doorway that can open of itself if sat with softly.

Ultimately, that which we are seeking is our very Self. It is the God-Self. Not the one we have learned through our conditioning, not the self we think we are. It is the very ground of being upon which all things rise and fall. If we look at the sky, we see that the sun rises and sets, and clouds sometimes appear and dissolve though the canvas of the sky. Using this analogy, our core human dilemma is that we relate to our self as the clouds, when in fact we are the sky in which clouds, sun, rain, sunsets, sunrises all occur within. The sky itself does not move or change. All moves and changes within IT.

A deep awakening begins to occur when we recognize who we are as one and the same as God: that Creator and Created are One. This can hardly be spoken of without sounding like just another nice spiritual idea. It usually stays in the realm of concepts, because to open up truly to feel and live it initiates a profound loosening of all we have previously known. This for most of us is very frightening. Who wants to face a great possible void? It hits the deep core fear of personal insignificance. The possibility that who you have known yourself to be all of this time is imaginary and in truth does not even exist is not a comfortable contemplation, but it is an immensely liberating one.

I invite you to meet your fear of personal insignificance - of the void: not with emotional aggressiveness, but as a doorway to direct deep enquiry. Don't run from whatever fear you touch upon - just embrace every dimension of the experience. Then you are free to discover what is deeper than your fear. Regardless of what you have been taught, your naked unadorned being is glorious beyond words. You need not be afraid at all.

When you begin to experience the God-Self, a wonderful fearlessness emerges. You know that all is well. You know you are connected. You sense the oneness. In this connectedness, compassion and kindness for the rest of life emerges naturally - you experience that we are really not different from one another. That we all wish for the same happiness, the same freedom, the same love. That we are that love, wanting, needing to love Itself.





# CHALLENGES ALONG THE PATH

by Lily de Chalain

I believe we are always on a spiritual path but there comes a moment when we choose to become involved and we are more conscious or aware of being on the path. Prior to this it begins to feel as though something is missing in our life. No matter what we do, we feel as though there must be something more. There is a lack of joy, a feeling of not being connected to our true purpose and that our spirit is lacking something. There is a desire to look for more and usually this search comes in the form of greater purchases and a desire to be fulfilled by another.

Choosing to get involved in our own growth by attending meetings, workshops and meditation to raise our energy is one way of filling this void and tearing ourselves away from our normal activities such as TV and family to give some time to our growth is a very challenging thing.

When I first began to be involved in my own spiritual growth, I often felt less than because I compared my limited knowledge with the teachers and speakers who I had come to listen to. And I have noticed a similar thing occurring in others as they too compare where they are on their path to someone else's growth.

The desire for new knowledge is often a challenge, and this form of spirituality is very much based in the mind, accumulating knowledge and a lot of information but with limited experience. Without the experience the knowledge means nothing. It is like watching a movie and but not really being involved.

One day it occurred to me that we are all on a different path. We often do not even know why or what we chose to come here to experience or to accomplish. The destination is a mystery and one that would reveal itself slowly. I have no idea what it is you wish to experience but we can not judge our selves and our growth compared to another for we are all on our own secret mission and it will only be revealed to us as we do the work on ourselves and find the trust to continue one step at a time. We each have our own Mount Everest to climb, each has his own path to walk and it is a path that no one else has walked in quite the same way. We may be on the same mountain but the path ahead has our name on it and no one else's.

Comparisons keep us in our mind, just as the ego does and if we focus too much on someone else or the past or the future we really are missing the opportunity to being in the



now. The past keeps us in the dark. We continue to relive past hurts, we relive our reactions, we act it out all over again and we continue to feed our insecurities and all this energy takes us away from the present moment and from our own inner presence.

Recognising our patterns is essential if we are to let go of them and continue to move forward. Obsessions with the future are something we can all relate to, the saying 'I'll be happy when – I have a new love, I have a new car, I have a new house, a better job.....I'll be happy when life is less difficult, I'll be happy in three months time or nine months time, but that doesn't necessarily change the empty feelings that are felt or the anger that we experience.

Living in a void, putting your life on hold and believing that you'll be happy when certain conditions are in place is also saying I'll be unhappy until that moment arrives. If those things don't happen then I will not be happy and you are giving yourself permission to be unhappy until.... You are choosing to deny yourself the opportunity to be in this moment, to live a life and because you are so focused on the future you are missing the present and the opportunity to grow in the moment. If you continue to focus and obsess with the future you are not able to 'BE', by waiting for something to occur you are putting off the moment of 'BEING' that is you are not living your life fully.

When you begin to withdraw your energy from the mind stuff, from the past and from the obsessions with the future, you are able to drop into presence. You discover the underlying energy of who you are now and who you have always been beneath the identities of form. We have been conditioned to identify with our form; identities of being a daughter, a son, a new Australian, a father, a mother, a banker, a victim and so on. All these identities come with expectations of behavior; they come with responsibilities as we try to live within the confines of these roles and we try to live up to others expectations. We create little bubbles of existence and we get so caught up in our roles that we forget who we truly are beneath these identities. What is the energy that lies within us; do we know who we are when we stop playing our roles and we move out of our stories?

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Being responsible for our own growth requires that we dedicate some time to our own individual practice. Sitting in silence, sitting in presence, guided meditations, chanting, prayer, all of these are beneficial to our growth. But more importantly it helps us to be a witness to our life, to notice all the times we are caught up in the dimensions of past or future and to see how little time we actually spend in the present time. The more we begin to practice being in present time the quieter own thinking becomes. Then we begin to hear the voice of God, the Holy Spirit, our guides, our higher self, which ever you wish to call the energy that is actually connected to the one consciousness.

Choosing to follow the prompts that we hear or choosing to follow our intuition is a challenge because often we do not want to make the changes required and we feel it is ok to put it off until tomorrow. I remember a time when I kept hearing a whisper in my head 'you should go running' this seemed to be coming from myself and I couldn't understand why I would suggest such a ridiculous notion as I hadn't been running since I was a teenager. I ignored these whispers for about 2-3 months and then one day I was guided by spirit to attend Autori's workshop and it was only at the last minute

that I chose to go.

During this workshop Autori leant over and said 'you should go running' I could not believe the same words came out of his mouth. The very words I had been ignoring for months. I remember thinking how God works in mysteries ways, I had ignored the prompts for such a long time and yet I was guided to go and spend over \$200 to hear the very same message.



So of course now I listen and I trust the voice, I commit to some form of practice and I do see the benefits of being in presence and connecting to the energy that I am always. It is still a challenge to tear myself away from my life and the TV but more and more I choose to follow the guidance that comes and I trust that the path will reveal itself to me as I go

I have realized that because I do not know who I am and I do not have an image of myself in the future, I have found a sense of freedom because how can I fail or make a mistake when there is no model to judge myself against. All I need do is go through my life one step at a time, one moment at a time. Continuing to surrender in every moment whenever I can and as I let go of desire and 'be' myself in every moment, right here right now, I am free to 'be' free to do what ever my heart desires.





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# WALKING TO THE LIGHT

by Sandra Renshaw

In the past fifteen years I have been on a journey that has taken me from being a healthy forty year old, through the blackness of absolute despair, to a spiritual experience that led me to the recognition of my real self as a child of God, and with a new appreciation of life.

The spiritual experience troubled me deeply at the time. Although it was a profoundly moving experience, I initially felt it to be a premonition of death – a ‘near death experience’. But I now realise I was blessed with an experience that changed my life and justified the misery of an apparently incurable disease.

A muscle in my calf had gone numb and I knew that something was wrong. So we scheduled an MRI scan. We went to collect the results on Easter Saturday 2000, and wondered whether we ought to take them to the specialist to open and explain to us. But we'd had so many tests with a negative outcome that we quickly decided to look for ourselves. We were horror-struck to read that there were definite signs of MS, and could even see for ourselves on the scans. Suddenly there was a huge mountain to climb. The painstaking progress we had made in tackling chronic fatigue syndrome only served to accentuate the problem.

By June 2000 I had moved past denial. ‘Why me?’ I asked, ‘whenever had I abused my health?’ I despaired of ever pulling out of this and spiralled down into clinical depression. I couldn't eat, couldn't sleep and couldn't get out of bed. I shook with an uncontrollable fear and leapt from one panic attack to another.

I'd changed my neurologist and was fortunate in finding someone who cared. At the time I must have looked a hopeless case, but he never for a moment gave me that impression. Visits to him were oases of tranquillity in the increasing turbulence of my mental state.

With the onset of depression I'd begun making regular visits to a psychiatrist. She was a lovely lady who listened very patiently to my ramblings. Because of my allergies and intolerances, finding a suitable anti-depressant was a major exercise in itself. I'd start taking an anti-depressant, gradually building up the dose until I realised that I could go no further because the side-effects were intolerable. Then it took a number of weeks to gradually reduce the dose until I was able to try something else. Eventually I found something where the benefits slightly outweighed the disadvantages. I was also taking tranquillisers to control the panic attacks.

Getting thinner every day, I couldn't see a way out of the dark place I had reached, feeling all alone and without love. It had to be the furthest imaginable place from God: I was in hell. There seemed no reason to live. I wanted to die. Dying would be easier than trying to recover from this. It seemed hopeless.

My condition had deteriorated to the extent that I needed hospital care. My husband didn't want this because he thought it would kill me, and took three months off work to look after me.

Lying in bed watching the last of the leaves fall off the trees, I began praying. I hadn't been a particularly religious person, but praying to God seemed the only thing left to do. One day, while praying, I asked whether I was going to die. There was a pause before a voice in my head asked whether I wanted to sink or whether I wanted to swim. Then I saw myself in water with just my head showing. The water looked cold, dark and uninviting. The sky was bleak and grey. The physical picture reflected the misery of the deep dark place I had reached in my mind. I replied that I wanted to swim.

From that moment on I had an incredible will to live. When my husband brought in my dinner that evening, I was determined to finish it. And I did, although he had to re-heat it three times because it took me so long. By the time the leaves were coming back on the trees, I was beginning to feel a little better.

Each day my husband would ask me how I felt, and I would reply with a score out of ten and say ‘I'm still swimming’.

During this time the MS had got worse. At one point I was numb from the waist down. It seemed only a matter of time before I was confined to a wheelchair. I was already having problems with controlling my bladder and my left leg was like a lump of wood.

We'd started going to meetings of the MS Society and met other people suffering from MS. The carers were wonderful, and at first it was reassuring to talk to other people with MS and to hear about the small successes they'd had in

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managing their illness. But the most I could hope for was to slow down the course of the disease. I'd started having daily immunotherapy. My husband learned how to mix the solution and administer the injection. He quite enjoyed it I think. After he'd readied the syringe, he'd say "drop 'em" and my backside would have another jab.

Thankfully the progression of MS had slowed considerably, but there was always the risk of another attack, like a time bomb waiting to go off. I decided I had to do something to change the pattern of my life, reasoning that perhaps my lifestyle was a contributing factor to this monstrous disease. So I made a lot of changes, firstly coming to terms with all the wrongs in my life, or most of them. Then to reduce the stress, I stopped dwelling on the past, and learned transcendental meditation.

Attending MS Society meetings was leading me to compare myself against other people who had MS, and I wanted to compare myself against people who were well. So I stopped going. I was still very tired and did little exercise, but decided I had to do something, so we started on regular walks at Manly. At first I could only walk for a few minutes before my leg went numb and we had to make our way slowly back to the car. But 5 minutes became 10, 10 minutes became 20, and soon I could walk for long enough to allow me to go on shopping sprees to Warringah Mall.

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Even though I grew fitter and stronger, my balance was still poor, so I started to learn Tai Chi. My wobbling about on one leg gradually improved and the Tai Chi absorbed me to the extent that I gave up meditating.

I'd started going to church regularly, and found great solace in that. I prayed often, sometimes all day. My husband said I was nagging God, rather than praying to him. But I was so grateful for another chance at life. My health improved considerably and people began to tell me how well I looked.

One day when we were out walking, my husband asked how I felt. Thinking deeply for a moment, I replied in the customary manner, 'oh, about a six'. Immediately I saw a vision of myself swimming, but gone was the cold, dark water and the dreary grey sky. This time it was a beautiful day, the water looked warm and inviting, and I could see land. I realised I was closer than I thought with learning to manage and live with MS. My heart sang.

About a month later, we were again out walking at Manly and looking out over the beach. It was a cool day and had been raining. The sun broke momentarily through the clouds and a beautiful rainbow appeared. Just as I had when I was a child, I wondered idly what was waiting for me at the end of the rainbow. To my astonishment I realised that I was at the end of the rainbow. I had all that I wanted. I'd arrived. I was home. I knew myself and through that knew God. I was filled with a tremendous energy and was skipping, almost running, along with an incredible feeling of joy. Rather puzzled, my husband asked how I felt. Before I could get out the words 'I feel fantastic' I saw my vision again, not swimming, but walking on dry land. I started to cry. The tears streamed down my face. The last three years had not been about learning to live with MS, but about finding God. MS just had to be, but it didn't matter. Whatever happened now I could get through because I knew I had the love of God.

It was a Saturday morning a few weeks later in April 2003. My husband was at the sink washing up a few breakfast things. I was standing in the family room looking out through the patio door, and wondering what we could do on that beautiful day.

While I was staring at the golden sunlight pouring in through the glass, the light began to change from gold to white. The source of the white light was a bright, substantial but ill-defined mass, coming closer and getting brighter because of that. Its purity and presence took my breath away. Then the light began to pulsate and I felt a sensation starting in my left foot and working its way up through the left side of my body to my left shoulder. It felt as if all the hurt, pain and sadness that I carried was just being lifted away. With each pulsation I felt younger and younger as if

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# A MESSAGE from Autori

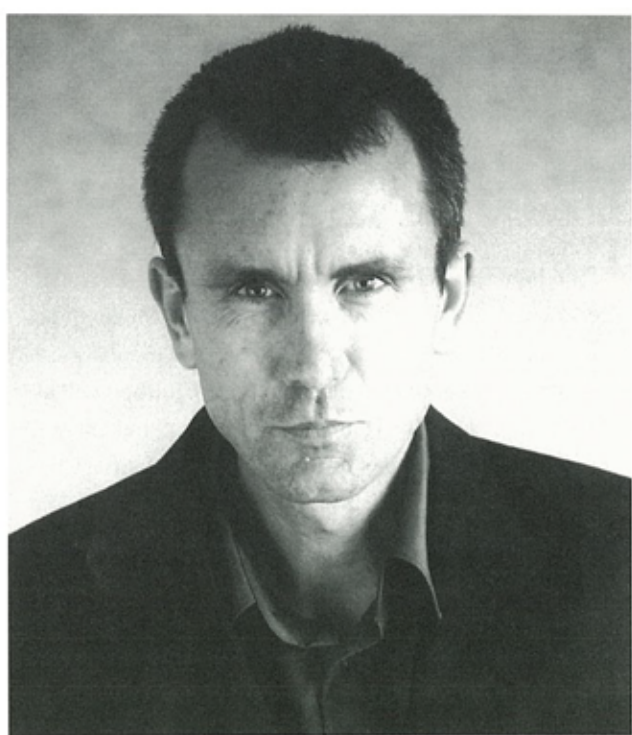
From time to time people ask me what I do. This question even comes from those who have been "present" in the field, as fellow Lightworkers. I think to myself, God works in mysterious ways – for the key to our journey is not to understand how the Light works, but rather to allow, surrendering to this cosmic power.

That is what will bring the healing. And after the healing - after the birthing of new consciousness - then we see all with clear vision indeed and we no longer worry about understanding, for we have complete knowing. As a way of introducing myself, let me take you on a journey of remembering with me. It was a Saturday afternoon – there I was by myself in the family home. O what joy! All the space to BE! The young boy is reveling in the quiet with all the family away for the day. YIPPEE thought the boy - he turns on the TV and a film begins about a young boy in an Indian tribe in the wilderness of North America. The young boy is the dreamer of the tribe and everyone is aware of it. His parents were concerned he would follow the tribe's Shaman into the unknown world.

This is a world in which the parents feared to tread. The other children of this tribe, sensing the boy's difference, hounded him without mercy, without respite. Indeed there was little peace for him when the other children were around. The tribe dwelled near the base of a large mountain and near the peak of this mountain lived two eagles that would often fly high above the tribe - soaring in dominion in their kingdom of light. The boy would often sit and observe the eagles, contemplating their world of power and peace and indeed, just viewing them was enough to gladden the boy's sorrowful heart. Often at night he would be with the medicine man, the elder of the tribe who knew about the boy's power to see.

He also knew the boy was going on a journey which no one else could join. To prepare him the elder would give the young boy lessons in the ancient wisdom, teaching him the ways of the great spirit and the way of the heart. The boy felt great peace/comfort in the company of this man of whom many of the tribe would speak about only in whispers and sometimes fear, as they understood him not. The days within the tribe were torment for the boy as the older children would harass and taunt whenever possible. So too, at home, his parents - not understanding the boy's vision/dream time - were distant and demanding, not knowing what to do with this strange child in their middle.

Day by day he grew more restless... tired with tribal life.



It is difficult indeed when you are the one searching for a new vista, a new path while those around you – fearing you - react with torment. He began more and more to follow the flight, the feeling of the Eagles. Somehow he felt them call out to him whenever the trouble would start. Indeed, the Eagles and the Shaman were his lifeblood to life. One day it happened. The older boys were chasing him through the village, hounding him yet again. So on and on he ran, higher and higher up the mountain. Slowly the other boys gave up chasing him. Besides, they thought, he will have to come down sometime.

The boy reaches the place where the eagles nest and gasping his breath, he watches as they leap into the valley updrafts, flying high into their kingdom. The boy gazes down at the village thinking of the wise and great Shaman...of his parents...of the tribal life. He looks out into the valley and suddenly leaps out into the updraft...and all that the other children can now see is three eagles flying high in the sun-sky. That was my introduction to the Eagle Tribe. The feeling of those moments of transformation and the wonder of it all has stayed with me.

Even to this day the eagles follow me or I follow them as we are both directed by the Light.

To answer the question about what I do I could tell you about my academic history - those of whom I studied with, those of whom I have read deep into the night and too those of whom I have avoided lest my heart is swindled away to someone else other than God. Yes, it is so in Ancient Egypt there was I in a position to greatly affect the nature, the feeling of humanity. It was in that lifetime whereupon I learned the futility of living not inside the beauty and grace of Love and ever since then it has been the study, the feeling of how Love is. Love can transform all issues; all difficulties currently encountered by those of us fortunate to grace the surface of the beloved Earth.

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### Walking to the light continued from page 10

all the years were being peeled away like the skins of an onion.

The light stopped pulsating. I was in a beautiful blissful place surrounded with love, a place I had never experienced before, a place I did not want to leave. I then mentally asked 'am I dead'. No answer. So I ventured still further 'will I see my relatives'. I saw in front of me, slightly to my left, a pillar of shimmering white light moving like lava folds and rolls out of a volcano. I knew this pillar of light to be God. There was no face, no hands, no feet but a powerful presence of unconditional love. On my immediate right, I saw what I can only describe as blobs of grey misty light. Again there were no faces, hands or feet but I knew them to be my relatives. Without warning the grey misty blobs of light blended together like balls of mercury and with great speed travelled to the foot of the pillar and merged with the light of God. When the realisation hit me that we are all one, I was overwhelmed with awe. 'Love thy neighbour as thyself', because your neighbour is you. He is God, you are God, we are one.

After that sudden realisation the light went out like someone flicking off a switch. For a moment I stood in apparent darkness. Then I became aware of looking at my outstretched hand and asked my husband if I was dead.

This body is not me. It's only what I wear in this life, like an astronaut wearing a space suit. I don't die when it stops working, I just can't stay here.

I tried to explain to my husband what had happened. He'd seen nothing and suggested that I sat at a table outside and he would bring me a cup of tea. As I sat down and

looked at the back yard everything looked washed, bright and sparkling. I saw the shrubs, plants and flowers like I'd never seen them before. It was as if I were seeing them through a magnifying glass. A fly landed on the table and I saw his eyes and the uneven lattice of his wings refracting the sunlight. I had never felt so relaxed in the whole of my life - totally at peace. I sat in this blissful state for what I believed to be 10 minutes but it was actually 2 hours.

The euphoria lasted for around 4 days then I started to ask myself what had happened? Was it a premonition of death? I couldn't eat or sleep. After seeing the reverend at church I felt a little better. She reassured me that having been at the bed-side of many people who were dying (she had had a nursing career) if they saw a light it was usually at the end of a tunnel leading them away. The light was coming towards me bringing me life. I had been blessed but it took me a long time to come to terms with that. 'Why me' I asked but received no answer.

In December 2004 I had another MRI. It showed more brain damage than on the previous scan but the damage looked old. No new damage and the MS was very stable. To this the neurologist added "I'm not sure what you're doing, but keep it up, it's obviously working".

As of May 2005 I have been off all medication for almost a year. I've now come to terms with what happened to me. I feel I would like to help other people to come to terms with God and am searching for a way to do that. It's certainly not necessary to contract a serious illness. That's what it took to get me to stop and listen, but if I'd just paused from my busy lifestyle to listen to the still small voice, God was there all the time.



### A message continued from page 11

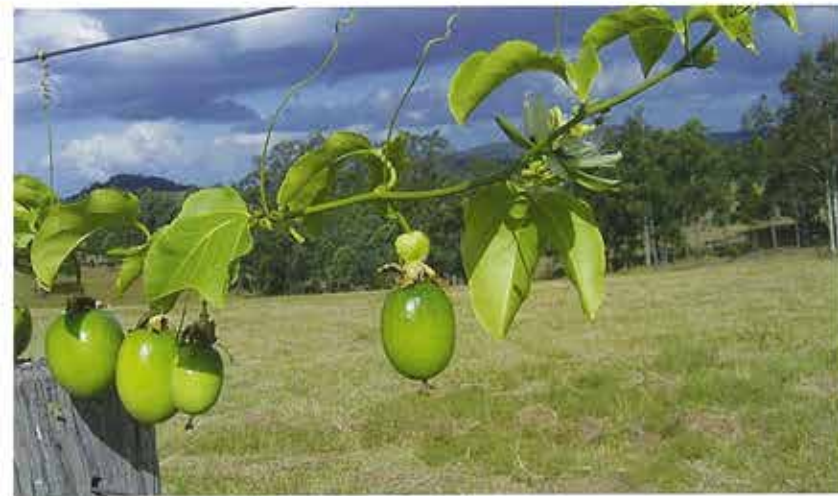
During the time of Jesus, I was but a simple villager beset by poverty and struggle. With a heart hungry for what this master was saying I would go to the meetings where Jesus would be teaching. You would find me right at the back on the edge only close enough to hear what he was saying, then I would go home and attempt to figure out what this guy was saying.... Hmm, he was bending my mind completely out of shape. I also did listen to the other Disciples but it was Jesus who captured my attention not the others. Here stand I many lifetimes later affirming the one power, the one Love of God to any and all who would desire to transform.... to heal..... to make new in the preparation of a new life in the Light of God.

Now I have become what is called a channel or transmitter of Love, of Light. This allows for miracles to occur and I have seen many, this allows for healing to occur and I have seen it so often. This allows for a return to the wonder, the beauty of you and I have seen it so on many occasions. This allows for the return of truth both within and without and I

have seen it so on many. Of myself there is little I can offer, but from within me comes the Light directed and created by the Source and it is the Source who is responsible for all the work, the healing and Transformation. Still as we know there remains a multitude of work to be done as fear is rampant on this planet including fear of the Light - which is strange but there it sits.

My passion, my desire is to create a new Earth for a new humanity and in reality our only choice is to follow the Light, the Love of God. This we all know deep in the core of our being and now is the time. Ladies and gentlemen now is the time of which you are also aware, are you not? I am not here to make you comfortable or to agree with any limitations you might agree with. The rise and rise of consciousness is the essence of all that is constructed within my fields of Labor in love. And if you allow me, then I will seek to love you with all that I am - that is the essence of how Autori operates. All praise all blessings to the great Light of God within you and all around you, long may you dwell in the kingdom of Peace.





## JACARANDA HAVEN an update

**R**osemary and John are so proud of their beautiful land and the plans are coming along very well. The vegetables are growing, people are visiting and generally all are having a lot of fun. John has been working so hard most weekends and has really connected to his passion and the images here are testament to all his hard work. If anyone is interested in doing service on the land please contact the Academy office.



# LIVING IN COMMUNITY Findhorn

What's it really like to live in a spiritual community? And does it deliver any real benefits to the 'normal man in the street'? According to Catherine Glennie, resident at the Findhorn Foundation Community, it's yes on all fronts. And she should know. She lived in mainstream until a few years ago when she attended a course at a Scottish-based spiritual community, the Findhorn Foundation. Her encounter with the world of community living in that week got her packing her bags, taking a flight - and three years on, she's still living there.

Prior to joining the community she was very much part of the modern establishment, earning a living by giving motivational talks to businesses in South Africa. Having raised her children on her own, much of her motivational message was 'you can do it on your own', but by the time she visited the Findhorn Foundation in 2004 such a self-reliant paradigm had started to show flaws, compelling her to search for a better way of living.

'Having only two cats to share your house with might be a formula for no conflict, but on the human happiness scale it doesn't get the barometer much above the 'ok' level. I believe human beings are simply not wired to live alone. Our deep instincts are to live in groups but in mainstream life most people hardly even greet their neighbours never mind get to know them - or consider that they would be a source of company in times of joy, and support in times of trouble.

The beauty of what I found at the Findhorn Foundation Community was the richness that living communally offers. From the buzz of sharing meals to a host of spiritually-oriented activities organized each day, there's so much going on. I was soon joining the early morning Taizé singing and meditation before my work shift started, and it made a huge difference to my day. In the evenings I could choose from reading quietly in my room, joining a group watching a video or participate in a yoga class. Suddenly I wasn't alone. I was journeying alongside a bunch of kindred souls.'

But the real benefit of living in a spiritual community is far beyond the myriad of activities on offer. A community founded on strong spiritual intentions and agreements is a powerful forum for personal growth. 'I have changed so







close to me went way beyond the call of duty to give me the emotional and physical support I needed. I'm extremely grateful for that eight-month challenge simply because it allowed me to really experience the power of community. I think most people do not realise their full potential because they are missing a component in their lives – the rich ebb and flow of community'.

There are many different types of community: some are secular; others have a spiritual basis. The members of an intentional community join together around a common



many of my fundamental beliefs and behaviours since coming here, and I feel much more in touch with myself - the well and balanced bit of myself. It was very challenging some times, but the structures put in place at the community helped me to go through all the learning, even when it was the last thing I felt like doing!.

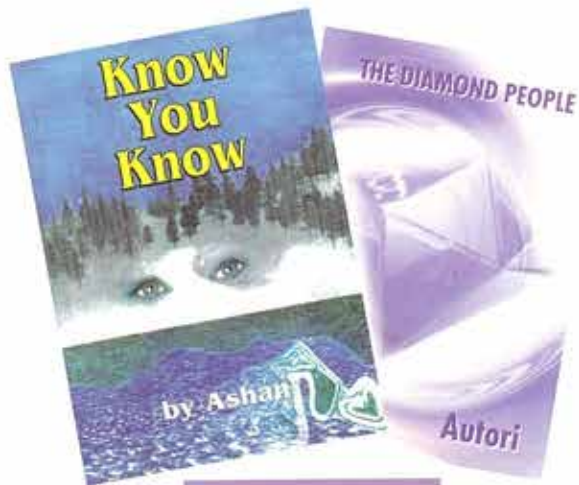
Last year I had a tricky time getting some important paperwork approved and, being used to coping on my own, was blown away by the amount of genuine interest and support I received from every one, even those not directly involved. And those

social, political or spiritual vision. Choosing the right community for your individual needs is important, and whilst the benefits to Catherine in the Findhorn Foundation Community are obvious, the question is can everyone adjust to and enjoy this type of lifestyle?

To help people answer this question the Findhorn Foundation offers a chance to experience a taste of community life first hand. They offer a programme called Experience Week which runs for six days, starting each Saturday; and a longer option called Living Community Guest (LCG). LCG gives guests a chance to live in the community for a month and even longer. During their time in LCG, guests attend weekly education sessions and group sharings (a lifeblood of the Findhorn Foundation Community approach) and have access to the many and varied activities available each day. So if you, like Catherine, hold the notion that life could be better by living alongside spiritually inspired people, then you don't have to take her word on the subject, try it yourself.

**For more info see [www.findhorn.org](http://www.findhorn.org) or call bookings at +44 (0) 1309 690 311.**





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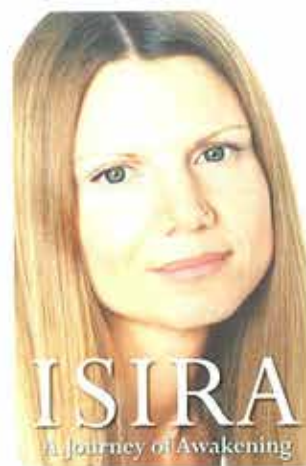
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# an interview with **DAVID HOFFMEISTER**

**D**avid Hoffmeister has had a love affair with God for quite some time now; he didn't consciously grow up looking for this as he had a lot of resistance to God from Bible school and religion. He began to study A Course in Miracles and really immersed himself in this work when he began to hear an audible voice giving him suggestions and helpful pointers and words to speak to others.

This was an answer to his prayers to hear the voice of the Holy Spirit. He realised that he was sustained by God's love and that his whole life would be a service to God. David found that the whole world is a series of symbols and that Jesus has been his teacher all along.

David is a holy example of something that we can project our innocence and holiness onto. His eyes and his smile show his innocence and love of God. There have been so many witnesses to project the innocence back to him. And now he talks to us about how to hear the voice of God.

**Q:** Can you clarify the difference between God and the Holy Spirit and why we can not communicate directly with God?

**A:** God is abstract love and light, we might say that the term communion would apply to God and being an experience of total oneness with God. Jesus expressed these words by saying "I and the Father are one" A communion experience where there seems to be a Creator and a creation. There seems to be a Father and a Son of source and an effect of that source. But actually it's just one happy song or melody of total creation and that's the description, even though it's beyond description, it's the description given to God in heaven.

In terms of communion and communicating with God, the Holy Spirit is the bridge. In other words, god reveals God to us through the Holy Spirit and the Holy Spirit seems to take on the form of a voice because for those who believe they have separated from God or the sleeping son of God we could say, we have to reach that sleeping son in a way that can be understood.

And since this is a cosmos of time and space and specifics then that abstract light has to take the form of a voice. In heaven or in abstraction there is no voice, just everything is perfectly known and you might say it's like a telepathic experience of union and oneness. So that abstraction seems to take the form of a voice for God and that's how



the Holy Spirit is described in the Course of Miracles; not as the voice of God which would imply that God has a voice and abstraction doesn't even have a voice. But the voice for God is the voice that speaks and represents God to a mind that has fallen asleep and needs help, needs instructions to return back to that awareness of perfect oneness.

**Q:** What do you think about the concept that in truth there is no Father, Son and Holy Spirit? There is only one but given our present experience we need some form of framework so that we can come to understand and experience that oneness. And the concepts and definition that you just gave of a Father, Son and Holy Spirit help to give us that framework and that understanding so that we in our present experience can come to a more full experience that we are one with all that is.

**A:** Yes, that's exactly it. People have talked for a long time about the trinity and said that there is only one and there is only perfect oneness then what is the need for a trinity. It's just a framework or a structure to help the sleeping mind wake up and it's mainly in terms of functionality. God the Creator, Christ or Son of the creation and the Holy Spirit the bridge that helps the sleeping son wake up to realise that, Ah...I am Christ, an Idea and the mind of god. 'I Am' that's what this is all about.

**Q:** Did the ego make everything on this planet, what about the angels or chakras or things that people consider good, higher and spiritual that kind of thing. And are we really here because of our wrong minded thoughts or is this a place that God wants us to be for soul growth and learning?

**A:** The first part of that question comes down to looking at consciousness or perceptions. You might say that consciousness is the domain of the ego which was shared in A Course in Miracles and so that all of perception, time, space,

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the cosmos, all specifics are a projection of the ego. So, yes the ego did make the cosmos of time and space. The ego made all the images, the ego made all the symbols and we could say that in the sense that you think of angels as cherubs or as these beautiful flowing beings with big wings, these are images.

So these images are part of the specifics of the cosmos and again those are made by the ego. Even the chakras, we could talk about the seven chakras. So seven is more than one, there's a multiple number there. And again the specific seven chakras that are often associated with the spine and different positions on the body are again part of the egos' systems.

The Holy Spirit is simply a purpose in the mind, this light, this remembrance in there that uses all these specifics and certainly uses symbols like chakras and angels in a very helpful loving way to bring comfort and blessings so that when the mind is frightened it has a symbol of a helper and angels are a good example of that.

The wrong minded perception that we are here, is part again of the ego's perception of the world. You might say that God, Christ or part of the abstract heaven and the realm of heaven does not really relate or know of the realm of perception because as the Course in Miracles teaches nothing real can be threatened and nothing unreal exists. The eternal is what heaven is, it's what God is, it's what Christ is and the ephemeral, the phenomenal, the time space cosmos is ever changing and temporary and by definition is unreal.

So you might say it is the wrong minded perception to try to bring God onto the world and to say God put us here for a reason and that we are here to learn lessons that God set up and to test us or anything like that. God is just pure oneness and love and abstraction and it is wrong mindedness to believe that you are here. As Jesus says in the Course, you may wonder how you can experience perfect peace while you are still in a body, he says 'ask yourself, who is it that is in a body'. So when you get questions like that you can see that Jesus is hinting that truly you are at home in heaven right now and eternally, and you are just dreaming of exile and that's what perception is all about.

Q: when you started hearing the voice of the Holy Spirit,

what do you think helped you to open up to it in the way that you did? Not just reading the Course but what within you helped you to open up in such a way that you started hearing that voice in a clear way.

A: I would say first of all, it seems to contrast that the human experience is full of so many upsetting and sorrowful, painful experiences that you might say within myself it's like the soul crying out 'there's got to be an answer to this, there must be an end, there must be a better way, there must be a way out of this way of feeling and this way of thinking and perceiving?' So the impetus was there, the motivation for a change of tune and a change of purpose was very very strong. And the other thing was, I would say before I was hearing the Holy Spirit clearly I was intuiting the Holy Spirit. I was feeling intuition, little nudges and impulses that felt very wonderful.



You might say, at the very beginning before I was hearing the voice I was feeling like someone had a feather in my heart chamber and was in there tickling my heart, the very core of my being and initially I went wow...this is not an intellectual experience, this is spectacular and I feel so good, it's like the tickle is guiding me. So initially before it was, listen to the Holy Spirit, it was follow the tickle and I did. It got into actually being able to hear the voice, so the tickle came first.

Q: We often feel that hearing the voice in some better or higher form of communication and that the Holy Spirit says all communication from the Holy Spirit is great whether it's an impulse or prompt or tickling. When we recognise all of it as such we are really open to that much more of it.

A: Yes, that's the spirit.

Q: A Course in Miracles says 'only a few can hear the Holy Spirit' what is your take on that statement and can anyone hear God's voice?

A: Yes, I think within the realm of time and space where we seem to have a cosmos of billions of people over six billion on this planet alone and many many other creatures and beings on many galaxies and Solar Systems and so forth. Within that larger context, the relative context, I would say it is somewhat realistic to say that very few can, in the sense that the distortions of the ego seem to be layers and layers of overlays that prevent a perfectly clear expression of the Holy Spirit through individuals.



# FROM THE 3RD INTO THE 5TH

by Elizabeth Kruger

These are exciting times, indeed, as we are seeing the beginning of the 'new' human race, so to speak. Our move into the 5th dimensional system has brought about many shifts and changes for all of us. Some have handled it better than others, though even committed lightworkers have been put to the test repeatedly.

In other words, don't despair if you feel you've handled some of the changes poorly, it's all part of the learning experiences we're undergoing. In fact, if you are able to step back and look at the situation dispassionately, you may notice the positive repercussions of your choices or behaviour – despite how challenging it may have felt at the time!

There is another reason why life has become such a rollercoaster ride. There have been significant changes to the energetic 'direction' as a consequence of the planet's energy portals being moved to new countries. Energies are now flowing even more freely and, despite the sometimes uncomfortable repercussions, the resultant increase in consciousness is welcome. It is also significant to note that this increase is happening on all levels and for all life ... human, animal, plant and planet.

When we incarnated on Earth, we made a contract with the Universe – to obey the Universal Will and its Law of cause and effect. This contract is extremely important to our future progress. Remember, we all stood in the front line and asked to participate in helping the Universe to increase the abilities for a new humanness. And that's what's happening now.

As individuals, we stand in the middle of the trinity of Heaven, Earth and Man. As we sensitise our system to the Cosmic radiation that envelops us, we're able to become a channel for the energies. They get anchored in the Earth through the very act of Earth transferring the 'goodness' of the planet back to us. We modify that 'goodness' in our physical body and send it back into the Universe, where there is a neutral intelligence.

In the process of transferring this 'goodness', our human mind is embraced by our spirit mind ... which then reflects the cycle back to us. We digest what has been sent to us from the Universe through our humanness, back into Earth. In this way, we not only become as one with all, we also constantly refine our energetic vibration.

Moving beyond the 3rd dimensional reality is very rarely



an overnight occurrence, unless the person is specially chosen for a particular purpose. Most need to go through the hard slog of releasing the things which have been holding us back, as well as integrating the new patterns and energies that will allow us to move forward.

If you've had any dealings with me in the past, you will have heard me say that the Crystal Triangle is an essential part of our journey. Lightworkers have moved from the 3rd into the 4th dimension and have now started to move into the 5th. Most – but especially those who are using the Crystal Triangle – are finding the 4th dimensional system easier to overcome. Our bodies are becoming lighter and lighter, responding to the influences that are now available to us.

However, don't make the mistake of thinking that the Crystal Triangle's usefulness is past. It certainly isn't. We now need to embrace the Cosmic pressure that surrounds us. Because it is only by embracing it that we will be able to continue to move our being forwards within that compressed energy.

You see, you will not be able to move into the 6th dimension unless you actually clear your negative karma. In other words, everything depends upon on the effort you put in and how much you clear. Understand ... the release of past karma from your system needs to be guided by you, the individual. For we truly are responsible for ourselves and our creation. We are the co-creators upon this planet and we are the piece of the puzzle within the plan on earth.

Humanity is currently in a space of nothingness - a space which is still full of possibilities. Our task is to learn how to adjust as we move through our lives so that we can become part of the vibrations that are being poured down to us as we speak to our Souls, or pray, or ask for help ... pure, miraculous vibrations, where everything is possible.

This is of great importance for the health of our Causal

continued on page 20

From the 3rd to the 5th continued from page 19

Body, as it contains all the memories of how we behave and express ourselves in this world. Did you know that the Causal Body is the source, if you like, of your personality? It's what causes it to be and to exist. Every little particle, even if it's a tiny fragment is expressed in this body.

It's almost like a 'garment' that holds all the memories of your own experiences in this incarnation and that you wear while you're here, on this planet. When the time comes to depart, your essence is absorbed into it and you leave it here until you come back, ready to put it on once again.

All consciousness and virtues you have developed in your lifetime are knitted into this, your personal garment. Especially if you develop will/power, love-wisdom and, last but not least, creative intelligence. It is a treasure chest holding your immortality.

So, how you manage those energies that you bring into manifestation each time you ask or pray for something is extremely important. The essences of our system within the Causal Body are alive and constantly active. They change with the moods of the personality and any input from our lifestyle will transform that life force. Eventually it will become a light body that will support the rest of your system.

So, how we live our lives is all important. Always remember the need for compassion. And cultivate the wis-

dom necessary to bring that compassion out of our selves. Remember, whatever we do to raise our own consciousness, raises the rest of humanity - because we are all linked.

As we divert more of the ego into the Divine Self, other illusions - like the need to show people how good we are and what we are capable of - will also disintegrate. As we continue to dissolve the boundaries of the ego's illusion, we will enter into sacred union. And the ego will become of no consequence.

With that accomplishment, we will become an integrated Twin Flame, and with the Twin Flame evident in our systems, we will become united with ourselves and a new dimension and frequency will have been attained. Self reliant and self manifest, Mastership will be born within.



Just as the water bubbles originates in water, is sustained in it and ultimately merges in it, the entire world has originated from Truth, is sustained by Truth and ultimately merges in Truth.



Sai Baba

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# THE SECRET a beginning

by Rosemary Butterworth



**T**he Secret burst upon the scene like a mythical genie, spreading its magical message far and wide. The book, *The Secret* by Rhonda Byrne became a best seller whilst the DVD is watched regularly by millions of people.

The Secret has awakened in people's consciousness the Law of Attraction. We are becoming aware of what we are thinking and taking responsibility for those thoughts. We believe now that what we think, we will attract to ourselves.

Sometimes we change the pattern of our thoughts almost mid sentence... .."I cannot afford.....to I choose not to buy that today". When we catch ourselves focusing on what we don't want in our lives, we quickly change it to a prayer of gratitude for what we have. Gratitude prayers raise the vibration, not only in our body but affect the entire population of the planet.

These efforts are changing the way we live. People no longer want to hang onto their resentment and negative emotions realising they may be attracting more of the same into their lives.

Having to find positive emotions to replace negative thoughts, having to find things to be grateful for, is taking us deep inside ourselves. The teaching, 'happiness lies within' is becoming real and is being sort after and realized. It is not just an intellectual exercise anymore.

As our consciousness shifts from wanting happiness outside to within ourselves and we become more aware we may notice the joy we feel when handed a cup of tea or coffee, or when we see an Autumn leaf fall from a tree and an early morning walk as the sun rises.

As our awareness increases, we can access more of our multi-dimensional self. Our Light grows and so does our power.

The Secret is shifting the consciousness on the planet. But it is only a beginning. It is not the end. There is more to understand, more Universal and Spiritual Laws that operate as we grow in the Light. Another Universal Law is the Law of Allowing and perhaps the whole basis of Jesus' teach-

ing is the wonderful Spiritual Law –'Love Your Neighbour as Yourself'. These Laws reflect a very high state of consciousness – a state of Enlightenment. Imagine a whole planet allowing everyone to be – no judgement – no criticism – just love for each other because we are able to see the God in everyone – we are able to be in the Oneness.

The Secret asks people to see themselves healthy, see themselves with an abundance of money, in loving relationships etc. This is a wonderful start but is it enough to bring into your reality all the things you are affirming and visualizing.

What is it that empowers these affirmations and visualizations? It is the Light. The Light has power and intelligence. If your light and energy are low it may take a very long time for the Universe to bring to you what you are asking for. Maybe not even in this embodiment.

Technology has come in on the 5th Ray. It is the speed of Light (perhaps even faster).

Reflect on how long it took the mail to come out to Australia via ships and now it is virtually instant by email.

What would it take for us to increase our Light and power. This is the next step – to be able to increase the power in our affirmations and visualizations.

One way is to clear our old thought patterns and ideas that are taking up space in our body/mind. Eckhart Tolle calls it our pain body. But first, we have to recognize that we have these thoughts and opinions, which are often inherited from family and friends. Because we believe that they are true, we don't question them or notice them. It is going to take practice and more practice of observing the mind to catch these thoughts. A good tip is to watch our reactions – usually when our buttons are pushed it is because we have a belief challenged. This is an excellent time to observe what we are thinking. Watch the justification and belief that we are right!!!

Spend at least 3 minutes, three times a day, just sitting quietly, focusing on the breathing and watching what thoughts drift through mind.

Driving is a good time to practice observing the mind. Notice where the mind is, perhaps it is already at your destination while your body is still in the car. Perhaps you are having a conversation with an imaginary person, perhaps you are already getting angry with that person yet that person is not even in the car with you. Notice these things and stop it immediately for it is draining you of your Light and Power. You are using your conscious awareness to feed these thoughts. As you catch yourself out you will laugh a little as you suddenly have more energy. Make a game of observing the mind. **IT IS FUN AND IT MAKES YOU MORE POWERFUL AND YOU SAVE YOUR ENERGY AND INCREASE YOUR LIGHT.**



# 'BEING'

## a Healing Doorway to Consciousness

by Glenys Brown



**D**o we truly know what the word 'being' means today? Many times you will have read or heard that we are human beings, not human doings. We spend much of our lives aware that we are human and aware that we are busy doing. Yet we long for the time to just be.

So where does the 'being' part of us fit in?

"Being" as a word, is a powerful doorway to your true spiritual self. In today's planetary times it gives us a doorway to enter communion with each particle of energy that makes us who we are.

It gives us a pathway to follow where we can participate in conversations between each of our major body organs, our blood, nerves, glands, and much more. We can talk with our bone marrow where much of our life support is being born.

Have you heard the musical voice of your kidneys, the deep beautiful resonance of your heart? Do you experience bone marrow bliss? These are not impossible dreams. They are examples of everyday internal messages we can use to heal our physical body and expand our consciousness.

Access to our emotional, mental, intuitional, soul, divine selves is given through the same process. Every particle of our spiritual energy field interacts within our physical body. We have a physical body that is born from being. It allows us to interact and develop as an integral part of all that is. We ignore it at our peril.

What about my mind you may be thinking. Your mind too, is a part of your physical dimension, as your physical

dimension is part of your mind. It is in the energy field of your mind that all beliefs, experiences, sensations, and thoughts come into existence seconds or years before they are noticed physically. Your physical body records all the television, radio, space satellite waves yet are you aware of the magnitude and intensity of these day after day. Many of us are not aware of the signs given to alert us when there is a problem developing within the body.

Candace B. Pert, Ph.D. has completed groundbreaking research that shows how currents of energy from molecules of emotions, of consciousness, are both physical and non-material. They link the body-mind in a network of communication to coordinate the entire body.

Her work links through the physical to consciousness. The Eastern traditions over millennia have put consciousness first and how to access it through the physical body. We can reach the same consciousness whether we seek through the physical or the spirit.

Medical (healing) Qigong and Spiritual Qigong, the source of Traditional Chinese medicine (TCM), uses the physical body as a resource to being your spiritual self. Access of the heartmind comes through use of the breath and other subtle energies to heal, enhance, and transform. This long proven tradition of energy medicine gives easy accessible ways to Being your true self. It is a powerful healer. It works with oneness.

For TCM the heart and mind were seen as one. It is in the interpretation of the Chinese language and text, that our western part of the world sees them as different. They see the heart and mind as separate. The western world seeks differences rather than similarities.

Energy medicine, born in the ancient traditions, is where you use your own energy to heal yourself and link with the cosmos, God, Spirit, Source. Repeated phrases that include the word being, and done with intent to heal have resulted in amazing healing.

An example is as simple as "Being my bones, being my bones, being my bones healthy and strong". Use of the phrase over three weeks had the outcome of an ankle pain of nineteen years, disappearing.

When you use healing intent with the word Being, you go deeper within, below the beliefs that may not be serving you. You activate vibrations and frequencies that heal on all levels. You increase your range of life within and outside of you with the consciousness of love, compassion, and oneness.



*"If you're really listening,  
if you're awake to the poignant beauty of the world,  
your heart breaks regularly.  
In fact, your heart is made to break;  
its purpose is to burst open again and again  
so that it can hold ever-more wonders."*

Andrew Harvey



# ASTROLOGICAL HAPPENINGS

## Late June (sign of Cancer), July, August and September 2007



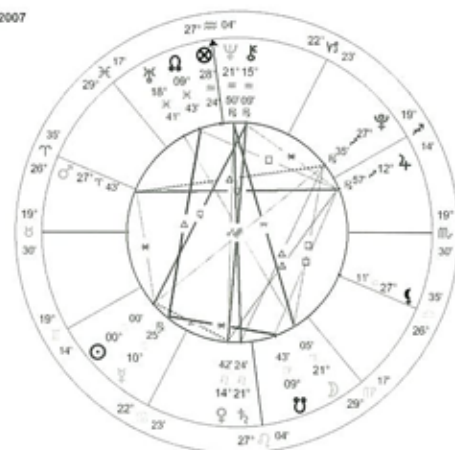
69 CANCER.

As the Sun slips into the home loving and family nurturing sign of Cancer on the 22nd of June at 3.54 am, the skies are extremely busy, and things don't look too cosy, but in saying this, this also means there is a large opportunity for growth. The Sun at 0.00 deg Cancer, is still making a powerful opposition to Pluto at 27deg of Sagittarius (although this aspect is now

waning), and Pluto is also making a T square to the Moon at 21deg of Virgo, so the sense of emotional power play, intense psycho drama, even explosive or some kind of heavy manipulation maybe felt on the family front. But on another level you might feel as if you are being asked to search deeper within yourself, and fight this resistance you have been feeling to change and growth, to come to grips with the understanding of the Truth of whom you truly are, which is the most amazing powerful being of God and Light and Love. Becoming aware through the emotional body, so you can truly feel your feelings, and through this Transformation in the Light is the key here.

This Virgo Moon is also making an opposition to Uranus at 18 deg of Pisces, which may lead to sudden emotional outbursts, or for the more attuned you may feel the undercurrent first, and find your centre, so to become the observer, instead of being immersed and enmeshed in any drama. Saturn at 21deg of Leo is now, again, in exact opposition to Neptune at 21deg of Aquarius, I have written about this opposition extensively in past ShiningBright editions, as this has been an aspect which has been waxing and waning all year since September last year, and will completely move out of aspect by the end of August 2007. This opposition maybe felt by some as a feeling of either mental or physical illness, or the breaking down of some kind of structure or something that was once solid is now felt as cracking up or disappearing.

Transits 22 Jun 2007  
 East Coast Oz  
 22 Jun 2007  
 3:54 am AEST -10:00  
 FRENCHS FOREST  
 33° 54' 15" E 14°  
 Galactic  
 Tropical  
 Placidus  
 True Node



And just to add to the melting pot we also have Chiron the Ancient healer in Aquarius also making an opposition to Venus in Leo. So to bring all of these above mentioned aspects together, it may feel like there is a painful memory or a sore point that has been pulled up to the surface, something that needs to be brought to the Light, to be seen and felt and talked about and dealt with. It could be a huge opportunity for many to bring to consciousness issues that have been buried and locked up in the family closets for years, it might be a great time for a huge family healing, on another level transformation of the Self through these energetic exchanges and patterns may also be felt.

So again, things on the home front may feel a little challenging at this time, with these difficult energies and tensions felt it could easily cause someone to suddenly feel quite ill or suffer dis-ease, feeling completely off tilt. Women are especially highlighted here, so watch your health in all aspects of your life, be gentle and kind with yourself, take time out for your own well being, creating some space for yourself and a moment in the day to just breathe is very important during times of tricky energies.

Again on a deeper energetic level you might feel you are being asked to change old patterns that don't serve you any-

continued on page 24

### FULL MOON, NEW MOON AND ECLIPSE DATES/TIMES - ALSO SOLSTICE DATES

**June 21st:** Is our winter solstice down here in the southern hemisphere - marking the shortest hours of daylight of the year.

**July new moon:** Saturday 14th at 21deg 41" of Cancer at 10.02pm.

**July full moon:** Monday 30th at 06 deg 31" of Aquarius at 10.46am.

**August new moon:** Monday 13th at 19deg 51" of Leo at 9.00am.

**August full moon:** Tuesday 28th at 04 deg 46 mins of Pisces at 8.35 pm.

**2 MINUTES AFTER THE AUGUST FULL MOON THERE IS A TOTAL LUNAR ECLIPSE.**

**September new moon:** Tuesday 11th at 18 deg 25" Virgo at 10.44pm.

13 minutes before this new moon there is a partial solar eclipse.

**September full moon:** Thursday 27th at 03 deg 20" of Aries at 5.43am.



POLAR OPPOSITES

more, watch your instinctual desire to start seeing from the inside, from your Truth Centre which is God, and follow it now, instead of putting it off all the time, the time is *right now!*

Polar opposites are tricky energies you are usually aware of, even if they are unconscious you can feel them surfacing or bubbling away, they are not so completely hidden from view, but they can feel like complete discomfort or tensions of one kind or another. A T-Square is formed through an opposition aspect, which is squared off at one end and is common in the months ahead. With this aspect feelings can be more challenging especially with the so-called "big guns" involved, planets like Pluto, Uranus and the Sun/Moon for example. But again, these energies used consciously can be wonderful opportunities for further awareness and healing even though they are tricky landscapes to navigate, a wise older friend once said to me "Heidi nothing grows in the garden of Eden!" – *(Thank you to my dear friend and mentor Elizabeth Grace!)*

NOTE: On the 24th of June at 12.42am Uranus stations to go into a retrograde motion, this could be earth or ocean moving something completely left of field, it could be a real shake up!

June – July on the whole I think energetically looks a whole lot easier than previous months, there are a few days that might feel a bit complex but certainly the tensions have eased for now until August we have a slight reprieve! And then on the 23rd of July at 2.47pm the Sun shimmies into the illustrious, golden heart sign of Leo. The energies are building again, there is a fixed grand cross forming

up and is complete by the early hours of the morning the next day, bringing with it feelings like there are obstacles blocking your path, with this get creative, a bit of patience and ingenuity here would serve you well, this formation does not last too long and by the 25th of July it has dissipated, but whilst it is here it could also be the motivation you have needed to take action on something in your life, as these feelings of boxing you in motivate you to shift something that has been barricading you into procrastination for such a long time, you might ask yourself what does your heart really long for, what is it that is really essential to have, get to the Truth of the matter to reach that break through point.

At the same time this day of the 23rd of July there is also a beautiful Kite formation bringing in the elements of Water

Event of 23 Jul 2007  
 Event Chat (4)  
 23 Jul 2007  
 2:47:36 pm AEST +10:00  
 FRENCHS QUEST  
 32 545 151 117  
 Geometric  
 Planar  
 Primal  
 Sun-Moon



and Earth, creating a bit of ease and flow to this grand cross formation. This Kite is made up from Venus in Virgo which is also conjunct the South Node in Virgo = issues of Love through the past even past lives, then they sextile the Moon in Scorpio and Mercury in Cancer = powerful transformative feelings through nurturing and deep communication, which are both Trine to each other and to the head of this Kite formation which is pointing to the North Node in Pisces. The North Node is the energy outlet to this Kite or the pivotal point.

I read this whole formation as: there is a flow right now that allows you to more easily reach deeply and consciously into the collective oneness. And the tool of meditation may be a great aid to some, as insights maybe very revealing. With this you may find that bringing forth energetically memories and lessons learnt through past experiences of relating to all others, lovers and love itself into the now experience, and coming to an understanding of knowing absolutely and intuitively that all is one and the same, we all look through the mirror to ourselves and it is all Love, feeling all intuitively connected to everything, and using this



LEO

now for guidance.

The Nodes at this time are retrograde (retrograde means that the energies normally expressed outwardly are turned inwards to a reflective state). This feeling of knowing comes to one in the what you call "Ar-ha Moment", this is where it goes beyond words, where you simply cannot explain it, it just is and you feel it, and you know it, it is the "Knowing".



Pluto in Sagittarius continues to trine Saturn in Leo at this time up until early September, which will help the energies, as Saturn remains in opposition to Neptune still, so this might be asking you the question: "How much is really enough?" "What do you really need?" "When will you make a commitment to your spiritual journey to be conscious and stay connected on the path?"

On the 23rd of August 2007 At 9.55 pm the Sun slides into the Earthy, dependable, productive and health conscious and perfectionist sign of Virgo!



VIRGO

There is now a Mutable Grand Cross formation that has been formed since around the 10th of August, and will wax and wane up until around the 10th of September. This formation is made up from Mars now in Gemini, the Sun, Mercury and the South Node in

Virgo, Jupiter in Sagittarius, and the North Node in Pisces all square to each other. And the oppositions creating the cross formation are Mars opposing Jupiter and the North Node opposing the Sun, Mercury, Saturn and the South Node.

With this Mutable Grand Cross, these planets mentioned do change through out these weeks bringing in different energies and vibrations to the fold, but it starts off with an undertone which could be described as feeling pushed or forced into something you have had resistance to, with Square aspects you cannot see or feel what is coming around the corner so one must be more careful to tread lightly and consciously at these times. With this the feelings

could be that pressing communications and dialogue should be opened up now, even though it might be a tough or awkward issue to face it should be dealt with now. There is a letting go of the past to move into the future lesson felt here.

Also included with this there is a strong tension easing and energy flowing Trine applying from Mars to Chiron then making a sextile to Jupiter, as well as this there is a multiple of trines from Saturn to Pluto, the Moon and the Part of Fortune all in Sagittarius. This Mutable Grand Cross may feel as if it is very motivational and there might be very fortunate and transformational lessons learnt by dealing with any issues as they arise, avoidance here would not help you in your growth. There should be a huge breakthrough, a feeling of huge release, a healing happens that you just could never believe possible before but all bets are off, it has finally happened. Maybe this is the time where the world leaders come to the conclusion that they should finally pull their troops out of Iraq or make a firm date to do this now. Later in early September when Uranus becomes part of this Grand Mutable Cross it is even more likely that something big and out of the blue will happen like this.

In addition to this Neptune and Venus are also still strongly opposing each other too, and they are both retro-

Dates to watch out for: At New Moon on the 13th of August there are 5 planets all lined up in Leo and Quincunx Uranus and some are trine Pluto this could be a powerful time for many, I feel there might be a big announcement that will effect us all. Also the energies are very high around the Total Lunar eclipse on the 28th of August in the late afternoon as Uranus rises up over the ascendant and the Sun and Moon are so close to the Nodes, expect something quite out of the ordinary, it could be shocking!

grade so their energies are attuned inwards, you could easily find yourself meditating on the True essence of Love and find yourself at the central opening to the lotus flower of the



Heart Chakra experiencing the Oneness.

Naturally there is a whole lot more going on with the heavens during this period but I only have these pages. Namaste to all with Love and Light Heidi Pigott-Irwin.



# THE GARDEN

anon

Come to the garden alone, while the dew is still on the roses.....

FOR THE GARDEN OF YOUR DAILY LIVING

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Let us really love one another

NO GARDEN IS WITHOUT TURNIPS

1. Turn up for meetings
2. Turn up for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME

1. Time for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE! THERE IS MUCH FRUIT  
IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU  
SOW.



## A QUOTE FROM GANGAJI

There is a dilemma in speaking to people who have been on the spiritual path for some time and have listened to lots of teachers speak lots of words, mostly the same words, put together in countless different ways.

There are Tibetan words, for example, Zen words, Christian words and New Age words, but they are all speaking essentially about the living truth that cannot be captured by any word: a truth that is alive in you.

So the dilemma in speaking to you, as representatives who have heard it all many times, is how to invite you to stop understanding what you've heard through your active minds' normal ways of understanding and rather to just open; to open your mind and to take the chance of not understanding anything. Not to say, 'Oh yes, I know what she is talking about because I have heard this in this place,' or 'Oh no, I disagree with that because my first teacher said it this way.'

To just take a chance in this time that we have together and not compare or string together anything you hear with anything you have ever heard before; in either agreement or disagreement. Then there is the possibility of hearing innocently -- of hearing for the first time without credentials: without the burden of your past experiences, without your enlightenment, without your ignorance, without your past.

It's at that point the real possibility arises to receive something that all words are grossly inadequate in describing -- an exposure, a transmission within ourselves -- from mind to mind, heart to heart, that naturally, effortlessly occurs. And that is what we're here for -- an openness to receive what is already here.

## OUR TRUTH

by Les Dyer

*Let us find peace and delight in it!  
Let us find tranquility and keep it!  
Let us find patience and own it!  
Let us find empathy and share it!  
Let us find honor and commit to it!  
Let us find selflessness and become it!*

*Let us find tolerance and express it!  
Let us find joy and thrill to it!  
Let us find worth and value it!  
Let us find Love and be it!  
Let us find Real Self and live it!  
Let us truly find the Divine and rest there!*

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JUNE	23rd	Rosemary Butterworth Workshop
JUNE	25-29th	Christine Gregg Readings & workshop
JULY	14th	Troi Lenard Readings & workshop
JULY	17th-22nd	Autori Readings & workshop
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NOVEMBER	3rd-4th	Sylvia Shanti Vowless Workshop

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**Learn to access the intelligence of the Light!**

What the ground rules are (i.e. Spiritual Laws) that need to be observed in order to keep your energy high so you can access higher dimensions. Rosemary will help you experience what it feels like to shift dimensionally and operate from there but still be grounded and focused. You will come away feeling empowered and have the energy available for your purpose here on Earth.

**DATE:** 23rd June

**TIMES:** 10.00am - 5.00pm

**COST:** \$120

**VENUE:** Tramshed, 1395<sup>A</sup> Pittwater Road, Narrabeen



**BOOKINGS & ENQUIRIES:**  
 (02) 9975 4905

WOULD YOU LIKE TO RECEIVE  
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 EMAIL NEWSLETTER OF UPCOMING EVENTS  
 & INSPIRATIONAL MESSAGES & HEALTH TIPS?  
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*Thank you for your continued support*

# AUTORI WORKSHOP

July 21 & 22, 2007

Uniting Church, 75 Bay Road, Waverton

Cost: \$295.00

## "THE PRESENTATION OF DIVINE CONSCIOUSNESS"

*Come to Know life inside the Light*

*How to move into Divine Consciousness and receive all that is abundantly available within this kingdom.*

*Learn how to stay inside this kingdom and no matter what the situation you are in or the circumstance you will always be connected to Divine Consciousness.*

*Consider the power and the grace of Light to provide practical solutions to any and all fractions. The Physical Universe requires sacred ritual if we are to move around in the power of Harmony and Peace.*

### PRIVATE SESSIONS

#### SPIRIT DESTINY SESSIONS

One Hour Consultation

Autori operates as a transmitter of universal love. He provides you with a tangible experience of who you are and how magnificent you are...while clearly stating how your Egoic being is trying to keep you from remembering your true Divinity.

Autori's counselling directs you towards self mastery and self empowerment so that you may experience your own master essence. **\$150**

*A meeting with Autori is a meeting with your future You. The first meeting was very impressive, because it was beyond any other experience in my Life. I have met Gurus in India and seen amazing personalities. But nothing like my meeting with Autori.*

Tommy Witt, Designer

*"I'd Like to thank you for another interesting, powerful and transforming seminar. During it I found many answers to the questions I had kept in mind for sometime. That is the Magic of such meetings.*

Violetta Polanska, Teacher

*It was a challenge, a very deep and moving experience, fantastic growth, breaking through and leaving fears behind. Autori is a true servant of the Source.*

Amstina Silverang, Sweden

*My meeting with Autori has shaken me to the core. It was the awakening I have been waiting for so long. You showed me all hidden truths about me and my life. I am grateful to the universe that I could meet you on my path.*

Irena Kelly, Australia

*Finding the appropriate words to describe Autori is not easy. His wisdom, caring and positive attitude are to be admired. His honesty and frankness are only matched by his unique sense of humor.*

Michael Ryan, Australia



*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.*

for bookings and enquiries please call:  
The Southern Cross Academy of Light

02 9975 4905

Email: [scal@a-light.org.au](mailto:scal@a-light.org.au)

### INTRODUCTORY TALK

Sydney

'Divine Alchemy' and  
'the Power to Manifest'

July 18 – Crows Nest Community Centre,  
2 Ernest Place Crows Nest.  
7.30 – 9.30 pm \$30





# AWAKENING TO A DEEPER TRUTH

Two Day Intensive with Miranda  
25 & 26 August 2007  
9.30 - 4.30pm  
\$450 (early bird \$395)

If you are feeling lost to your own essence, lost to the natural innocence of the heart and have forgotten what it is to simply be then this workshop is for you. Perhaps you are tired and disillusioned by the search for God, the search for wholeness and the search for freedom.

I invite you to a radical openness, one that asks you to risk feeling everything: moving through life minus the usual insulation that we have been taught we need for survival. Could you dare to show up to life radically open, could you find courage enough to be spontaneously available to the present moment, could you be willing to feel what is here and dive even deeper to what is beyond all feeling and could you allow yourself to be free?

## About Miranda

Miranda is a dynamic spiritual teacher, counselor and author of the spiritual guide 'Boundless Love'. Personally, her primary spiritual influences have been a blend of east and west: esoteric and psychological. For fifteen years Miranda was immersed in the teachings of spiritual psychology within 'A Course of Miracles' guided by her teacher Tom Carpenter. The inclusive vision of interfaith, which embraces the perennial teachings alive in all authentic paths, has been a major cornerstone. Featured as one of the world's 250 most inspirational women, Miranda travels internationally, teaching, learning and writing.

## Private Sessions \$250

Sessions last between 60 - 75 minutes, beginning with a short period of silence to drop through the surface mind activity, allowing the core question or issue to rise to the surface more quickly. In total love and acceptance, Miranda holds the vision for who you truly are, allowing the stories of stress and suffering to be seen and unwound gracefully, allowing you to access the peace of your own true nature and arrive at new clarity.

For bookings call:

**The Southern Cross Academy of Light**  
**02 9975 4905**

info@scal.com.au

www.scal.com.au



## Testimonials

*'Miranda's work is carrying forward the simple message I have taught for many years: 'be still and know'. Her work links us all in the oneness of Spirit.'*

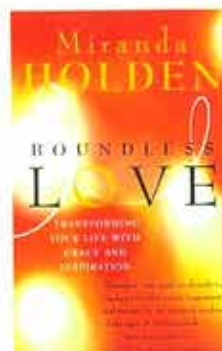
Eileen Caddy MBE Founder of the Findhorn Community  
and author of 'Opening Doors Within'

*'Miranda's work brings to life the spiritual wisdom of the ages. In my eyes, Miranda is a shining light...'*

*Susan Jeffers, author of 'feel the fear & do it anyway'*

*'Miranda is one of the clearest, purest, most eloquent voices for transformation I know. She courageously shares her gritty challenges and lofty visions, and weaves them into powerful teachings from which we can all benefit.'*

Alan Cohen, author of 'A Deep Breath of Life'



*In Boundless Love, Miranda offers a practical spiritual map to creating a deeply fulfilling spiritual life that will bring depth and clarity to your day-to-day worldly life. Grounded in a universal spiritual perspective and drawing wisdom from the teachings of many world religions as well as her own personal experiences, this book will help you connect with your deepest yearnings, reclaim your inner wisdom and heal blocks to love.*