

# ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

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## SACRED WATER OF LOURDES

THE DAY THE  
RAINBOWS  
CAME

LOVE WILL  
FIND A WAY

RECOVERY AND  
SPIRITUALITY

CHAOS,  
COMPLEXITY AND  
COMPASSION



**THE SOUTHERN CROSS ACADEMY OF LIGHT**

A not for 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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Rosemary Bittenworth

## from the EDITOR

How simple life is 'when you get it'. How much you struggle until you do. But what really changes? It would seem that the only thing that ever changes a negative situation to a positive one is our perspective of that situation. Whilst ever we label the situation we find ourselves

in as 'bad' there is always struggle as we resist it and try to 'fix' it.

When stress takes place in our lives, Angels immediately send 'teachers' to us to guide us out of the situation. But life can be tricky. It is hard for us to shift our focus off the 'fixing' according to how we want life to be and look for what we are meant to be learning in the situation. How often do we think, "everything will be all right when this problem is fixed or goes away". "I'll be happy when....." We have not yet realised that life is perfect just the way it is. We have not yet realised what will happen in our life when we let go the 'fixing' and allow it to be just as it is.

A friend who has come out of remission following a removal of a tumor from her breast and now has lymph cancer came to me for Spiritual Healing. Apparently, she resolved to stop putting all her emphasis on curing her cancer. She is allowing herself to be happy just the way she is. She has looked at why she has cancer and looked at letting go all feelings of being 'wronged' in life, and instead looked for the lessons. She gives herself Reiki everyday. She has looked at what she eats and honours her body by eating nourishing food that is good for mind, body and spirit. She comes to me and blisses out on the energy that comes through my hands to support her in her healing journey. Up to recently she has needed a regular blood transfusion because her haemoglobin levels had dropped to such a low level.

Recently, she went for her regular blood test. Her haemoglobin levels had risen so high and her health so good that she no longer needs blood transfusions and her doctor wanted to know all about what she is doing, as she is so healthy.

When we are sick, our focus is on 'how sick we are'. We say every day in our mind "I am sick". This reinforces the illness. Instead, let us stop identifying with the body - we are not the body, we are Spirit - and simply ask the body what it needs to be well.

In changing her focus from wanting her cancer to be healed, to just being happy right now and looking after herself in the best possible way, her body is being healed which means of course, no more cancer. Allowing life to be as it is NOW creates healing in our body. To stress about the things that are 'wrong' with our lives creates negative emotions within us and this creates more stress and more illness

Where there is peace and harmony in the body and mind, good physical health naturally occurs.

My friend says "Cancer has given her life back to her" for she has a new approach to life - gratitude

*Rosemary*

Love and Blessings

THE SOUTHERN CROSS ACADEMY OF LIGHT

# ShiningBRIGHT



FRONT COVER  
Sacred water of lourdes

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# update from around the World to the Academy

## IN THE NEWS.

### A Course In Miracles Comes to The United Nations USA

We have seen alternative medicine gradually make its way into the mainstream of health care options in the western world. Major book stores now feature large sections on new consciousness. Even businesses and corporations are talking about "Spirit." It should come as no surprise then that the Course In Miracles was recently introduced at a historic gathering of the world's religious and spiritual leaders which took place at the United Nations. When asked to sum up the meeting, Mr. Bawa Jain, the Summit's Secretary General said, "It's a Course in Miracles."

Teachings from A Course in Miracles were included in the summit events and a prayer of forgiveness from the Course completed the closing ceremony.

There was a great deal of interest in the Course and its representatives issued a mission statement on becoming associates in the UN.

Virtually all spiritual traditions were represented at the Peace Summit and an atmosphere of love, hope and forgiveness was generated leading to the venue being described as 'sacred ground'. The four day event included many meetings, forums, discussions, prayer sessions and meditations with the purpose of addressing the issue of the desperate and immediate need for world peace. It was commonly expressed that world peace is a goal of all spiritual traditions and this commonality of purpose drew the representatives together. It was agreed that there is a single working God who loves everyone and that all religions have the same purpose and that all religions must work to assist one another in our single, shared divine purpose.

Seminars on reconciliation, poverty, the environment and other related issues were held providing spiritual leaders with an opportunity to come together, to share ideas and to join forces.

A Course in Miracles was a subject of great interest to many of the leaders from countries around the world. It has been introduced to prison programs in both Mexico and the USA and, since the summit, the Course's international centre has been flooded with requests from around the globe.

A Course of Miracles aims at a transformation of mind and the development of love through forgiveness. Its lessons enable the removal of the conceptual blocks to love's presence and the development of true perception and awareness of the "quantum moment" where we share the certainty of our love for each other: the "journey without distance in an instant reality."

For accounts of the summit, visit

<http://www.acourseinmiraclesinternational.com>

(Source: Positive News <http://www.positivenews.org.uk>)

## SYMPHONIES PUSH THE PUSHERS

### Sound Turnaround

West Palm Beach: U.S.A. Tamarind Avenue's drug dealers are getting an involuntary education in classical music. Recently, police in West Palm Beach began piping the works of Beethoven, Bach and Mozart from the rooftop of an abandoned building at the corner of Seventh Street and Tamarind Avenue. It is an aural crime prevention experiment that seems to be working, police say, because the drug dealers who used to linger and do business on that corner have gone elsewhere since the classical music began playing nonstop.

"It's unbelievable," Sergeant Ron Ghianda said. "We were out there Friday night and Saturday, and today I was out there, and nobody's there. I'm assuming it's the music."

The experiment is going so well on Seventh Street that Sergeant Ghianda said he would like to see it expanded to other drug-plagued corners in the neighborhood.

The police intend to stick with the classical music, which Sergeant Ghianda described as "soothing", rather than resort to more severe measures such as Barry Manilow, Abba and the entirety of county and western.

But if police eventually turn the black neighbourhood into one big outdoor classical music zone, the drug dealers will run out of places to hide their ears. And that will lead them with two alternatives: get out of the drug business, or learn to appreciate classical music.

Considering their dedication, the second option seems more likely, and they will become classical aficionados. It will be out with bustin' a rhyme, and in with Symphony No 9. It'll be crack with Dvorak, and selling the "chronic"(marijuana) to the strains of the Philharmonic.

When a car zips by and bullets fly as Symphony No 3 in E flat is playing, the police will report it as a drive-by Schumann.

(Source: Cox newspapers. The Sydney Morning Herald Sat. 28th April, 2001)

## NEWS FROM THE LONDON ACADEMY

Slowly, beautiful people with super skills or just an open heart, have been connecting to the London Academy to contribute a helping hand. At the London Academy, we are finding that each time information is sent out about the Southern Cross Academy of Light, and hence about its English branch, the reaction of people is always of heartfelt enthusiasm.

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# The Day the Rainbows Came

by Tony Schaefer

**O**n Easter Sunday, 15th April 2001, a dedication ceremony was held that heralded the commencement of what we believe is to be a unique Holistic Training and Retreat Complex in Australia.

At the end of the ceremony, a most remarkable sequence of rainbows appeared in the western sky at around 4.00pm. There was a series of five circular rainbows, two of which were inverted. The top two connected in a tangent, another two crossed over to form the Vesica Piscis or the symbol of Christ, seen as a 'fish'.

This phenomenon is known as 'The Halo Effect' and is quite rare.

This was indeed appropriate, for one part of the Dedication Ceremony was to implant a large quartz crystal in the 'Heart Centre' or 'Christos' of the complex.

This also coincided with the fact that a medium told us before the event that on the day we would have "a sign from 'Christ' in the sky".

There was also a bright light, almost as bright as the sun, on the arch of one of the rainbows and some unusual cloud formations. One cloud had the form of an angel and another, a distinct pyramid shape, with capstone included, which is what the three main buildings of the complex are based on.



If this wasn't enough, an eagle circled the property for almost an hour.

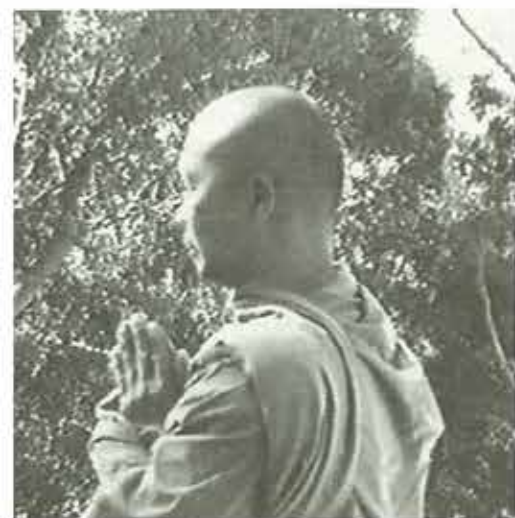
The Dedication Ceremony was held in front of nearly 100 guests and was celebrated by traditional aboriginal protection rites from Matthew Doyle (incl. didgeridoo), prayers from Catholic Nuns, chanting and blessings by a Buddhist Monk.

This complex is to be known as 'The Sathya Centre' and is located in the Southern Highlands of NSW near Berrima, just 1 1/2 hours from Sydney, 1 hour from Wollongong and Nowra and 1 1/2 hours from Canberra.

John and Valerie Barrow, with Valerie being an author, marriage celebrant and medium, own the property known as 'Alcheringa'. It has been my pleasure to now work with them over the last 18 months on this most magnificent property that is perfectly suited for the location of the complex.

Valerie told me that they also had a vision of the property being a Healing Centre when they first came 12 years earlier. She believed that when the road to the creek at the bottom of the valley was cut, a 'spring' had been released and that the water held healing properties.

When we were first introduced, I explained the three pyramid buildings needed to be located upon a 'golden  
continued on next page



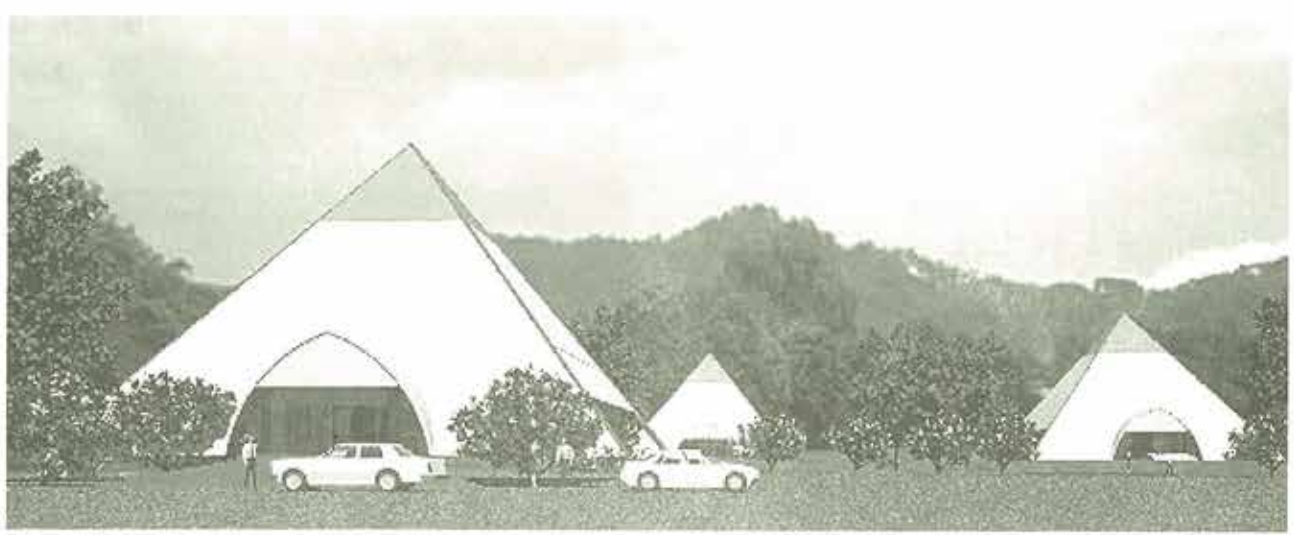
*"...chantings and blessings by a Buddhist monk"*



*The 80kg quartz crystal, at "The Heart Centre"*



*One of the Catholic nuns reading a prayer  
with Valerie Barrow*



*Artist's impression of The Sathya Centre's main buildings*

mean' which should flow from an energy vortex of light in the land. She said immediately "I know exactly where that is."

She herself had dedicated 'the spot' to the unseen Ancient Aboriginal Spirit of the land 8 years earlier. This is where the 80 kg quartz crystal now resides, once again being dedicated to the Ancient Aboriginal spirit, and spreading the energy of light through the land. It is appropriate that an Australian Aboriginal Healer brought the crystal to us.

The day the rainbows came was to bring our co-joined visions another step closer to realisation, and appears to have 'the blessing of the Gods.'

The journey in which I have been involved in putting the concept together over the last 6 years has been a most remarkable and joyous experience and fully supported and encouraged by my darling wife Vicki. It has been an unending succession of so-called coincidences, realisations, visions and meetings of wonderful people that have contributed to this process.

For the last few years of the development, I have had this sense of being led. I became the tool to help manifest this complex into a physical reality: we now have Development Approval from our local Council..

The concept behind The Sathya Centre is to show a symbolical connection of all the world's great systems and religions.

It has always amazed me how, when you look behind the dogma of most of the religions and spiritual systems, and see the symbology, how they are all saying the same thing.

Unfortunately mankind over the centuries created schools of thought that separated us into groups. Look throughout history for the causes of many of the wars and misery, which I believe, is a direct result of this separation and is still happening today.

The Sathya Centre uses a number of seemingly

unrelated systems incorporated into an environmentally-sustainable design to create a unique place that exhibits connection not separation.

Hence this was one of the reasons for the dedication ceremony being held with apparently different beliefs combining so beautifully as they did on the day

To further facilitate this connection, The Sathya Centre is a group of structures that uses proportion, size, shape, orientation and colour in a systematic and ordered way.

The Centre is not intended for any one particular group or system but accessible to all that wish to experience the energy for themselves.

The Centre comprises three main buildings designed in the shape of pyramids. Their size conforms to the ratio known as the Divine Proportion or Golden Section. The colour and usage is in accordance with the Hermetic Kabbalah.

Each building is designed for a specific purpose with the interior layout, design and colour corresponding with its function.

Thus, this connection is to be exhibited via grounding of the spiritual architecture, modern technology, energy efficiency, solar design, sustainable land use, waste management, bio-dynamics and scientific monitoring all combined in a practical and demonstrable way.

An environmental management plan has been established to look after the daily operations of the Centre.

We intend the Centre to be a model of best practice in business management, environmental focus and personal development that will be an 'oasis in the desert' that people will want to gravitate to and experience for themselves.



*Buddhist monk and one of The Peace Angels*

*For more information about this unique project, you can contact Valerie Barrow on (02) 48789304 or Tony Schaefer on (02) 48623522.*



# ANGEL DELIGHT

## part 2 of a series

by Diana Cooper

There is a story about a man who walked along the edge of the ocean, picking up beached starfish and throwing them back into the water. When someone said, "Why do you bother? It can't possibly make a difference," he gently replaced another in the ocean and replied, quietly. "It sure made a difference to that one."

The Angels of Peace wish you to know how you can make a difference to peace on Earth.

Some years ago beautiful Angels of Peace approached me. They were luminous creamy-white beings, with soft feathery wings. They stood about eight-foot tall and emanated a sense of total peace and stillness.

They asked me to impart this message to those who would listen. *'Peace must be spread and it can only start within individuals who are ready to forgo their power struggle with others. Peace is surrender to spirit, not proving you are better than another.'*

Then they suggested that everyone be asked to make a corner of their home into a Peace Corner, a space in which you think only peaceful thoughts. It can be as small as one chair in the house, but having chosen the spot, never approach it unless your thoughts are centered and peaceful. From that little corner peace will spread, filling and protecting your home.

A mother of a thirteen-year old girl told me that she and her husband were in considerable conflict and their two sons quarrelled incessantly. Their young teenage daughter decided to create a Peace Corner. She chose a chair and sat in it every day, thinking peaceful thoughts and asking the Angels of Peace to help her. Her mother told me that the effect on the household was amazing. A balm spread through the family. Within a short space of time the boys had literally stopped quarrelling and become friends, while she and her husband had resolved all their difficulties. She added that you could feel the peace as you walked into their house, and now each one of them took time to sit in the Peace Chair.

If you create a Peace Corner in your village or city, where you think peaceful thoughts as you pass, the Angels of Peace will be able to anchor peace at that point and everyone who walks through it will be touched. It is even more effective if you ask friends to do this with you.

Like all Spiritual Beings of Light, the Peace Angels are waiting and longing to help but cannot do so under Spiritual Law unless they are asked. A lady shared this story during a phone-in. Her beloved father had died and she was devastated. She did not know how she could cope with the funeral. When she went to bed, in desperation, she asked the angels to help. That night an angel came into her

dream and she heard hymns being sung around her. She felt total peace and this feeling stayed with her and sustained her through the funeral.

Angels often sing over you when you are asleep at night. If you ask them to, they will do so more often. The music heals you and fills you with peace.

Every time you think with compassion of a person, place or situation in need of help, you create a bridge of light along which the angels can travel in order to help, if you ask them to.

continued on page 6

## WORLD ANGEL DAY

7TH OCTOBER 2001



with The Southern Cross Academy of Light  
and the Southern Cross Peace Angels

Come and Spend a day with Angels from this dimension and the higher realms! There will be singing, laughing and much fun as we connect with Angels and Archangels as they touch you with their joy and love. A wonderful programme has been arranged which includes Walking the Labyrinth.

Starts 9.30a.m. Finishes: 4.30p.m.

Please bring vegetarian lunch to share.

Cost is \$45 to cover hire of Monastery, Labyrinth and other costs. **COME & BRING A FRIEND.**

**BOOKINGS & ENQUIRIES:**

Rosemary Ph: (02) 991 331 97 Narelle Ph: (02) 9969 1590

( For Country readers - Accommodation is available at the Monastery @ \$33 per night incl. G.S.T.)

## update from around the World to the Academy

continued from page 2

We have started putting the administrative structure in place, which has included the exciting enterprise of getting a bank account opened with Triodos bank, which has an ethical focus in line with the Academy's values. Every little thing counts...The London Academy is a not-for-profit organisation, the same as its sister in Australia.

The first issue of the UK version of Shining Bright will be published end of July. As the Editor of UK Shining Bright, I flew to Sydney to meet up with the team at the Sydney office and it has been agreed that the Sydney team is to be part of the focus group of the UK magazine. The London Academy will be officially opening for its first season of talks and workshops in September and October this year.

It is a very exciting happening linking our two countries. Same goals, ideals and mission statement.... One Spirit, Diverse Voices.

As the contact person in the UK, I have been reflecting on what the Academy is about, and what we are actually

doing. I believe we are holding the focus of Unity Consciousness, practicing the concept of co-creation with Spirit, and above all providing a 'space' for others to come along and simply discover for themselves how to bring harmony into their lives and to meet with like-minded people. One of the things that the Academy provides is a space where teachers can come to share their experiences and provide energy, new ways of thinking, so that those who wish to can tap into it.

If you are coming this way, know of any like-minded friends in the UK, or just feel like sharing, you are wholly welcome to contact us at [LondonSCAcademy@aol.com](mailto:LondonSCAcademy@aol.com), or on 00 44 1747 850 719. Or write to The London Southern Cross Academy at:

PO Box 93  
Shaftesbury, Dorset SP7 8QT  
England  
God Bless,

Wendy Shotton, Editor



continued from page 5

During the war in Bosnia, a politician told me that he would be visiting a refugee camp there. That afternoon, five hundred people gathered in London to create a rainbow bridge to Kosovar, inviting the angels to use it to do what they could to help. The politician later wrote to me and told me that the camp, where 50,000 frantic people, who had undergone unbelievable suffering and loss were housed, emanated an atmosphere of darkness. He felt a sense of dread as he entered and listened to the litany of ghastly stories from the anxious people.

In his words, 'Then something wonderful happened. The clouds cleared and an extraordinary light suffused the camp. The camp became alive with people walking arm in arm. There was laughter, warmth and dignity. The mood was almost exultant.' The politician left with a sense of hope.

When he checked the timing it was absolutely precise. The change happened at the moment we sent the light from London.

Individually and collectively we can, with the help of the angels, create peace on Earth.

Whenever you send out thoughts of love, compassion and peace, whenever you forgive another or have empathy with someone, you activate the Spiritual Law of Grace. Grace transmutes the karma of others and adds light to the world. You make a difference to that person. Of course, whatever you offer another, you receive for yourself. You cannot give love away for it inevitably comes back to you multiplied and enhances your life. The more love, peace,

empathy, joy, compassion and light you give out, the more credit you accrue in your karmic bank account. Your soul can call on this when you need it and you then become a 'lucky' person.

### WORKING WITH THE ANGELS OF PEACE

#### To create a Peace Corner

- Choose a corner of your house where you only have thoughts of peace.
- Invite the Angels of Peace to spread their energy through your home.
- Create bridges of light by sending thoughts of peace to people, places and situations so that the angels can access them.

#### To create a Peace Altar

- Place a cloth on a small table or chest.
- On it you may have a candle, incense, crystals, flowers, feathers, or pictures of loved ones to raise the vibration.
- An angel bowl. Find a beautiful bowl and place it on your altar.
- Lovingly write the names of anyone you wish the Angels of Peace to enfold in their wings.
- Put the names in your angel bowl and know that the angels will help them.

*Diana Cooper's new book Angel Inspiration published by Hodder and Stoughton is now available. For information about World Angel Day [www.worldangelday.com](http://www.worldangelday.com) or [www.dianacooper.com](http://www.dianacooper.com)*

Part 1 of Angel Delight can be found in the previous issue of Shining Bright





# Love Will Find A Way

by Tim Budden

**H**ave you ever noticed that when you have thought, "Ah this is hopeless" or "I can't go on from here" that there is always someone who comes along with good advice to help you. Indeed it is often when we have hit these hard times that the wise and kind words of counsel from a loved one or even a perfect stranger mean the most. It is in these times we are willing to hear new solutions or consider new ways to get out of the mess we are in.

In my capacity as a full-time Reiki practitioner, channeller and counsellor, many people come into our Reiki Clinic that are really in trouble, and that's when they really want to hear solutions. The solution to all their problems is always love. In every single case or episode, with every person, the answer is always love.

Apart from me treating the client with love, the answer is to find a way to allow the client to heal all of the fears they have with love. This includes all aspects of them that are in distress and all parts of themselves that rebel against the difficulties.

Sickness and ill health, emotional problems and mental anguish etc. are all caused by fear. Fear puts stress on and creates blockages to the flow of Ki (subtle life force energy)

through the person. The result is physical, mental and emotional dis-ease. If prolonged, it creates deep-seated sickness and degeneration.

Some examples of fear may be; e.g. fear of not getting or having enough; fear of letting go; fear of not gaining approval from certain sources and so on.

Fear impacts negatively on people's health and wellbeing on every level. Fear does not allow us to love ourselves and others fully as human beings. It does not allow us to love humanity as creations of God, as creators with God, and yes as God itself.

Anyone who understands metaphysical knowledge knows that all life is one, and yet we can still have certain



*Tim Budden and Noriko Kawamura*

preferences over some people. We may love some people and despise others. We may feel some people are superior, and others inferior. Where is the oneness in that? How can we say "We are all God" and "We are One" when we hold these beliefs about others? The answer is to look inside ourselves, and see what is stopping us from being the expansive loving beings that we really are.

It is important to look into the mind and see all the fears that are holding us back. It may be fear of having approval from certain people that makes us compromise our principles. Perhaps it is fear of the love of others, as we may not be able to accept what they have to give, indeed we may be too afraid to reciprocate. These are things that can hold us back, hold us into limitation and not let us reach our divine heights.

What is it that frightens you in your life? Is it that your love will not be reciprocated? Is it finding after you've given love, the other person has not received? We can always give and receive love with our fellow human beings anywhere anytime. It is a matter of opening up our hearts, and overcoming fear of rejection, failure etc that we have in inside us.

Sit quietly and try the following exercise. You can try some or all of the steps to heal fear:

- 1 You can practice opening your heart and spreading love by thinking of someone or something you love and spreading the feeling of love around your body.
- 2 Let this feeling grow and grow until you feel it spreading out of your body filling nature and everything around you.
- 3 Give the love you're experiencing to any part of yourself you don't feel good about; let it flow through you and heal.
- 4 Connect with Spirit by asking for guidance, advice and service. Let the love flow through you.
- 5 Let the love fill the parts of your body that are ailing or not very well.
- 6 You can send love to memories of times when things

continued on next page

**The solution to  
all their problems  
is always love**

were not well, when you were unwell or didn't feel very good about yourself.

- 7 You can send this love to yourself as a child (in your memory) in particularly tough times; for example in school, with parents, grown ups or loved ones. Send love to yourself in times when you failed. The list is endless. Love can be sent to times when you felt you didn't have enough time, money, love, help, welfare etc and felt bad about it.

Send love (over a period of time) to all parts of yourself and allow those parts to heal. Allow yourself to overcome all your most deep-seated fears with love. Because you are healing all the fears that hold you back, you will then be able to love others more fully, deeply, expressively and unconditionally. You can cultivate and develop a love for humanity and all of nature.

The first step is to start loving nurturing and healing all those parts of ourselves that are unacceptable or we can't love. Do you see the catch? The parts of us that really need love are neglected because we don't feel good about them or we dislike them. Thus the fear-based pattern is reinforced. These parts of us are precisely what is holding us back from being the wonderful loving beings that we are.

Love your fear and it will disappear, give love to it like you would to a dear one in distress. Hating your fear will reinforce it because hate is based on fear.

You can start small. Start with just a little memory of when you didn't do well in a test as a child or failed in some other way or form. Just love and caress that person you were like you are the most loving caring parent/friend.

Comfort and love that part and help it release any fear it is carrying. That's the method. Easy isn't it? Perhaps easier to say than perform, but this is a sure fire way for people to overcome fear and be well.

I'd like you to consider love as a tool for healing physically, mentally and emotionally. It will give you the strength and power to love others because it will help you overcome your fear – which is stopping you from having all else. So spread your love to yourself, through your body to your feelings and emotions in distress and out to all humanity and nature.

*Tim Budden and Noriko Kawamura are full time healers and Channellers who practice and teach Reiki in Australia and Japan. They may be contacted at Reiki Clinic, 134A Willoughby Rd, Crows Nest NSW 2065. Ph 9439 7894, Mob: 0429 023 188*

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## RECONCILIATION THROUGH RADICAL FORGIVENESS

with Colin Tipping

author of *Reconciliation through Radical Forgiveness* and *Radical Forgiveness, Making room for the Miracle*

In Alice Springs and Uluru September 2001

**Friday 7th September 7.30 - 9.30pm**

**THE RADICAL FORGIVENESS CEREMONY**

Based on a Native American healing circle ceremony, this largely non-verbal process has proven to be extremely effective in helping people forgive themselves and others and to find peace and happiness. We will use it this night for the individual healing for those present and for healing 200 years of racial division between indigenous and non-indigenous Australians.

**Saturday 8th September 9.00am - 6.00pm**

**RECONCILIATION THROUGH RADICAL FORGIVENESS**

An event to empower reconciliations through spiritual means, using the technology of Radical Forgiveness.

It will be a magical day of dance, music, meditation, ceremony, storytelling and healing on all levels.

Millions of people across the globe will join us in a noon forgiveness meditation.

**Sunday 9th September**

**THE RECONCILIATION CEREMONY AT ULURU**

We leave Alice by bus (or plane if you prefer) to arrive at Uluru mid afternoon for a special evening ceremony. During this ceremony we will anchor the energy of reconciliation into the land at the very heart centre of Australia. This will be a highly symbolic act of reconciliation.

**Sunday 9th September - Saturday 15th September**  
**A SPIRITUAL JOURNEY INTO THE OUTBACK**

Join Colin, his wife JoAnna and Tour Guide Tamayra Hayman on a spiritual journey from Alice Springs to Uluru. We will go out into the bush to share daily life with our hosts, the Pitjantjatjara, taking forgiveness and reconciliation to the very heart centre of Australia. Besides Uluru, we will visit Cave Hill, Kata Juta Gorge and Kings Canyon. We will anchor the energy of forgiveness in the land through ceremony, music and shared story-telling around the evening fire with our hosts. We will walk the Ngintaka trail, sleep under the stars and learn the ways of our hosts.

**ENQUIRIES & BOOKINGS**

Phone: (03) 9844 4220 or Fax: (03) 98744 1277

**Love your  
fear and it will  
disappear**

# The Sacred Water of Lourdes

by Geraldine Taylor-Wood

In November 1999, I had a sequence of signs which were to set me on the pilgrimage to Lourdes. An ex-nun who had joined us on two previous Sacred Sites Tours, (that we conduct annually), had told me at one point, that she had been guided to bring to me a rare picture she had of Sainte Bernadette of Lourdes, and she did not know why this was so pressing.

A few days before this, I had been in an 'unearthly' state and said to Richard, my husband, this is how I feel when a very significant vision or dream is about to erupt. Next morning, I knew I had to drive out, off Tamborine Mountain our home in S.E. Queensland. Richard had jobs to do, and so I had to wait a couple of hours. The urgency increased, I had to go.

We got in the car and Richard said "Which way", "I don't really know" I replied, then, "Oh, well, turn right". We headed down the mountain towards Beechmont the

next mountain range. On again and we came to crossroads. I didn't have a clue as to where we were, and then I saw a sign nailed crudely to a tree "Marianne Valley" it said, "That's it," I cried and on we went.

Turning into a Catholic Sanctuary, we parked the car and walked towards some buildings. A priest strolled over to greet us, "Hello", he said casually, "Come to see our new Lourdes grotto?". Father Gabriel led us to a

replica of the grotto at Lourdes with a statue of Sainte Bernadette standing prayerfully to one side.

My meditations were to confirm that Lourdes was to be added to our tour of the holy places of France.

Sainte Bernadette Soubirous



*Procession of pilgrims at Lourdes*

The story of Lourdes as it is today, goes back to February 1844 when Bernadette was fourteen years old. The daughter of totally devoted parents, they lived in abject poverty in a jail considered too derelict for prisoners. On the day of her first vision, Bernadette with two other children went searching for some firewood. There was none in the immediate vicinity, so they wandered further afield. Bernadette stopped momentarily, when she heard a rushing coming from a grotto behind her.

She turned to see a wild rose bush (*Rosa canina*) moving in a gust of wind. Then she saw a smile, and outstretched arms, and a "Beautiful Lady", later to be named as the Virgin Mary, appeared bathed in a "gentle light".

Grasping her rosary, fear dropped away as Bernadette, enraptured, completed her prayers. After three original visions, Bernadette then went on to experience fifteen days of apparitions.

The most important message given to Bernadette was to scrape away the soil and there would be water. In front of curious villagers, clergy and family, only dirt was there. On the next visit to the grotto, repeating this action, water bubbled up through her hands. From this water, from then to today, Rome has authenticated nearly a hundred

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*Sacred Sites  
of England*

17 DAYS – SEPTEMBER 2001  
With Geraldine Taylor-Wood & Richard De Welles

For a Detailed Brochure  
Phone Geraldine on 07 5545 3650

miracles, and thousands of documented healings.

Bernadette herself could not wait to get out of the public eye and become a nun. Suffering all her life from acute asthma, she died in a town called Nevers at thirty-five years old.

Our group from Australia went to Nevers to see her incorrupt body, which had been exhumed intact sixty years after her burial. She lies in a glass coffin, her beautiful face and hands exposed from nun's habit for all to see.

Perhaps, as I am not a Catholic, it had never occurred to me to visit Lourdes, which almost borders Spain. I pondered on why it had come up, and shared with Richard my slightly disconcerting feeling that this journey may be very necessary for one of our group of pilgrims.

It was a couple of weeks before the tour was to depart, when my eldest daughter phoned me with the sad and shocking news that she had breast cancer. It was I that would need to make that journey, to bring the water back to Samantha in London. I spent a few days with her before setting off with the group. I was so pleased that I was able to assure Sam that I would be lighting a candle for her in Lourdes, and returning with the holiest of waters (Millions



of litres of this water are sent all around the world to those in need every year).

#### The blessed town of Lourdes

We arrived for our three special days in Lourdes, and encouraged our Australian Pilgrims to embark on their own inner journey, and take time and space to spiritually re-new and replenish at this sacred, watery place, remembering that Lourdes had been a significant sacred site before even Bernadette's revelations. We stayed at a simple convent where we could come and go at any time of the day or night, for at night the grotto is particularly peaceful.

Lourdes is set in the foothills of the Pyrenees, and I never would have dreamed for a moment that it would be such a beautiful place. I was reminded of what Hamish Miller, the author of 'The Sun and the Serpent', had said in a BBC documentary, that a sacred site is primarily a place of absolute beauty.

The houses are typically French with blue shuttered windows, with garlands of red geraniums framing them in window boxes. The verdant green hillsides peaked around in every direction. A river runs through the heart of the town banked with quaint cafes. Many complain of course of the tourist trade there, but there is only one road responsible for plastic Madonnas and bleeding heart statues, that can be easily avoided. The rest of the town and surrounding countryside is breathtaking.

#### Three Highlights; the grotto, the procession, the path

Each evening, at twilight, there is a candlelight procession. Every person lights their candle from the next person's. Wrapped around the candle is a curve of parchment paper with the Ave Maria inscribed on it. It is an amazing sight to see up to three thousand people from the far corners of the world form a human rosary, a bejewelled path of light, as they process around the perimeter of the church. One night, I took part in the procession, the next I climbed to the top of the grotto to see the sight from above, and what a sight it was. Humanity as one.

**She turned to see a wild rose bush moving in a gust of wind. Then she saw a smile, and outstretched arms, and a "Beautiful Lady", later to be named as the Virgin Mary, appeared bathed in a "gentle light"**

## *Sacred Sites of France*

17 DAYS IN MAY 2002

Led by

Geraldine Taylor Wood & Richard De Welles

We follow a grail Quest from the holy waters of Lourdes to the Gypsy Festival in Provence. Discover the mysteries of Rennes Le Chateau in the beautiful Pyrenees. Follow the trail of the Black Madonnas with their miraculous powers. Spend time in Mary Magdalene's Cave of Solitude, Chartres Cathedral, Joan of Arc's birth place, Knights Templar/Cathar Castles and more.



FOR A DETAILED BROCHURE  
Phone Geraldine on 07 5545 3650

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# RECOVERY & SPIRITUALITY

by Michael Bloch



"I don't believe in God", said I

"That's okay Michael, he believes in you", said he.

"God" was a dirty 3 letter word to me. The way I perceived the word at the time, there was no way I wanted to

believe in him. And if he did exist, I wanted nothing to do with him.

I still remember one of my first brushes with AA. It was while I was a full-time resident of a psychiatric hospital. I say resident, because my various ID cards had the hospital details as my address – there was nowhere else to call home.

At the first meeting I attended, I got up and spoke about my life. Several people cried as I told my tale. I found that strange as my story really wasn't all that different to anyone else's. Perhaps it was because I was only 21. Many people that attended congratulated me on my courage. It wasn't a case of being brave. I had no intentions of being on this planet in a fortnight from then. I no longer cared.

The hospital was releasing me and I had made firm plans regarding my departure from this life. The doctors had supplied me with all the drugs I needed to carry this out and I had researched the toxic levels of all the medications I was prescribed. "Game Over Man"...or so I thought. They gave me tranquilisers, sedatives, tricyclic anti-depressants and drugs to slow my heart down, as I had problems with tachycardia. I was prescribed these things as I was still displaying signs of depression and anxiety. My condition was in reality prolonged withdrawal symptoms consistent with cross-addiction. As it turned out the overdose didn't work, which to this day still puzzles me. I had planned it carefully, ensuring that one drug didn't cancel out another and tripled toxic dosages to make sure. Maybe someone had other plans.....

When I was at that meeting, I remember hearing about and seeing the 12 steps to sobriety. When I read the word "God" in many of them, I cringed. It was my first stumbling block that kept my mind resistant to AA/NA for another couple of years. But the seed was planted. The words spoken to me by that man stayed with me.

When I finally hit rock bottom, it was very strange. I still had money in my pockets, enough to stay intoxicated for a few days. My life had become split into a few hours of drinking followed by a few hours of unconsciousness. I can't remember too much of the events leading up to me making that phone call, but something inside me broke. I was emotionally desolate. I couldn't live and I couldn't die. I had not only walked through the gates of hell, but was

rapidly becoming the gatekeeper. Pride had been washed away, and there was no energy for manipulation. I was a carcass with a heartbeat – there was only pain. I remember screaming internally for whoever was running the show to end it, or help me. I then made the telephone call and began to recover.

I have often questioned this chain of events. Maybe "whoever was running the show" saw that he/she/it finally had something to work with. It was useless before as I would always manipulate and try and do things my way. But in this state, – broken, sick and confused, I was the perfect pupil to learn some very hard lessons.

I came to learn that "whoever was running the show" was my Higher Power, the God of my understanding. Over the years that followed, I realised "God" is not a dirty word, although it is a term I rarely use because it seems to have lost its meaning in our society. I have come to know "God" by a different name, a very personal name. It is merely a reference to the source of everything that is good, creative and loving in our universe. It is the force that I try and listen to. I fall deaf often, but keep trying.

The "Higher Power" referred to frequently by AA and similar groups simply means the power that is greater than you. When you think about it, how many times have you tried to give up the drink and drugs but failed? Being an addict means that you cannot control your substance intake or successfully cease taking it on your own.

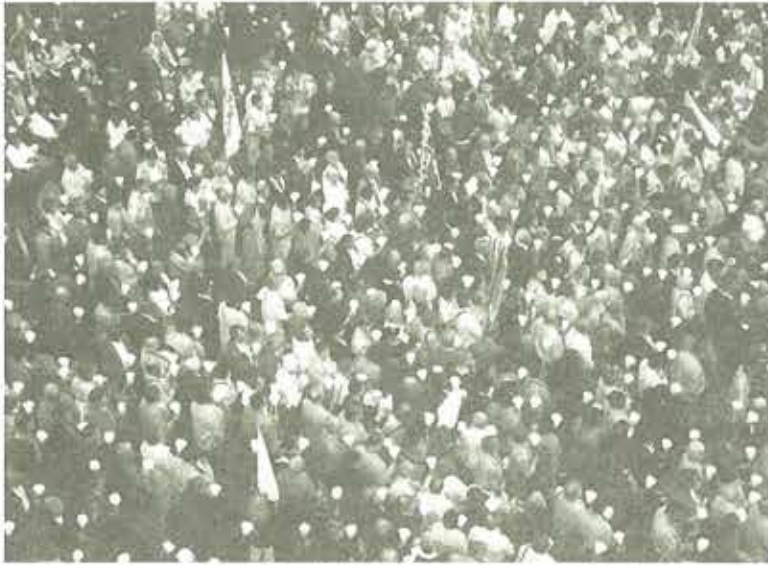
For all of us who have recovered, a higher power must have been involved. As to what your Higher Power is, that's not for me to decide, it is something that you will discover yourself over time. It will be a powerful force that you can develop a personal relationship with. It will be your friend and confidante in the darkest hours. It will never fail you.

Some people find that their "Higher Power" is the God of their childhood, or perhaps it is the concept of another Creative Force, for others it is a concept that is so abstract that they cannot explain it to anyone else, but they understand it themselves. As one of the steps says – it is the "God of your understanding".

Many addicts are agnostic or atheist, which is totally understandable. Our childhoods and current lives of continual strife and torment lead us to believe that this is a

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**I had not only walked through the gates of hell, but was rapidly becoming the gatekeeper**



*Candle light procession of pilgrims at Lourdes.*

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The next day, I spent time in the grotto. There, I lost all body and sense awareness, the power inside that cave was indescribable. I could not say if I had been inside a moment or an hour. I seemed to have entered an altered state, where I experienced the gentlest of loves, far beyond my own experience of mother love, 'She' touched me deeply, me, a troubled mother with a daughter afar with pain in her breast. I lit a metre long candle for my darling daughter, and prayed for her recovery.

On my last day, I queued for five hours to be immersed in an ancient stone bath containing Lourdes water. There are three baths for men, five for women. The wait reminded me of Darshan in Sai Baba's Ashram in India. The mood amongst the waiting room was joyful, with a sense of kindred spirits, sometimes we were silent, and then songs would be sung.

Finally I was called into a cubicle and dressed in a deep blue 'Mary' robe. I was led to curtains, which parted, and I was told to drop the robe. Naked, I walked forward and was assisted by two women into the cool spring water in the bath, and then submerged. I was invited to kiss a simple crucifix, and then was wrapped in a white robe.

Words cannot describe this act; one must go, if called, perhaps once ever in a lifetime, to have this remarkable experience.

I am happy to tell you that a year later, my daughter is very well indeed. Richard and I will return with willing pilgrims in May 2002, and maybe I shall meet again the Irish nurse who comes each year, and who told me as we waited for the bath. "My children say I'm an addict", she laughed, "Yes, I'm addicted to Lourdes".

For further information:  
Geraldine Taylor-Wood and Richard de Welles,  
phone: 07 55453650



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normal way of life. We think that God must be one sick puppy to sit back and let it all happen. Some of us were raised with the concept of God being a spiteful, fearful entity who would quite happily send us all to Hell to burn forever.

"Whether it's God or the Bomb, it's just the same and it's only fear under another name" – Ollie Olsen

The above verse basically summed up how I felt about the "big guy".

In your recovery, try and put these types of opinions and conditionings aside, open yourself up to whatever your "Higher Power" is – I guarantee you will be pleasantly surprised.

A gentle word of warning: Be careful in your choice of a "Higher Power". Choosing other recovering addicts as your sole source of inspiration is very dangerous. There are people who are quite entitled to make mistakes and "fall off the wagon". And I am sure that they don't wish to take others with them.

I remember the story of a man who chose a very old tree to represent his Higher Power. He admired the tree, it was hundreds of years old, had withstood many storms, diseases and pestilence. It was beautiful and bursting of life. His recovery went very well and he would visit the tree often. He would sit under its branches and contemplate. This went on for a number of years.

On one of his visits, he found that the tree had been cut down. The man immediately went to the closest liquor store, brought a bottle and returned to the tree. He then sat on the stump and drank... then drank some more...and more...your get the picture. It was many years before he could get back on track again. In this instance, the man put his faith into something tangible, that could be affected by other humans. Perhaps he should have focused on the force that created the tree. That which is eternal.

I may not have believed in God, but I know now that He believed in me...and I am greatly humbled – especially after all the rotten things I said about Him!

Michael can be contacted through the Academy on  
(02) 9913 3197



# ASTROLOGY OF THE SOUL

with Geraldine Taylor-Wood

*Gerry Taylor Wood began her astrological studies in 1971. In the 80's she qualified from the London based Centre for Psychological Astrology where her teacher was Dr.*



*Liz Greene. For many years Gerry had a school in the U.K., the Centre for In-depth Astrology. For the last ten years she has run Sun Sign Columns in London and Australia, travelled and lectured in U.S.A., U.K. and N.Z. and has an international clientele. Gerry has been interviewed many times on Australian T.V. and radio*

**JULY (June 22 - Jul 22 Cancer)**

Jupiter arrives in Cancer on the 14th July. It is his first visit for twelve years, and he brings a wonderful array of blessings. The largest planet in the solar system is vibrationally aligned to the Archangel Zadkiel, who rules ritual and ceremony, philosophies and religion.



Therefore a time to increase meditation and spiritual practices. As a planet of travel, seek out spiritual sanctuaries, "boldly go where no man has gone before" both physically and with the higher mind. Now in the sign of Cancer which rules mediumism and channelling, it is extremely sensitive.

You will find that it activates the lunar-ruled right brain, bringing in its glorious wake prophetic dreams and an expanded sense of reality. There will be a resurgence for the next year of interest in the feminine, or Goddess, her ancient sites and temples. Yet also a deep longing within to return to wherever is "home" for you. Journeys to the places of your childhood, reconnecting with extended family members not seen for years. Home will be a big focus and the mother and her role today.

Full Moon: 5th July **MEDITATE ON;** Family Blessings

**AUGUST (Jul 23 - Aug 23 Leo)**

If Cancer is the Queen of Heaven, then Leo is the King. His function is the priest/king/healer archetype. It is the radiant True Self that is pure gold, and therefore incorruptible. This is the time for all of us to contemplate our essence and to go within, to our hearts, and remember who we truly are. Then our daily meditation will be to gently, yet firmly remove all those things in our life which, like the shining knight in Sleeping



Beauty, we have become tangled up in, the barbed dark forests,

on our way to our true love, our Truth.

Yet, as the planets in Cancer are still very present in the Leo month, instead of kingly egotistical consciousness, it will be tempered and guided gently by the need to honour the Silver Queen within. Thereby we balance our male and female energies and the kingdom is safe.

Full moon in Leo 4th August. **MEDITATE ON** The Indomitable Spirit.

**SEPTEMBER (Aug 24 - Sept 22 Virgo)**

If Leo and Cancer are King and Queen, Sun and Moon, then Virgo is their healing angel. Virgo, ruled by the planet Mercury, aligns to the archangel Raphael, who presented the Caduceus, the healing wand of entwined serpents and sword, to the Emperor of Rome.



Contained within its mystical power was the ability to cure man of his ills. Through archangel Raphael, we find that to every plant there is a planet and to every planet a plant, in perfect synchronicity of illness and cure. Thus Virgo is the sign of the Therapies. 'Thera' was the goddess of Care, and all who help and heal fall under the healing vibration. This month review your diet, exercise, sleep quota, and reaffirm what foods and activities make your body sing, and DO them! Oh, yes and remember to drink lots of good water!

Full Moon: 2nd September

**MEDITATE ON;** Body as Temple



## ASTROLOGY OF THE SOUL

With Gerry Taylor Wood

### SATURDAY WORKSHOPS

14th July 9.00 - 1.30 p.m. 21st July 9.00 - 1.30p.m.

At: Ramala Centre, 5 Amaroo Avenue, Elanora Heights.

Gerry will take a unique and indepth look at the 'karmic content' of your birthchart. Beginners and advanced students will both benefit from these mornings as they will gain new insights and interpretations between planets and chakras and how they activate their personal healing

### SUNDAY WORKSHOP

22nd July - Whale Beach 10.30 - 4.30p.m.

The 'Light' Side of Celestial Fun

Make 'Light' of your cosmic lives! Feel what it is like to be Venus, Mars, Moon or Saturn. Play with art, music, guided imagery, drama. Come and have fun! (Bring Lunch to Share)

**\$55 each Workshop**

Enquiries: Rosemary 991 331 97 or Gerry (07) 5545 3650

# Chaos, Complexity and Compassion

by Carole Douglas

**H**assan is a sweet faced ten year old who lives in the small Kutch village of Lodae in N.W. India. On the morning of 26th January 2001 Hassan and his schoolmates were gathered at their primary school in preparation for India's Republic Day celebrations. Hassan's father, a bus driver, had earlier taken a busload of people to the town of Anjar some 80 k distant. His mother was at home with her other five children getting ready to go out and watch the school celebrations. At precisely 8.50 am the world of this family changed forever.

"At first I thought it was helicopters" Hassan told me his eyes widening as he recalled the moment. "Then the noise got so loud and everything started to move" As he spoke, Hassan's hands moved wildly back and forth "And then" he said, his eyes at their widest "There was an explosion so loud we all thought it was a bomb and the ground dropped, bang! the building started to fall and we were all running outside and some of my friends were hurt."

**Children play  
the game of  
"Earthquake"  
amongst the ruins  
...it's their way of  
coming to terms  
with the trauma**

Hassan managed to run home. He cannot remember when the ground stopped moving but he clearly remembers reaching his house and finding it in ruins. His mother stood outside with four of her children. Hassan's missing brother lay dead under the rubble.

"My mother was crying" recalls Hassan "and my father did not come home that night and we were all frightened and hungry and very cold".

Night on the edge of the \*Rann is indeed cold in January and for Hassan's family and hundreds of thousands of others throughout the area this was to be the first of many nights spent in the open without adequate shelter, bedding and food. And the aftershocks continued.

"We had no food or water for two days" Hassan told me "Then people came from other villages with food and blankets".

Aid did not come quickly to the outer villages of Kutch



*Hassan and family*

and families such as Hassan's were forced to survive as best they could with limited help from family and neighbours. I visited Lodae two months after the earthquake and it was Hassan who volunteered to guide us the many kilometres across the Rann to see one of the earthquake phenomena. With a magnitude of 6.9 on the Richter scale and a ground wave of 8, the 90 second earthquake ripped through Kutch with such force that villages and towns instantly became rubble and a number of geological events occurred. Near Lodae a pool of saltwater appeared in the Rann. Some six weeks later a second pool appeared. Walking across the parched land I felt the crust of the Rann to be precariously thin underfoot. I was pleased to leave.

Hassan's family now live in a tent. Their house site is cleared and they wait for government assistance before they can build again. The government is agonisingly slow to act, overseas relief is all but finished, NGO's have been and gone and as at the time of writing this Hassan is without a school to attend and his family faces the oncoming monsoon without adequate shelter or village infrastructure. Yet they still smile and offer tea. Hassan was happy to be of service to me for, like all Kutch children, Australia is the land of cricket heroes. "Shane Warne" Hassan immediately grinned when he learned I was Australian.

Hassan's story echoes the stories of thousands of other people in earthquake devastated Gujarat and during my six weeks journey I was to hear it many times. I heard it from strangers and friends, politicians and aid workers as I stumbled over the rubble of what were once functioning communities. And this earthquake laid bare more than the earth and it split apart more than buildings. Economic and social systems are disrupted and corruption coupled with caste discrimination makes life harsher than usual in this drought prone region.

Yet people survive on this tenuous edge of uncertainty. Children play the game of "Earthquake" amongst the ruins. They suddenly call out and run away or they build



rubble towers and stamp on the ground until they topple. It's their way of coming to terms with the trauma. Women hang their washing on fallen walls to dry, weavers weave away under broken roofs, camels haul concrete debris instead of cotton and donkeys cart sand instead of grain. Temples rise again in the dust. Life slowly resumes some of its customary rhythms and patterns. The Prime Minister finally made a fleeting visit after four months and rumour still persists that the new town plans will be ready any day. People suspend belief and I suspend judgement for the utter complexity of this situation stretches me to new limits of understanding.

And now newly back in this lucky place called home I begin the task of making sense of these out of the ordinary experiences. Community projects initiated before departure now take stronger shape and gain momentum as more people come on board. I accept that a few years' work and commitment lie ahead and for those who wish to join in I can guarantee an exciting journey. As far as the money

is concerned well, I know we can all dig that much deeper until we touch the currency of compassion found within and that's limitless. And it's a gift indeed to be given the opportunity to use these precious inner resources to create new and healing light.

For more information about Community to Community projects contact Carole Douglas on 9949 2600.

*\*Both the Great and Little Ranns of Kutch are saline*

*Hassan at the hole in the Rann*

*deserts. The Great Rann forms the border between Pakistan and NW India. During monsoon the sea inundates the Ranns and Kutch becomes an island separated from the rest of India.*

Note: While the official death toll of this earthquake stands at 20,000, the locals claim it is more than 150,000.



## *Bernie Prior*

A Self Realised Master  
Working as a Universal Teacher

Returning to Australia from  
the UK in 2001

3 DAYS ONLY IN SYDNEY:  
19th - 21st AUGUST

*"How much do you want Love, Joy, Peace in your Life? If the answer is completely, then I urge you to 'hold the space for the new' in every moment of your life. To be completely new in every moment, in every situation, to be this 'courageous', this REAL, is the only true way to burn out and transform the ego's grip on your life & life on Earth. See yourself & everybody & all situations from a 'New' light, from a perspective of true enlightenment. - 'All is God'."*

**SUNDAY WORKSHOP-19TH AUGUST:**  
"HOLDING THE SPACE FOR THE NEW"

VENUE: The Tramshed Community Arts  
Centre "Lakeview Room"  
1395 a Pittwater Rd, Narrabeen

TIME 10.30 - 4.30 pm  
COST \$80.00

**MONDAY 20th AUGUST**

at the Academy Meeting:

"HUMAN DIVINE CONSCIOUSNESS"

VENUE: St. John's Uniting Church Hall  
Cnr. Yeo & Barry Sts, Neutral Bay

TIME: 8.00 pm - 9.30 pm  
COST: \$15.00

**ENQUIRIES & WORKSHOP CONFIRMATION**

Madeleine (02) 9810 5527 or EMAIL:  
rosemary@a-light.org.au

• *Information and bookings for the 8 day retreat, please contact Madeleine on (02) 9810 5527*

# The Cracked Pot

A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck.

One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream.

"I am ashamed of myself, and I want to apologise to you." Why?" asked the bearer. "What are you ashamed of?" "I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." Indeed, as they went up the hill, the old cracked pot

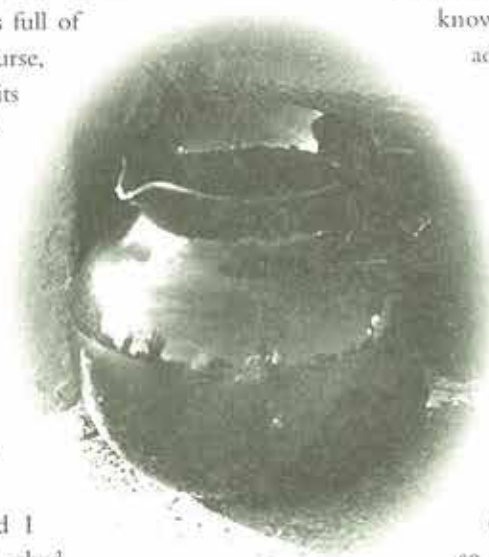
took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologised to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them. There is a lot of good out there. There is a lot of good in us! Blessed are the flexible, for they shall not be bent out of shape.

Remember to appreciate all the different people in your life! Or as we like to think of it - if it hadn't been for the crackpots in our lives, it would have been pretty boring and not so interesting...

So, thank you to all our crackpot friends



## A DROP OF WISDOM

*"Wealth will never be achieved when sought after directly...it only comes as the by-product of providing useful service."*

Henry Ford

Years ago, this wise statement was made by a man who changed history.

During the same time, Ford was asked: "Henry, if you were to lose it all (your wealth) today...what would you do?", he quickly replied: "I would find a unique human need and fill it; and in no time at all, I would have it all back".

## Think Serendipity

The faculty of making  
happy discoveries  
by accident

A GnB incentive 0409619203

# LOVING RELATIONSHIPS AND SEXUAL MAGIC

## The next step in Conscious Relationships

Discover deeper states of love and ecstasy within yourself through Conscious Loving Relationships and Sexual Magic. This is not Eastern Tantra, but new understandings from Western mystical Qabalah practices.

Greatly extend your ability to love and be more open to receive love. Increase your sensual and sexual abilities, deepen your intimate connections with your spiritual Self using the ancient art of Sexual Magic.

### LOVING RELATIONSHIPS

Love is the most talked about and yet, the least understood subject in the world, generally resulting in pain and conflict. What causes the most beautiful and powerful energy to become corrupted and cause so much heart-ache?

This workshop answers this question, giving you clear steps to building a fully conscious relationship with your favourite person.

### Sexual Magic

The correct and creative use of full conscious love making is one of the most powerful energies on the planet. Within our loins lies an energy that has the potential to create total Self-Realisation and Enlightenment. Unfortunately, most humans have a love/hate relationship with sex that is reflected in many ways (i.e., sexually transmitted diseases, fear of pregnancy, promiscuity, self-destructive perversions, denial, shutdown, religious intolerance, rape, abuse, etc.). Society has done much to suppress our divine sexual nature and most people are ignorant of the potential uses of sexual energy. When we accept and embrace our sexual nature we are free to use its awesome power for our benefit. We no longer worship it or deny it. We come into balance and view our sexuality as part of our divinity. It becomes joyful, light and loving. We learn to use sex for more than procreation or sensual gratification.

### Celibacy

There is much misunderstanding around celibacy. True celibacy is not a denial or suppression of sexual energy. True celibacy is when one chooses to focus/channel their sexual energy, in non-sexual ways, into other areas of their being. There are many ways to do this but Conscious Sexual Magic is not one of them since it involves sexual stimulation. Conscious Relationships embraces both the sexual and the celibate path.

### The Art of Sexual Magic

Sexual Magic means sacred sexuality and is a gentle spiritual discipline. The act of conscious lovemaking is a participation in cosmic and divine processes. The experience of transcending space and time, of surpassing the phenomenal duality of spirit and matter, of recovering the primal unity, the realisation of the identity of God/Goddess All that Is.

The origins of Conscious Sexual Magic come from Qabalah mystical practises dating back to before the birth of Christ. In its more modern version it draws on observations that life itself was a result of the act of love. This simple fact is difficult for us to remember at a time when sex is considered shameful and dangerous by many.



with  
Colin P. Sisson

*An Internationally recognized writer and seminar leader with many years' experience in training people to expand their awareness, to achieve their full potential.*

*A Vietnam veteran and a long-term student of the Qabalah. The author of 7 books, Colin continues to travel and present his Psychology of Success concept.*

## SYDNEY WORKSHOP INFORMATION

### Weekends

**Loving Relationships and Sexual Magic (first time in Australia)**

WHEN: Nov 17 - 18 9.30 am - 3.30 pm

### Breath Integration 1

WHEN: Nov 24 - 25 9.30 am - 3.30 pm

VENUE: Passionist Monastery 38 Killeaton St, St Ives

### Evenings

#### Rights to Riches

WHEN: Nov 20 - 21 - 22 7.30pm - 10pm

VENUE: Crows Nest Community Centre 2 Ernest Pl. Crows Nest

COST: \$195 incl. GST all workshops

## BOOKINGS & ENQUIRIES

Rosemary: Ph 991 331 97 Email: [rosemary@a-light.org.au](mailto:rosemary@a-light.org.au)

## AVAILABLE TRAININGS AND WORKSHOPS

BREATH INTEGRATION

FOCUSED AWARENESS MEDITATION

SOUL PATH

CONSCIOUS RELATIONSHIPS

YOUR RIGHT TO RICHES

MEN'S AND WOMEN'S W/S

FIRE WALKING

SELF-ESTEEM & SELF-MASTERY

FREEING THE INNER CHILD

AN AMAZING EXPERIENCE TO CONNECT  
WITH ALL THAT YOU ARE

# IF TOMORROW NEVER COMES

Anon

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord your soul to keep.

If I knew it would be the last time that I'd see you walk out of the door, I would hug you and kiss you and call you back for one more.


If I knew it would be the last time I heard your name lifted up in praise, I would video tape each action and word, so I could play it back for days.

If I knew it would be the last time to spare an extra minute or two, I'd stop and say "I love you", instead of assuming that you know I do.

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and hope we never forget. Tomorrow is not promised to anyone, young or old alike, and today might be your last chance to hold your loved one tight.

So if you're waiting for tomorrow, why not do it all today? For if tomorrow never comes, you will surely regret the day, that you didn't take the extra time for a smile or hug or kiss. And you're surely too busy to grant someone, what turned out to be their last wish.

So hold your loved ones close today and whisper in their ear. Tell them how much you love them and that you'll always hold them dear.

Take the time to say "I'm sorry, please forgive me, thank you or It's OK", and if tomorrow never comes, you'll have no regrets about today. Apologize and start anew and tell the one who loves you, that you love them too! 



## SACRED CEREMONY for SELF KNOWLEDGE with the ANCIENT WISDOMS of the ESSENES

with Anne Castle

This workshop involves you in the practices and healing wisdom of the Essenes. The Essenes worked with Angelic forces. Come and experience them through sacred ceremony.

**Workshop:** July 21, 2001 1.00p.m. – 4.30p.m.  
at Allambie Heights

\$40.00 per person

**Bookings/Enquiries** Anne Castle Mobile 0415 408 874  
email [treetops.119@bigpond.com.au](mailto:treetops.119@bigpond.com.au)

*All Money  
Matters*

## All Money Matters - Supporting You to Live a Truly Abundant Life!

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- interating the Laws of Abundance into your day-to-day life?
- freedom to follow your life's passion?

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**Louise Brogan 9974 5128**

**Jon Paul Miller 0500 508 058**

**"Resolve the Past, Invest in the Present,  
Secure the Future"**

# PALLIATIVE CARE

by Beatrix Flis

**M**ost of us have at some stage heard about Palliative Care, even if we were sometimes not quite sure about what it really meant.

Palliative Care service improves the quality of life for people living with cancer or other life-threatening illnesses. It offers support and encouragement for patients including physical, spiritual and emotional aspects and support for their families and carers. It is a special service which has grown from the Hospice Movement in England and since the 1950's has expanded into a support network.

Having been a cancer patient myself many years ago, and not been able to be part of a group or support service (it was not available where I lived), I felt very alone and scared. There was no opportunity to be with people who were in the same situation as me where experiences and feelings could be shared.

When not long ago I was asked to Manly Warringah Palliative Care at Mona Vale Hospital in the Sydney area as an aromatherapist, I agreed instantly.

The small building called "The Cottage" was opened in the grounds of Mona Vale Hospital in October 1989. Support is provided by a team of Palliative Care practitioners like a doctor, nurse, social worker, relaxation therapist, occupational therapist, music therapist, pastoral care workers and volunteers. Support offered by the team can be provided in the home, hospital or Palliative Care Units.

I did not know what to expect and went very much with an open mind. I attended a group in "The Cottage" where patients gather, share and catch up while having morning tea. It is a lovely, relaxed atmosphere with beautiful views over a park and ocean.

After morning tea, the group moves on to the other side of the room where everybody sits in comfortable chairs in a circle. Every week different things are happening.

There are guest speakers talking about various therapies like stress management, nutrition, pottery, massage therapies, Aromatherapy, Relaxation techniques... problems and fears can be discussed, stories and experiences are shared and yes, there is a lot of laughing!

Sometimes a gentle massage with essential oils if given on the face, hand, arms or feet is the time when it usually goes very quiet because most patients are so relaxed that they are usually falling asleep!

Meditation and Relaxation therapy is part of every group. It promotes calm and inner peace and also helps to manage and ease pain. It may also aid the healing process through stress reduction.

After all these wonderful experiences, a healthy lunch is enjoyed together.

Leaving that day. I felt very enriched and touched by that great feeling of sharing, togetherness and LOVE. I learnt a lot and was reminded of two important things:

Death is part of the reality of life, and Love is one of the most important ingredients.

It made me realise once again how much people have grown due to their sickness and for some it was a beginning to a new path.

This article is dedicated to all the patients at Palliative Care at Mona Vale Hospital and numerous staff and volunteers

If anyone would like to share their own story or such to me, please contact

Beatrix Flis PH:0414 717 911

Palliative Care also offers other services on other days



## THE SPIRIT OF COLOUR

with Narelle Green

The life of the SPIRIT can be seen through the senses. We can use

"Art and Colour" as a means of freely experiencing the spirit and expressing our unique inner Self.

Touching powerful forces in us to bring about inner peace, natural healing and joy, into our lives.



### 8 sessions – \$70 (2 hours)

- Learn the language of colour using water colour
- Learn to mix with three primary colours
- Find your own world of fun (Beginners welcome)

### 1 session – \$80 (2 hours)

- Colour balancing (with Aura Soma)
- See your emotions in colour
- Work with the left and right side of the brain to understand your driving forces.

ENQUIRIES: NARELLE (02) 9969 1590

# Beauty Tips

Attributed to Audrey Hepburn



For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his or her

fingers through it once a day. For poise, walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anybody. Remember, if you ever need a helping hand, you'll find one at the end of your arm. As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to the heart, the place where love resides. True beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows. And the beauty of a woman only grows with passing years.



## NATIVE AMERICAN Prayer of Peace

*Oh Great Spirit of our Ancestors,  
I raise my pipe to You.  
To Your messengers, the four winds  
And to Mother Earth who provides for your children,  
Give us wisdom to teach our children  
To love and respect and be kind to each other,  
So that they may grow up with peace of mind.  
Let us learn to share all good things  
That you provide for us on this earth.*

## THE POWER OF LIGHT WORKSHOP



*From the UK -  
Sandy Stevenson*

### 6th AUSTRALIAN TOUR

A powerful day  
with Sandy Stevenson  
and the Ascended  
Masters

SYDNEY 28th October 2001 (Clocks change) 10  
– 6pm

**• New Oneness codes • Receive higher  
frequency Love vibration to help all • New  
Atlantean music releases trauma connected  
with Atlantis • Healing with the Ascended  
Masters • Charge a crystal with  
greater power •**

The day follows Universal Law procedure and discernment to establish and sustain connections to Highest levels of Light.

Priceless workshop – clear, with passion, and power graced with lightness and humour; totally, totally amazing; my heart is singing; genuine, clear, simple, direct; truly magnificent, incredibly powerful workshop, experienced deep peace and limitless gifts.

International presenter & author of *'The Awakener'* and *'I AM HERE'*, Sandy brings humour and a 'down to earth' approach to the important issues of personal and planetary ascension. She has extensive experience of universal phenomena and is committed to the Divine Plan and homeward journey of the Light Force. Her workshops are fun, positive, fast moving and empowering.

#### **Cost \$85.00 For flyer/bookings contact:**

Rosemary Butterworth PO Box 1221 Neutral Bay  
NSW 2088 Ph. (02) 99133197 Email: rosemary@alight.org.au

Venue: Mosman Returned Serviceman's Club,  
719 Military Rd, Mosman

#### **Workshop also in:**

Melbourne, Vic 9/9 Helen (03) 98086779  
Brisbane, Qld 23/9 Lidia (07) 38630305  
Byron Bay, NSW 30/9 Robin (02) 66809562  
Newcastle, NSW 21/10 Carole (02) 49771093  
Adelaide, SA 3/11 Deborah (08) 85 363 382

Info: <http://freespace.virgin.net/ascension2000.web> (no www)

To book please send \$85.00 or \$35.00 deposit with name and address for each attendee. Cheques payable to S. Stevenson.

# SELF-HEALING

The following is an extract taken from *Caduceus Magazine* Issue 51, in an article about *Bowen Therapy*. We feel that it is a very exciting piece of information about the 'healing' light that comes through our hands. We gratefully acknowledge *Caduceus* and put it highly on the list of recommended reading.

"In a healing state, a quasi-meditative state, as science has now established, our hands emit light in the form of ELF's (Extremely Low Frequencies). This healing light ranges in frequency between 0.3-30 Hz with 7-8 Hz being the most common frequency. The lower range turns out to be the same as the frequencies of human brain waves. Medical researchers are finding that these frequencies below 40 Hz can be effective in promoting repair of various soft and hard tissues.

Tests are even beginning to show the healing effects of specific frequencies. For example, bone growth seems to respond to a frequency of 7 Hz and nerve regeneration has been stimulated with a frequency of 2 Hz.

The overall frequency range that healing hands generate almost exactly corresponds with the frequencies of the earth's electromagnetic field, known as the Schumann Resonance (1-40 Hz). (Unsurprisingly, by far



*Energy field captured on film in session with Reiki Master Faye Mathews*

the strongest component of the body's electromagnetic energy is that produced by the heart.) This Schumann Resonance could more aptly be described as the frequency of wellness. Research at the Max Plank Institute in 1968 isolated people within an electromagnetic shield that reduced the influence of geomagnetic rhythms (the Schumann Resonance) by 99%. They all developed significantly longer, more irregular, desynchronized and chaotic physiological rhythms of sleep and walking, body temperature, urinary excretion, and other

physiological activities. Introducing a weak electric field within the range of the Schumann Resonance dramatically restored normal patterns.

When in a quasi-meditative, healing state of mind there is a remarkable frequency correspondence between the Schumann Resonance, our brainwaves and ELF's emitted by the hands. The body appears to act as an effective antenna for the Schumann micropulsations allowing the hands to scan or sweep through the frequencies medical researchers are finding useful for 'jump-starting' injury repair in a variety of tissues."



## "The paradox of our time..."

...we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy less. We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgement; more experts, but more problems; more medicine, but less wellness. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom and hate too often. We have learned how to make a living, but not a life; we have added years to life, but not life to years. We have been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour. We have conquered outer space, but not inner space; we have cleaned up the air, but polluted the soul; we have split the atom, but not our prejudice. We have higher incomes, but lower morals;

we have become long on quantity, but short on quality. These are the times of tall men and short character; steep profits and shallow relationships. These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food but less nutrition. These are the days of two incomes, but more divorce; of fancier houses but broken homes. It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to make a difference, or just hit delete."

*Words spoken by a student at Columbine High School, scene of the mass shooting of students by their classmates. Taken from a speech given by Jack Miller to the Soul in Education Conference at The Findhorn Foundation. Reprinted from 'Living Lightly', Issue 15, Spring 2001 in Positive News U.K.*



# DIARY of events

for The Southern Cross Academy of Light JULY/AUGUST/SEPTEMBER

## Meetings are held in the Sydney area either at

- St. John's Uniting Church Hall, cr. Yeo & Barry Sts, Neutral Bay. (St Johns)
- Ramala, 5 Amaroo Avenue, Elanora Heights.
- The Tramshed, 1395a Pittwater Rd, Narrabeen.
- The Passionist Monastery, 138 Killeaton St, St. Ives. (Monastery)
- Crow's Nest Centre, 2 Ernest Place, Crow's Nest. (Centre)

**July** **Monday Nights**  
**August** **7.30p.m. – 9.30pm**  
**September** -at St Johns

A wonderful exciting arrange of different evenings, as speakers from all over the world offer to share their work and experience. Some nights will be totally dedicated to meditation and quiet, while other nights will be about new discoveries. However, there will always be some meditation each evening. A programme for each month is available by phoning Narelle 9969 1590.

**2nd July** **Monday**  
**Judith Kidley** **7.30p.m - 9.30pm**

from AURA-SOMA

Judith has a wonderful background in Aura-Soma. Aura-Soma is a Non-Intrusive Soul Therapy. Their products are primarily tools for spiritual development and personal growth; tools to facilitate a growth in awareness and consciousness. Aura-Soma focuses on the spiritual evolution of the individual and the relationship between energy and consciousness. Judith will have the full range and get you to choose a bottle and give you a new awareness of Self through colour. \$10, at St Johns

**9th July** **Monday**  
**Rosemary Butterworth** **7.30pm – 9.30pm**

'Angel Inspiration'

Rosemary invites you to come along and play with the angels. The Archangel Michael has been her constant companion and guide for many years, following an encounter in the rainforest in Hana, Maui. She has asked him to bring his angels of Joy, Delight, Play and Harmony with him this night. This will be truly an angelic evening that will fill you with inspiration and bliss. \$10, at St Johns.

**14th & 21st July** **Saturdays**  
**Gerry Taylor Wood** **9a.m.-1.30pm**

'Astrology as a tool for personal healing'

### Workshops

Gerry began her astrological studies in 1971, in the U.K. with Dr. Liz Greene. In these two sessions, she will take a unique and in-depth look at the 'karmic content' of your birth chart. Advanced students will appreciate a fresh approach to interpretation, while beginners will gain new insight into their lives. \$55 per morning, at Ramala. Call Rosemary for bookings on (02) 991 331 97.

**16th July** **Monday**  
**Gerry Taylor Wood** **7.30pm-9.30pm**

'Sacred Site Tours'

Following a meditation, Gerry will delight us with descriptions of her travels around sacred sites of England and France. \$10, at St Johns.

**22nd July** **Sunday**  
**Gerry Taylor Wood** **10am-4pm**

'The 'Light' side of Celestial Fun'

### Workshop

Join Gerry as she makes 'Light' of our star-struck cosmic lives! Feel what it's like to be Venus, Mars, Moon or Saturn. Interact with others in a light-hearted way, to understand God's cosmic joke. \$55, at Whale Beach. Call Rosemary for more details and bookings, on (02) 991 331 97.

**19th - 30th July** **Private sessions**  
**Ken Page**

'Heart and Soul Healing'

Friends of the Academy will remember the remarkable work of this special healer and teacher, back in Sydney for his once-a-year visit; "Create the life you choose for yourself". Ken is well known in Sydney for his incredible healing sessions, which have proven in many cases to be life changing. For more information and bookings, call Martha Heeren on (02) 9569 8525.

**23rd July** **Monday**  
**Ken Page** **7.30pm-9.30pm**

'Heart and Soul Healing'

An evening talk and meditation with this exceptional healer and light worker. Ken's talk is always 'hands on' and delights us with demonstrations of his work. \$10, at StJohn's

**21st July** **Saturday**  
**Anne Castle** **1pm-4.30pm**

'Sacred Ceremony for Self-Knowledge'  
with the ancient Wisdom of the Essenes.

### Workshop

Connecting with the Angels of the Earthly Mother for self-healing. This workshop involves Sacred Ceremony. This is a special way to connect to the wisdom of the Essenes. Come and experience self knowledge of the Essenes. \$40, at Allambie Heights. Call Anne for more details and bookings, on (02) 9452 3110.

**30th July** **Monday**  
**The Peace Choir and John Butterworth** **7.30pm-9.30pm**

'Magical Night of Music and Sound'

We invite you to wear comfortable clothing, and bring a pillow, so you can lie down and bliss out while John uses his Tibetan bowls, bells, and Chinese gong. The evening will start with the Peace Choir, establishing an incredible space for connection to your self. \$10, at St Johns.



## diary of **EVENTS**

**6th August**

**Franziska Goyo**

'Journey of Healing through the Body'

Franziska shared, at the Academy last year, her knowledge on energy in the body and the workshops she runs in this regard. She will take us on a healing and balancing journey through the body, harmonising the chakras. This is an in-depth journey in which she takes us through all the organs and systems of the body. Franziska has a soft, gentle and focused voice for meditation and will be leading us deep within ourselves. \$10, at St Johns

**Monday**

**7.30pm-9.30pm**

and Beauty that you truly are". This is the opportunity to spend a special Sunday with a Self Realised Master, who will guide you. Bernie has the ability to hold the space within and facilitate each of us going there. A truly transformational workshop with little talking, just being shown how to stay in the present moment. \$80, at The Tramshed. For more information and bookings, call Madeleine on 0411 103 827 or (02) 9810 5527.

**10th&11thAugust**

**Friday evening (7.30pm-9.30)  
& Saturday (9.30am-4.30pm)**

**Narelle Green + Rosemary Butterworth**

'Gold Circle Power'-STEP 2

**Workshop**

This process is revolutionary and ground breaking, in the search for emotional and mental peace. In their research, Narelle and Rosemary have continued to understand the limitations that have been placed around the heart, mind, body and spirit, and their new work will help you to re-connect to your discovery of self-empowerment.

Friday evening will be dedicated to sharing obstacles, and confusion arising in the early practice of the work, which may be holding this world of freedom and self-empowerment away from you. We have an inherent right to be happy in this world. Come and re-connect to it. \$135, at 'Ramala'. Call Narelle for information and bookings: (02) 9969 1590.

**20th August**

**Bernie Prior**

'Introductory Talk on Human Divine Consciousness'  
Introducing the simplicity and delight to be experienced in Tuesday evening's mini-workshop. Another wonderful opportunity to spend time in the energy of a Self Realised person. \$10 at St Johns.

**Monday**

**7.30pm-9.30pm**

**21st August**

**Bernie Prior**

'Human Divine Consciousness' (mini-workshop)  
Human Divine Consciousness is something that we are. Come and let Bernie show you the simplicity in experiencing it. \$30; at The Crow's Next Centre. For more information and bookings, call Madeleine on (02) 9810 5527 or 0411 103 827.

**Tuesday**

**7.30pm-9.30pm**

**27th August**

**Rosemary and John Butterworth**

'A Quiet Space'

Rosemary and John team up again to bring you a quiet meditation evening of silence and sacred sound. \$10, at St Johns.

**Monday**

**7.30pm-9.30pm**

**19th August**

**Bernie Prior**

'A taste of Cosmic Healing'

An opportunity that cannot be missed to reconnect with "the Love

**Sunday**

**9.30am-4.30pm**

### SUBSCRIPTIONS FOR SHINING BRIGHT

For 6 issues AUD\$25.00

Name (in block letters).....

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P. O. Box 1221 Neutral Bay NSW 2089 Australia

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JIM SCARANO, qualified Alexander Technique teacher, offers Practitioners training on how to look after themselves while they treat others. Tel 9875 1912. adesso@bridgetopeace.com.au

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NARELLE GREEN - Discover who you are. See yourself through your art. Clear emotional patterns working in either water colour, oil or pastels. Group or private sessions available. Ph: (02) 9969 1590.

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## HEALING FACILITATOR

LAURA L. JOSEPHS - Channel, Inner child intuitive, Reiki Master, EMF practitioner Ph 9440 5204 Mobile 0417 049 614

## MEDITATION

GILLIAN YOUNG - Stills the mind, calms the senses and helps to bring balance into one's life. C.D.'S. for meditation available \$20 ea. Ph: (02) 4981 1181

## NEW RELEASES

Uluru by Arunda - on-line book by Christine Deacon at: [www.skybusiness.com/indigo/index14.html](http://www.skybusiness.com/indigo/index14.html)  
3 chapters FREE \$9.95 on-line or \$19.95 on CD Rom  
5 Licuala Dr. NORTH TAMBORINE. 4272. Ph: (07) 5545 3776

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## REIKI JIN KEI DO

IRENE MOURITZ - Reiki Master. Specialising in Reiki Jin Kei Do and Transpersonal Breathwork. Working together establishes relaxation and releases blockages. Irene will be based in Sydney monthly doing Breath Integration. If you would like a 'breathe' please phone the Academy on 991 331 97 Ph: (07) 3372 8532

JEANNETTE SHARPE - Loves to use Reiki Jin Kei Do to make energy available in a gentle non intrusive way for your health and well being. Ph: (02) 9969 1487

## SOUL ALCHEMY

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(02) 9460 8230

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Ref: [www.emfbalancingtechnique.com](http://www.emfbalancingtechnique.com)



THE PLANET



LIGHTNING STRIKE



PHOENIX RISING

## SPIRITUAL READINGS

The readings intrigue clients as they see symbols unfold in colour onto paper. Channelled insights being received by Judy McConchie are told and written beside the symbols. In this way, Judy is using her clairaudient and clairvoyant perceptions. Choosing a reading helps understand with purity the next unfolding steps forward.

The artwork and taped message are part of what you receive.

Readings **\$60 per hour**



WIZARDRY OF SACRED GEOMETRY

### About Judy

Judy's Vision is to use her psychic abilities to be in alignment with the Divine. She has chosen to do so consciously since 1983. Happiness for her is being of service to herself and others. She finds by trusting the readings they are accurate and touching.

### About her Art

Art work has an energyfield. Think about it. When certain of her artworks are created using channelled inspiration, the images *receive the energyfield of this inspiration.*

The cards chosen for readers of Shining Bright are in this category. Choosing one of these images is choosing to receive this energyfield.

### CARDS AVAILABLE

The Dove of Peace, The Planet, Lightning Strike, Phoenix Rising, Pillar of Light over the Stargate, Wizardry of Sacred Geometry.

Cards \$4 each. ©

### BOOKINGS OR CARDS

Judy McConchie (02) 6286 4963

Or through the Academy

(02) 991 331 97



Judy McConchie

# THE SECRET OF OUR REFLECTED UNIVERSE

Unlocking the Secret of Heaven Through the Science of Man



## Greg Braden First Australian Tour!

Greg Braden, author of "Walking Between Worlds", "Awakening to Zero Point" and "The Isaiah Effect" will visit Australia for the first time in September 2001!

*"Greg Braden is a rare blend of scientist, visionary and scholar with the ability to speak to our minds, while touching the wisdom of our hearts."*

Deepak Chopra. M. D.

Quantum science suggests the existence of many possible futures for each moment of our lives. Each outcome lies in a state of rest, until awakened by choices made in the present. A two thousand year old scroll written by the prophet Isaiah describes precisely such possibilities as well as the science of how we choose which futures we experience.

Through his best selling books, "Awakening to Zero Point" and "Walking Between Worlds", author Greg Braden offered what critics have called a 'stunning theory', that our planet has already entered a rare geophysical phase predicted by cultures throughout the ancient world. Now in his most recent work, "The Isaiah Effect", Braden turns to the great Isaiah Scroll, discovered in 1946 with the other Dead Sea Scrolls, to reveal yet an additional aspect of the theory.

Learn about dramatic studies which shake the foundation of existing beliefs, scientifically documenting a 'non-local' force, one that appears to exist everywhere at once, and operates outside the boundaries of time and distance.

Join Greg Braden on this multi-media journey bridging science and miracles through the last language of our reflected universe.

- Witness the three experiments that redefine our view of creation
- Practice the last language of our reflected universe
- See rare images of human emotion changing the structure of matter
- Experience the power of creation's language in your life's message

### EVENING LECTURES 7 -10pm \$45

Melbourne Monday 10th September Deakin University Toorak Campus 336 Glenferrie Rd Hawthorn  
Brisbane Wednesday 12th September Physiology Lecture Theatre University of Queensland St. Lucia Campus  
Sydney Friday 14th September The Auditorium Mt. St. Mary Campus Australian Catholic University Sraithfield  
Saturday 15th September - Keynote Speaker Nexus Conference (phone Duncan 07 5442 9280)

### DAY WORKSHOP MELBOURNE ONLY 10am - 5.30pm \$165

Melbourne Sunday 16th September Australian Catholic University - Christ Lecture Theatre 115 Victoria Pde Fitzroy

Book early to avoid disaplontment ... Contact

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