

# ShiningBRIGHT

*a guide for the soul*

VOLUME 10 ISSUE 3

SPRING 2007

## **THE WAY OF THE DOLPHIN**

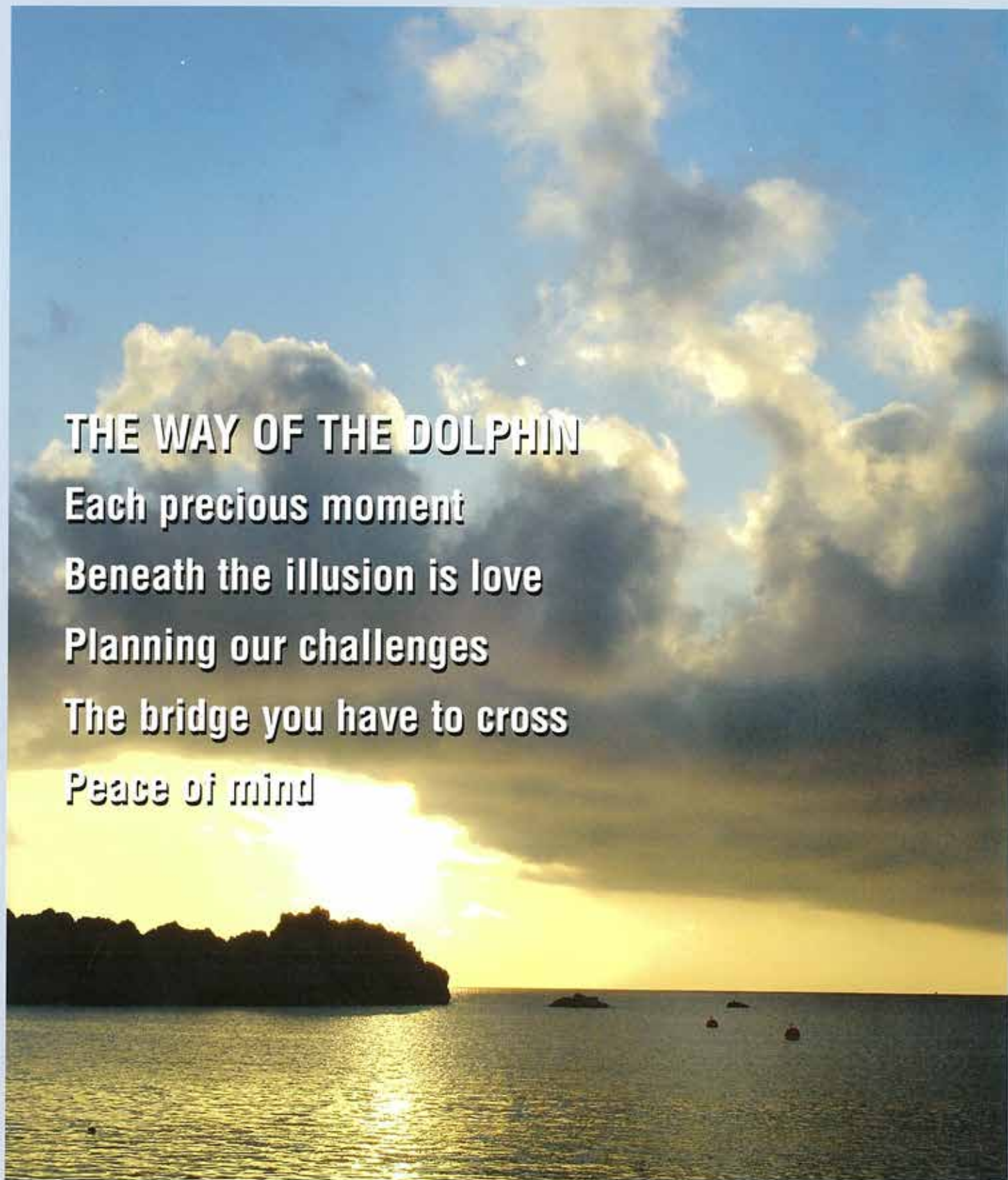
**Each precious moment**

**Beneath the illusion is love**

**Planning our challenges**

**The bridge you have to cross**

**Peace of mind**





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## THE SOUTHERN CROSS ACADEMY OF LIGHT

### VISION & VALUES

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

#### ONE SPIRIT – DIVERSE VOICES

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

#### UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

#### UNCONDITIONAL LOVE

Loving each other without conditions.

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

To act according to one's own conscience.

#### MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and without judgment.

#### PERSONAL RESPONSIBILITY

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

#### CO-OPERATION NOT COMPETITION

Working together, supporting each other.

#### ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and responsibility for the planet.

#### PEACEFUL LIVING

Living together in peace, harmony and truth.

#### AWARENESS AND LOVE OF THE SELF

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

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

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

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

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

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

**Special evenings are often held at Bondi, Crows Nest and Narrabeen. For information see the web site.**

#### Some of our speakers

Autori

Isira

Dr Eric Pearl

Verna Yater

David Hoffmeister

Troi Lenard

Kim Fraser

Jessie Ayani

Swamiji



*Isira*

#### Every Monday Night at Neutral Bay

St John's Uniting Church Hall

Cnr Yeo & Barry Sts

Neutral Bay

7.30 – 9.30pm

Cost \$12.00

All welcome

# "PAST LIVES"

## RESOLVING UN-RESOLVED ISSUES

### Reincarnation / Past Life Therapy / Regression

Facilitated by Ruth Eedy

SATURDAY NOVEMBER 17 2007

When you look in the mirror, you see only your current incarnation persona. Most people have been here before at least once, some dozens of times. We do not realise it because we all suffer temporary memory loss when we are born into this lifetime.

A major influence on our character and personality is not only our upbringing or the genes we inherit, but that of our past lives. These can explain our likes and dislikes, our talents, our liking for certain people and places our fears and phobias and much, much more.



There may be something in your present life that can only be explained by knowledge of your past lives.



How will you discover it if you fail to consider the possibility?

Ruth has conducted past life regression experiences through her teachings and in private practice. Each one has been different and fascinating. Most lives are ordinary ones, so as you might expect, most lives seen in regression are the ordinary variety, but it is the events of these ordinary lives, the settings or periods that make them so interesting and relevant to the life you are leading today. We have occasionally however, met someone with a life that has made the history books. Not always a household name, but certainly researchable.

This workshop will help you discover the issues that occurred in the past that may be causing blockages, phobias, etc, in the present.

The day includes Theory and Practical Experience in the following:

- Techniques of Remembering Past Life/Lives
- Resolving Un-Resolved issues that can still be affecting you in the 'here and now'
- Clearing Attached Earthbound Spirits
- Aura Cleansing and Strengthening the Aura

DATE: Saturday November 17 2007

TIME: 10am to 5pm

TICKETS: \$150 (includes lunch, pen/paper, refreshments)

VENUE: St. Johns Uniting Church Hall, Cnr. Yeo and Barry Sts, Neutral Bay

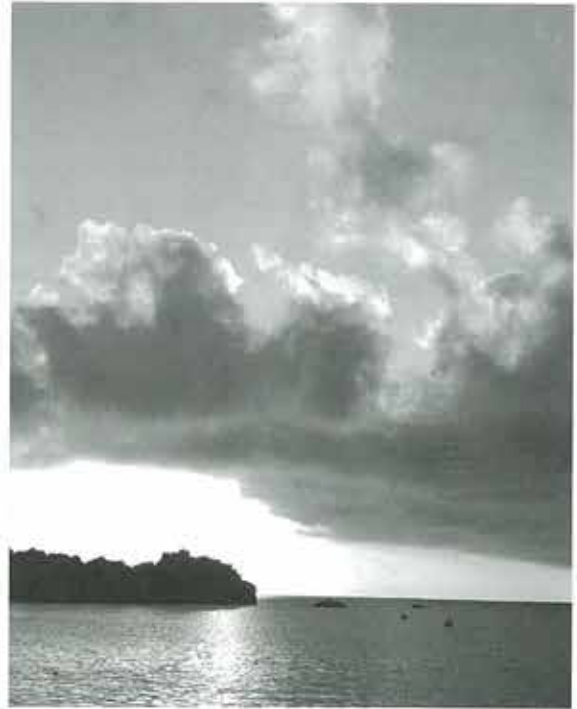
Ruth Eedy - Therapist & International Facilitator

SOUTHERN CROSS ACADEMY OF LIGHT 02 9975 4905  
scal@a-light.org.au

# CONTENTS

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THE TIMES THEY ARE A CHANGING	5
BENEATH THE ILLUSION IS LOVE	7
PLANNING OUR CHALLENGES	9
THE BRIDGE YOU HAVE TO CROSS	11
PEACE OF MIND	13
THE WAY OF THE DOLPHIN	14
THE KINGDOM OF HEAVEN ON EARTH - JERUSALEM	17
BASE CHAKRA HOW TO SURVIVE AND BE GROUNDED	19
EACH PRECIOUS MOMENT	21
ASTROLOGICAL HAPPENINGS	23
JULIE AND THE BALINESE PRIESTS	26
PRACTITIONER LISTING	27



FRONT COVER



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



Lily de Chalain

## from the EDITOR

Dear Friends

**D**on't you just love spring-time with all the changes it brings? There is a Divine plan in place and often we do not know what changes we will be faced with and all we can do is go with the flow or more importantly grab the opportunity presented and smile with joy and trust the path ahead. Change is a wonderful thing.

So with this in mind, all the challenges we have all recently experienced is actually leading us forward on our path. The hurdles are not mishaps and accidents but actually our own Divine plan coming into fruition. Although we do not know what we have chosen to experience we have actually written our own course.

In my life, the past few months have been very challenging and also rewarding in the lessons learned. I have chosen to seize the opportunity of change and have decided to resign as Editor of this amazing magazine. After two years as editor, the future now lays elsewhere but I am sure this great publication will weave its own magic and continue to create wonderful stories without my help.

I would however like to express my gratitude to everyone for their support and words of encouragement in the past. It is a momentous moment for me as I have been with the Academy for approximately six years now, but it is time to focus on my own work and the events I will be promoting in the future. So hopefully I will see many of you at Verna Yater's events in November or Autori's in March next year.

Spirit is guiding all of us and life is always an issue of trust and also of connecting to our own inner wisdom. There are many stories in this issue that will help you with your own spiritual path and give you inspiration to continue doing the work necessary for your growth. This journey is constant and being vigilant with the deeper spiritual work is not a choice if you wish to reach your greatest potential.

So I look forward to seeing you and sharing joyous times with you somewhere along the path. Wishing you all many wonderful moments and as all these moments are weave together you create an amazing experience. Enjoy every single moment.

With Love and Light

Lily de Chalain



*Kim Fraser*

**Do you have  
the desire to  
feel different?**

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# THE TIMES THEY ARE A CHANGING – one school's perspective

by Sarah Mane

John Colet School (JCS) was founded in 1985 by a group of parents and teachers, who were studying self-awareness and meditation through The School of Philosophy (SOP) in Sydney. The system of education for JCS was modelled on St James School, a children's day school in London, also founded in 1975 by parents studying philosophy and meditation.

The parents felt the children might benefit from the knowledge which they had received, principally self awareness.

The overall approach is a holistic one where the physical, mental, emotional and spiritual aspects of each child are provided for and 'fed' each day with interesting, uplifting fine materials and activities. Thus the physical is catered for through sport, dance, and a sit down vegetarian lunch together; the mental through a full academic program; the emotional by enriching their souls with a considerable emphasis on choral singing, fine art, great concepts of human behaviour such as virtues and values; and the spiritual by meditation, a weekly Philosophy lesson and learning Sanskrit.

In addition to this, we have a Gifted and Talented program and an annual Shakespeare Festival for which John Bell, founder of the Bell Shakespeare Company is the patron. A central feature of JCS which adds to the spiritual basis is 'the pause'. This is simply a moment of stillness, peace and self awareness at the beginning and end of each lesson throughout the day for all students and teachers. At the age of ten, all students are offered a system of mantra meditation. Whether the child takes up this system of meditation is entirely their decision; and most students do choose to meditate. Students who meditate do so at the beginning and end of each day with their teacher.

Since 1985 there has been a noticeable change in the nature of the students enrolling in JCS. In general the students coming through now want to be valued and respected for their individual qualities and are less inclined to conform to a set of rules without being consulted and without reasons given. This change is mirrored in the experience of all who work in education; however with the particular spiritual thread running through everything that is done at JCS it is keenly felt.



For all of us, many of whom have been teaching for well over twenty years, it has required courage and a willingness to let go of any previous paradigms of how a student should be. This rather more fluid, consultative approach doesn't mean disrespect and poor character is tolerated; in fact, more than ever, there needs to be clear and consistent responses to all inappropriate behaviour for the sake of the student's development.

This is possible when the true self of the student is acknowledged as an expression of the one consciousness, so that the individual personality and qualities are seen as a wonderfully diverse manifestation of this unified field of conscious awareness. It is therefore a key factor in our approach that our students can be themselves and 'feel comfortable in their own skin'. In particular we have found this to be very important for students who are gifted and talented. They typically feel different from many of their age cohort and can become withdrawn, or conversely act out and show off, to deflect attention. Embracing differences from a substratum of unity can result in happier and freer students.

As well as needing to be involved in decision making, our students also demonstrate increased sensitivities to their own and others' emotional nuances. In our weekly philosophy classes the children often give examples of putting aside their own desires for the sake of others. In some cases demonstrating a high level of emotional intelligence and maturity.

The older children have, this year, been practising becoming aware of negative self –speak such as 'I'm an idiot', 'I am hopeless', 'I don't deserve to be loved'. They saw its deleterious effect on themselves and practised various techniques in order to be free of it; and they felt empowered and liberated.

Many of the students are very keen to discuss broader philosophical issues such as: Who am I? How does one live a good life? What are the laws of the universe? Is there a God

continued on page 6

The times they are a changng continued from page 5

and what is He (or She) like? The teaching staff are constantly discussing the simple but profound questions and comments even from the youngest pupils.

It would appear, therefore, that there are increasing numbers of children who have an evolved sense of expanded consciousness and want to discover more about this. These are young people who have an innate and evolved awareness of the universal conscious unity underlying all things; even if they do not yet have a vocabulary which allows them to give full expression to it.

This keeps our teachers on their toes, as just feeding them the usual educational diet of the 3 R's doesn't quite meet their spiritual and emotional needs any more. Fortunately, all our teachers are actively engaged in their own spiritual journey. This is a necessary prerequisite to meeting these new beings where they are at, and not where we think they are. So, there is evidence that 'The times they are a changin'', and there is cause for hope that the next gen-



eration will be equipped to meet and embrace these changing times with openness and without fear.

Sarah Mane (Year 5 teacher; Administrative coordinator; Gifted and Talented coordinator; director of the Primary Choir). Sarah has been a teacher at JCS since 1987.

On Grandparents' Day, the prize winning letters were read. Soren Nutting is only just 10 years old and wrote this entirely by himself with some initial reference and discussion with his parents to gain information about his grandparents some of whom are interstate and others living overseas. This letter was written on 22 August 2007 for a Writing Competition. Soren wrote it to himself to be read in eight years time.

Embracing the wisdom of the older Generations

Dear Soren

*To my older self, I am writing this due to the fact that in eight years time many things may have changed. I hope that the wisdom of the older generations will not be forgotten.*

*Put together, my four grandparents have three hundred and two years of life experience. This means that they have learnt many important lessons and experienced many things. I talked to my grandparents about what important lessons they have learnt throughout their lives.*

*Here are some things the older generations have taught us:*

*Firstly, the older generations have taught us how hardy and resilient people are. From the primitive stone age to the middle ages where the peasants lived miserably in cold houses with little food to the war-torn battlefields of the First and Second World Wars where many died, people have been living in horrible places like smelly caves, cold huts and gloomy trenches but have not given up hope. Even though many people, actually most people, like my grandparents, have been extremely poor throughout history, they have survived with little money, food and water. My Nannie and Grandad owned barely anything and the winters were much harsher than they are today. My Grandma also had a harsh upbringing. She lived in outback Australia in a family of eight and was brought up by only her mother.*

*People always survive due to their hardiness, intelligence and will to survive. However, nowadays people have comfortable lives and jobs and many are forgetting how hardy mankind is. I hope that even though the future will hopefully be even easier for mankind, our hardiness will not be forgotten.*

*Secondly, the older generations have taught us how terrible war is. Many people died in the World Wars, from combat hardened veteran soldiers to innocent civilians. As most families lost at least one relative in the wars, many people remember these wars the most. Some countries have national holidays to remember these wars. An example would be ANZAC day. In the war, in England, my grandparents had to cope with blackouts, bombing raids, the fear of friends and relatives been killed and harsh rationing. They had no tropical foods like bananas, coconuts and pineapples because the ships were transporting soldiers, basic foods and being used as navy warships. Even though the future will certainly cause reasons for a conflict, I hope people will remember wars like the Second World War and not start another war.*

*Thirdly, the older generations have taught us about the importance of a good education. Many people could not afford a good education. This meant that they were unable to get a good job with high pay. All of my grandparents came from poor backgrounds and my Grandpa was the only one who got a good education. He got a choir scholarship and had to sing every day (including weekends!). He also had to help out in the family milk bar which also showed that putting work into things is an important part of life. My Nannie*

continued on page 8



# BENEATH THE ILLUSION IS LOVE

by Lily de Chalain

**W**ith all the energies at play right now life seems even more difficult. Where is the time going and why am I still feeling pain. I delve deeper into my past looking for answers and dredge up residues of muck that still manages to spoil my canvas for life. I can not see beyond the markings left behind by someone's unkind word or deed. Is it their fault I feel so frustrated and angry or is it that my feelings are the reason I feel this way. These are my feelings and I am responsible for this reaction and their creation.

I dream of moving on and yet I feel held down as if entwined around an anchor chain; feeling my lungs constricted with a fear of not surviving and thus not able to bring my mission to life. What did I choose to do this time around and how do I connect enough to dislodge these veils that cloud my view. Again feelings of frustration are showing.

The breath I'm told is where the secret lies, and where I may soften into a gentle cloud and feel my dream arouse and come alive. In my dream state all seems calm and quite



surreal but now as I sit before my life and all the trials that are before me I can not remember how to enter the castle of peace to free myself of the doubts that creep into and reside within the hemispheres of my mind. Alas, I breathe into a space hoping beyond all doubt to be the best that God has made, but yet the journey seems too hard and the path too long as the exhaustion of waiting for a clue sets in. What is this struggle I am feeling?

Where is the help I was promised and why is it I am still feeling unsupported by my God? It seems so futile to resist this free fall I seem to find myself in, but what is best when the shadow shows its face and the darkness seems so vast, am I to hold my breath as I have always done or is it time to

hold my fear and sit and be at one. I think it's time to stop this struggle for as I struggle I am struggling against the whole universe not just this moment in time.

I breathe new life into my lungs and feel the love melting away my pain. The tears are close and yet I choose to stay strong, ready to acknowledge the cries that wish to surface from my past.

I need a hand, a ritual or a prayer anything to keep my busy mind from disturbing this moment long enough to grasp onto the truth and feel who I truly am within this turbulent vessel. The person I dream to be is here, waiting for the chance to be allowed to live, to shine and to grow. To break away from the illusion of this troubled mind, this disillusioned soul that thinks that life is so unkind. This moment is as it should be and who I am right here right now is the result of all the moments I have experienced in my past. If I am to move forward then today I will accept this situation, my circumstances and all events as they are; and my acceptance of this moment feels total and complete.

When I stop and smell a rose or when I stand and watch a leaf fall to the ground, that's when I feel as if reborn and feel that home is here inside of me and where time has stopped and life is just divine. And then I think and break this spell that feels so real, and it makes this life appear to drift in and out, from a gentle breeze to a rocky sea. What if I knew that all of this is but a mere illusion and it is my choice to settle into freedom, never again giving power away to the fear of what is still unknown.

Each time I fall the breath is there to help me and quickly picks me up and places me back onto my cloud, a cloud of peace, of love, of nothing but joy. And here is where I wish I could stay, if not for life's illusion calling me away. But with this breath I can resume my life at a different pace, a pace where leaves do fall and flowers smell and people are so kind and a life where I am free to breathe new life into these cells and feel

my lungs filling with new hope and seeing my life full of greater potential. If I can accept these things right here in this very moment then I am ready to take responsibility for my situation and for all the situations I perceive as a problem.

There is nothing else when we are free, free to be exactly as we are meant to be; no fear of judgment, no fear of failure, no fear of rejection but only love and space to breathe new life into each day. What does it take to change a habit, from fear to love and live as if each day was full of joy and without struggle and no reminders of the pain we unknowingly hang onto?

continued on page 8

The times they are a changng continued from page 6

was too poor to go to a good school and my Grandad and Grandma weren't as interested in school. I hope that in the future all people will have a good education.

Fourthly, the older generations have taught us about the importance of recycling and re-using. Many people like my grandparents were so poor that they made the most of everything. People used to eat animal brains, livers, lungs and intestines. Nothing was wasted; even old clothes were ripped up and turned into rugs. This is an important thing to remember for the future as we have great resource and rubbish problems.

Lastly, even though many people were poor they were still happy. Happiness is a very important thing and lack of money and possessions cannot take it away from you. Happiness can come from family, health and life, having a goal and been true to yourself. Even though my Grandad had barely anything he was still extremely happy. I hope people in the future will be happy despite poverty if they are poor.

To conclude this letter, I wish you a happy future and hope you will not forget the wisdom of the older generations.

**It is amazing to see the conscious level of the children that are now enrolling....to understand our future possibilities, listen to our children.**

**Rosemary Butterworth**



### ***This Day is a Day of Completion***

*Each moment of my life is perfect, whole and complete. With God nothing is ever unfinished. I am one with infinite Power, Infinite Wisdom, Infinite Action, and Infinite Oneness. I awaken with a sense of fulfillment, knowing that I shall complete all that I undertake today.*

*Each breath is full and comes to completion. Each scene I see is complete in itself. Each word I speak is full and complete. Each task I undertake, or each portion of that task, is complete to my satisfaction. I do not struggle alone in the wilderness of life.*

*I release all belief in struggle and resistance. I know and affirm that I am one with the Infinite Power therefore my way is made easy and smooth.*

*I accept assistance from my many unseen friends who are always ready to lead me and guide me as I allow them to help. Everything in my life and in my work falls into place easily an effortlessly.*

*Everything is on time and in perfect Divine right order. All is complete and I feel good. This day is a day of completion. I declare that it is so. My world is powerful and that which I declare and believe to be so is so. And so it is.*

*Louise Hay*

Beneath the illusion is love continued from page 7

It takes effort to break away from the illusion that what we see is all there is, there is much more if only we could take a step away from fear and trust that life has more to offer than the pain we know and take a chance to sit and breathe; feel our lungs expand with life and find that deep within, beneath the pain there is another waiting to be released. The one we are when we are not so busy playing out the story of our life. The one we were when we were born and the one we are right here and now just waiting for the breath to still the mind.

The silence of the breath is so divine; it's here right now where I am sitting, it's here inside... deep within... where I come home to rest in peace and find that I am more than this, that I have dreams not yet played out

and yes it's time for me to be released. These dreams are not just dreams, they are reality waiting to be breathed into and waiting for me to find the courage to step beyond the fear and trust that God will point the way for me to walk the path I have already chosen to tread.

I choose to trust and breathe new life into these lungs and take a chance to sit and be myself, right here and now; each breath connecting me to whom I am, just love and joy and peace; at home at last right here and now and beneath this illusion I found my love.

***It's your resistance to WHAT IS that causes your suffering***

**Buddha**



Wherever you are and whatever you are, invite peace into your life and embrace it. Make it the very state of your mind and an integral part of your being. Put peace in every expression you make so that the peace that you send out into the midst of the world through your thoughts and deeds create similar vibrations elsewhere.



# PLANNING OUR CHALLENGES

by Robert Schwartz

So often, when something "bad" happens to us, it appears to be purposeless suffering. But what if our most difficult experiences are actually rich with hidden purpose – purpose that we ourselves planned before we were born? Could it be that we choose our life's circumstances, relationships, and events?

In my research for my book *Courageous Souls: Do We Plan Our Life Challenges Before Birth?*, I found that the answer to this question is a definite yes. Working with four of the most gifted mediums and channels in the country, including one who is able both to see and to hear our pre-birth planning sessions, I've examined the pre-birth plans of dozens of people. These people planned such challenges as physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents. Courageously, they planned these challenges for purposes of spiritual growth.

Of the many people with whom I've spoken, there was only one who did not plan his challenge before birth. Yet, like everyone else, he did choose it. In Bob's case, he made his choice shortly after birth, when an accident occurred in the hospital. The following comes directly from Bob's session with the medium (Staci):

"The [spirit] guides were immediately by Bob's incubator side, waiting for him to slip out of body and into that state of consciousness where the spirit or astral body is released. They knew it was going to happen quickly.

"My spirit guide wants us to start with the chessboard, the planning board. It's a chart on which the steps of growth and development are plotted through one's life, so that the soul has a visual reference. This board is like a flow chart. A flow chart is a question. If the answer is yes, you take one path. If the answer is no, you take a different path.

"When this accident happened to Bob in the incubator . . . the phrase I'm hearing is 'back to the drawing board.' Bob and two of his spirit guides got together and went back into the room with the planning board to diagram the alternate path that would be taken to still achieve the soul's goals for this lifetime.

"They're showing me the instant he [Bob] found himself back in spirit in the planning place.....very disoriented by this rapid and huge change and surprised to find himself there. He did not realize what was happening to the infant body. He recognizes his guides, trusts them implicitly, and is



totally willing to be guided.

"I'm hearing one of the two guides, who is speaking for both of them, telling Bob that there has been a mishap in a procedure and that Bob's brain has received too much oxygen. Bob appears to be in a state of shock about this—quiet, eyes wide, pupils dilated, numb and glum.

Spirit guide: The nurse involved in the operation of the tubes attached to your crib, where your physical body is even now, has made an error and has allowed too much of the elemental oxygen to flow through. This has elevated the oxygen levels in your brain, and damage is occurring.

"I see them showing Bob his eyes, the baby's eyes. Bob's spirit, while attached to the baby's body, is out of the body. As they speak to him through telepathic thought, his mind's eye sees those eyes. They show him the damage and how the eyes will look as he proceeds through childhood and into adulthood.

Spirit Guide: There is no damage to the brain; it is to the eyes. There is an increase in your intelligence. Though it is a minor increase, it will serve you well. You now have the option to reevaluate your plan for your life to see if these changes will serve your purposes. If you so desire, you may withdraw from this body, return to us, reevaluate a new host family, and draw up new plans.

"Bob fires off a lot of questions rapidly to his guides. He asks about his ability to walk. He wants to be reassured that his body will still be able to function as he expects. They assure him that it will. Then he asks:

Bob: What about my work?

Spirit Guide: This will be accomplished.

Bob: Will this handicap impede my evolutionary process in this lifetime?

Second Spirit Guide: Let's see.

"Between the guides and Bob, in the middle of the air, is the planning board for his old life on the bottom, a transitional planning board above that, and above that the board for Bob's life as it will be after this change. These boards are like a hologram—filmy in appearance, not solid. Their thoughts create these boards and draw lines on them. Lines represent the process of growth.

"A diagram forms. There are little branches along the way. Some of them are houses. For example, the home his family occupies at the time of his birth, the home they move to, and the places he occupies in adulthood, even college, are mapped out on this board. It all happens very quickly.

"With their thoughts, they move elements from one

continued on page 10

Planning our challenges continued from page 9

board to another. The first thing they take from the original planning board to the transitional board is his mother.

Spirit Guide: Let's begin with your mother. She will remain in this life with you and will continue to be your mother.

Bob: That's good.

"Bob looks reassured. He takes a deep breath and lets out a sigh [of relief].

Spirit Guide: Your father . . .

"They move him from the original board to the middle board.

Spirit Guide: He will still be with you.

"Very quickly other elements are moved—family pets, relatives, things like that. They all go to the transitional board. As the guides move these elements to the transitional board, they also appear on the top board.

Spirit Guide: These elements are unchanging and will remain a steady influence, focus, and force in your life. But your teachers will change. This school [points to a school element on the lower board] is no longer relevant because of your condition. You will now be going to this school [points to a school element that suddenly appears on the transitional board]. This school will serve your needs best and will give you the guidance you need to live in the world under these conditions. Next, let's take your friends.

[End excerpt]

As Bob's session with Staci continued, we heard him and his spirit guides do a great deal more planning regarding many different aspects of his life. In the end, Bob decided to accept the additional life challenge of blindness rather than return to spirit to plan a new life.

Of the many challenges provided by life on Earth, death of a loved one is perhaps the most universal. Unless we die at a young age, it is likely we will lose someone we care about. The fact that virtually all of us share this experience suggests it offers profound opportunities for growth. Were it not so, we as souls would be less likely to seek lives on the physical plane.

Yet, death is much more prominent in some lives than in others. To understand why a soul might plan before birth to lose loved ones, I talked with Valerie. Forty-two at the time of our conversation, Valerie had lost two people whom she loved dearly, including her only child.

The loss of not one but two people in Valerie's life, both unexpectedly and at relatively young ages, seemed to indicate that these deaths were part of her pre-birth plan. If so, why had Valerie chosen to experience two such losses? And why was one her only child?

And so begins Valerie's story in *Courageous Souls*. Three mediums provided insight into Valerie's life blueprint: through Staci Wells, we listened to the conversation in Valerie's pre-birth planning session; through Deb Debari, we spoke with Valerie's two "deceased" loved ones, who told us about their life plans and how they meshed with Valerie's; and through Corbie Mitleid, I was able to speak directly with Valerie's soul, who told me what had been planned and why.

In addition to discussing Valerie's life plan with her soul, I explored other topics of interest. In the following excerpt, Valerie's soul comments on the distinction between the soul and the human personality:

"The personality is created by the soul, the higher self," Valerie's soul added. "The personality is the illusion that is required on Earth in this space-time to learn the lessons. For without a body and without time, there are lessons that cannot be learned."

"My understanding of the personality," I said, "is that it consists of a permanent, eternal core that survives death and reunites with the soul after death, as well as certain temporary traits that exist only during the lifetime."

"That is accurate."

"So, when a personality dies in a particular lifetime—say, when Valerie dies in this lifetime—then her permanent core will be reunited with you?"

"At this point it is not separate. Do not consider reuniting, for that betokens a separation. There is never any separation. What the personality feels [after death], when it feels as one with God and higher self, is simply the brushing away of cobwebs that obscure its view, but it does not mean that it has not been connected."

This idea, which I had heard in other conversations with Spirit, was reassuring to me. Nevertheless, I still felt some discomfort over the depth of Valerie's suffering. It was difficult for me to comprehend its necessity, even after what Valerie's soul just said.

"How does the soul grow as a result of physical incarnations?" I asked.

"Earth or other physical places can sometimes give lessons that cannot be done without a body, without physical needs, and without a physical interaction. Let us go to the example of hunger and thirst in two personalities. If the emotions of greed and fear are uppermost, then the one who has food and drink prevents the other from getting, or steals the little that they have. When the emotion is that of generosity, of service, of universal love and the understanding that the situation is transient, then benevolent emotions can reach out and assist the other personality, and the soul is

continued on page 12



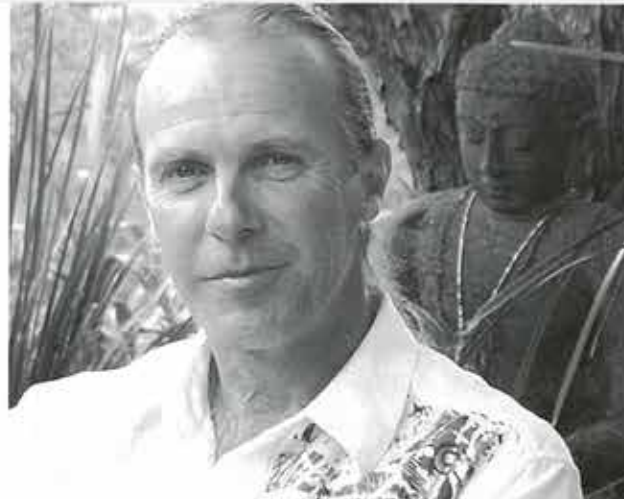
# THE BRIDGE YOU HAVE TO CROSS

by Bernie Prior

I am writing for all lovers of truth because any true lover of the heart will be able to hear what I am writing. It takes a lot of self awareness to go beyond the deep conditioning of the mind. For there is something extra that we require on our apparent journey home, and that is a greater love and a higher vision than the norm. We have to bathe ourselves in our true intelligence: to jump in and drown in total awareness within the unfolding of life, and not need anyone to throw us a line and pull us out.

What I mean by this is, within the ordinariness of everyday life, to leave behind the shallowness of our conditioning, even though it is hanging around in our minds, and maybe in the situations and events we are 'living through' during our work, our socializing, in our partnerships. It is the belief, and the holding on to that belief that we are the mind, that is caught in its own illusion of ownership. To step away totally from this shallow place and truly listen, like a deep sea diver in the depths of the ocean, to truth, communicating in the silence of our being.

When we live this, we stand and walk in true aloneness, as our love pierces the veils of our own, and the collective conditional illusion that there is a someone to own this moment. At this point in our lives we seem to be going off the rails, as all our conditional responses to life tell us we are going out of control and we should not be doing what we are 'doing' but what is really happening is we are beginning to see the truth that the 'One' is behind every action regardless of how it appears. It is a dreadful moment when you begin to recognise this; simply because fear can arise as you begin to truly understand that you will respond to life no



matter how your family, friends or society view you.

When this really gets going in each moment, it is like walking towards the gallows, as you are prepared more and more to surrender every energy around identity. Identity's only endeavour is to force you to live out of conditional past experiences and hope for future ones.

The surrender to your deepest knowing is sublime and yet terrible, for the energy of its truth arises in you, like a black hole, beckoning you beyond the known and calling you to be true no matter what - no matter what your lover says, no matter what your friends say and no matter what your family says, and definitely no matter what your mind says. It - truth - is calling you not to grab hold of the line of familiarity but to drown in the opened nakedness of this moment, now emptied of identity. This is the place from which you come, in every moment, the only place that gives true form to that that you truly love - the source.

As we begin to allow ourselves to 'cook' in the love of 'truth' (that that reveals itself to be absolutely deeply true in any moment beyond all conditioning) the appearance on the outside (manifestation) can be one of chaos, confusion, doubt and fear, not only to the experiencer but also to the onlooker. Within, stillness is growing, like a flower being nurtured by the rain and then the sun, by a hurricane and then by a warm summer breeze.

True integration is now taking place within, integrating the outer manifestation into the true experience of being oneness in form, but formlessly loving.

This is the bridge that we all have to cross, as we seemingly are returning to where we came from, but in a living way. This is a very vulnerable, delicate stage as we tentatively and eventually, tenderly surrender our personal identity to this life and let it be life, unattached, coming from nowhere and going to nowhere, just as it is.

Finally, a gentle warning, if not, a reminder - for nothing is as it seems. Our attachment to identity just gets finer and more cunning. It begins to take what appears to be new forms but actually it is the old pain wrapped in cheap new clothing. So remain tender and open but truly aware and remind yourself constantly of what your deepest love is.

*Keep love in your heart.  
A life without it is like a sunless  
garden when the flowers are dead.  
The consciousness of loving and being  
loved brings a warmth and richness  
of life that nothing else can bring.*

Oscar Wilde



Planning our challenges continued from page 10  
advanced.

"All discuss before incarnation what is to be done. Is it too much? Things are altered, decisions are changed, until an imprint is decided on . . ."

Later in our conversation, this exchange takes place:

"If one wants to learn unconditional love and comes down where one is judged, that is a motivational life," answered Valerie's soul. "The difference is between motivation and inspiration. Most personalities learn by motivation. From the way the Earth is constructed, negatives for millennia have been most of the way personalities learn. Now that you are moving forward, time is speeding up, and vibrations are higher, inspirational conduct may be of more service."

"In some instances, I've heard references to specific energies being placed by the soul in the personality. Is this part of the way in which personalities are constructed?"

"Yes."

"In Valerie's case, what were these?"

"Given to her were particular intelligence, curiosity, fortitude, and the willingness to move beyond pain."

"How does the soul create a quality like fortitude?"

"Ask God how He creates a flower. There is no quantitative or qualitative that can be explained."

I then asked how much of what happens in a person's life is planned before birth.

"There is not just one way to do it. Certain souls at their level of growth need things completely planned. As a soul is older, it is more willing to leave many doors open for choice. You would not expect a soul going through its first incarnation on Earth to be able to leave as much to chance as a soul who has done this many, many times. Not all souls are equal in advancement. Not all methodologies for creating personalities and karma are the same."

We are all eternal souls who plan our lives, including our greatest challenges, before we're born for purposes of spiritual growth. Wisdom may be acquired in a more conscious manner; and emotions such as anger, guilt, and blame can easily be replaced with forgiveness, acceptance, and peace when we deepen our appreciation and our gratitude for life and see it as a soul-expanding and evolutionary process.



*"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

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For further information regarding these events, or to register for the residential retreat, contact:

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# PEACE OF MIND



by Lily de Chalain

**W**here is your thinking right now? Is it here or is it locked within a memory of a past event? To bring yourself back again and again to present time, to the now, you only need to look around you at the beauty that nature has provided.

Nature sends healing energy for our wellbeing and for our enjoyment. Our thinking is based upon our past experiences and it is easy to allow ourselves to be trapped in

the past and to deny ourselves the joy of what is occurring beneath our very noses.

It is only when we are connected to all that is that our thoughts are real because it is anchored in what is actually occurring in the now as opposed to being influenced and attached to something that has happened in our past.

The mind is full of illusions and it is easy to believe that what we are thinking is something that is truly real and full of possibilities. If it is a remnant from our past then there is no power available for this thought to be manifested as this thinking is a mere illusion.

The reality is that the present moment is held in such a minute and



focused point in time that it is very easy for our mind to slip back to past memories. We can only think in reference to our past experiences and what has already been known to us. To be truly present is to be totally empowered.

Give your mind a break and use the beauty all around you to keep you in present time. Notice the trees, the flowers and the ocean. Feel the air upon your face and feel the sun against your skin. Spend time walking in the forest and the mountains or just sitting by the ocean. Focus on your breath as you look out into the beauty surrounding you and connect with all there is.

It is not possible to think of nothing or to image nothing but by being present with all that nature has provided you will be able to still your mind. 'Being' in the present moment is where dreams are created and where joy is experienced and life is manifested.



# THE WAY OF THE DOLPHIN

by Andrew Eric Parker



**D**olphins are amazing beings. So many of us have experienced a deep and profound connection with these oceanic ambassadors. There is something about their permanent smile, their cheeky mischievous and deeply loving eyes. Their robust and streamlined shape and

effortless fluid movement in a deeply dense and alien environment that captivates us.

Have you ever felt the exhilarating rush as a pod of common dolphins (*Delphinus Delphi*) race across the deep expanse of ocean to bow surf the twin hulls of an ocean catamaran as you look on amazed at the agility and playfulness of the oceanic troubadours? Have you had the infinite pleasure of a free ocean swim in their powerful presence? Have you sensed their bio-sonic communication as they ultra-sonically scan the deepest parts of who you are, seeing into and through you like a living breathing MRI machine yet far more beneficial for those being 'scanned'?

Have you ever wondered who these beings are? Beings very much like us yet extremely specialized and perfectly adapted to an environment 770 times as dense as our own

atmosphere. Are you aware that they have larger brains than our own? That they peaked in the evolutionary scale having reached a level of perfection that they seemed to have no need to improve upon between 15-30 million years ago. They possess highly developed social behaviors and a language as diverse and complex as it is alien to us. There is a sonic and acoustic picture language with abilities that allow them to navigate blind in complete three dimensional awareness of their surroundings!

Who are these beings? Why do we love them so? What is it that despite our repeated desecration of their home, our lack of husbandry for the environment and over exploitation of 'our' resources, they still offer us as Plutarch said "friendship for no advantage"?

Through my experience over the last decade and through research, trials, discussions and various open water programs I am utterly convinced that with integrity, well presented and intentioned oceanic open water human / cetacean interaction is of benefit for both the dolphins / whales and the humans involved! When we respect cetacea and their environment and create the loving intention of

interaction in a setting where dolphins are free to come and go as they choose, we may then offer them a link to humanity and a way of allowing the sharing of their inherent joy and passion for life with us. We can for a brief time gain an insight into their world and through that experience gain insight into our own.

We can and do interest them and amuse them! We can then utilize their very presence in a beneficial and therapeutic ways. Dolphins bring smiles and laughter wherever they go! They lighten our load with their very presence allowing the possibility of deep connection and profound joy. This JOY factor can make such a difference to us. It is a tool that we can use to bring about amazing change in our lives. When we are in JOY we connect, can absorb informa-







tion easily, have the possibility to transcend emotional and energetic blocks and heal.

One of my mentors and source of inspiration is Dr Olivia De Bergerac. Olivia, like few others in this country is a leader in human / cetacean therapy and training. Her work with various groups over 20 or so years has deep scientific basis. Olivia has used the measurable brain wave patterns of many of her participants to provide peer reviewable data linking the phenomena of human / cetacean interaction with researched brain wave data. With an EEG machine she has tested her subjects prior to interaction and post interaction recording meticulously the reading of the EEG with large amounts of anecdotal and reviewable data that points to the real benefits of JOY. Please read her book *The Dolphin Within* for further information about this great friend of mine and wonder woman!

Estelle Myers is another mentor and wonder woman of the dolphin world. Estelle is the original Australian dolphin lady. Estelle deeply explored human cetacean interaction with the Rainbow dolphin birthing centre in NZ and decades of committed research including 2000 water births and a wonderful documentary called *Oceania Promise of Tomorrow* (still available on-line and a must see classic)

For 11 years now I have been working with this energy

and I am committed to following this dream exploring the human/cetacean connection while ever I am on this planet. It has allowed me to make huge changes in my own life. It has gifted me with joy, vision, travel, deep friendships and personal growth. I thank you for your listening today and invite you with me on a personal dolphin adventure this summer season. I and the team at DolphCom / Imagine cruises host the most amazing dolphin adventures on and around idyllic Broughton Island in the blue water wonderland of Port Stephens New South Wales Australia.

Commencing November 2007 through to March 2008 you can travel seaward in your own 50 foot ocean catamaran, camp on a pristine island paradise under the stars and encounter at extremely close quarters the hundreds of dolphins that make the blue water wonderland of Port Stephens their home. Visit [www.dolphcom.com.au](http://www.dolphcom.com.au) for any of the upcoming programs and dates including whale swims in Tonga 2008 and heaps of information about dolphins and whales.

Dolphin smiles  
Andrew



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# THE KINGDOM OF HEAVEN ON EARTH – JERUSALEM

**to walk in a Masters footsteps,  
seeking a miracle**

by Gerry Taylor-Wood

Jerusalem is a jewel in the crown of Christianity. Here is where the greatest events known to us in all of human history took place - the Crucifixion, the Last Supper of Holy Communion, the Resurrection, the Ascension; An incredible story that has endured for over two thousand years, and holds the faithful even now.

Jerusalem is sacred to Christians, Moslems and Jews alike. It has had an unparalleled history of invasion and occupation. Conquered, taken, raped, returned, valued, dismembered. Its suffering, you may think, would have decimated this place.



Yet with an indomitable spirit it remains suspended between East and West, holding an unsteady balance of power whilst defying surrender. Often referred to as the holy of holies, this is where prophets lived and died, and God sent his only son. The Prophet Ezediel called this place "The Centre of the Earth". Yet Jesus saw the future for Jerusalem, and he wept. Was his vision seeing today, now, when over two thousand years later the city holds an uneasy peace? This area of sacred earth was to be God's holy of holies; A place where God was accessible to man.

The Master Jesus came from Nazareth in the north to teach and preach, and endeavored to return the people to a just God. A Messiah, said to be for the lowliest person to the highest, a King for all and everyone. During his ministry, Jesus called for a beast to be brought to take him from the Mount of Olives into the City of Jerusalem. A donkey was brought to him and he began his journey down the moun-

tainside. Multitudes of people lined the route, rejoicing. It was a sunny day and their Messiah, a great healer, a prophet, had come amongst them. In the midst of this joyous celebration Jesus looks out over the City of Jerusalem spread below and he breaks down and weeps. The Bible states "Dominus Fleuit", 'and the Lord Wept'. He had seen a prophetic vision of what lay ahead for Jerusalem, the turmoil, the conflict, the fighting and the deaths, and he wept. Today a Shrine marks this spot where Jesus felt the suffering and plight of the people. Little has changed today.

The oldest cemetery in the world is in the hills outside of Jerusalem. The Jews believe that if you are buried here, your passage to heaven is guaranteed, and that this is where God begins the Resurrection of the Dead. The cemetery holds thousands of bodies waiting for this moment, on a high hillside, closer to God, and many have booked their place and await their time to be buried here.

## BETHLEHEM

The story of the Master Jesus begins outside the city walls in the tiny village of Bethlehem. Joseph had returned here with a very pregnant Mary to register his own birth, as was required by law. Here the Shepherds in the fields above had seen a great angel heralding the birth of a Messiah. The

three Wise Astrologers traveled a great distance to come to this place. They followed a conjunction of stars in the knowing that a high birth was to take place, a Master was to incarnate. Here was the beginning of the greatest story ever told. Today you will find a grotto manger in a Basilica.

## POWER OF PLACE

There are many places to Pilgrimage, but only one Holy Land. Ley lines are lines of electro magnetism embedded in the earth, resembling a bolt of lightening in their intensity. Also called dragon lines, meridians, co-al lines, in other cultures, they run around the earth like the blood in our major arteries, and where they converge the energy is especially charged and potent.

In England there are two ley lines known as the Mary and Michael, male and female. In Europe there is a major arterial line of light, an electro magnetically charged 'ley'

continued on page 18

## The kingdom of heaven on earth cont. from page 17

line that extends from the monastery island of Skellig Michael off the coast of western Ireland. It travels through St Michael's Mount in Cornwall, Mont San Michele in France and Mont Angelo in Italy. It weaves across the Greek islands and finally into Israel. Along its routes traveled the pilgrims and the knights templar. These leys are named the Apollo and Athena lines.

### THE LAST SUPPER

Imagine the intensity and beauty of that fateful night in the Upper Room. Twelve Disciples meet with Jesus in the quiet retreat of an evening hour in secret. They shared bread and wine, communing in what was to become known as The Last Supper.

John handed Jesus the chalice cup, later named The Grail, and he drank from it. The Grail that touched the lips of Jesus was taken to what is now known as the Chalice Well in Glastonbury, in the British Isles. It was transported there in the protective hands of Joseph of Arimathea, Jesus' rich merchant Uncle of the Essene tribe. Joseph placed it down



the well and the waters have been known for their healing properties to this day.

In the book "The Upper Room" by Major Wellesley Tudor Pole, (the Christian mystic of the Chalice Well, Glastonbury), he describes a vision in which he sees himself preparing the Upper Room for Jesus and his Disciples. Tudor Pole describes the sunset, the approaching band of disciples walking across the field, he sees them from the upper window of the Inn. Jesus knew that it would be their final communion together, and Tudor Pole witnessed in a vision this destiny unfold.

In this same Upper Room after the crucifixion the Disciples, now in fear of their lives, meet again and flames descend on their heads as they were given the gift of the Holy Spirit, to speak in tongues. This moment became known as Pentecost. The word Pente, translates as fifty. It is the time of life when at fifty years old we may choose to dedicate the rest of our earthly life to Spirit, or God, according to some religious teachings.

The hall shown today as the site where the Last Supper took place was built in Gothic style in the 14th century by Franciscan Monks; The early Christians would assemble here to celebrate the receiving of the Holy Spirit.

After the Supper that night, Jesus arose from the table

and went with the disciples through the Valley of Kidron to Gethsemane. The Garden of Gethsemane hides in its ancient trees and soil the memory of the night of the agony of Jesus as he asked for the Cup of Crucifixion to be taken from him. Here he was betrayed by Judas and arrested.

Rudolph Steiner describes the esoteric knowledge of that night when Jesus sweated blood. To hold that energy for 'Jesus' to be transformed to the 'Christ' and the earth to receive the Christ Consciousness - he sweated blood. (Book "From Jesus to Christ" Rudolph Steiner).

After the crucifixion Christians were expelled from Jerusalem. They did not return until the 4th century when the Roman Emperor Constantine recognized it as a religion.

The bells ring out daily from the Garden of Gethsemane, from the Holy Sepulcher, from Abbeys, Temples, and Churches as if to affirm the words of Jesus, "Lo, I am with you always, even unto the end of the world".

CALVARY - Hymn by Mrs C F Alexander

"There is a green hill far away, without a City wall;

Where the dear Lord was crucified

Who died to save us all."

The fourteen Stations of the Cross leading to the hill on which they crucified Jesus are called the Via Dolorosa, the Path of Sorrows. Every Friday for centuries the

Franciscan monks walk this path; our group traveling there next year will join them.

The name of the hill is Golgotha the Place of the Skull, and was called this because of its skull like shape.

To discourage Christianity the Roman Emperor Hadrian in the 2nd Cent erected a statue of Venus on this mount, and later Jupiter on the site of the resurrection, to discourage Christianity, but in vain.

Mary Magdalene's role after the crucifixion is a crucial one. She is often depicted in Europe with a skull at her feet, as she was the first one to arrive at the tomb in the Garden of Gethsemane seeking her beloved Master. She mistook Jesus for the Gardener and asks him if he has seen the Master as his body has been removed. The 'Gardener' turns and says, "Mary, do you not recognize me". She falls to her feet exclaiming "Master".

The French have many paintings depicting this moment which they call "Non, touché pas", do not touch me. This has been interpreted as 'do not touch me for you are a prostitute

continued on page 20

# BASE CHAKRA

## how to survive and be grounded

by Sylvia Jacka

Over many years in practice I have come to observe that the Base Chakra is such a vital chakra, and often clients who come in with problems do not have a balanced Base Chakra working for them. Do you feel powerless to act and always a victim, no matter what the circumstance? This is part of the Base Chakra and we need to be solidly grounded before we can move forward. To bring energy into this chakra allows then the energy to move upwards into all the other chakras, as we allow ourselves to feel focused, motivated and secure in the knowledge Mother Earth is supporting us.

This chakra is located at the base of the spine and is spinning down between the legs. It is the centre of vitality, physical energy, grounding and self-preservation. It activates and strengthens the Will (i.e. the will to live, to survive, to manifest or create), and assists one in living on the physical plane. By grounding us it connects one to Mother Earth and the physical realm.

If we want to manifest our dreams here on Earth, then this first chakra is the most important. This chakra when open and balanced channels the earth's energies up to our higher chakras and at the same time helps ground our higher spiritual energies into our physical body. To be truly present and here in your body at any moment in time we need to be grounded.

The issues in past lives that have been wounded in this chakra are to do with our physical body and issues of survival. We all need some kind of social support structure, and for us it is the family and the community around us who provide this security. However if something goes wrong within the family then this threatens our sense of safety, as well as our ability to survive. Many still hold fears in this chakra of - physical injury, physical things, not being approved of, abandonment, lack of physical security, not belonging, financial insecurity and lastly fear of living in the NOW. What fears do you still need to let go of? Any difficult issues cause one to lose power from this base Chakra.

Approval from others may be seen as crucial to our survival. However as we emotionally grow and spiritually change we will outgrow this belief structure. You will find you no longer resonate with some people and it is time to move on. This is part of the development of this chakra. To



change inwardly we outgrow certain belief patterns and strengthen others. We clear out ideas from the bottom up.

Our spiritual power develops when we can see beyond the contraindication in tribal or family belief structures and look for a deeper level of truth. This chakra develops from birth until 3-5 years and so has a very important role in a child's development and the influences from family life during this time. Most of us will not have any memory of this early time and only what our family has told us over the years.

Survival on this Earth for some is a continual struggle, while for others it is a great joy.

To enjoy this chakra we need to take great care of our body with good nourishing food, and also keep our body fit and healthy with some form of regular exercise. This is then honouring and loving ourselves from within as we take personal responsibility for our health and physical well being.

When we feel disconnected from ourselves and seek validation from others there is a strong attachment in our thought process to any concept, belief or outcome that may be responsible for us finding inner peace or happiness. So we get stuck in the Mind and disconnected from all our senses, not be grounded and this does not allow one to experience the Real Self. By connecting to our Real Self we begin to hear, to feel, to taste, smell and see in a completely different way. Your Self is already in tune with God, with Spirit, and the Universe.

We are truly blessed in Australia to have clean air, water, abundant sunshine and beautiful trees growing abundantly everywhere. Go out into nature and each morning really focus on the trees, rocks and plants, be still and breathe in deeply the beauty which is around you. Let go of your thoughts and notice the light coming through the trees and how it sparkles and glistens as you connect and be at one with nature.

Ask Archangel Sandalphon who works with the Earth

continued on page 20

The kingdom of heaven on earth cont. from page 18  
and therefore unclean'. It is because Jesus' light-body, the one with which he would ascend was not yet complete, that he could not have Magdalene touch him. In the Gnostic texts Jesus tells of the singular and only reason for this incarnation is 'to increase the light in the light-body'. (Pistos Sophia, Faith-Wisdom texts).

#### THE FIRST PILGRIM

A woman, later named Saint Paula, left her husband and children in the year 382 to travel from Rome to Jerusalem and she settled in Bethlehem until her death. By the end of the 4th Cent pilgrimage was established especially on the route between Rome and Jerusalem.

Those Christians who traveled to the Holy City obtained the richest indulgences. Yet by the end of the 15th Cent about a dozen pilgrims only would go there.

France is Assisi was amongst the numerous saints that have arrived on Jerusalem's sacred earth to walk in the footsteps of the Master Jesus.

#### THE KINGDOM OF HEAVEN ON EARTH.

We may come to understand today that where great light exists, the dark shadows also lurk. Here is a city of great contrasts, perhaps to be visited once in a lifetime.

Why take yourself to a pilgrimage site suffering the discomforts of travel, taking time, effort, energy, and money. Pilgrims of old would often fear for their lives on their quest to arrive in Jerusalem. They would face robbery, violence, and illness, murdered even for a few coins, yet they went expecting miracles, healings, and redemption.

There is an equation, a UNIVERSAL LAW, the Law of as above, so below, an 'alchemy'. Take yourself with your full set of vibrating charkas, under specific constellations, with

#### Base chakra continued from page 19

energies to help ground and anchor your energy into the earth, it is that simple. God created all the Archangels to serve us in our daily life.

#### Suggestions for the Base Chakra

- Wear red or Rose Pink and put it around your home in the form of red flowers, red candles, cushions etc.
- Imagine sitting in a red bubble of energy.
- Do a meditation connecting to the earth and your tree.
- From the sole of your feet, be aware of them on the floor and send out light deep into the Earth.
- Honour and pleasure your physical body by allowing yourself to enjoy always.
- Be aware of sunsets and really immerse yourself in them.
- Listen to music, especially drums, tribal or dance.
- Toning sound .....OOOH is the sound to heal this chakra.
- Eat red foods, root vegetables and drink red drinks.

*We are all Worthy. Ask and you will receive.*



electro magnetic earth currents running beneath your feet and - expect a miracle!

The difference between being 'on' a sacred site and 'off' a sacred site is enormous. In truth you have to experience that to know it is so. You cannot live on a sacred site. The College of Psychic Studies determines that three days is the maximum timing to be in a place of power where ley's converge. Apparently you could precipitate karma, disturb energy flowing through the charkas, and generally have great difficulties if you overstay. Yet to go and connect with the powerful energy of a holy place for some time, brings grace and blessedness.

It is no different today from centuries ago. Remarkable documented and proven healings took place then as they do today.

Master's leave their indelible footprints on this earth and make it sacred, sanctified, holy.

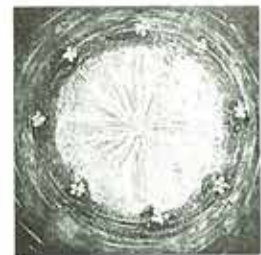
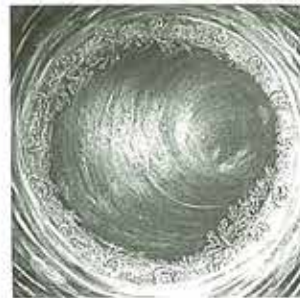
Would you walk in the footsteps of the Master Jesus and Prophets of Old?

*\*Richard and Geraldine will be taking a group to the British Isles then on to the South of France to meet with the energies of the Virgin in Lourdes; then Mary Magdalene and the Cathars. We travel on to Jerusalem to unite these feminine energies with the Christ. (See ad on page?) or our website [www.grailhaven.com](http://www.grailhaven.com)*



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# EACH PRECIOUS MOMENT

by Louix Dor Dempriey (*Bhagavan Sri Pranananda*)

*A moment with Louix is worth a lifetime of searching. Louix is an enlightened Master who teaches - using contemporary and practical tools and examples from his life's journey to Self-Realization - how to attain mastery over our lives and attain lasting inner peace and joy. Louix's illuminating discourses, meditations, and ceremonies have brought profound transformation to thousands of people around the world.*

How many times have you felt something deep in your heart that you really wanted to tell another and, yet, you might have told twenty or thirty other people, but never that one? Though many excuses could justify the avoidance, there is only one true reason: Fear of intimacy.

What do you suppose might happen if you quieted the mind and the emotional body and delivered the compliment to the one who most deserves to hear it? You might (both) start to cry and hug each other. Maybe your friend will say that he loves you, leaving you with a new predicament—having to receive pure, unconditional love from another. All sorts of fears arise from this thought: "What will I say? What will I do? Will I now be obligated? What will come next, now that we have crossed the forbidden bridge?" These fears can drive you to great lengths to avoid being intimate with the ones with whom you really need and long to be.

The best place to begin this conversation is with your parents. How many of you have a parent who passed on before you had a chance to say something to him/her that you really wanted to say? How many of you still have moments when you feel a lump in your throat, a knot in your chest, or tears in your eyes over it? How many of you wished, at the very least, "God, if I had her back for even one minute, I would run to her, throw myself at her feet, and tell her how much I love her and how grateful I am to have her as my mother." But instead of telling her, you told everyone else or no one at all. And for those whose parents are still

embodied, why wait? Tell them now and every chance you get.

Time is the most precious commodity on the planet. No moment lives beyond the confines of itself. And no moment can ever be lived twice. Knowing this, would you be willing to make a promise to yourself? Will you live each moment of your life as though it were your last? Because it is. Tomorrow is promised to no one. Although many are quick to make this promise, few keep it because, soon after each Epiphany or spiritual renewal, they allow themselves to get sucked back in by the groaning machine of life's daily routines.

The first, and most powerful, place to apply this promise is in your relationships with others. What if you treated every encounter with every human being—friend, foe, lover, brother, boss, stranger—as the very last time you will ever have together. How would your behavior differ in those encounters if you truly knew you would never see them again? How would it differ if you knew it was your last day on the planet?

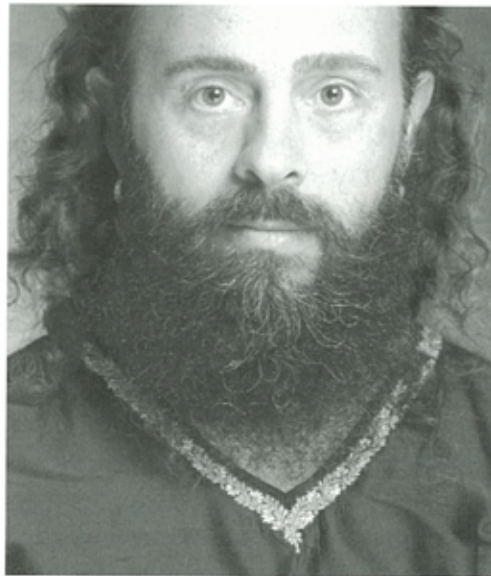
Any human being who could be fully present to that truth would cry a river of tears in most all of those moments. You would also laugh, hug, hold, compliment, and share your love profusely. The reason this scenario rarely plays out is because being present to that level of truth is excruciating. Why? It brings up the all-pervasive, all-encompassing, human fear of death, of that person and (more importantly) of your own. Human life is predicated upon the fear of death, from the very first moment of living, because of the conscious and unconscious belief in mortality.

Fear of intimacy leaches into many different corners of one's life. What about couples who have been married twenty or thirty years? None would argue that certain things do become rote after all those years. "Honey comes home from work each night at six o'clock. Dinner is at six-thirty. We dine out on Saturday. Our children come to

visit every Thanksgiving." Life finds that it has settled into a groove. Things are taken for granted. You make gross assumptions that are totally illusory. "It just happens" is the excuse most commonly used and accepted. In truth, nothing just "happens." Everything you do, and everything that happens to you occurs solely by way of your own conscious, or unconscious, free-willed choice.

Have you ever been driving home and heard sirens as

continued on page 22



Each precious moment continued from page 21

you neared your house and felt your heart start pounding with, "Oh, my God, please don't let it be my house!" What if you drove home one day only to find your house charred to the ground. You were expecting to have dinner with your wife and children, and you find out from the fireman that they are all dead. After wailing and mourning for weeks or months or years, where is the first place your mind will take you? To the last time you saw them. "What did I say? What space was I in? Did I say 'I love you?'"

These "wake up" calls obviously come to those who directly experienced them, but they also happen for the benefit of all those who, in any way, witnessed or gained awareness of the incidents. Ironically, it is most always those who say "Yes, I know that" who insist on learning the lesson and receiving the gift only after tragedy has struck their own lives, rather than doing so, vicariously, through the experiences of others.

Does that mean to live in fear? No, it means the opposite. Live in passion. Claim every moment. Seize each moment and promise yourself you will never avoid an opportunity to tell someone you love him or her and that you care. That is "living in the moment," living in mastery. Unfortunately, so many minds become consumed by such putrefied thoughts as, "When am I going to ascend? When am I going to do my life's work? What level initiate am I? I

am in the twelfth overtone of the third octave twice removed on Sundays." What does that mean? Can anyone tell Me? Does it matter? Does any of it matter?

What matters is how much you are loving the person who is sitting next to you right now. That is what matters. Do you take a genuine, human interest in the lives of those who are serving you, or do "Thank You's" carelessly roll off your tongue like grains of salt falling out of a shaker? Always take the time to look deep into the eyes of one who has just served you, to sincerely express your gratitude and love. Why not ask if your server is comfortable? Ask if there is anything you can get for him. Have fun with it. Surprise people. Do something for someone who does not expect it. That is where and when the magic of life really starts to happen.

Life is not about knowing everything or having all the right things to say. It is about filling each moment with passion, adventure, love, and joy. Look in your heart. The heart knows everything about everything all the time. "Christedness" means choosing that which serves the highest good for the greatest number of people in any given moment. Combine this principle with "living each moment as your last" and you will experience the heights of intimacy and ecstasy in communion with all those you meet, all the days of your life.

„ 2006 Louix Dor Demprie



## AtlasPROfilax.

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ailments and illnesses such as neck pain, stiff neck, back pain, lumbago, herniated disk, scoliosis, jammed spinal nerves, scoliotic pelvis, pain in the hip joints, knee pain, meniscus and other illnesses of the knee, difference in leg length, etc..

If the atlas is in its correct position, the brain can finally function undisturbed again . It feels like it wants to catch up with what it could not create in harmony before – it sets valuable self-healing and regenerative processes into course.

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# ASTROLOGICAL HAPPENINGS

## September, October, November, December 2007

**M**any people believe that our earth's volcanic eruptions, tsunamis and earthquakes are all connected to the play between the Sun and the Moon at eclipse times, as well as, the new and full moon periods. Coming up over the next few months there are some powerful astrological aspects and patterns forming during this period. In this article I will highlight the most potent ones. Let's see what happened last month to give you a bigger picture.

**On September 11th there was a New Moon and partial Solar eclipse**, the Moon and the Sun were both in Virgo

forming a strong Quincunx to Neptune in Aquarius and in opposition to Uranus in Pisces; they were all connected up in a waning mutable Grand Cross, which was also made up with Mars in Gemini (tactless, reckless or impassioned connotations), Uranus in Pisces (breakthroughs in consciousness) and Jupiter in Sagittarius (the Soothsayer hits the mark.) This mutable Grand Cross had the energy of feeling frustrated and boxed in, pushing us to action at the same time. There was a sudden change in the air, a feeling of disruption and an unsettling feeling. On top of this Saturn crept ever closer to the retrograde South Node (the past coming back to haunt or reaping what we have sown).

On top of this on the 8th of September Pluto stations moved forward from its ret-

rograde period, and on the 9th of September Venus also stationed to do the same. So whether this energy was connected to the APEC Summit in September or our great Mother Gaia shifting in her awakening consciousness, I cannot be sure, but I do feel there was a challenging energy from a type of disconcerting upheaval that had been felt from these past days or soon to come. This re-connected us all again as we were awakened from our unconscious dreams into the reality of our human physical beings and the responsibilities we all face for the future well being of our planet and humanity at large, I feel the reconnection is through an out pouring of deep benevolence and compassion.

**On the 23rd of September at 7.39pm the Sun sashayed into the lovely and alluring sign of Libra**, this also



marked the **Spring Equinox**, where the days were growing longer down here in the southern hemisphere and the birthing and budding of life started to spring forward once more.

**On the 27th of September at 5.44am we had the Full Moon rising in our skies at 03deg of Aries** she was conjunct (sitting next to) the Part of Fortune (a fortunate and karmic point – some say fortunate only when the karmic debt is first paid), the Moon conjuncts the Vertex (an intensely dynamic, highly sensitive and fated point). This full Moon was very strong energetically as the Sun and Moon were sitting right on the Ascendant and the Descendant in the chart, right on the pertinent and highly sensitive angles (1st and 7th house cusps), and the ruling planet of this night's Moon is Mars sitting nearly right on the MC (the top of the chart on the 10th house cusp) and Mars is at a Critical Degree of 29.00°deg of Gemini, (this critical degree represents an ending of a phase).

Full Moon 27 Sep 2007  
Natal Chart (11)  
27 Sep 2007  
5.4436am AEST - 1000  
FRENCH FOREST  
32°54' 55.14" S  
151°50' 00.00" E  
Ascendant  
Descendant  
Part of Fortune  
Vertex



Full Moon  
27th September 2007

continued on page 24

### FULL MOON, NEW MOON AND ECLIPSE DATES/TIMES.

**SEPTEMBER NEW MOON:**  
TUESDAY 11TH AT 18 DEG 25" VIRGO AT 10.44PM. AROUND 13 MINUTES BEFORE THIS NEW MOON THERE IS A PARTIAL SOLAR ECLIPSE - Over South America and the Antarctica.

**SEPTEMBER FULL MOON:**  
THURSDAY 27TH AT 03 DEG 20" OF ARIES AT 5.44AM.

**OCTOBER NEW MOON:**  
THURSDAY 11TH AT 17 DEG 11" LIBRA AT 2.59PM

**OCTOBER FULL MOON:**  
FRIDAY 26TH AT 02 DEG 29" OF TAURUS AT 2.50PM

**NOVEMBER NEW MOON:**  
SATURDAY 10TH AT 17 DEG 10" SCORPIO AT 9.03AM.

**NOVEMBER FULL MOON:**  
SUNDAY 25TH AT 01 DEG 55" GEMINI AT 12.28AM.

**DECEMBER NEW MOON:**  
MONDAY 10TH AT 17 DEG 16" SAGITARIOUS AT 3.40AM

**DECEMBER FULL MOON:**  
MONDAY 24TH AT 01 DEG CANCER 50"

Also Pluto was close to the IC (the 4th house cusp at the bottom of the chart) opposing Mars, although this aspect is separating there was a strong emphasis in shaking us to the core, asking us to transform, to let go of the old patterns, and allowing for the new to be birthed, this represents a dynamic verve and energy to change, and alter in our communication to one another in every form and medium of the word, may we as a humanity stop the incessant violence in every way and start communicating from the heart. Also Uranus in Pisces, which is still retrograde, is squaring Jupiter in Sagittarius, so I think it would have been pretty busy on the streets this night for the authorities and sanatoriums/mental institutions, as it does not look too balanced or calm this evening. The South Node is conjunct Saturn, bringing up dark issues from the depths and past. So the full Moon may have brought about the feelings of great unrest, arguments, irrational behavior, highly heated and energized is the feel here, so diplomacy is the key, take a step back, and don't become enmeshed.

Looking away from the shadow side of things with this full Moon, as the great Sun God shines his light on our Mother Moon, this culminated in a feeling of new growth and expansion, of comprehending the great inner beauty and connectedness and balance that we must take responsibility for now. It represented an opening out to a new start, asking us to step up and acknowledge the greatness of whom we are and be that, so in order to help the planet and humanity into the shift that is taking place right now. This is really a force compelling us to transform in every way, as the birthing of a new era for humanity takes place in the now.

**On the 29 of September at exactly 2.18 am there was a**

Grand Sextile 29th Sep 2007  
 Natal Chart  
 1950-1951  
 1951-1952  
 1952-1953  
 1953-1954  
 1954-1955  
 1955-1956  
 1956-1957  
 1957-1958  
 1958-1959  
 1959-1960



Grand Sextile pattern  
 29th September 2007

very rare event, which is called a Grand Sextile pattern, it is what I call a window into the 5th dimension. It is when two Grand Trines form the 6 pointed "Star of David" then all of points join up with a sextile at each end forming what looks like a hexagon, there are also 3 Mystic rectangles that are formed within this pattern. This exact pattern only lasts

for about 5 minutes, but the Grand Trines hang around for a couple of hours. This really is an amazing event and a great time for enhanced dreams, Angelic visitations, out of body experiences, a feeling of slipping into the realms between the 3rd and 5th dimensions and beyond, so astral traveling may have been big this night, maybe you slipped out of your body and went on some magical mystery tour and met up with your Guru, or a saint or an angel?

This pattern can also relate to slipping into something that is completely out of control like warfare or landslides for example, there is Light and shadow to everything.

**Amazingly enough on the 18th of October there is another Grand Sextile at 7.44am and lasts up until 8.04am.**

This perfectly beautiful alignment of the planets/Nodes and Vertex is a powerful time for us, these patterns are so rare and to have two in consecutive months is so astonishing.

Event of 18 Oct 2007  
 Natal Chart  
 1950-1951  
 1951-1952  
 1952-1953  
 1953-1954  
 1954-1955  
 1955-1956  
 1956-1957  
 1957-1958  
 1958-1959  
 1959-1960



Grand Sextile pattern  
 18th October 2007

From an "Outer Collective" view, I really feel this represents a birthing gateway, or conduit for the new humanity awakening, and the implementation of new-impassioned Sight for our humanity, hopefully changing the way we conduct ourselves in our humanity for the better... This should enable the sparking of creativity and brilliance, on another level maybe there will be some kind of breakthrough into a deeper understanding of the multilayered dimensions we live in, and be able to bring these new ideas forward into some physicality evidence that Science always insists upon?

**On the 12th of October Mercury goes Retrograde at 2.00pm at 09deg of Scorpio until November the 2nd at**



8.58am. Mercury rules communications on every level and from every source, from writing to speaking to gossiping, any form that language is processed or communicated through. And whilst Mercury is in Scorpio be very careful here as things can be greatly misinterpreted, misunderstood, misconstrued and the consequences could be malicious, or left undone the underlying feelings could be very prickly, awkward and unforgiving.

Business relations and friendships need special care, as there might be some very unhappy customers here. Things

seem to just disappear or go underground during these times, so with everything you do within these weeks ahead make sure you redo, reconnect, re-check and go over every-



thing three times, be concise and clear about what you really mean in all forms of transmission and communiqué, or you maybe very misunderstood.

**On the 24th of October at 5.03am the Sun slinks into the sign of Scorpio** right at the breaking of day. Mercury and the Sun are "combust" or absolutely conjunct, their energies com-

bine and a very deep penetrating Scorpionic vibration felt. Scorpios wake to the feeling that it is all about me today!

**By the New Moon on November the 10th** the energies are building again, and Jupiter in Sagittarius is creeping ever closer to Pluto also in Sagittarius, this would feel like an intense time for some Sagittarians, these feelings would intensify and build later in November when Jupiter starts to conjunct Pluto, this is like an amplification in dramas. **Meanwhile Mars goes Retrograde on November the 15th in 12deg 27mins of Cancer at 6.25pm** and stays retrograde up until the 31st of January. The feelings you get with Mars retrograde in Cancer is the eternalizing of anger, including: boils, rashes, eczema and anxieties can be rife, also the remembrance of old wounds and patterns maybe felt, a painful reflection on the past. On the lighter side this is an opportunity to gain insights and wisdom from your unconscious motivations and drives during this period, try to be the observer, watch yourself react as buttons are pushed and learn from this. Mars is the male fire strength of desire and passion and force, Cancer is a strong Cardinal sign and Mars in Cancer retrograde can be volatile by nature, but on a brighter side this may also compel you to emotional fiery passionate moments, maybe expressing this in the kitchen with the use of chilies and hot curries or sexy candlelit dinners is a nice way to use these energies!

**On Saturday the 24th of November Uranus** stations around 8.15pm after being retrograde since late June this is right before the **Full Moon on the Sunday the 25th of Nov at 12.28am**, and the Mutable Grand Cross is getting stronger and is at absolutely full potency and power by this full Moon. The energies may feel very frustrating, something has to give, something is forced to reveal its self, this feels

painful but needs to climax and conclude. There maybe a shock wave felt through the earth of some kind, or something like this is to come if not already, maybe a volcano that has been grumbling for some time finally blows it top

in Europe, or an earthquake is triggered? as we are all connected it relates to the global humanity, it could be a very challenging time.

**On December 10th there is a new moon at 3.40am** and at this time there is an interesting Kite formation, Pluto and

Full Moon 25 Nov 2007  
 Full Moon 25  
 12:28pm AEST - 000  
 FRESCO AEST 11  
 12:28pm AEST  
 25 Nov 07  
 Sydney  
 Turkey



Full Moon  
 25th November 2007

Full Moon 24 Dec 2007  
 Full Moon 24  
 11:58pm AEST - 000  
 FRESCO AEST 11  
 11:58pm AEST  
 24 Dec 07  
 Sydney  
 Turkey



Full Moon  
 24th December 2007

Jupiter are now conjunct so the Christmas family dramas now begin! **And then by Full Moon the night before Christmas**, the Sun has entered the earthy sign of Capricorn. As Jupiter conjuncts the Sun, they both oppose the Moon and Mars and there is a big fat towering Mystical Rectangle hovering over us bringing through the true Spirit and essence of Christmas. This brings with it a new found appreciation of friends, family and togetherness as we fondly remember others whom have passed before us and a



commemoration with gratitude of our Lord Jesus, whom is the Star of this Christmas period after all. Merry Christmas to one and all.

*Namaste with Love and Light Heidi Jamuna.*

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

email: [archangelsastrology@yahoo.com.au](mailto:archangelsastrology@yahoo.com.au)





# JULIE AND THE BALINESE PRIESTS

by Julie Jara

September 2006: I have met with Nyoman many times on my journeys to Bali. As well as renting chairs with umbrellas on the beach and selling beer for the obligatory 'sunset drink' he is the local priest for his village in Legian. Instead of his usual overcheery greeting at meeting again, he slowly sat up and said 'hello, long time no see'.

Nyoman told me he had problems. His daughter Luh, who works for the local bank, was having migraines and he requested that I help. I was invited for the first time to his home, which was up a small laneway just behind the beach. Nyomans English is very limited so I took Wenten with me to translate. The doorway entrance looked different to the others, with special decorations and inside the traditional Balinese courtyard I felt a clear and open energy. There were birds in cages hanging from trees, beautiful flowers and herbs that Nyoman explained that were used for his daily ceremonies. There were many separate rooms that were the bedrooms of his family, brothers and children of the brothers. There were also a large day bed with ceremonial bowls and items for his morning prayers held each day before heading to the beach to earn his income.

Luh showed up just after we arrived and said to me that she had very bad migraines and was really unhappy. She had been in hospital to have brain scans but the doctors said they could not find any problem and did not know how to help her. I asked her if she would like a session of Reconnective Healing® and had her lay down and relax. At the end of the 30 minute session she said she had been asleep, but had also been awake, but didn't feel much else. She looked at me in a strange way, as if she was not really sure what had just happened. She still had her migraine.

A few days later we were sitting in our hotel and Nyoman turned up. This time he was dressed all in white with the ceremonial rice on his 3rd eye and ear lobes. I was shocked at how different he looked to the outfit he wears while selling beer on the beach! Things had now taken an unexpected turn for him: his daughter Luh had announced that she wanted to get married and that evening the boys family were coming to meet with Nyoman to discuss plans for the ceremony!

My next visit to Bali in June 2007: I was greeted very differently to last time, Nyoman and his Wife Noni came run-

ning to me at the beach and proudly announced that Luh had a baby boy two weeks ago and was now very happily married. We made arrangements to visit them in a village about 20 minutes drive away. When a baby is born in Bali it is not permitted to be taken out of the home until it is 3 months old and Luh is now living in the home of her husbands family.

Luh was very excited to see us and show me her baby who she has named Putu. She said 'Julie, I have to tell you something. I have not had migranes since the Reconnective Healing® session with you, except for just one day which was on the day before my marriage ceremony'.

I sensed though she was not so happy with where she was living, it was very crowded and hot. Lou then indicated that as soon as the baby is old enough she wanted to move back to live in her Fathers village, which is more abundant and being closer to the ocean, much cooler. This is not usual for Balinese, as they always live with the family of the male. I also noticed that her English language skills had improved a lot.

I felt very privileged to be asked to hold the baby and was able to take photos. Wondering if it would be appropriate for me to do some Reconnective Healing® with the baby, Lou told me he had been immunized two days ago, so I thought it might be a good idea, and



asked if they wanted me to. As soon as I put my hands near Putu his little eyes that had been closed the whole time immediately started moving about with the movements that we usually see with Reconnective Healing®. His face screwed up and eyebrows started twitching. I only spent about 5 minutes with the healing and then it felt like that was enough, so I stopped. Mother Luh who was holding the baby, and Grandmother Noni who was sitting next to her thought it was quite unusual and thanked me profusely.

At the end of my weeks visit to Bali I went to see Nyoman to pay him money. I had been using the chairs on the beach each day and also drinking a beer or two at sunset, so I figured I owed him about 100,000 rupia – which is about \$20 Australian. He refused to take payment from me, which I have become used to, so I tried to sneak the money into his pocket and he again refused. Then he pulled out 50,000 rupia and gave it to me. He said he wanted to give me the money in return for all I had done for his family. I realized that I needed to take the money from him so that he could feel that he did not owe me.

I thought I must be the only person who comes to visit Bali, drinks beer, sits on the deck chairs on the beach and then gets paid! I like this work. I have left Bali for this time and wonder what will unfold on my next visit.



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*On the glistening mirror below*

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