

ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

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A COMICAL VIEW OF REALITY

LIFESTYLE

AN OVERVIEW OF DR. SHARMA'S VISIT
TO THE ACADEMY

SELF KNOWLEDGE

IN THE COMPANY OF ANGELS



NEWSLETTER OF THE SOUTHERN CROSS ACADEMY OF LIGHT

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

THE SOUTHERN CROSS ACADEMY OF LIGHT

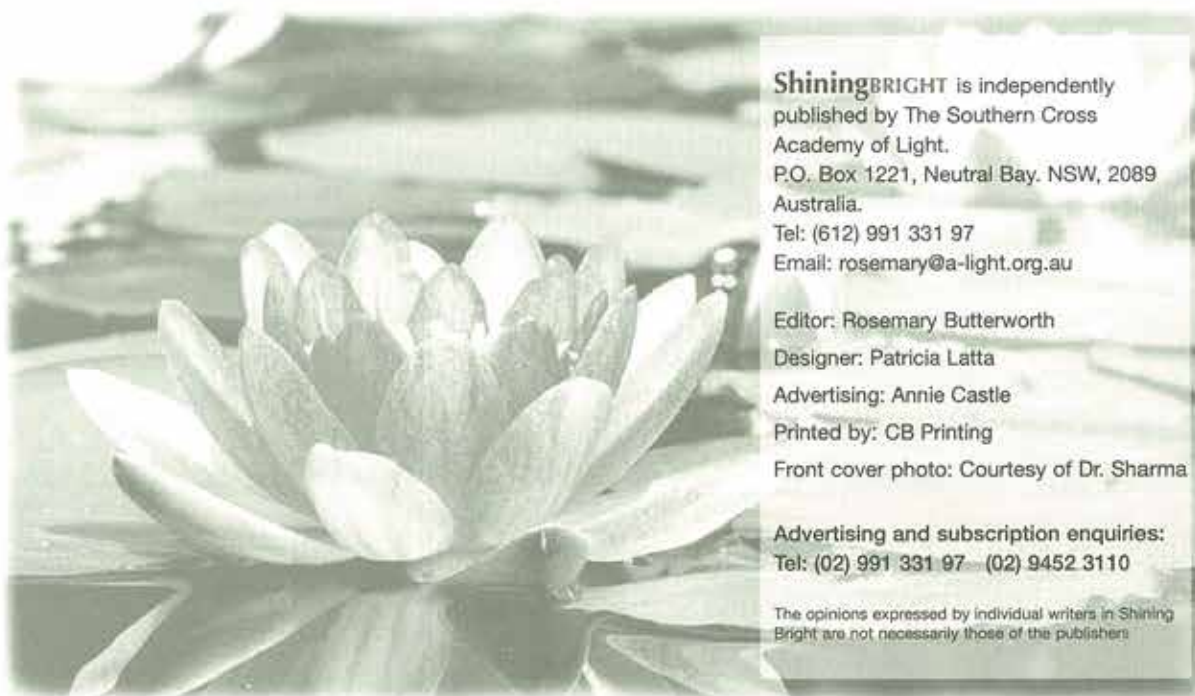
One Spirit, Diverse Voices

Unity through Love

The only authority is one's heart -
the Divine in all of us

Mutual respect
and acceptance

Personal responsibility for
one's thoughts,
words and deeds



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from the EDITOR

Many thanks to the people who rang (or wrote) and told us how much they enjoyed the Special Millenium Edition of *Shining Bright*. We enjoyed doing it and getting thousands of *Shining Brights* out to people who had not heard of the Academy. Welcome to new-found friends.

Now back to business. *Shining Bright* will continue to 'shine brightly' in the form of a black and white Newsletter twice a year. We are planning to produce a coloured edition once a year.

It is important, particularly to new readers, to express what is the focus of *Shining Bright*.

As we shift in consciousness and our awareness grows, we are encountering many difficulties and life is, at times, very painful. The Southern Cross Academy of Light is like a canopy of Love for us to rest under, to support us in all ways, i.e. emotionally, physically and spiritually through each day.

Shining Bright is the voice of the Academy. Its focus is to bring to you new knowledge to help us see our resistance to change and bring to us tools of self-help. It does this with real stories about real situations, and articles from people working with these tools who want to share them with the world. *Shining Bright* will tell you what speakers are on at the Academy meetings and what messages, modalities and talents that they have to share with you. Also what events are taking place – events that support the shift in consciousness.

Although the intention is to hold only one Academy Meeting each month, i.e. on the 1st Monday of the month, due to the number of people requesting to pre-



Rosemary Buttenworth

sent, there has been 8 meetings in the first 4 months of 2000. Sydney has had an influx of international speakers, teachers and presenters and the Academy has felt that it has been important to get their 'work' out there. And this has proved to be the case. A number of people have rung and expressed their gratitude for being able to meet a certain speaker as they have found their 'message' has proven life-changing.

One of the 'friends of the Academy' has written a wonderful article about Dr. Sharma who was our guest speaker earlier this year. (See page 8)

The Academy wishes to thank the quest presenters who have shared their knowledge and understanding of self-empowerment, Chris Power from Australia, Willaru Huayta - an Inca Spiritual Messenger from Peru, John Christian from England and Bernie Prior, a self-realised man also from England, Gina MacFadzean from Mittagong who does wonderful emotional clearing work, Liza de Goede who shared with us the magical Tibetan Rites, and Melody and Ron Bass who demonstrated their remarkable Access Process which is a great energy transformational process.

Future speakers include Jim Scarano, Ken Page, Dr. Cherie Sutherland, Franziska Goyo, Brian Latty, Marina and Colin Sisson and many more.

If you are not on our mailing list, send us your name and address and you will be added so you can receive notification of coming events.

Rosemary.

Love and Blessings,

THE SOUTHERN CROSS ACADEMY OF LIGHT

ShiningBRIGHT



FRONT COVER

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A COMICAL VIEW OF REALITY

by Colin P. Sisson

Colin's approach to life is simple, practical, compassionate and very powerful in the transforming results. His main principle is of 'self-responsibility'. We all have free will, and choose our own way. No teacher can do it for us, except the 'teacher' within. Colin is a friend who assists us to discover this teacher.

Colin is a Vietnam veteran who discovered his potential by healing his personal victimhood. An internationally recognised writer and seminar leader with many years experience in training people to expand their awareness, to achieve their full potential. The author of seven books, Colin continues to travel and inspire thousands worldwide from his homebase in Moscow.

Colin came to Sydney at the Academy's invitation to run his 'Your Right to Riches' and 'Conscious Relationships' workshops. Colin's books are available through the Academy (see book review inside).

Colin will be returning to Australia in January 2001 to do 'Breath Integration' workshops and a brand-new educational programme called 'New Directions in Life Skills'. For information regarding Colin's work phone the Academy on (02) 991 331 97 and Rosemary or John will assist you.

"In a far off galaxy in the middle of the universe, there lives a group of beings called 'The Time Lords', who watch over all creation. They are responsible for maintaining the evolution of all life forms throughout their domain. Every so often, each one goes on vacation. One of them was called Crobe, and his turn came up to have a holiday. So, he contacted his galaxy travel agent to see what was available.

"Well, Crobe," his travel agent said, "we have on the outer edges of our own star system the 'Red' planet, where you can just lie back and enjoy every pleasure in existence."

Crobe, replied, "I went there last time and it is wonderful, but I want something more exotic."

"Well then, how about the 'Green' planet in the star



cluster 401, where you just lie back in the relaxing mists of perfect tranquillity and peace. Very popular at the moment."

"No," Crobe answered, "I want something more challenging." His travel agent looked thoughtful for a moment, then said, "Ah, I think I have just the thing for you. In the far off reaches of the universe there is a very small star cluster called the 'Milkyway'. In it, there is this blue planet where you can play lots of games with yourself, and other 'Time Lords' who are on holiday there. The principle game is 'hide and seek'; very popular with everyone who goes there. And before you go, you get to select how many life-times you want, and which principle game you play in

each life. As there is no time in our dimension, you can have any number of life-times. Then, once there, you give up all memory of who you are, so that you can seek yourself with each life game. Between games you get to select which principal game you want to play in finding yourself for the next one, as well as what gender you want. With each lifetime game, there's a couple of very funny games called families and relationships. You'll get a million laughs out of those ones."

Crobe looked interested. "This sounds great. Tell me some of the other games I can play while I'm trying to find myself."

"Well, there is quite a list of them; and you get to play almost all of them throughout your vacation. A very popular one is called 'the warrior' game. This is to see how many times you can get killed in battle, or die violently, while helping other vacationers do the same. It's so funny, and the funniest thing about this one, is that everyone takes it so seriously. Most get to play this about 200 times. You'll kill yourself laughing at this one. Then there is the merchant game. This is to see how many times you can get rich, and then lose it all in each life-time. Very interesting and entertaining. What about this one, it's called the 'worker's game. The idea

is to do the same thing every day for eight hours a day for about fifty years. You are given just enough money to feed your family and get drunk occasionally. Or, if your gender is female, you get to see how many times you can clean your house, and cook meals before you wear your body out. I haven't quite figured this one out yet, but I think it's mainly to assist other vacationers back into the game that they call 'birth'. But, this one you'll love. It's called the 'learning game', which is to see how many systems and concepts called philosophies, in finding yourself, that you can collect in one game. Once you get good at this one, it stretches out into what is called 'the teachers or Guru' game, where you think you have found yourself (enlightened), and help other vacationers to play the learning game.

But, the most popular of all, and here is the good news, you get to play this one in every game. It's called

“With each lifetime game, there’s a couple of very funny games called families and relationships. You’ll get a million laughs out of those ones”

the victim-suffering game. This will knock you over with laughter. You get to see how many ordinary situations you can turn into disasters, how many times you can die from disease, how many times you can cause, what they call down there, feelings of unhappiness. Apparently, you have to train your mind to make certain things wrong and judge them as bad. I could never get the hang of it myself. Apparently, they send you to special schools to learn it properly. Prior to that, you get an initial training in it from other vacationers who are playing the parent game. With practice you will soon get it, though.”

“This sounds great. Sign me up.”
Stop making life so serious!

Taken from C.P. Sisson's book
Inner Adventures, Published by Total Press 1998



CUTTING THE TIES THAT BIND

A Unique, Innovative Afternoon Workshop

by

ROSEMARY BUTTERWORTH and NARELLE GREEN



This workshop gives you the tools to

- Identify what idea/role is stopping you from moving forward
- Identify the roles and expectations that have been placed upon you since childhood and how these have limited you
- Be free to be in a safe and loving space



The 'ties' are what keeps us firmly anchored in the 3rd dimensional reality. No matter how hard we try to move forward, unless we can identify what is holding us back, we cannot move into another reality – one of love and peace. Where there is pain, there is resistance to 'being'.

This self-help workshop will present a method of releasing that resistance.

This workshop is based on the wonderful work of Phyllis Krystal, author of "Cutting the Ties That Bind." and is to be held over two afternoons.

PART 1 – SATURDAY 20th MAY. 1.30 – 4.30 - COST \$50

PART 2 – SATURDAY 3RD JUNE 1.30 – 4.30 - COST \$50

VENUE: 41 Carefree Road, North Narrabeen NSW 2101 ENQUIRIES: (02) 9960 1590 or (02) 991 331 977

Part 1 - Identifying the attachments and learning the process of cutting

Part 2 - The actual cutting takes place facilitated by Rosemary and Narelle. Part 2 can be done on this date or in a private session.

LIFESTYLE

by Michael Mitchell

Note from the Academy:

Michael Mitchell was involved in a road traffic accident in the early 1980's. His neck was broken. At present he is paralysed from the chest downwards and uses a wheelchair. Michael says: "my main area of working is building lines of communication within the body. To do this I use breath balance and movement. Simple consciousness raising exercises and still sitting." Michael is an accredited teacher of Zen and Satipatthana meditation receiving permission to teach in 1990 from Roshi John Carrie. He says: "Over the years I have developed a real understanding of how human nature is expressed in the mind and body. Working with others increases this understanding. I love to share.

Michael plans to come to Australia early May 2000. He would like to give talks to small groups of people and present to them the life skills he has learnt and how they have made him more aware and conscious. Michael has been a presenter at the Findhorn Foundation in Scotland, and he brings with him inspiration, courage and a world without limitation.

If you would like to hear and meet Michael please contact the Academy on (02) 991 331 97.

If you can breathe you can meditate.

If you can breathe you are alive, my good friend said to me.

At the time he was encouraging me to lift my head from the pillow, and pull myself up using a rope ladder. (All my exercise stemmed from this simple action).

Four years earlier I had been crushed under the wheels of an articulated lorry. This led to severe injury of the spine, and complete paralysis from the chest downward.

From that time, I began to accept myself. To find acceptance, I had to let go of my history, focus on this moment and regard tomorrow as an unknown. I began to find satisfaction in making small developments.

Gradually there was a dialogue developing within my body.

Good friends and the intervention of chance gave me the support that I needed. I was privileged to work with and to be treated by some of the world's most innovative movement exponents.

My meditation teacher introduced me to a martial arts discipline, with balance, breathing and



stretching, which I use to service my body on a daily basis.

We were developing a unique system in that even a paralysed person like me could experience day-to-day fitness.

He encouraged me to share and develop what I was learning. And gave me permission to teach. Today I am in the middle of this process.

Where does meditation come in?

I discovered that the most profound benefits of postural adjustments can only really be enjoyed when we are able to put our mind right inside our body. My

work has as much to do with directing concentration as it does with movement. This approach does have benefits for many people whatever the inability. I can move very little, while others I have taught are working with breath and balance, while walking, lying, standing and sitting and are obviously physically able. Although I am using a wheel-

**If you can breathe
you can meditate.
If you can breathe
you are alive,
my good friend
said to me**



chair, the exercises are very much to do with building lines of communication within the body, and developing the flexibility necessary for walking.

Once again the issue is not about whether I will or will not walk. It is creating the physical and mental circumstances where walking may occur. Quality of life at this point in time is what is important. A greater knowledge of oneself, celebrating and enjoying the body, is the first line to renewed well-being.

My lifestyle is very important to me, it underpins my work and brings me a rich and full life so I can be a complete social spiritual being.

Coming up-to-date, currently I need help with every facet of living.

This is not only for my continued survival but also independence of mind, body and spirit. Independence is a good word. Aren't we all "IN-DEPENDENCE" That is reliant upon one another for service. How we relate one to another, how we relate understanding and care for ourselves gets the focus of my attention. It seems to me that attitude is so important. Although its just as important to clean out the toilet as to do the shopping, cooking or exercise; one task can make you feel more or maybe less worthwhile and this sense can affect your work. Working closely with others will highlight your vulnerability. Yet talking with people you can trust builds a new vocabulary of communication skills. Together we began to discover that Human beings are not isolated and we all took responsibility for the way we influenced one another. Of course diet, the food we buy and eat and the way we live on the land is part of the process. In short, having an awareness of our external and internal environments is what this time in my life demands.

I want to put my heart into teaching, develop skills, and share my household with like-minded people. The house is run with a special emphasis on meditation,

communication, and travel.

If you would like more information and/or an update on the exercises, please phone or write. There will be a video available early in 2000.

If you would like to work with us, or know someone who does please, be in touch.

We need good organisers, (persons that can learn a system then adapt and think sideways), with a interest in holistic therapies.

Members of my household will be learning a fresh approach to caring for themselves and for others. To actively support my healing, it will be necessary for my assistants to develop their own relaxation as an integral part of the process.

Michael Mitchell

1 The Green, East Knoyle, Salisbury Wilts. England.

SP3 6BN

Phone. 01747 830504



Robyn Simon

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Robyn is now working at:

Manly Total Care Beauty Salon,
Shop 3 Roycroft Arcade
27 Sydney Road, Manly
Ph: (02) 9977 1433

also at:

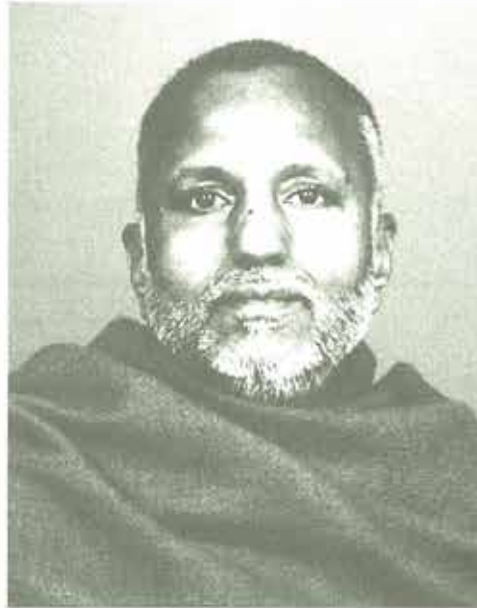
Narayana, Nth. Narrabeen Ph: (02) 9913 3197
Blue Mountains Ph: (02) 4782 6274
0401 341 248 mobile

AN OVERVIEW OF DR. SHARMA'S VISIT TO THE ACADEMY

by Warwick Payne

Warwick is 23 years old and is currently doing his Bachelor of Music at the Sydney Conservatorium of Music.

A couple of years ago, Warwick found the Academy and regularly attends meditation nights and enjoys the monthly Academy meetings and workshops. Warwick loves to give, and the Academy gratefully acknowledges his days of service he has given on the computer and in other ways.



"Do you think you would be able to play the didjeridoo at the start of Dr Sharma's talk on Monday, I'm sure he would really appreciate it?" John asked me.

"It would be a pleasure," I replied.

"Great! He is a most interesting person - don't be alarmed if he doesn't say much... I don't want to give too much away, it's just that he sometimes prefers to remain silent...."

I had no prior knowledge of the man that we were coming to see/hear and at the right time I took my position in front of him. As I breathed to settle myself, I felt the energy in the room was stable, yet within myself was the anxiety of performing. Looking at Dr Sharma, eyes already closed and perfectly relaxed, I sensed that the stability was coming from him and filtering through to the rest of us. The familiarity of initial dedications and networking was not here today, our old shepherds Rosemary and John handing the staff of guidance to a new person, and the flocked audience was yet to accept the warmth and care from a new guide.

With a dry mouth I struggled to get a good sound from my didjeridoo and when I stopped playing I looked up to see Dr Sharma sitting silent, in meditation. Most of the rest of us were following suit, starting to warm to this new person. I found a seat, and waited for Dr Sharma to address us. The advice from John was something that I had never heard, and after about fifteen minutes of silence my ego started its song and dance:

"WHAT ON EARTH ARE YOU DOING, PAYING MONEY TO SIT IN A QUIET ROOM - YOU

COULD HAVE STAYED AT HOME FOR FREE!!!"

Looking around the room I sensed others feeling frustration. My thoughts ran on.....

"Oh look, there is a flier for the WESAK festival... perhaps I should meditate for a bit.... I bet as soon as I start he will stop.... man, what am I doing here?.... Oh look, there is a flier for the WESAK fest... Wait, was that a movement, I hear a murmuring." After half an hour of silence there was a movement from Dr. Sharma.

After quietly singing a prayer Dr Sharma motioned to one of his helpers, Puja, and she sat in front of him with a guitar and sang a simple *Kirtan*. This continued for around five or ten minutes and she resumed her position next to the doctor. So far nearly 45 minutes had gone by. Some people were restless, not understanding the silence and the night being so different - no networking - no talking. It wasn't until Rosemary proposed that we ask questions of Dr Sharma that we heard him speak.

"I just don't understand (what this session is all about)?" was the first question asked. A wave of agreement swept over the audience. After a long pause, he spoke:

"Sometimes it is not understanding that is what needs to be learnt. Sometimes understanding distorts the truth, and the feelings you experience while confused, may be, or relate to, issues needing attention in your life."

BOOM!!! Woah... This is where one may say something like 'Tell us something we haven't heard before' but this time there was definitely something happening. At that point, after sitting confused, I realized that it is not the words that hold meaning, it is the essence, delivery and expression of sound that leads us to read what people are saying. At that point, this man captured my complete attention. Expectations and going with the flow is what Dr Sharma was showing me, albeit without saying a single word. Life is constantly communicating with us even in silence.

Question: "When we say grace, or ask for our food to

be blessed, do the chemicals and poisons in the food disappear, or what happens?"

Answer: "By offering the food to God for a blessing we assist the food to merge more with *prana*. The chemicals, being affected by the *prana* are therefore changed into nourishment. The blessing is important, yet how one eats is just as important. If you eat from a relaxed and loving state, you are prepared to absorb. If you eat while you are angered, the adrenaline in your stomach will hamper your ability to absorb the nourishment."

Question: "What about fasting? Is it necessary?"

Answer: "Yes fasting is good, but it depends on the motives behind the fast." (e.g. fasting as a punishment to lose that unwanted flab, as opposed to fasting for a day to help purge toxins from the body)

Question: "How often should we fast?"

Answer: "With every new thing we need time to adjust. Fasting from food should be a slow adjustment, and water should be consumed during the fast. However, it is not the fast but how you act through and after fasting—and food is not the only thing that one can fast from. You can fast from swearing, unclean thoughts, anything you feel is holding you back from the purity within. Try this and you will see, that gradually you will purify your whole self and you will gain strength. When your mind becomes purified the effect is far reaching. You will notice the world change around you."

By now I was buzzing from the energy and mentality of this man.

Enlightened people behave rather differently from people who do not yet realize and allow themselves to become enlightened. His hesitation to answer questions was not that at all. We were talking to someone who was a vessel for the truth and it seemed that he didn't really think of his answers, he just allowed the truth to come out. It was rather extraordinary and somewhat difficult to explain.

Question: "What about judgement. I find it very difficult at times not to judge people?"

Answer: "Judgement is a necessary thing, but what are you judging? To judge other people is like saying that you yourself need to judge in order to be accepted, to be shown right and wrong. To judge oneself is different. If you never judge your own actions in comparison to what you feel is right then you may never work through negative behavior. Judge yourself, do not judge others."

Question: "Can you give us any insight into Attachment/Detachment?"

Answer: "Attachment stems from greed and greed douses the fire of purification. In all scriptures, sacrifice is taught as the fire/fuel of purification. So by sacrificing something you can help to purify yourself of attachment. However, to sacrifice something of little worth is not the idea. One should give or share something that is very precious, or pass on the opportunity to have something that they really want to someone else."

Question: "When is the best time to meditate, and do you suggest any techniques?"

Answer: "At the moment, it is best to meditate in the middle of the night. One should keep an appetite for meditation. It is better to have a shorter meditation than trying to hold the focus for long periods of time. Also as with eating, meditation should be done when one is relaxed and rested. Perhaps go to bed and sleep for a few hours, wake up and do your meditation, then go back to sleep for the rest of the night."

Question: "Are Mantras useful in meditation?"

Answer: "Yes. Anything that holds your focus on God is highly beneficial. But don't just go out and start say-

ing mantras. As with everything, it has to feel right and be done in the right frame of mind. Essentially the idea is to slow down the amount of materialistic thought. Eating on the run will lead to indigestion, if your mind is running, where is it going? There is only so much thought that we can have, if we rush through it, we are rushing towards our death. Remember to relax and focus your actions through the energies of

Sometimes understanding distorts the truth.... feelings you experience while confused may be issues needing attention in your life

God."

The energy at the end of question time was completely different to what it was at the start. We had just been taken on a journey of amazing proportions, that spoke volumes of meaning, yet not much was said. It is interesting to note that although Dr Sharma is a qualified 'Western' doctor, his whole mindset and focus is enveloped by a belief system that most scientists of the West would disregard as untrue. Imagine: The Earth goes around the Sun adhering to theories that Copernicus developed in centuries gone by. But does it? Is there not a central point of orbit related to the mass of the objects, which means that, in a sense, the Earth follows the Sun around the Galaxy? Then there is the notion that there are also Spiral Stellar Systems extending from the centre of the Galaxy. Van Gogh painted systems like that – Western Science has yet to come up with a theory or instruments to work with this idea (according to the Pleiadians through Barbera

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SELF KNOWLEDGE

by Jim Scarano

An article by Jim Scarano (condensed from 'Readings and Practices for Self-realisation' published in 1997.) Jim has been a student of philosophy and esoteric knowledge for over 30 years. He is a teacher, presenter, author of several books and consulting therapist. He has given several talks at the Theosophical Society on Sankhya Yoga and Self Realisation, and has also been a guest presenter at the Academy.



All kinds of Scriptures, all kinds of philosophies, and sages. Prophets and teachers tell us that we need to "know ourselves".

Others have told us that it is impossible to know ourselves, that whatever we "know" is outside of ourselves.

Then came the ones who got clever with words and told us that the knower and the known had to become one. And again who was going to know the knower of the known?

The question is : can you do any of that, what can you actually do?

I want something to do that is different from what I have been doing because what I have been doing is just read, listen, try to understand words and try to work it out in the head. Give me something to do so that I can find out for myself in reality, and not in words or ideas.

This is what the *Coming in Touch* method is all about. You actually do it and the truth will reveal itself to you.

So what is it that you are going to do. This doing is not a thinking. It is a sensing.

Forget all kinds of thinking and start sensing. Sensing is NOT the same as thinking. Sensing does not require thought. You don't even have to be clever or educated. You just have to come in touch with your senses. Your senses are working all the time, but you have been disconnected from the senses because you have been told to think. **When you think you can't be sensing.** Sensing and thinking are quite different. The one is in your head, the other is in your body. It is that simple!

Stay in your body, connect with the senses, and let the knowledge appear of itself. Do not look for the knowledge with your head. You will only see what you put there before, what is there already. Nothing new. The new stuff hasn't happened yet so it is not in the head.

It is there **in the moment**. But this moment can only be contacted by sensing, not by thinking.

What is sensing? Sensing is looking. Sensing is listening. Sensing is tasting, smelling, touching. Sensing is feeling your own weight on the floor or chair as you are reading this. Sensing is being aware of your own balance and muscular tension. Sensing is knowing whether you are clenching your teeth or stiffening your neck.

Do you know of these things? Because if you don't, then you are not sensing but probably thinking. And if you are not sensing you are not present. And if you are not present you will not 'know' anything new.

Self-realisation is NOT to try to see your TRUE SELF. It is to realise that you are sensing. That you have a sense of being here, of actually existing. It is not a knowing of some other thing, some nebulous hard-to-get place or space. It is simply being aware that you are.

Jim Scarano can be contacted on (02) 9562 2796.



continued from previous page

Hand-Clow, in her book "The Pleiadian Agenda" our sun is the eighth star in a spiral system extending from Alcyone, and the star Maya, where the Mayans came from and went back to, is the third star out from Alcyone). Rather confusing eh? Now imagine that we exist. The reasons are not so as important as the fact itself, and there are no theories to work on or revise when the old becomes obsolete.

We at the Academy send our deepest Love and respect to Dr Sharma, his students and the service that they are doing. We thank Dr Sharma for giving us the opportunity to be in his presence and to hear his insights and guidance.

Note: Dr. P.R. Sharma is an inspiring teacher, Indian born scientist, medically trained in Geneva (Switzerland) and an Ayurvedic physician. He is also founder of the Ram-Rukmini Institute in Jodhpur, Rajasthan (India). For further information when he will be visiting Sydney next or enquiries about the Institute please phone Puja on (02) 9388 9429



In the Company of Angels

by Cherie Sutherland, PhD

Some years ago a small child, Penelope described her near-death experience (NDE) to me. She told me how a 'mummy angel' and a 'daddy angel' had taken her to the other side and finally a 'grandpa angel' had brought her back. For this child, as for so many people, the angels were a reassuring presence as they accompanied her on her journey. Another NDEr, Juliet, sat quietly sobbing, tears streaming down her cheeks as she described her meeting with angels. During her NDE she'd heard a flapping of wings and found herself in a forest clearing surrounded by the most beautiful beings she'd ever seen, all bathed in a pure white light. Afterwards, she said, she felt a wonderful tranquillity, and a sense that 'everything was absolutely okay.'

Angels always leave people with a sense of comfort, a feeling of well-being and peace. And contact with angels can be extremely joyous. After all, as their name tells us, they are messengers of God, ministering spirits, so how could it be otherwise? And what a gift their presence can be to those in need of support. On the evening of the drowning of their little boy, Kim and Keith saw an angel in their bedroom. Kim said, 'She was at the end of our bed and she was throwing something over us . . . it was to give us comfort. I'll never forget what she looked like. She was just so beautiful. Just perfection. Just all compassion.'

Arguments have raged for centuries about the precise appearance of angels. Some NDErs described to me the angels they saw simply as 'luminous beings' or 'beings of divine light.' And during shamanic journeys I have seen them in many different forms, from rollicking child-like angels to awesome, towering figures, arms and faces uplifted, emanating light. They can be like giant trees, reaching high into the sky and deep into the earth, a mass of light energy. But they can also be more human in scale. And don't forget that angels can be full of fun – I have seen angels playfully dancing the cancan and I



have even seen one riding a skateboard. This is not so surprising since as light beings of course they can manifest in any form that suits their purpose.

Angels can swoop, unseen, to the rescue nudging someone into action. Once, some years ago, I was sitting in a small open car in the yard of a sawmill waiting for a friend. One of the workers was manoeuvring an enormous bulldozer loaded with logs. I was just sitting there, watching, when all of a sudden I felt compelled to get out of the car. A second later the car was flattened. The bulldozer driver had lost control of his vehicle. In that case I saw nothing and heard nothing but was simply compelled to leave the car. By an angel?

Angels can come to us in dreams or meditation or, as I've already mentioned, in shamanic journeys. They can appear at times of emotional crisis. They can be present during illness and are often seen at the moment of birth or death. Indeed I now know that angels are always with us, continuously surrounding us with their light. If only we could truly open our inner eyes and hearts we would discover that the universe is far more wondrous than we had ever imagined. And we would come to know without a doubt that we are always loved, always in the light and in the company of angels.

Dr Cherie Sutherland is the author of 'Transformed by the Light', 'Within the Light', 'Children of the Light', 'Beloved Visitors' and, most recently, 'In the Company of Angels'. She conducts workshops and lectures Australia-wide on the subjects of near-death experiences, after-death visits, shamanism and angels. She also works as a shamanic practitioner seeing clients both at Byron Bay and while travelling. If you want to be informed of upcoming workshops or visits to

your area she may be contacted at PO Box 737 Byron Bay, NSW 2481, or by e-mail at cherie@turboweb.net.au.

**And don't forget
that angels
can be full of fun –
I have seen
angels playfully
dancing the cancan
and I have even
seen one
riding a skateboard**



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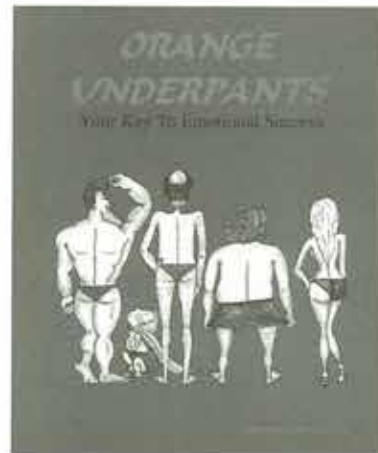
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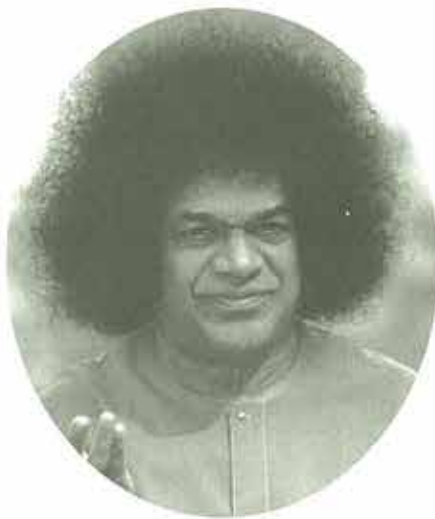
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