

ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

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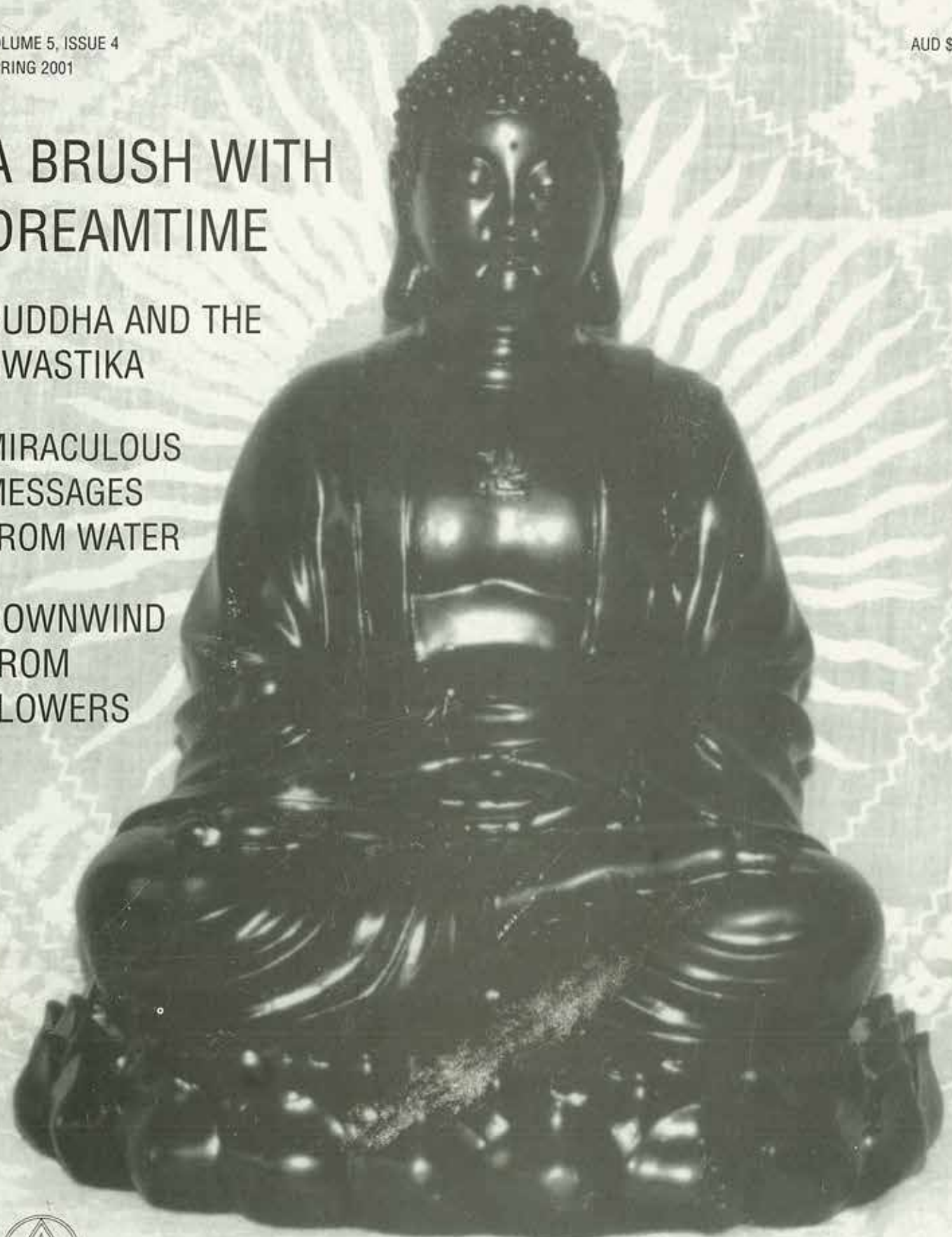
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A BRUSH WITH DREAMTIME

BUDDHA AND THE
SWASTIKA

MIRACULOUS
MESSAGES
FROM WATER

DOWNWIND
FROM
FLOWERS



THE SOUTHERN CROSS ACADEMY OF LIGHT

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

THE SOUTHERN CROSS ACADEMY OF LIGHT

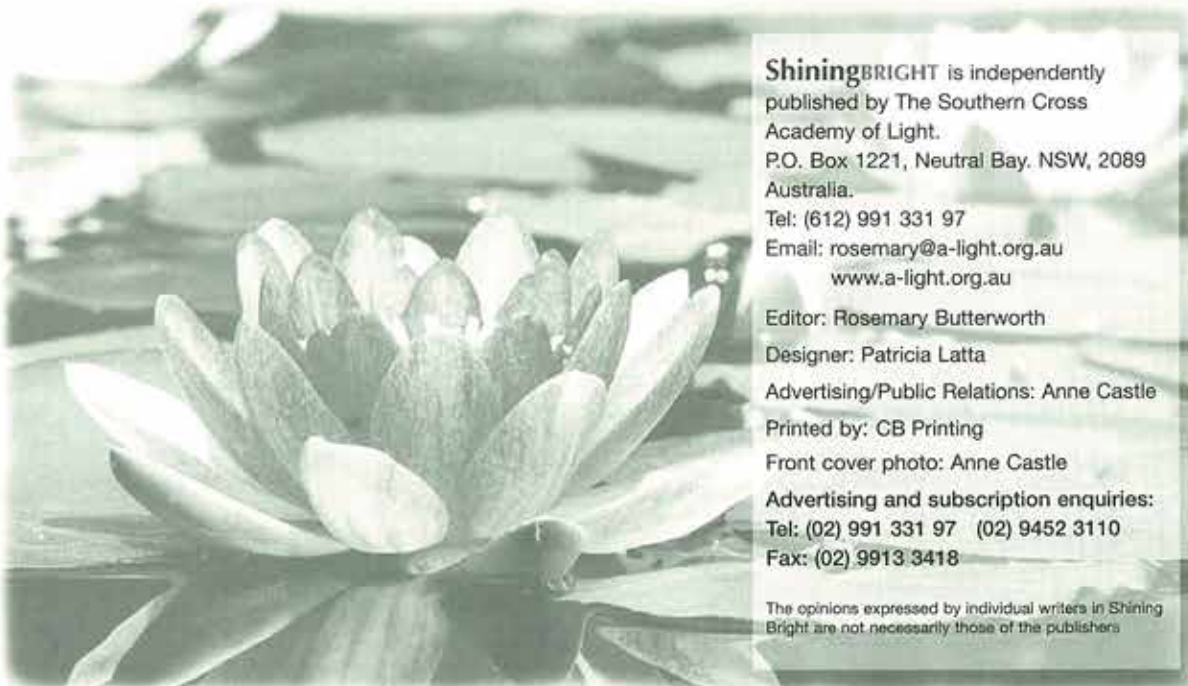
One Spirit, Diverse Voices

Unity through Love

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

**Mutual respect
and acceptance**

Personal responsibility for
**one's thoughts,
words and deeds**



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Rosemary Buttsworth

from the EDITOR

For years now, we have spent weekends workshopping, have kept piles of the latest self-help books by the bed and countless magical cassette tapes in the car, filling our minds with information, techniques and strategies of how to 'fix' our lives. Because we have been taught to value

what the mind 'knows', we believed that if we 'knew' the answer, then our life would change.

And so we have kept gathering. It is an important process. However, I don't know about you, but I have hundreds of cassette tapes, videos and books. When is enough, enough?

There comes a time when the next part of the process needs to take place. The assimilation.

For me, it was when I went to hear Gangaji during her visit to Sydney a couple of years ago. My whole soul heard her say 'STOP!' and my mind stopped. Tears of relief flooded my face as I understood that there was nothing to DO. In that moment I understood what all the workshops, books and tapes had been about and I could let them go and focus on allowing life to be just the way it is without the desire to change it.

I would like to share with you a quote from Gangaji from the Lake Tahoe Retreat, July 23.

"Truth is free of conditions. And the disillusionment that I often speak of, that I invite, that I celebrate, is a recognition of nothing I can do gives me that, nothing I can do keeps that. And the question that I get, "How to keep it? How to maintain it?" is really "Give me a strategy, my strategies aren't working". And strategies don't work, but discipline does. The discipline of stopping. Then the desire itself, immediately, reveals its own fulfillment, effortlessly. Because desire is its own fulfillment. Desire is saying "Here, Here, Here" while the conditioned mind is going "There, There, There" in its effort to find Here. I'm not speaking of the strategy of discipline of doing nothing, but really doing nothing. And in an instant of really doing nothing, nothing is needed, nothing is wanted. The discipline is to recognize the thought, the voice of I must do something, and to stop. The clarity and the willingness to see and DO NOTHING is the inherent power of Consciousness. In this search for one's self, in this desire for true, lasting, final, complete, ever-fresh, every-new realization, in this moment, do nothing."

Now we have come into the Golden Age, it is an age of personal responsibility. Being totally responsible for what we think, say and do. Giving gratitude to our Spiritual forerunners who have helped us understand what we see 'out side' is a mirror of what is going on 'in side'. Now, more than ever, is it time to stop listening to the 'tape' that plays in our head all day that keeps us locked into our illusion and simply listen to the sounds around us and just BE?

Rosemary.

Love and Blessings

THE SOUTHERN CROSS ACADEMY OF LIGHT

ShiningBRIGHT



FRONT COVER
Buddha and the swastika

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update from around the World to the Academy

From Hagit in Israel
(August, 2001)

May Peace Prevail on Earth – Yishre Shalom Al HaAdama
Al Salam LiliAlam – Sekai Jinruiga Heiwade Arimasuyouni

It is long since I last wrote to you, which makes me regret especially while receiving concerned messages from any of you, requesting to know more. As you may hear/read/watch media (if you still both doing so) there is a lot that takes place in the Middle East where I live (Israel). In spite of its appearance one should remember that it is part of the Divine Plan and trust that by its end it is for the better. At that time, I would invite like-minded people among you to join us to pray for peace for the earlier awakening of humanity in order to end these dark days. We all deserve better!

Part of the reason for not writing resulted from a four-week trip I made not long ago to the USA. That was excellent. I wish to take this opportunity to thank again all the light emissaries that took care of me during that time. I met many people, individuals, small groups, ran 4 days seminar, one-day seminars, and planted a Peace Pole on the American Mothers' Day dedicating it to Mother Earth and all mothers upon it. I was also honored to meet school kids as well as representatives of the Palestinian delegation at the UN. (September 3 - 13) I go to Japan. This trip is also initiated by a world peace group that invites me to participate in several events, I found these meetings very powerful. It is such honor to meet all these wonderful people, living in remote corners on Earth, live the oneness, committed to take peaceful steps in order to change appearances around us, knowing that we are all ONE and that it is our hands.

In spite the fact that presently it is almost impossible for Palestinians and Israelis to meet together, I preserve old connections, gaining new ones as much as possible. It takes lots of energies to keep reminding myself and others that not all that we see is actually what it is really about. We should do so and never give up. Not long ago I met a group of Palestinians from around Jerusalem seeking to renew co-operation. Therefore, we now try to create a kind of Peace Tent for Israelis and Palestinians to come and feel safe together, respectfully speaking and listening. Some of the planned activities to encourage constructive co-operation are Hebrew/Arabic classes, Interfaith projects, music evenings, carving together Peace Totems, and different activities for kids and women. You can help us on that with donations and/or offering more ideas and activities. Please become part of it!

Almost everyday I get despairing phone calls from my

Palestinian friends; it is huge distress over there, mainly economical. Soon the school year starts and some of them cannot even buy the kids elementary things to start school. Some of them have no money even to send them to school not to say feed them. Terrible! The despair is so heavy. That might be another issue to express your care. Sometimes it looks like the leadership interest is to increase anger and frustration.

At the same time, being a proud Jewish Israeli aspect of the One, I respect and share the pain of my own people. I think the following will say it better. As a friend of mine, a devoted peace activist wrote:-

"This is a continuing tragedy for me as my neighbour, my cousin, my daughter's teacher, my son's pupil, my younger daughter's classmate's mother, my younger son's classmate, my older son's neighbour, my daughter's best friend's brother, have all been murdered in the recent violence that plagues the Middle East."

In no way do I share this with you with feeble hands, on the contrary! It is only to say that in spite of all challenges, Peace is the only way and our work is needed now more than ever.

I can assure you that I will never give up and will try until it will work. As far as I am concerned there is only one peace, the peace that starts in our hearts: we all embody it! It is in our hands to urge Light to defeat all darkness. I will never give up! I live my life steady in the Light and do my utmost to find ways and opportunities to help humanity to wake up. I hold and nourish my connections. Observing carefully scenes around me from wider aspect, acknowledging pain and frustration in both societies as well as dealing with recognizing inner-self emotional storms but still keep on going, never stop manifesting our dream of living together in peace.

During ELUL, the Jewish forgiveness month and only a few weeks before New Year, I first forgave myself then all the others for any shade of doubt. I am grateful for your attention and good intention. Keep on praying with us for Humanity to wake up; the sooner the better.

"Oh, Lord, make me an instrument of peace
Where there is Hatred, let me bring love
Where there is Injury - Pardon;
Where there is Doubt - Faith;
Where there is Despair - Hope;
Where there is Darkness - Light;
And where there is Sadness - Joy.

In Oneness and Infinite Love, Hagit.

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A BRUSH WITH DREAMTIME

the story of Patrick Gamble
Artist 'Extraordinaire'

by Wendy Shotton

Wendy Shotton, from the London Southern Cross Academy interviewed Patrick. What follows is a retranscription of the words of this truly inspired artist 'who can't paint' as he talked with drifty eyes and the softest of voices. It was like, Wendy said, a poetic energy one could rest in.

Patrick begins.....

"I work with a man called 'John' who lived in London in the 1800's. He had a hard upbringing. He only paints on canvas and boards.....

"I work in a semi-altered state, it isn't trance channelling. Neither one of us, John or I, are in control. It is like a mutual letting go. I always do a prayer before I start. I have had to learn that I am only a link in the chain, not the chain.....

"The colour; the colour is the medicine. It comes from two sources; one from our self, our energy, our awareness, the other from Spirit. Colour is Spirit in essence. We become aware of how colour is important.....

"I have no influence on what will come through. A picture will show itself, and the energies around it will help bring in the flow...It appears above the person I am painting for. It is like looking in a pool of water. The aim is to keep it still, like looking into a pond. Keeping the connection strong to keep the image smooth.....

"I am not clairvoyant, I don't give messages, but I pick up grains of sand that are like pieces of a puzzle one gets..."

"Before I start painting, there is like a nervousness in me. I get into fussing around with my brushes rather than getting one with it...

"I always start with white, regardless..

"Why John? He was very spiritual, and he had a very, very hard life in which he couldn't express himself spiritually, because of the times he was in. He is quite serious, but has a lot of feeling, a lot of understanding. I feel I am changing, but we have a lot in common. John has grown closer and stronger, through my own experiences. That's all I know of him. I haven't painted John, he will



not be painted. I used to long for him to be shown, so I could have my own painting of him, but I don't ask any more...."

"I never painted before. I don't understand it, I just sit down and paint. Most of it is guided work, spiritual teaching, energies that come through. They are linked to the soul and spirit, not the emotional or physical...

"There are no rules in the painting, I am not allowed to hang on to things, so often the image will appear above the person I am painting for, only progressively, so it keeps you going in from one direction to another. Being human, you want to know, but often I can't tell for a good while into the painting whether it is a woman or a man for instance.....

"I hear no sounds. Occasionally, I hear 'Pat' – not 'Patrick' – whispered loudly. It normally happens when I'm going to work on a large painting. When I hear this loud whisper, I know something is going to happen...It's been a year now since that happened last. Sometimes I stay up all night to complete a painting; other times it will be painted in stages over perhaps a month or even months. Sometimes I'm given pieces of the painting, like a puzzle, another time the entire canvas. It is again Trust; sometimes it is quite difficult to understand what's happening. It might take the form of a dream at night, or at work, or when I'm out for lunch. I start to see something and if possible, I'll go home to get ready to paint. But I can't always leave work to go and paint (laughter), I have my

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update from around the World to the Academy

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Next International LightLink will take place in Jerusalem Al-Quds on November 6-10, 2001. Further details are with me and on

HYPERLINK <http://www.N2012.com/>

<http://www.N2012.com/>

Note: The Southern Cross Academy of Light has extended an invitation to Hagit to visit us next September, 2002

NEWS FROM THE LONDON ACADEMY

I thought it was a let-down, and it looked like one: with friends around me and from the Sydney office, we had worked practically full time on the first issue of the UK version of *Shining Bright* for a good couple of months. It was due out for a huge Healing Fair on the 14th and 15th July near Glastonbury, here in the South of England, organised by Bill Harrison. The project seemed to fall to pieces in one day completely unexpectedly, and as the person holding the focus on this side of the seas, I had to let go of wanting the magazine 'out now'. It obviously wasn't the right time. The Fair went well but I only managed to distribute 50 out of the 1000 elaborate leaflets we had struggled to get made...

After a week of inner processing and interacting with friends, I realised the many hidden gifts in these two events that had just passed; one of these was that it was time for me to balance out my work for the Academy with the project of setting up my own practice up as an Aromatherapist. Spirit was letting me know it was time for this- at last. It was so interesting to realise that the London Academy could only grow along with those who are involved in it. In other words; the Academy can't grow if we don't. So moving to realise that we are one with it, even if it exists without us. Since I have put energy into setting up practice, we have distributed the rest of the leaflets...

Meanwhile, even without the materialisation of its magazine, the London Academy is still up and running, with its workshops and talks; they are being held in London as well as Shaftesbury, which is a town in the South of England that has an mystical connection to Glastonbury. It is meaningful that the London Academy is based in this town with the ancient name of Shaston; it seems to me that the Academy is somehow being involved in establishing a spiritual network in this part of the country. Glaston (bury) is said to be the Earth's heart chakra, and according to the author R. Coon, its energy is only fully operational in combination with the energy of Shaftesbury-that of Divine Will. And look where Spirit has guided us to set up the London branch of the Southern Cross Academy of Light...

In September and October, we are looking forward to

the visit here of Colin P. Sisson who is going to give his talk and workshop on Your Rights to Riches. There is also going to be Michael Mitchell presenting his new material in a day's healing workshop, there will be the well-known and well-loved medium and healer Bill Harrison, as well as a talk by Carol Péreire sharing her personal journey of healing. And Lorna Todd will be giving a training in etherial healing before Carmel Greenwood turns up in Shaftesbury to do a funshop on Soul Energy. Frankly it feels like Christmas, and yes, the London Academy is alive and kicking; it's standing and growing on its own, but it is somehow intrinsically growing with those here that are working with it or with those that are just feeling a connection to it. It is very organic, very dynamic, and it dances, invisibly connecting soft threads with those it touches.

Contact Wendy Shotton PO 93 Shaftesbury Dorset SP7 8QT England Phone 017 47 850 719

NEW BRANCHES OF THE ACADEMY

A new branch of The Southern Cross Academy of Light has opened in the Sydney area and meets on the first and third Wednesday Nights of each month. (See Diary of Events). All welcome. They meet at 7.30p.m. at 290 Bondi Road, Bondi. For further information if you would like to be a speaker or find out what's on, contact Paul Fitzgerald (02) 91305566 (w) and Mob. 0416 137 635

Shortly, it is planned that a branch will also open in the Blue Mountains. For further information contact John Bennett 0414 257 302



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commitment to them too!

"What's my job? I'm a builder, in general building. I do private work with a team. Most of my work is carpentry, but we have to be adaptable, so I do a little bit of everything..."

"When did all this start? 10 years ago. A friend was moving away, and he gave me a wooden chest which I put aside in my garage. When I finally went for a clear out, and was putting stuff in the trailer and sorting it out, screws, door hinges and 3 tubes of paint fell out. I don't know why, I just thought 'blow the garage' and decided to go upstairs to do perhaps an abstract painting to impress my family....."

"I put a canvas against the kitchen work top, and that is all I remember. The only way I could describe what happened next is that I was taken over. My life was shown to me. Up to that point, I had been a complete atheist, I thought that I was a victim of life's experiences, and 'why me?' and so forth, which kept me cut off from any possible spiritual or religious beliefs. I believed that we were born to die....."

"I was shown that I had chosen "me", my physical body to walk the path I had chosen, and my parents. My experiences that I had seen as negative, were shown to me from a positive perspective; they had been for me to learn.....I still have such strong talks with my guides because I am still me, I still carry my senses, I'm still human....."



"When this happened to me, for two to two and a half hours, I was sobbing on the kitchen floor. Then I saw a face on the canvas! I struggled with it. You know, I like to call myself a 'nut and bolt man', I can deal with what makes sense, what's got the handles on it, that you can grasp.....Then I started to see Energy around people. I didn't want to....I would wake up in the middle of the night, a bird would be flying in the bedroom when the curtains would be drawn and the windows closed.....As I sat up, the bird managed to fly up from the cabinet near the bed, leaving images behind itself, hitting my chest and then no more bird....This was the sort of thing that was

happening. It took me to a Spiritualist church, in search of support, though I was resisting even passing the front door.....Until I found the support I was searching for, I just 'went with it', and let the paintings teach me....."

"One Sunday afternoon, Bill Harrison (a Spiritual Healer living in the U.K.) turned up at my door with some friends, and he helped me right away. He put his hand on my shoulder and started giving me pieces of my own puzzle. He was speaking my paintings, and I felt "Yes!" He also shared the discipline side of opening up and closing down, and so on. This was 7 years ago. With Bill, it's grown over the years....."

"I have been doing this sort of work, of painting for other people for about 4 years, I wasn't a person that socialised, that mixed with people; I found it difficult. I used to sit with the paintings at home. My ambition, you see, was to be a recluse (smile)...So working with people's energy, rather than just me and Spirit, was something I had to learn to control. I learned to sit with people, and paint what was around them."

"None of the paintings have a title. I have never titled or labelled them. They are like jars without the lid on; they have to remain open so that they can flow. The title of each painting is within everybody. Basically it's a healing for people, that has to do with everyone. A painting carries an energy that is brought into physical form, it can change, in the colour or with things appearing within it which were not there. A painting is like a doorway, and it is there for that....."



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Miraculous messages from water

"Masaru Emoto's extraordinary work is an awesome display, and powerful tool, that can change our perceptions of ourselves and the world we live in, forever. We now have profound evidence that we can positively heal and transform ourselves and our planet by the thoughts we choose to think and the ways in which we put those thoughts into action."
- the Wellness Goods Company

How water reflects our consciousness

Water has a very important message for us. Water is telling us to take a much deeper look at ourselves. When we do look at ourselves through the mirror of water, the message becomes amazingly, crystal clear. We know that human life is directly connected to the quality of our water, both within and all around us.

The photographs and information in this article reflect the work of Masaru Emoto, a creative and visionary Japanese researcher. Mr. Emoto has published an important book, "The Message from Water," from the findings of his worldwide research. If you have any doubt that your thoughts affect everything in, and around you, the information and photographs that are presented here, taken from the book of his published results, will change your mind and alter your beliefs, profoundly.

From Mr. Emoto's work we are provided with factual evidence, that human vibrational energy, thoughts, words, ideas and music, affect the molecular structure of water, the very same water that comprises over seventy percent of a mature human body and covers the same amount of our planet. Water is the very source of all life on this planet, its quality and integrity are vitally important to all forms of life. The body is very much like a sponge and is composed of trillions of chambers called cells that hold liquid. The quality of our life is directly connected to the quality of our water. Water is a very malleable substance. Its physical shape easily adapts to whatever



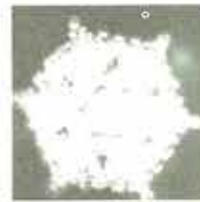
Spring Water of Sujo, Japan



Biwako Lake, the largest lake at the center of Japan and the water pool of the Kinki Region. Pollution is getting worse



Yodo River, Japan, pours into the Bay of Osaka. The river passes through most of the major cities in Kansai.



Love and Appreciation



You make me sick

These photographs show the incredible reflections of water, as alive and highly responsive to every one of our emotions and thoughts. It is quite clear that water easily takes on the vibration and energy of its environment, whether toxic and polluted or naturally pristine.

environment is present. But its physical appearance is not the only thing that changes; its molecular shape also changes. The energy or vibrations of the environment will change the molecular shape of water. In this sense water not only has the ability to visually reflect the environment but it also molecularly reflects the environment.

Mr. Emoto has been visually documenting these molecular changes in water by means of his photographic techniques. He freezes droplets of water and then examines them under a dark field microscope that has photographic capabilities. His work clearly demonstrates the diversity of the molecular structure of water and the effect of the environment upon the structure of the water. By freezing water and taking a photograph of the structure as Mr. Emoto has done, you get incredible information about the water.

With the recent popularity in music therapy, Mr. Emoto decided to see what effects music has on the structuring of water. He placed distilled water between two speakers for several hours and then photographed the crystals that formed after the water was frozen.

After seeing water react to different environmental conditions, pollution and music, Mr. Emoto and colleagues decided to see how thoughts and words affected the formation of untreated, distilled, water crystals, using words typed onto paper by a word processor and taped on glass bottles overnight. The same procedure was performed using the names of deceased persons. The waters were then frozen and photographed.

We hope that these images give you food for thought.

We acknowledge our gratitude to Wellness Goods Company Inc. for their permission to reproduce this article and photographs. Their mission is to assist in remembering who you already are but may have forgotten. We recommend that you read the whole article on their website.

HYPERLINK <http://www.wellnessgoods.com>
www.wellnessgoods.com



Kansuichi Folk Dance



Heavy Metal Music



Beethoven's Pastoral



Thank you



DOWNWIND FROM FLOWERS

by Lee Paton

Several years ago in Seattle, Washington, there lived a 52-year-old Tibetan refugee. "Tenzin," as I will call him, was diagnosed with one of the more curable forms of lymphoma. He was admitted to the hospital and received his first dose of chemotherapy. But during the treatment, this usually gentle man became extremely angry and upset. He pulled the IV out of his arm and refused to co-operate. He shouted at the nurses and became argumentative with everyone who came near him.

The doctors and nurses were baffled.

Then Tenzin's wife spoke to the hospital staff. She told them Tenzin had been held as a political prisoner by the Chinese for 17 years. They killed his first wife and repeatedly tortured and brutalised him throughout his imprisonment. She told them that the hospital rules and regulations, coupled with the chemotherapy treatments, gave Tenzin horrible flashbacks of what he had suffered at the hands of the Chinese.

"I know you mean to help him," she said, "but he feels tortured by your treatments. They are causing him to feel hatred inside - just like he felt toward the Chinese. He would rather die than have to live with the hatred he is now feeling. And, according to our belief, it is very bad to have hatred in your heart at the time of death. He needs to be able to pray and cleanse his heart."

So the doctors discharged Tenzin and asked the hospice team to visit him in his home. I was the hospice nurse assigned to his care. I called a local representative from Amnesty International for advice. He told me that the only way to heal the damage from torture is to "talk it through."

"This person has lost his trust in humanity and feels

hope is impossible," the man said. "If you are to help him, you must find a way to give him hope."

But when I encouraged Tenzin to talk about his experiences, he held up his hand and stopped me. He said, "I must learn to love again if I am to heal my soul. Your job



is not to ask me questions. Your job is to teach me to love again."

I took a deep breath. I asked him, "So, how can I help you love again?" Tenzin immediately replied, "Sit down, drink my tea and eat my cookies." Tibetan tea is strong black tea laced with yak butter and salt. It isn't easy to drink! But that is what I did. For several weeks, Tenzin, his wife, and I sat together, drinking tea. We also worked with his doctors to find ways to treat his physical pain. But it was his spiritual pain that seemed to be lessening. Each time I arrived, Tenzin was sitting cross-legged on his bed, reciting prayers from his books. As time went on, he and his wife hung more and more colourful "thankas," Tibetan Buddhist banners, on the walls. The room was fast becoming a beautiful, religious shrine.

When the spring came, I asked Tenzin what Tibetans do when they are ill in the spring. He smiled brightly and said, "We sit downwind from flowers." I thought he must be speaking poetically. But Tenzin's words were quite literal. He told me Tibetans sit downwind so they can be dusted with the new blossoms' pollen that floats on the spring breeze.

They feel this new pollen is strong medicine.

At first, finding enough blossoms seemed a bit daunting. Then, one of my friends suggested that Tenzin visit some of the local flower nurseries. I called the manager of one of the nurseries and explained the situation. The manager's initial response was: "You want to do what?"

But when I explained the request, the manager agreed.

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**"I must learn
to love again
if I am to heal
my soul"**



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So, the next weekend, I picked up Tenzin and his wife with their provisions for the afternoon: black tea, butter, salt, cups, cookies, prayer beads and prayer books. I dropped them off at the nursery and assured them I would return at 5:00. The following weekend, Tenzin and his wife visited another nursery. The third weekend, they went to yet another nursery. The fourth week, I began to get calls from the nurseries inviting Tenzin and his wife to come again. One of the managers said, "We've got a new shipment of nicotiana coming in and some wonderful fuchsias and oh, yes! Some great daphne. I know they would love the scent of that daphne! And I almost forgot! We have some new lawn furniture that Tenzin and his wife might enjoy."



Later that day, I got a call from the second nursery saying that they had colourful wind socks that would help Tenzin predict where the wind was blowing. Pretty soon, the nurseries were competing for Tenzin's visits. People began to know and care about the Tibetan couple. The nursery employees started setting out the lawn furniture in the direction of the wind. Others would bring out fresh hot water for their tea. Some of the regular customers would leave their wagons of flowers near the two of them. It seemed that a community was growing around Tenzin and his wife.

At the end of the summer, Tenzin returned to his doctor for another CT scan to determine the extent of the spread of the cancer. But the doctor could find no evidence of cancer at all. He was dumbfounded. He told Tenzin that he just couldn't explain it.

Tenzin lifted his finger and said, "I know why the cancer has gone away. It could no longer live in a body that is filled with love. When I began to feel all the compassion from the hospice people, from the nursery employees, and all those people who wanted to know about me, I started to change inside. Now, I feel fortunate to have had the opportunity to heal in this way.

Doctor, please don't think that your medicine is the only cure. Sometimes compassion can cure cancer, as well."

Reprinted by permission of Lee Paton (c) 2000, from *Chicken Soup for the Gardener's Soul* by Jack Canfield, Mark Victor Hansen, Marion Owen, Cindy Buck, Cynthia Brian, Pat Stone and Carol Strugulewski.

The Academy would like to thank the person who emailed us this story so that we could share it with others.



If I had my life to live over

by Emma Bombeck

(Written after she found out she was dying from cancer)

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over for dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the good living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

Not rolled up the car window on a summer day just because my hair had been teased and sprayed.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching TV and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment realizing that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would have never said, "Later. Now go get washed for dinner".

There would have been more "I love you's". More "I'm sorry's". But mostly, given another shot of life, I would seize every minute.... Look at it and really see it... live it...and never give it back.

Stop sweating the small stuff. Don't worry about who doesn't like you, who has more, or who's doing what. Instead, lets cherish the relationships we have with those who do love us. Let's think about what God has blessed us with.

And what we are doing each day to promote ourselves mentally, physically, as well as spiritually. Life is too short to let it pass you by.

We only have one shot at this and then it's gone. I hope you have a blessed day.

the cancer
... could no
longer live
in a body
that is filled
with love



EXPERIENCES WITH APPORTS

by Bill Harrison

Bill Harrison served as a Fire Officer in the UK for over 23 years. Many years have now passed since he first heard the voice that spoke in his ear and told him what to do.

For many years he ignored it before finally being told he had the ability to heal others. 8 years ago he gave up his job as the Fire Officer to dedicate his life to helping others. One strange thing that started happening is that apports would just appear at times where they were needed – with no explanation as to how they got there or why. An apport is an item or object, often a piece of material or paper etc. that appears to travel through time and space as we know it, it does this by changing its molecular structure. In simple terms, it is something that appears where it would not normally be found. This kind of phenomenon has gone on through time.

So Bill in his wisdom asked his spirit friends if he could experience more of these strange phenomena called apports.

Bill continues his story.....

To explain I must go back to almost nine years ago. Whilst on my pathway of learning I asked spirit to allow me to understand physical mediumship, I wanted to know more about apports.

As anyone who has visited my cottage will tell you, my home is always open to one and all and when I first noticed the small brass candlestick on my mantelpiece I thought Mary, my cleaner, had brought it for me. After chatting to her, I soon realised that it had come another way.

A week later three friends and myself sat in circle (a circle is when a group of like-minded people sit together to develop their own abilities) when we heard a bell ring three times. There are no bells anywhere around the area of my cottage and when

we finished working and went back into the locked cottage, three more items had appeared; another smaller brass candlestick, a small set of brass scales and a silver coloured cannon ball. The following week a brass tap, the type that is hammered into a barrel, appeared in my bathroom. The next week as I was setting my alarm and leaving the cottage, I felt an unusual vibration. When I returned home I discovered 30 coins on my kitchen floor, from many countries and many years.

Six months went by before another 13 cannon balls appeared, all the same as the first one. It was accompanied by a gold coloured envelope containing a clear plastic wallet covered in gold glitter. It was empty at first, and then three days later three white feathers appeared inside it. Another week later, two friends and myself arrived home to find hundreds of coins all around the cottage. Inside on the floor we found a large white feather, a 12-inch crucifix again covered in gold glitter and 30 brand new coins on top of what looked like an old piece of leather. On closer inspection, it turned out to be a dusty old cloth bag containing a book called "Alice's Adventures in Wonderland" dated 1867. The book also contained one of my healing cards, burnt on the edges, and on one page in green ink the words "BILL HELP ALICE".

Over 3,000 coins appeared over the next few days, I actually watched 33 appear on the roof of my sanctuary, it took just over an hour.....

The next four years brought many more objects to my cottage. Among them 13 more cannon balls, two engraved with my initials, My driveway covered with fish, sprats and 1 mackerel, with a message in a bottle warning me of Canada

continued on page 10



Photo sent to Bill by post with the message; "found this in a book bought at one of your road shows".

continued from page 9

– where I was flying to the next day. Also around 900 keys, all different shapes and sizes. There was one large brass one almost two feet long, engraved with the words "ALICE". "WILLIAM HARRISON". "TURKEY" and "GLOUCESTER 1660".

I travelled to Turkey a week after receiving it to search for more. Many wonderful things happened there and when I returned, I discovered that a William Harrison had vanished in Gloucester in 1660. He was found two years later in Turkey, after three people had been hanged for his alleged murder.

Many more things came, including a large book completely sealed in wax with the name "ALICE" on the front. Inside again in green writing a message to me from beyond this world, asking me to "play my part in the story". Hidden in the book are photographs of different people and mysteries of time gone by.

This is where you might be able to help. Do you recognise the girls in the photos? Who is Alice? Please call if you think you may be able to help.



For all enquiries about Bill call The Southern Cross Academy of Light. Ph: (02) 991 331 97

READINGS

You can book a private sitting with Bill by contacting Lynne "Goldie" on 07 3801-4405 or Bill in Oz on 0404 231209

Don't leave it till the last minute or you may be disappointed !

Remember if you would like to contact Bill for a chat then try emailing on billhealer@aol.com

WEBSITES

Some very interesting sites to visit:

- www.andheal.freemove.co.uk,
- www.healer-ron.fsnet.co.uk,
- www.billharrison.co.uk,
- www.patrickgamble.com,
- tkbmse@mail.eth.com.au

If you have an email address you could receive regular news emails, please let me know on

billhealer@aol.com



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WAR or Peace

by Rosemary Butterworth

Adam sat restlessly in the circle. It was the third workshop he had done with us on Gold Circle Power which he had found very advantageous in helping him see what belief patterns were limiting his life. Now his face was a tight smile. Enormous emotions of frustration and anger were being held under his tight control. He spoke agitatedly about his flat mate. He expressed the difficulties of living with someone who wasn't 'working spiritually'. His flat mate just wouldn't 'see' the things that he was doing that were preventing him from moving forward. In fact, the flat mate had taken to going to his own room whenever Adam was home. This last act had really pushed Adam's buttons.

"We have hardly spoken for weeks", Adam complained, "his acts of avoiding me are so obvious - as soon as he hears the front door closing, he comes out of his room".

When the group suggested that he knock on his door and ask him to talk about it,

Adam replied - "If I did that I'm afraid I'm so angry I would just punch him in the face". He said it in such a funny manner that we all laughed at his antics.

"Seriously Adam", he was asked - "are you willing to look at what is being mirrored to you?" "Are you willing to sit with your anger and look at what the fear is that lies behind your anger. The fear that is producing the anger".

Adam looked anxious but agreed.

He was asked to observe and feel the anger in his body and where in the body that anger was located. The rest of the group fell silent and held the space to allow Adam to go deep within. In the silence he 'found' where the anger

was situated, talked about its colour and shape for a moment, then kept observing the anger, staying with the process.

"Now Adam", he was asked, "look at the fear behind the anger".

Adam's bottom lip started to quiver as he held back the tears. In looking for the fear behind the anger, he had connected to the memory of being violated when he was a little boy. He was unable to speak as he was overcome by such intense emotions.

In the silence, Narelle, co-facilitator of the workshop who had also experienced abuse when little, connected with what he was feeling. From that connection, she knew that his greatest fear was that if he let his anger out he would lose control and become just like his violator. Deep down he wanted revenge and had all this anger still in his body from when he was little and unable to prevent his violator from hurting him. So he needed desperately a relationship that would help him release his anger safely, help him to see that this anger had been in him for years. To see that it was not new and caused by the recent event. He needed to see even further that even his violator had a gift. A realisation that he had had brought 'victim consciousness' with him into this lifetime.

In this workshop, he was able to see that he attracted people into his life people to 'make him angry'; to help him release old patterns, old ways of thinking that had been influencing his life, clouding his judgments and keeping his life limited in many areas.

His old way of looking at life was to judge and 'cut out' these people that annoyed him. His new way now is that he is taking personal responsibility and has learnt to respond to situations and not react. A master responds with compassion and love, a victim re-enacts his past.

As his understanding is growing, so is Adam. Adam is becoming the 'victor'.

In summation, where there is no peace in our mind and body, there is no peace, harmony and love in our life. The self-observation Adam had learnt through Gold Circle Power to observe the 'war' within himself enabling peace and deep levels of self-love to rise in the heart, mind and body.

To have peace in the world there first must be peace in ourselves.

(This is a true story, only the name has been changed).

For information about Gold Circle Power Workshops,
Ph: Narelle Green (02) 9969 1590 or
Rosemary Butterworth (02) 991 331 97

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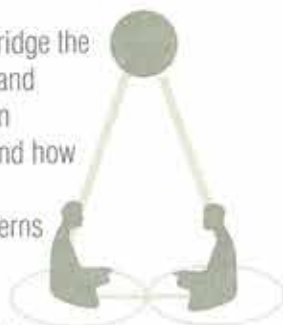


**INTRODUCTORY TALK
ON
GOLD CIRCLE POWER
ROLES, PEOPLE AND PATTERNS
RITES OF PASSAGE**

by
Narelle Green & Rosemary Butterworth

During the evening you will be shown, with the help of overheads, just how simple it is to make changes in your life. How to step out of old patterns that have been controlling you and placing limitations on your life.

You will be shown how to bridge the gap between the conscious and unconscious mind (unknown driving forces/archetypes) and how to easily identify these unconsciousness belief patterns and thought forms that no longer serve us.



During the seminar, you will be shown how to identify what thought form is controlling your life at present. Perhaps your life doesn't look the way you think it should look. This tool will help you discover how you are creating things in your life that you don't want to be there.

You will hear true stories from Narelle & Rosemary of the life changes that they have experienced. Others who have been putting this process into their daily life will be invited along to share with you the benefits and the changes that have taken place in their lives.

A very interesting night about a wonderful process based on sacred geometry.

Time: 7.30p.m. - 9.30p.m.

When: Thurs. 18th October, 2001

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

Cost: \$15

Enquiries: Narelle Green Ph: 9969 1590

This work started with the wonderful work by Phyllis Krystal called 'Cutting the Ties that Bind' and then expanded of its own accord into the powerful new work that it is today, helping many.

BUDDHA AND

The ancient symbol of the swastika reflects the wisdom of its architects, who understood that the forces of attraction and repulsion drive the creative process and apply to every facet of life.

NATURE'S FIVE-FOLD PRINCIPLE

Buddhism emerged from Hinduism, and the swastika borrowed from the Hindus is a symbol of esoteric Buddhism. As such, it has been placed over the heart of the Buddha, stamped on the breasts of departed initiates and planted wherever Buddhists have left their mark. It is regarded as the mark of a perfectly evolved being whose soul/spirit has entered Nirvana or liberation from the world of matter.

Sometimes on the Buddha's foot, or Sri-Pada, can be seen the swastika on each of the toes. The symbol is seen on the underpads in a left-angled configuration, which

would become a right-angled (clockwise) image if an imprint of the foot was imagined. The number five (for example, five toes on each foot, five fingers on each hand, and the five senses) is relative to the



concept of potentiality, which shows that nature tends to build on a system of five-fold construction. The principle in Hinduism is called Pancha Bhootas and has to do with the five states of creative substances and their relationship to the five sensory faculties. The five substances are:

- Light (relative to the sense of sight)
- Air (smell)
- Sound (hearing)
- Liquid (taste)
- And solid (touch).

GOOD LUCK SIGN

All over India and much of the East, the swastika in either of its configurations is commonly regarded as a sign of good luck. Good luck is related to the literal translation of 'swastika' (that is 'wellbeing') and is understood in its mundane aspect by most of the populace. The idea of wellbeing originates from the principle of balance: in relation to a human being it is a harmonious cohesion or union of spirit, mind and body. This ideal state allows optimum health to exist, whereas discord, confusion and chaos engender illness.

THE SWASTIKA

SUN WORSHIP

The swastika image has also been used by many civilizations as a sun symbol. In ancient times the sun was seen as the force responsible for creation, reproduction, order and wellbeing in the universe and thus it became related to fertility. The swastika is particularly evident on occasions such as weddings and is widely used as a talisman to counteract negative or demonic influences.

A MISCONCEPTION

Surrounding the Nazi Party's use of the swastika there exists a widespread misconception concerning the representation of the symbol. It is commonly thought that the motif of the Third Reich was a inverted swastika, a deviation from the original ancient design. That point needs clarification; regardless of the swastika's configuration (that is, right-angled or left-angled), the symbol's significance does not suffer; it merely indicates the two opposing principles of evolution and dissolution

An extract from an article written by Mark Balfour and published in Wellbeing Magazine Issue 84



SIGNS YOU LIVE IN THE YEAR 2001...

1. You just tried to enter your password on the microwave.
2. You have a list of 15 phone numbers to reach your family of three.
3. You call your son's beeper to let him know it's time to eat. He emails you back from his bedroom, "What's for dinner?"
4. Your daughter sells Girl Guide Cookies via her web site.
5. You chat several times a day with stranger from South Africa, but you haven't spoken with your next door neighbor yet this year.
6. You check the ingredients on a can of chicken noodle soup to see if it contains Echinacea.
7. Your grandmother asks you to send her a JPEG file of your newborn so she can create a screen saver.
8. You pull up in your own driveway and use your cell phone to see if anyone is home.
9. Every commercial on television has a website address at the bottom of the screen.
10. You buy a computer and 6 months later it is out of date and now sells for half the price you paid.
11. Leaving the house without your mobile, which you didn't have the first 20 or 30 years of your life, is cause for panic and turning around to go get it. (Make that fifty years)
12. Using real money, instead of credit or debit card to make a purchase would be a hassle and take planning.
13. Cleaning up the dining room means getting the fast food bags out of the back seat of your car.
14. Your reason for not staying in touch with family is that they do not have e-mail addresses.
15. You consider second-day air delivery painfully slow.
16. Your dining room table is now your flat filing cabinet.
17. Your idea of being organized is multiple-colored Post-it notes.
18. You hear most of your jokes via e-mail instead of in person.
19. You get an extra phone line so you can get phone calls.
20. You disconnect from the Internet and get this awful feeling, as if you just pulled the plug on a loved one.
21. You get up in morning and go online before getting your coffee.
22. You wake up at 2 am to go to the bathroom and check your E-mail on your way back to bed.
23. You start tilting your head sideways to smile.
24. You're reading this.
25. Even worse; you're going to forward it to someone else.....

BUDDHA Radiant Awakening

Art Gallery
10 November 2001 -
24 February 2002
Lower Level 1

Interest in Buddhism is greater today than every before as people around the work seek spiritual fulfillment and find strength in meditation.

This exhibition of sculptures, painting and textiles will stress the pervading universality of Buddha across all times and across geographical, cosmic and virtual space.

Art Gallery Road, The Domain, Sydney. 2000

Tel: (02) 9225 1744

www.artgallery.nsw.gov.au



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

OCTOBER (23 SEPT - 23 OCT) SIGN OF LIBRA

We enter the month of October with the Sun in Libra. Libra is the sign of relationship and is ruled by Venus, which in turn rules the heart chakra. Known to the Romans as Goddess of Love, we can expect a month when we feel the need to express love through the spiritual qualities of compassion, acceptance, kindness and tolerance.



We may feel the need to draw near to our loved ones, to visit relatives, to spend more time with our Beloved:- in the words of Kahlil Gibran, "to melt and be like a running brook, that sings its melody into the night, to know the pain of too much tenderness.....to sleep with a prayer for your beloved in your heart and a song of praise upon your lips".

Celebrate love in this month of Venus, embracing love's joy and love's pleasure, for without love we stand alone and separate. Find small ways of expressing just how much another human being means to you. Experience your heart centre, until you overflow with love of Life itself. Full Moon: 2nd October. Sun in Libra Moon in Aries.

NOVEMBER (24TH OCT - 22ND NOV) SIGN OF SCORPIO

For this month we all come to know the Scorpion, the Eagle and the Holy Dove. These are the three aspects of this powerful sign. In the Scorpion we see the image of death and regeneration; the eagle is a mighty bird which represents our self-empowerment; and we may ascend to the highest vibration of Scorpio, the Holy Dove. At this level the person acts as a catalyst in this life



transforming self and others, and ultimately enjoys "the peace that passeth all understanding".

November is synonymous with the planet Pluto which has been traversing Sagittarius for some years now, and in this epoch it is bringing a metamorphosis of our deepest help, spiritual and religious views, smashing apart old untruths and leaving us only with the very essence of Truth itself.

This month, upheld by Jupiter's visionary vibration, we may experience some key days to spiritually advance with Jupiterian blessing. An auspicious time to meditate or be involved in powerful healing would be 7 - 9th November when there is an alignment with Jupiter and the Sun. Also, the planet Venus enters Scorpio on the 9th November and awakens deep quests for soul mates, and energises our search for mystical experiences.

Full Moon: 1st November - Sun in Scorpio Moon in Taurus

DECEMBER (22ND NOV - 21ST DEC) SIGN OF SAGITTARIUS

As we move into the last month of the year, we enter the sign of the Centaur. This sign rules abundance, and we see this year an alignment of planets creating blessings and grace to all. As we shop for gifts for Christmas, we are reminded of the Christ-child and the first gifts of Christmas.



With the Sun, Mercury, Venus and Pluto all dancing in synchronistic harmony through this sign, we enter December with the full message of Christmas already emblazoned in the stars - to love one another.

For those who feel the depth of this calling, it is a time to re-new our spiritual Path, emblazoning the way ahead with Light and Love.

Venus and Pluto are exactly aligned on the 15th December; a time to recognise our desires and passions and to purify them in love's healing light.

The Sun and Pluto also align on the 8th December and we look to the deepest, most mystical meaning of our individual life on earth in awe and deepest reverence.

Christmas Day dawns with the Sun in Capricorn, a Master sign, and the Moon in Aries, both signs associated with the Path of Initiation. A day of ritual, re-birth and renewal, indeed a Holy Day!

Full Moon: 1st December Sun in Sagittarius Moon in Gemini



Songlines and Landscape Temples of Europe and Australia

by Tamayra Hayman

There is in existence a hidden global grid of ley lines or song lines and attendant chakra points that cover our planet and its environs. To those who know, these points are often marked by stone circles, churches, cathedrals, bora rings or other more natural landscape markers such as caves, mountains, valleys, rivers or lakes.

They are often places of legend and folk lore, where stories through the ages have held true to the belief that these sites and buildings are 'special' and are imbued with a spiritual energy both because of where they are situated on the Earth's song line or ley line system and also because of the love and devoted attention given to them by religious and indigenous folk over the centuries. I believe in the power of gentle loving pilgrimage to these sacred places called landscape temples

I feel that by visiting these places with love in our hearts and appreciation of their inherent beauty and power we can help them shed their healing light more freely and effectively for the good of humankind and for the healing of the Earth.

Sometimes negative thought forms also gather at these places drawn in by their power and light. This gives us a wonderful opportunity to clear negative thought forms which, if left to grow, can often cause disruption to their surroundings and to anyone living nearby. The resulting geopathic stress can often be cleared effectively by using the power of visualisation, sound, such as The Apollo Space Mission frequencies mentioned below and by tuning in at an intuitive loving level to the appropriate Devas and Angels of the landscape and seeking their help. The Angels and Nature Devas are just waiting to be asked. But they cannot do their healing, balancing work unless we as humans ask them to do so and then work in co-operation with them.

I often see the Earth's chakra points or special places as great spiritual fountains of light watering their surroundings. Through clearing, researching and mapping



their connections one to another we can work intuitively and knowingly to help the process of strengthening and healing this amazing grid work of light that flows around and through and out far beyond our planet Earth. Connecting us with other constellations in a great geometric pattern of wondrous dancing beauty, colour and potential.

Usually I work with the natural cycles and rhythms of nature. I try to follow up on spontaneous urgings to travel or 'go walkabout'. I went through a stage when I think I must have been an Earth Worker 'on call' for I was darting about all over the place at short notice sometimes travelling thousands of kilometres in order to do an urgent balancing or landscape link ups. These days I seem to get a bit more notice!

As we work with the landscape Devas and Angels their love also flows into our everyday lives. This helps us to live more intuitively in grace and harmony with ourselves and with the Earth and one another. We begin to understand more clearly the ebb and flow of life's seasons and of our own energy systems in relation to the Earth. We too can hold the reflection of the Earth's energy systems within our bodies just as the ancient Pharaoh/ Priest/Kings of Egypt did. They knew intuitively, by noticing discomfort in their own bodies, where there was an area of disharmony in their kingdom, they could then take the appropriate steps to sort it out. This was a very necessary skill before the advent of modern day communications. It took great love and dedication for the Pharaohs to develop these skills. A good Pharaoh loved his people, cared about their welfare and always had their best interests at heart. Thus he took his subjects into his heart and monitored their state of being within his own body system. No mean feat!

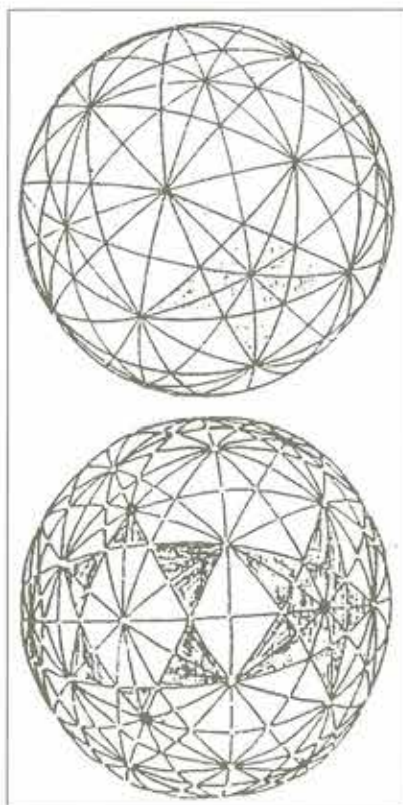
It is understood that Europe and Great Britain together form the heart chakra of a great global Landscape Temple, referred to in ancient legends as the land of the Holy Grail, which is the container for the love of the world. Australia's purpose I understand is to hold firm the root energies of this great planetary Landscape Temple. Australia therefore

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continued from page 15

represents the Base Chakra. But within this Base Chakra the heart energy also has its place at Uluru or Ayers Rock. The ancient wisdom teachings of St Germain give us valuable guidelines to follow in order that we may progress in unison with the Masters' 'Great Plan' for the healing of our Earth and the reactivation of its Heart Chakra in Europe. It is not known for certain when this particular work was last done consciously. There are historical glimpses of the whole Grail Temple being deliberately worked by the Rosicrucian Fraternity in Europe during the 16/17th centuries, by the Cathar Brotherhood during the Cathar/Troubadour/Knights Templar period and by the early Christian Initiates and communities such as the Essenes. In the face of constant persecution these groups carried on their work secretly and we have to reach right back into the golden age of Druidism to see any evidence of more publicly known organised working of the great Grail Temple. The Druids' work was part of the work of serving the world temple and transforming the globe step by step into a sphere of beautiful light, harmony and grace. Of course Hitler was very aware of the potential power for world domination that the acquisition of the Grail Kingdom could bring. He tried hard to gain it for his own ends. It was due to a lot of, then secret, work by the Rosicrucian Lodges and other occult orders working within Europe in the 1940's that he was unable to succeed. The Roman Empire was built around the Grail Temple as the Romans sought to dominate the world. It was at that time that the Christed being that we know as Jesus took incarnation and much was done to undo the threatened Roman domination.

The Aboriginal people, acting as traditional guardians of the land, have kept the Landscape Temples and Song line systems of Australia clear and safe. They have done a splendid job. Now is the time for more earth workers and healers in Australia to gain greater awareness of this wonderful ability Australia has to hold firm, nurture and energetically ground the work happening in Europe as the Heart Chakra begins to re-activate. It is, I believe, imperative that Australia acts as a conscious polarity to this heart reactivation. It is important that Australians show appreciation for all the wonderful gifts this land has to offer. To treasure and continue the work of the Indigenous People, in keeping the song lines clear and activated in their




*The Yang and Yin aspects
of the new double pentadodecahedron.
Crystal grid pattern now emerging.
Grid images by courtesy of Peter Dawkins*

homes, cities and in the bush. The song lines are like the meridians of the Earth's body. Energetic blockages in the root system in Australia can stunt the growth of the whole plant. We need the plant, like a beautiful rose, to grow tall and strong, nurtured and fed by the roots. Then love can bloom again in Europe and the other affiliated rose heart centres of the world and its divine perfume can spread far and wide inspiring all peoples to join in love and goodwill.

Today we can again learn to understand our connection to the Earth and to intuitively use that connection to restore balance and harmony to our Earth and its peoples. It is a huge work. For many centuries man and womankind has been using the Earth's resources to learn lessons about balance, temperance and loving appreciation. Some of us are now willing to start to repay this debt. The Earth has been our teacher. Are we now ready to leave school and to give back to her appreciation and love for

all she has gifted us? We have, as a culture, experienced, through her generosity, greed on a huge scale; we have raped and destroyed much of her plenitude and beauty. Now we have the opportunity to take responsibility for these actions and through working lovingly together with the Angels and Devas we can start to make recompense.

Action always follows thought. So we need to get out there with loving thoughts of healing and forgiveness in our hearts and minds and do the work in hand... Do not delay. Every thought, every action counts we have much to make up for. 

Tamayra runs Earth Healing Workshops in Australia and Europe

She also does House & Land Clearings

If you are interested in arranging one in your area please contact her: tamayra@hotmail.com 0414 083569

There is also a self help Home and Landscape Clearing CD available using sound frequencies from the Apollo Space Mission

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Coffs Harbour. NSW 2450. Australia.

UNFOLDING LAYERS

by Michael Mitchell

Michael has been a friend of the Academy for some years, and the readers of ShiningBright are familiar with his story; his life changed drastically 18 years ago when he broke his neck in a car accident. Through his choices of life-style, integrating the personal practice of what he teaches, elements of precise nutrition, daily exercises and visualisations, he has become able to be fully alive in his body and is an inspiration to all that meet him. He lives in Southern England, close to Salisbury, Stonehenge and Glastonbury, working on a community project that will serve to network the tools for living that he wants to network. He is also planning to visit Australia in the New Year. Here is an intimate inner-sharing of his that gives insight into his story.

Sometimes I catch those waking moments, just before the eyes open. I feel I can remember being born. Recollections of being two years old come vividly into my mind. The quiet focused concentration of a child. I have died, that's clinically dead, my heart stopped! This happened on several occasions. Yes, there is an intimate relationship with these cycles of life, birth and death. It's like breathing in and out. They are that close to me. Grieving after loss, loving after death. A kind of rolling road. This story I tell is about life as a meditation, why I teach and what is taught.



of us our purpose is to be, all that we can be. In those desperate times, humanly enough there were swings from calmness to over-reaction until I met a special man, a Zen Master, my teacher.

Training started in the school room stripped of furniture, exercise mats were upon the floor. Not alone, but with other students. Together we were helped through a series of exercises, rolls, stretches and balance. We approached stillness through movement. Insight flashed, a clearer understanding of the relationship between my mind and the body. Openness in joints seemed to open spaces between thoughts. A process of observation began, to find out where I held on to tension and how to release those places that had been held tight. To set my prisoners free (is the Zen phrase). It seemed that strong emotions held a long time accumulated in residual tensions.

A new phase in my understanding – letting the breath breathe me – changed radically the way I worked with anger, pain, joy, anxiety, even lack of trust. More able now to move through emotions rather than get stuck or overwhelmed by them. Stillness, movement, breath, again and again; there was no repetition, and that's the key. It focused my attention.

Over a period of time, after many sessions, it became easier to release tension within my body and this extended into my relationships. Coming away from that first session and throughout following years, I carried days of learning fresh freedoms into my disability. And another thing! You know we are all disabled in some way, aren't we? Of course some more visibly than others. It's a human condition that needs acceptance. Sure I had trouble with this. The injury had changed my life, but it wasn't until I made a commitment to allow change that development could happen. Thank you to all my teachers, friends, who got down on their

A new phase in my understanding – letting the breath breathe me - changed radically the way I worked with anger, pain, joy, anxiety, even lack of trust

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Twenty years ago I was working so hard to keep my family together, give them what I considered was a good way of life; with quality, create a home for my children and partner. Twenty years ago, I became so tired that my life almost slipped away. One night, I ran a van beneath the wheels of a ten ton truck. I was crushed inside and subsequently lay in bed for many months; slipping in and out of coma, unable even to lift my head. It was hard because I was bruised physically and cut mentally and emotionally, and so were those around me. When you injure yourself in any degree, experience tells me there is a tendency to hold on. My learning/teaching process became a method to release layer by layer, to rediscover that bright clarity that gives birth to my potential. I guess for all

A Strong Woman vs a Woman of Strength

Anon

A strong woman works out every day to keep her body in shape...

but a woman of strength builds relationships to keep her soul in shape.

A strong woman isn't afraid of anything..

but a woman of strength shows courage in the midst of fear.

A strong woman won't let anyone get the better of her..

but the woman of strength gives the best of herself to everyone.

A strong woman makes mistakes and avoids the same in the future....

a woman of strength realises life's mistakes can also be unexpected blessings, and capitalises on them.

A strong woman wears a look of confidence on her face...

but a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey...

but the woman of strength has faith that it is in the journey that she will become strong.

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hands and knees and moved my legs, those that directed my consciousness back into the hands, and to Roshî Garrie Zen Master who opened the door. My teacher is now no longer living but gave me permission to teach ten years ago. It is a tradition where skills are handed down directly from master to student. Believe me, it helps to have a positive and practical blueprint for living. This way of working is delivered in stages, exploring body, mind, breath and posture. Taking a look at our vulnerability and

tendencies as patterns of living become clear. Ultimately to find a way to pure mind. Why that? Well, it helps to see things as they really are. It also gives choice. Yes, I am working from a wheelchair with meditation and awareness. Your Buddha nature has

given you the opportunity to be here now and to be who you are. Authentic as a human being: in this moment who do you choose to be?

Michael's phone number is 00 11 44 (1747) 830 504-

Email: live.aware@virgin.net

You can also contact the Academy for more information:

Sydney (2) 991 331 97

Email rosemary@a-light.org.au UK (01747) 850 719-

wshotton@liv4now.com



Vibrational Essence
workshops



VIBRATIONAL ESSENCE WORKSHOPS

Kalina Rose of Rose of Raphael Essences and Melinda Paterson of Blueprint Essences will be offering a series of workshops and consultations during their forthcoming visit to Sydney.

This is an opportunity for you to meet and experience the unique gifts that these women bring through their essences and songs in the Language of Light. Come and join them at the following events:

Saturday 1st December

workshop - 9.30am to 5pm, \$140

Combined Rose of Raphael and Blueprint Essences workshop with Kalina and Melinda

Sunday 2nd December

workshops - 10am to 5pm, \$120

How to Channel Vibrational Essences workshop with Melinda

DNA Repatterning of the Chakras, Endocrine and Hormonal Systems workshop with Kalina

Monday 3rd December

private consultations - 1.5 hr, \$100

Blueprint Healing Private Consultations with Melinda

Monday 3rd December

workshop - 9.30am to 4.30pm, \$110

Healing the Sisterhood workshop with Kalina

Monday 3rd December

meditation - 7pm, \$10

Melinda and Kalina will be offering a meditation and healing at the Academy of Light, 5 Amaroo Ave., Elanora Heights

Tuesday 4th December

private consultations - 1.5 hr, \$100

Blueprint Healing Private Consultations with Melinda

Vibrational Healing Private Consultations with Kalina

Tuesday 4th December

mini workshop - 7pm to 10pm, \$50

Blueprint Healing and Essences mini workshop with Melinda Venues to be advised upon booking. BYO Rug, pillow and lunch to workshops.

For more info please check

Phone Kalina on 02 66875117 or 0421117562 and

Melinda on 02 66807232 or 0418220371

HYPERLINK <http://www.roseofraphael.com.au>

www.roseofraphael.com.au

**You know we
are all disabled
in some way,
aren't we?**

THE TRANSMUTATION & INTEGRATION OF KARMIC MEMORIES

is essential to attain
oneness and wellbeing

by Lilliana Corredor, Ph.D.

Dr. Lilliana Corredor is an Expert in Water, with Degrees in Biology & Chemistry, Marine Biology, General & Biological Oceanography and Freshwater Organisms in South America, France and Australia. Dr. Corredor has published in Scientific Journals, over 20 years. She left Academia in 1990 and has been dedicated to Water-oriented Environmental Education Campaigns, as a Volunteer. She continually lodges submissions to governments around the World on environmental issues, with emphasis on the need to clean and protect the water resources and aquatic ecosystems of the Planet.

Chaski Unu is her Spiritual name, which means <Emissary for the Water> in Quechua language. She received this name at an initiation ceremony in Ollantaytambo, Peru, with an Inca Shaman. Her Life's Mission is 'to Heal the Waters of the Planet', which includes Human Beings. She has done Planetary healings at many Sacred Sites in Central & South America, Asia and Australia.

Individual & Collective Consciousness could be seen as being largely determined by whom we think we are; how we perceive ourselves to be; how we feel about ourselves; and how we act out all these perceptions.

Our thoughts, feelings, words and actions, are expressions of our level of Consciousness whether as an individual, a nation or a race.

It is of utmost importance that we realize that who we think we are today, our beliefs, our perception of our Self and others, are no more than a composite of previous experiences in this life and in past existences.

This is possible because the Light Body carries all the Soul Memories as Light Encodements from one existence to another.

How does this take place?

I believe that when the Soul is released from the physical body, its Light Body carries all the information



concerning that Being's journey. In other words, all the memories encoded in the DNA are transferred by the Soul from the physical body into the Light Body at the moment of death.

When the Soul embodies again in the physical realm, these Soul Memories, this encoded information is transferred by the Soul from the Light Body and stored in the DNA of the physical body... and so on, from one life to another. Thus, our DNA directly influences our physical world, based on all the Soul's memories encoded in it from previous experiences.

These Soul memories are registered in our DNA as thought-forms, as feelings, as beliefs of our previous existences. These affect our health, our behaviour, our emotions and our perceptions.

Our ESSENCE however is NOT made up of these thought-forms, feelings and beliefs.

These thought-forms, feelings and beliefs are no more than 'ASPECTS' of who we

really are. We carry in our DNA two types of aspects: those of a higher vibration (love-based), and those of a lower vibration (fear-based). It is from these two types of aspects or 'Karmic Memories', from whence duality stems.

Let us redefine what is Karma:

Karma, is the Universal Law of Cause and Effect. In my opinion, Karma only takes place through the Being's choice of thoughts, feelings, words, or actions, that is, through FREE WILL; and NOT by "God's punishment" or "God's retribution" as misunderstood by many.

It is important to be aware that we incur Karmic Debt

**Each one of us
is a luminous
multi-dimensional
being, an
individualised
expression of
the Divine Unified
Consciousness
of All That Is.**

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or Karmic Imbalance, if and when we utter discordant thoughts, feelings or words, or take actions, with the intention of hurting others or creating disharmony.

If this Karmic Debt is not balanced, that is, if it is not cleared or transmuted through Love, I believe that it MANIFESTS in our physical body. That is, it blocks the water pathways of the body and is a precursor of disease.

This accumulation of karma is referred to as "Karmic Memories", a component of the memories transferred by the Soul from one life to the next, until they are balanced or cleared.

If our aim is to heal disease, to achieve emotional & psychological balance, and to achieve Higher Levels of Consciousness or ONENESS, these karmic memories or lower vibration aspects must be consciously cleared from the water pathways of the body. That is, they must be transmuted into Love and integrated in our consciousness.

There are many ways of clearing karma, the most effective being the use of Light and Sound.

**" Fully integrating
and anchoring
the body of Light
is integral to
the ascension
process...a person
has to refine and
purify his being or
raise his vibration
to allow this
integration
to take place"**

Dr. Joshua David Stone,
"The Complete Ascension Manual"

On Friday, 30th November Dr. Corredor is giving a Seminar and a One-Day Workshop on 1st Dec., in which participants will learn:

- What constitutes the Energy Matrix of Consciousness and what is the role of WATER in it;
- A description of the Light Body;
- How karmic memories are transferred from the Light Body into the DNA of the physical body; and what is the role of WATER in this;
- Why karmic memories are the precursor of disease, as well as of emotional and psychological imbalance;
- How karmic memories manifest in the physical body; and block the water pathways of the body;
- Why the process of Clearing Karma is of essence for the Soul's evolution into Higher Levels of Consciousness;
- The practice of a SELF-HEALING technique using Light, Sound and Breath to release, transmute and integrate karmic memories;
- About 'The Higher Council of Water Beings'.

BOOKINGS & ENQUIRIES:

Southern Cross Academy Of Light 991 331 97



"Physician Heal Thyself"

If not you, Who? If not now, When?

The Orion and 12 Strand DNA Healing is a remarkable process for Self Healing brought to Australia recently by Vianna Stibal, a gifted Medical Intuitive in America.

This technique is for everyone and is especially useful if you are already a holistic practitioner, as you can combine it with other modalities. It helps to develop your inner vision and intuition and once you have learned, it is readily available at all times, in any place that you are.

Trained by Vianna as a facilitator, I am interested to share and teach others this process and am willing to give the 3 day seminar anywhere in NSW or elsewhere in Australia where a group of people (6 or more) are willing to learn.

In this course, you will learn how to promote better health, by reaching and working in theta brain-wave levels; how emotions cause illness and illness leads to more emotions; that genetic programs operate at more than physical levels; and to discover beliefs you don't know you have, and replace them if you no longer want them.

Your youth and vitality chromosome and 12 strands of DNA will be activated.

If this sounds of interest to you, and you would like to co-ordinate a group, please phone to discuss and get more information:

Phone Sybil – (02) 6672 6325

Required reading for the workshop:
"Go Up and Seek God" by Vianna Stibal

SELF HEALING OF KARMIC MEMORIES



*with
Lilliana Corredor,
Ph.D.*

Expert in Water
and 'The Higher
Council of Water
Beings'

FRIDAY SEMINARS

GOSFORD - 2nd Nov, 7-10pm, Coastal Circle Light Centre, 220 Albany St Nth.

SYDNEY - 30th Nov., 7-10pm, Passionist Monastery, 138 Killeaton Str., St. Ives.

Dr. Corredor will provide NEW INFORMATION on THE ROLES OF WATER IN THE LIGHT BODY, KARMIC MEMORIES AND SPIRITUAL DEVELOPMENT. She will give detailed descriptions of: the Light Body; on how Karmic Memories are stored and passed from one life existence to another; on the impact of Karmic Memories on our physical, mental, emotional, psychological well-being and Spiritual development.

This information provides a framework to understand the importance of CLEARING THE WATER PATHWAYS of the Physical and Light Body in order to attain HIGHER LEVELS OF CONSCIOUSNESS AND HEALTH.

Cost: \$15 - FREE to those attending Workshop.

SATURDAY WORKSHOPS

GOSFORD - 3rd Nov., 9:30am - 5pm, Coastal Circle Light Centre, 220 Albany St Nth.

SYDNEY - 1st Dec., 9:30am- 5pm, Passionist Monastery, 138 Killeaton Str., St. Yves.

DISCORDANT KARMIC MEMORIES are lodged in the WATER PATHWAYS of the body and create BLOCKAGES to the natural flow of energy. These blockages must be cleared to attain Higher Levels of Consciousness and Health. Participants will be taught a SELF-HEALING TECHNIQUE -based on Light and Sound- TO CLEAR THE WATER PATHWAYS of the Physical and Light Body and TRANSMUTE AND INTEGRATE DISCORDANT KARMIC MEMORIES.

Participants will also receive Individual Healings, Alignments and Activation of Memory Codes by 'The Higher Council of Water Beings' and other Ascended Masters of the Light, so your Earth Mission can begin. Attendance to Seminar is advisable.

Cost: \$100, \$85 Conc., \$90 Early Bird. Bookings essential, \$30 Deposit.

ACTIVATION OF LIGHT PORTALS & HEALING OF WATERWAYS - CEREMONIES

It is imperative that we Heal the Oceans and Waterways. All Water-Loving-Beings welcome.

FREE!

GOSFORD - Thursday, 1st Nov., 3:30pm to 5:50pm.

SYDNEY - Sunday, 2nd Dec., 11am to 1pm.

Visit: www.water-consciousness.com

ENQUIRIES: Lilliana (02) 66846547; E-mail: lcorredor@byrononline.net
Gosford: Omeola - (02) 4344 4942; Sydney: Rosemary (02) 99133197

Angel Delight

by Diana Cooper part 3 of a series

Angel love

You are never alone. Your Guardian Angel is with you at all times. Very often so are other angels and your Guides and Helpers. There is a whole contingent of Beings of Light around you, whispering to you of your highest destiny. They impress on you ideas which will be for the highest good.

There is nothing that you can think, say or do that will stop the angels from loving you.

Your Guardian Angel constantly radiates compassion, light and inspiration to you. When you feel guilty your angel is encouraging you to forgive yourself and make amends. When you feel angry or bitter your angel is reminding you of the benefits of forgiveness. When you feel depressed or despairing your angel is pouring a ray of hope into you. If you feel doubtful or distrustful your angel is supporting you.

Angel love is beyond human comprehension.

Nor do they ever judge or criticize you. If you are being less than your true divine self, they stand by patiently waiting for you to see a higher way. If you are harming yourself, they cannot interfere. They simply hold the space for you to do whatever you need to experience.

I was talking to a lady the other day who regularly sees angels standing by people. She said that often she sees them nudging a person in a certain direction.

However we all have free will to resist or to fight the flow. Sometimes we want to do it alone. Frequently we want to do it our way and use our lower will. No angel will ever interfere. Then they stand by with compassion while we suffer the consequences of our actions.

Their greatest joy is to bring you messages of hope and inspiration. I was on an internal flight in America sitting next to a stranger. She told me how she and her husband had wanted a baby for years. She was undergoing IVF treatment and always felt so depressed when it failed. Then one day, during the procedure, she felt an angel holding her in incredible love and light. She knew the angel had brought her a message that she was pregnant. And she was. Their little girl is the delight of their lives. She cried as she told me of the wonderful presence of the angel bringing the message.

Angels can use the energy of prayer to bring hope, inspiration and love to someone in need. Sincere prayer, as opposed to rote, is always utilized by the higher forces. When several people join together to pray for a person or situation, the power sent out is multiplied and many angels are joyfully employed.



A friend of mine sent me a frantic e-mail asking me to send angels to her little boy who was to have an operation next day. I am sure that many of us prayed for him that night and during his operation.

After the operation she wrote.

"When we were focusing on John whilst he was in the operating theatre, both his father and I could see him surrounded by this incredible sphere of light that was built up by all the beautiful Angels and Light Beings that were there. The whole operating theatre was filled with this light!

So I, too, want to thank you from the bottom of my heart for your help and prayers for us, and for calling in the angels. I could really feel them there supporting us and protecting my little boy.

John is really well today and in remarkably little pain."

I had asked the angels to help her and her husband too, so I asked her how she felt during the operation. She wrote back, "I felt really strengthened by all the wonderful energy that I received and I could feel the angels holding me before and during his operation."

Each time you send a prayer out to the angels to help others you are adding to the light around a person. Your intercession of love may enable the other person to receive healing, to pass over more easily, to succeed where they had been failing or in some other way. It will automatically add to the build up of light around you.

When you become a Being of Light your needs around love subtly change. Frederika had often seen angels. She worked with them all the time and radiated much light.

One night before she went to sleep she called her Guardian. She could feel its presence near her. Then she could see him. He was pure white, with blond hair and stood a metre tall. As the angel hovered by her, he smiled.

"Here I am. What can I do for you," he asked.

Frederika said, "Am I going to fall in love again?"

JUST NEW EYES

by an Anglo-French traveller who loves the Academy

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes." Marcel Proust.

I have been travelling for years now, and it feels like a big deal for me that I am actually considering to stay and live in this one place in England for maybe a couple of years more, after arriving only one year ago. But in all these travels, I think I was not so much going somewhere else each time I was on the move, as actually getting something out of being in movement. Somehow, in the transiting from one place to another, everything seems to be new and vivid, and though you are moving, it feels like you are unbelievably present. It is as if in moving, you get a grasp of what it is like to be 'being'. Now I'm having a go at 'being' without 'moving'. Now, that's a good one.

It appears that I took planes, buses and boats, but it has clearly been inside myself that I have actually been travelling. The beautiful landscapes of New Zealand that year are now treasures inside me, but when I was on top of that mountain, and put my past in that big stone, put every single thing that was 'gone' in that stone, and walked all the way down to the river to throw that stone in it, that's when I was moving from one space to another -inside myself. I was changing.

Paris might be the city of love, but I lived there for

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The angel said "No!" and Frederika felt disappointed for a moment. But he continued. "You are already in love with the Universal love."

She felt a deep presence round her and knew that she no longer needed personal human love. She had experienced something much deeper.

Now this does not mean that she will not have a personal relationship. It means that she does not need to have one.

Exercise

Sit quietly and surround yourself in a ball of golden light.

Sense how much light you are radiating.

Ask the angels of love to come to you.

Focus on places and people in need and as you do so, ask the angels of love to visit and help these places and people.

Sense, see or feel what his happening as the angels use your love to help others.

When you have finished, sense how much light you are radiating.

Knowing you have been blessed, open your eyes.



thirty years without feeling it. When I got back there after my trip to the Southern Hemisphere, and I was actually feeling love for it, I knew I had indeed travelled. Thinking back furthermore, at a trip I did a little later on the ferry from France to England, was it meant to be for me to change countries again, or was it to let me feel those silver waves and the fresh wind? I could have stayed in the smoky lounge but instead was outside, exhilarating and breathing.

It could appear that I started to travel five years ago when I left Paris to travel to Australia, but actually, I really started to go places ten years before when I engaged in psychotherapy. Little did I know that after constantly travelling and whispering around in space, flying around in the ether, as well as on drugs and rock and roll, that it's only 15 years later when I'd discover the pleasures of being grounded that I'd travel for real!

The other day, a friend asked me where I was going for the summer holidays. I answered I wasn't going anywhere and that at the end of the day, what counts are the travels we do inside ourselves. The guy I was talking to was French. Was I talking to someone else or somehow to some part of myself? As I leave you and close this bridge between our countries, I wish each one of you a bon inner voyage.



The Southern Cross Academy of Light

is holding the focus of Peace, Love and Compassion for all the people who are suffering at this time. Before the start of each Academy meeting a Circle of Peace will be held.

PEACE BE WITH YOU

Death is not the greatest loss in life. The greatest loss is what dies within us while we live.

"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance"
Buddha

"Those who say something is impossible should avoid interfering with those who are doing it"
Wise Chinese Saying

DIARY of events

for The Southern Cross Academy of Light OCTOBER/NOVEMBER/DECEMBER

Meetings are held in the Sydney area either at

- St. John's Uniting Church Hall, cr. Yeo & Barry Sts, Neutral Bay. (St John's) enter off Barry Street.
- 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)

October **Monday Nights**
November **7.30p.m. – 9.30pm**
December **at St John's**

A wonderful exciting array 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.

1st October **Monday Night**
Public Holiday **No Meeting**

7th October **Sunday**
World Angel Day **9.30a.m. - 4.00p.m.**

Come and spend a day with the Angels from this dimension and the higher realms! A wonderful programme has been arranged which includes Walking the Labyrinth. Please bring vegetarian lunch to share. Cost of \$45 to cover hire of Monastery, Labyrinth and other costs. COME & BRING A FRIEND. ENQUIRIES: Rosemary (02) 991 331 97

8th October **Monday**
Jessica Tsang **7.30p.m. - 9.30.m.**
Clinton Fong

Evening with the Angels
Having just celebrated world angel day, and welcomed these Angelic forces into our lives, we invite you to come to a special evening with Jessica and Clinton, to dance, sing and play with the Angels. An evening to connect with your own Angelic Essence. \$10 at St. John's

15th October **Monday**
Peace Choir & John Butterworth **7.30p.m. - 9.30p.m.**

A Night of Bliss with Sound & Music.
It is with great joy we welcome the Peace Choir and John back to Monday Night. They are always a Divine experience of peace and bliss. We look forward to this evening as John and the Peace Choir take us to a deep inner stillness which leave us immersed in a feeling of bliss and peace. John will be using his Tibetan bowls, bells and Chinese Gong. \$10 at St. John's

18th October **Thursday**
Narelle Green & **7.30p.m. - 9.30p.m.**
Rosemary Butterworth

Introductory Talk on Gold Circle Power
A very interesting night about a simple but powerful process, based on sacred geometry that leads to self-awareness. During the evening you will shown, with the help of overheads, just how simple and quick it is to make changes in your life. How to step out of old patterns that have been controlling you and placing limitations on your life. \$15 at St. Johns. Enquiries Narelle Green (02) 99691590

22nd October **Monday**
Judith Kidley **7.30p.m. - 9.30p.m.**

Aura Soma - Pomanders & Quintessences
Judith has a wonderful background in Aura Soma. Aura Soma is a non-intrusive therapy. The pomanders work within the electromagnetic field surrounding the physical body. Each pomander can help to introduce the energies of colour to which it relates, to help bring into our experience the positive messages of that colour. The Quintessences bring a more subtle energy into the Aura-Soma colour system. They work through the astral and etheric levels to facilitate the flow of energy from the inner planes. When we use a quintessence we invite into the auric field the most positive energies of the colour rays to which they are related. \$10 at St. John's

27th October
10th November

Narelle Green & Rosemary Butterworth **Saturdays**
Gold Circle Power - Workshop **9.30 a.m. - 4.30p.m.**

Roles, People & Patterns (rites of passage)
From their continued research into why people's patterns repeat - why there seems to be a great lack of peace in our daily lives - Gold Circle Power has evolved. This workshop continually evolves, due to the wonderful changes (and feedback) that have taken place in their and other's lives who have been doing this work. This process is based on sacred geometry and triggers memory; once touched or seen the pattern dissolves. You don't have to keep re-living it! The workshop will enable you to see the roles and patterns that you have taken on during your lifetime and transform them. This energy becomes available for positive use in our daily life. At Ramala. Cost \$195 for two Saturdays. B.Y.O Vegetarian Lunch to share.

29th October **Monday**
Karen Ashby **7.30p.m. - 9.30p.m.**

Radical Forgiveness Ceremony
Trained by Colin Tipping, Karen will leads us in a through this unique Ceremony. Based on a Native American healing-circle ceremony, this largely non-verbal process preserves privacy and anonymity, yet has proven itself to be extremely effective in

diary of EVENTS

allowing people to forgive themselves and others and to find peace and happiness. This process is entirely non-threatening and yet is quite likely to change your life forever. \$10 at St. John's

5th November **Monday**
Faye Wenke (Matthews) **7.30p.m. – 9.30p.m.**

Breathing Practices

Faye is well-known as a Master/Teacher of Reiki Jin Kei Do. She will share with us four simple breathing methods, with arm movements, used for strengthening energy and energy awareness, namely, Ibuki and Nogare. Seven Purifying and Strengthening Breaths, with arm movements to further develop energy awareness and for self-healing. A very practical, energising night. \$10 at St. John's

12th November **Monday**
Daya Dhamma **7.30p.m. - 9.30p.m.**

Healing & Awakening through sound and Wholistic Chiropractic. With training in yoga, meditation, healing arts, chiropractic, science and music, Daya (David Ackerman) offers a deeper approach to healing and awakening. Daya will be guiding us through deeper healing experiences through sound and tone meditation during the evening. \$10 at St. John's

17th & 18th November **Weekend**
Colin Sisson **9.30a.m. - 5.30p.m.**

Workshop

Loving Relationships & Sexual Magic

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. Passionist Monastery \$195.

Bookings Rosemary 991 331 97

19th November **Monday**
Rosemary, John & Narelle **7.30p.m. - 9.30p.m.**

A beautiful, simple night of meditation, colour and toning. St. John's. \$10.

20th, 21st & 22nd **Evenings Tues, Wed, Thurs.**
Colin Sisson **7.30p.m.- 10.00pm**

Workshop

Rights to Riches

The focus in Rights to Riches is to discover the laws behind manifesting the reality you want and to create a winning recipe for success, enabling you to recognise the self-sabotaging beliefs that prevent you from realising your dreams. Rights to Riches is a very practical workshop addressing the basic principles of creating abundance.

Crows Nest Community Centre. 3 nights \$195. Bookings Rosemary 991 331 97

24th & 25th November **Weekend**
Colin Sisson **9.30a.m. - 5.30p.m.**

Workshop

Breath Integration Step 1

Breath Integration is a live system of personal growth through the expansion of awareness. When we combine breathing with the process of thinking, feeling and sensing, we find ourselves being capable which is far beyond intellectual, emotional or physical perceptions. Passionist Monastery. \$195. Bookings 991 331 97

26th November **Monday**
Lilliana Corredor Ph.D. **7.30p.m. - 9.30p.m.**

Water.

Dr. Corredor is coming to Sydney to 'wet' our appetite for her knowledge and training in water. She is an expert in Water and she left Academia after 20 years to become an Environmental Activist and promote the protection of aquatic ecosystems. If you feel great affinity with dolphins, whales, the ocean or Water in any form, this gathering is for you. St. John's. \$15.00

30th November **Friday**
Lillian Corredor Ph.D. **7.30p.m. - 10.00p.m.**

Seminar - The Roles of Water in the Light Body

Dr. Corredor will provide new information on the roles of water in the Light Body. She will give detailed descriptions of the Light Body; on how Karmic Memories are stored and passed from one life existence to another, on the impact of Karmic Memories on one physical, mental, emotional, psychological well-being and Spiritual development. Passionist Monastery - \$15. FREE to those attending Workshop. Bookings. 991 331 97

1st December **Saturday**
Dr. Lilliana Corredor **9.30 a.m. - 5p.m**

Workshop

Self-Healing of Karmic Memories

Participants will be taught a self-healing technique - based on Light and Sound - to clear the water pathways of the physical and Light Body and transmute and integrate discordant karmic memories. Passionist Monastery (Accommodation available also) \$100, \$85 conc. Deposit \$30. Attendance to Seminar is advisable. Ph.: 991 331 97

3rd December **Monday**
Melinda Paterson of **7.30pm - 9.30pm**

Blueprint Essences and

Kalina Rose of Rose of Raphael Essences

'Vibrational Essences and the Language of Light'

Melinda and Kalina have each co-created with Spirit unique ranges of vibrational essences in service to the planet at this time. Blueprint Essences assist in aligning you to your Divine Blueprint, life path and purpose; and Rose of Raphael essences assist in the transformation of limiting thought forms so that we can embrace our divine galactic Self. Melinda and Kalina come together to share with you their gifts and knowledge of healing through the

DIARY of events

use of vibrational essences and to sing to your soul in the Language of Light. Come along for an evening of joy and bliss. \$10 at St John's

10th December **Monday**
Irene Mouritz **7.30p.m. - 9.30p.m.**
 Celebration of Breath
 Irene will be giving us a taste of the nine day luscious Play shop that she and Elisabeth van der Veer will be running in January. During the evening we will be given some of their combined 19 years experience in Breathwork, Reiki, Self development and Somatic Integration.
 Ph: Elisabeth 4784 2553 or Rosemary (02) 991 331 97
 \$10. At St. John's.

17th December **Monday**
John Butterworth & Peace Choir **7.30p.m. - 10.00**
 A night of celebration and Christmas Cheer with beautiful toning, meditation, laughter and songs. \$10 At St. John's. This is the last Academy Night for 2001.
 May Peace, Peace and Peace Abound. A Joyous Christmas to All!

As the diary is prepared months in advance some dates, times may change. So please confirm workshop/seminar dates/times by phoning (02) 9969 1590

The Academy Meetings will resume on the 7th January, 2002.

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Thank you for your continued support



THE SOUTHERN CROSS ACADEMY OF LIGHT
proposes

A School of Self Development

Purpose is:

"I came not to teach, but to awaken" (Meher Baba)

The sole aim of the School of Self Development and indeed the Academy as a whole, is for each of us to ultimately come to know that we are The Supreme Reality. Most of the world's great spiritual traditions and teachers have taught this for centuries. The purpose of each human life is surely to realise this.

The following courses are confirmed or provisional.

The Psychology of Astrology. Geraldine Taylor Wood
(starts Feb. 20002)

Drama Antoinette Sampson
(Blaxland)

Huna/ Soul Alchemy Glenda Anderson

The Transformative Power of Sound John Butterworth

Conscious Relationships Colin Sisson

Breath Intergration Colin Sisson

Cosmic Healing Bernie Prior

Gold Circle Power Rosemary Butterworth
& Narelle Green

Crystals Richard de Welles

A detailed list for the courses being run by the Academy in 2002 will be listed in the Summer Edition of Shining Bright. The Academy invites teachers to contact us if they would like to be part of the programme. The common thread must be that all courses are clearly focussed on self-enlightenment.

"The only authority is one's own heart".

CONTACT DETAILS: (02) 991 331 97 Fax: 991
33 418 E-mail rosemary@a-light-org.au

The Southern Cross Academy of Light's Invocation is:
In acknowledging Spirit in all things and the
Aboriginal custodians who have worked in harmony
with Spirit to protect Australia and kept it safe and
pure since the Beginning, we co-create an Academy of
Light under the Southern Cross.

The Academy's Mission Statement is:

To see Peace, Love, Light and Empowerment permeate
all levels of creation.

LOVING RELATIONSHIPS AND SEXUAL MAGIC

with
Colin P. Sisson

Loving Relationships

Love is the most talked about and 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 heartache? This workshop answers this question, giving you clear steps to build a fully conscious relationship with your favourite person.

Conscious Sexual Magic

Conscious Sexual Magic is based on the understanding that the most powerful moment of human existence is the conscious movement of sexual energy through the entire body. Conscious Sexual Magic is the art of utilising sexual energy to expand awareness and reach new levels of enlightenment.

LEARN TO HARNESS THE DIVINE POWER OF
LOVE AND SACRED CONSCIOUS LOVE MAKING.
TO EMBRACE YOUR NATURAL BEAUTY AND
SENSUALITY TO EXPLORE THE GOD/GODDESS
WITHIN.

INCREASED HEALTH AND LONGEVITY

SYDNEY WORKSHOP INFORMATION

Weekends

Loving Relationships and Sexual Magic

(first time in Australia)

When: Nov. 17th - 18th - 9.30a.m. - 5.30p.m.

Breath Integration - Step 1

When: Nov: 24th - 25th - 9.30a.m. - 5.30p.m.

Venue for above workshops:

Passionist Monastery, 138 Killeaton Street, St. Ives.
Accommodation available \$33 per night

Evenings

Rights to Riches

When: Nov 20th, 21st, 22nd - 7.30p.m. - 10.00p.m.

Venue: Crows Nest Community Centre,
2 Ernest Place, Crows Nest.

COST FOR ALL WORKSHOPS (incl. G.S.T.) \$195.

BOOKINGS & ENQUIRIES:

Rosemary (02) 991 331 97 e-mail rosemary@a-light.org.au



Colin P. Sisson

An international recognized
writer and seminar leader.
A Vietnam and long-term
student of the Qabalah.
The author of 7 books,
including Rights to Riches,
Inner Adventures and Breath
Integration Made Easy.

DIRECTORY OF WHOLISTIC HEALTH SERVICES

ALEXANDER TECHNIQUE

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

ART HEALING

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.

BRAIN GARDEN

LYDIA TEODOROWYCH - Experience vibrant health through organic and unprocessed pulse, using ancient wisdom that resonates with a healing vibration Ph: (02) 6290 1264 email: galacticstar@primebuynetwork.com

BREATHWORK

KAREN ASHBY - Fully trained by Colin Sission in Breath Integration. An easy and non confrontational way of releasing fears and integrating energies. 1 _ hours \$90 Ph: 9716 7646

CHINESE HERBAL MEDICINE

ALASDAIR REED - Chinese herbal medicine cares for your body and soul using the wisdom of the ages. Also Bush Flower Essences. Didgeridoo healings available. Ph: (02) 9973 2904

COUNSELLING

ANNE CASTLE - Counsellor: Sacred Ceremony Essene workshops. Light Reflexology. Baby naming ceremonies. Ph: 0415 408 874

CRYSTAL HEALING

MAGGIE VRINDA ROSS - Crystal Healing Workshops. Crystal Regression Therapy - Kinesiology - Colour Therapy Ph: 0411 880 071

GALLERY FOR HIGHER SPIRITS

Exhibiting Artworks of Spiritual Beauty - paintings, prints and sculptures in a natural bush setting. Open weekends or by appointments. The Bay Road Gallery 15 Bay Road, Arcadia Enquiries 9655 1674

HEALING

ROBYN STEPHEN. - Aura Soma Colour therapy or Reiki energy to heal naturally. Ph: 9967 2346

HEALING FACILITATOR

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

INSPIRATIONAL COUNSELLER

PAULINE OAKELY - Inspirational Astrology with a spiritual approach. Also Numerology and Tarot Ph: 9999 1120

MEDITATION

GILLIAN YOUNG - Still 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
3 chapters FREE \$9.95 on-line or \$19.95 on CD Rom
5 Licuala Dr. NORTH TAMBORINE. 4272. Ph: (07) 5545 3776

PERSONAL SPIRITUAL DEVELOPMENT

MICHAEL BRAY - Avatar course facilitator. 2-9 day courses with tools to help you live deliberately. Delivered everywhere 0418 494657. Email: avatar7@iname.com <http://members.xoom.com/mfbray/>

PIANO TEACHER

JUDY FISHER. A wonderful, wholistic approach to playing with mind, body and spirit. Learning to play becomes a joyful experience. Enquiries: Ph: 9498 6799

PULSING

KAREN EMERSON - Holistic Pulsing, Massage, Therapeutic Touch, Bowen Therapy, Reiki, EFT. Ph: (02) 9327 3748

RADICAL FORGIVENESS

KAREN ASHBY. -Dump your emotional baggage. Radical Forgiveness counselling, phone consultations available - Forgiveness Ceremonies - Sound Therapy with crystal singing bowls. Ph: 9716 7646.

REIKI

DIANA SCANLAN Increase your energy, well-being and bring peace, tranquillity and harmony into your life. Ph: (02)9918 8982 0418 965 606

REIKI EMPOWERMENT SEMINARS

DEZ DALTON - 7TH DEGREE REIKI MASTER TEACHER Learn this safe and gentle technique of rejuvenation, greater health and self-empowerment. Ph: 9663 3193

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

REIKI LIFE UNLIMITED

FAYE WENKE (Matthews) - 25 years experience in personal empowerment specialising in Reiki Jin Kei Do and EnerSense. Workshops and treatments Ph: 9868 6323 Mobile: 0412 778 205 Web site: reiki-lifeunlimited.com

SOUND THERAPY

JOHN BUTTERWORTH - Personal sound therapy using the healing powers of voice and exotic musical instruments. Ph: (02) 991 331 97

SPIRITUAL HEALING & COUNSELLING

ROSEMARY BUTTERWORTH (WHITFIELD) - Uses Spiritual Guidance to see your potential and blockages. Reiki, Light Therapy, Kinesiology, Phone Readings available. Ph: (02) 991 331 97

JOHN BENNETT - can combine Chinese acupuncture, Massage, Chakra balances and Felt sense therapy to heal and release physical and mental blockages that often come from childhood decision. John also runs workshops on how to combine these modalities and heal yourself and others. Phone (02) 4782 7474 or 0414 257 302

THE EMF BALANCING TECHNIQUES

BARBARA AND NEIL DUCK-CHONG - Practitioners and Teacher Explore the healing and evolutionary benefits of a fully charged human energy field! Ph (02) 9456 4155 E-mail lifeman@alpha.net.au Ref: www.emfbalancingtechnique.com

ENERGETIC VIBRATIONAL HEALING



Marianna has put her gifts of healing together and come up with a basket filled with modalities for you to choose from.



Fully trained in many vibrational modalities, she has developed an unique intuitive approach which will delight you. The combination of Reiki, vibrational cards, essences and sound are proving to be a very powerful and transformational treatment.

Sessions \$60

Marianna Georgiou

Ph: 0412 103 784

Testimonial: Whilst recovering from the 'flu, Marianna came to my home to give me a session of vibrational healing, I chose from her basket of healing DNA cards plus a tape of mantras for the chakras. Using her intuitive skills, Marianna chose where the cards where to be placed on my body and then gave the cards Reiki, energising them and releasing the vibrations into my body. After the session I felt re-energised, and much stronger. It was one of the most powerful sessions I have ever had. – Rosemary

Hemi-Sync Workshops

Now available in Australia

I am more than my physical body... Robert Monroe, Journeys Out of The Body

These workshops of Self Discovery utilise the Hemi-Sync audio-guidance technology - specific sounds which are blended and sequenced to gently lead the brain to various states - from deep relaxation or sleep to expanded states of awareness and other "extraordinary" states.

The audio-guidance process works quite simply by sending different sounds (tones) to each ear by stereo headphones. The two hemispheres of the brain then act in unison to "hear" a third signal - the difference between the two tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain by both brain hemispheres working together. The result is a focused, whole-brain state known as hemispheric synchronisation, or "Hemi-Sync" - an optimal condition for improving human performance and attaining a deep meditation - deeper than you've ever meditated before.

Ashle Trucano, Director of the Self Discovery Institute and workshop trainer, is a Certified Clinical Hypnotherapist, Soul Alchemy Practitioner and graduate of The Monroe Institute's Gateway, Lifeline, Exploration 27 and Trainer Development Programs.

2001 Workshop Schedule

17 Oct	Inner Journey - 3 hr Intro	Sydney
18 Oct	Inner Journey - 3 hr Intro	Sydney
19 - 21 Oct	Discovery Level I	Melbourne
22 - 23 Oct	Threshold to Freedom Level II	Melbourne
25 Oct	Inner Journey - 3 hr Intro	Brisbane
26 - 28 Oct	Discovery Level I	Brisbane
29 - 30 Oct	Threshold to Freedom - Level II	Brisbane
1 Nov	Inner Journey - 3 hr Intro	Perth
2 - 4	Nov Discovery Level I	Perth
5 - 6	Nov Threshold to Freedom - Level II	Perth
8 Nov	Inner Journey 3 hr Intro	Sydney
9 - 11	Nov Discovery Level I	Sydney
12 - 13	Nov Threshold to Freedom - Level I	Sydney
15 Nov	Hemi-Sync & Healing 3 hr Workshop	Sydney
16 - 18 Nov	Explorations - Level III	Sydney

Ashle provides an opportunity to experience a challenging and rewarding learning period. She shows great wisdom, compassion and understanding. Her clear explanations and gentle probing facilitate growth that will remain and continue throughout your earthly life and beyond.

Using Robert Monroe's Hemi-Sync in a supportive environment, we were challenged to go further, explore and discover parts of ourselves we may have only wondered about before. Dare to leave your resistance behind and become an adventurer for life! It leaves you wanting to go further, learn more...."

Claire V - Wellington



For Workshop details and registration
• or for a product brochure:

Phone: 61 2 9908 5173

Email: ashle@selfdiscovery.com.au

Web: www.selfdiscovery.com.au

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