

# ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

VOLUME 7, ISSUE 3

WINTER 2003

AUD \$4.50

## Tranquillity

(A personal Journey  
to the heart)

## The journey to self

Be in  
one peace

Changing axis  
of the earth

When God  
was a woman

Facing the present  
world crisis  
humanity's  
coming of age



THE SOUTHERN CROSS ACADEMY OF LIGHT

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

# THE SOUTHERN CROSS ACADEMY OF LIGHT

## VISION & VALUES

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

### ONE SPIRIT – DIVERSE VOICES

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

### UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

### UNCONDITIONAL LOVE

Loving each other without conditions

### THE ONLY AUTHORITY IS ONE'S HEART

To act according to one's own conscience

### MUTAL RESPECT AND ACCEPTANCE

Treating each other with respect and without judgment

### PERSONAL RESPONSIBILITY

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

### CO-OPERATION NOT COMPETITION

Working together, supporting each other.

### ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and responsibility for the planet

### PEACEFUL LIVING

Living together in peace, harmony and truth

### AWARENESS AND LOVE OF THE SELF

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



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Rosemary Bittenworth

## from the EDITOR

When I read the article in this issue "The Things We Don't Say" it reminded me of something a gentleman said to me recently.

I was the guest speaker at Bondi Branch of the Academy, bringing through Angelic messages for people that night. I was telling all there individually how really beautiful they were as I described what I could see in their energy field as I gave them their 'message'.

At the end of the evening, the gentleman came up and told me that this was his first time to a meeting of the Academy. He was a newcomer to spiritual matters and self development. What impressed him most he said, was hearing said things that people just don't say to each other these days.

It made me reflect. Are we focussed on what is wrong with the world, our families and especially our children more that what is right? Are we constantly criticising our children (and ourselves) rather than encouraging their good qualities? Are we accepting what is without resistance from the mind of how we think it should be, and move forward with awareness? Or do we hang on grimly to our reactions to people and situations?

How many times have I, in the past, hung onto my resentment when hurt, not willing to let it go – the illusion being that the other person would see my point of view if they could see that I was upset. I needed to be right!

So for an hour, a day, a week, a year, a lifetime, we hang onto something that is painful. (I keep getting the vision of someone sitting on a cactus saying that it is hurting them).

Eckhart Tolle says that the egoic mind tells us that we can get what we want by hanging onto the negative. This, he says, is insanity. For by hanging onto the negative feeling in our body it will only cause disease and harm to us.

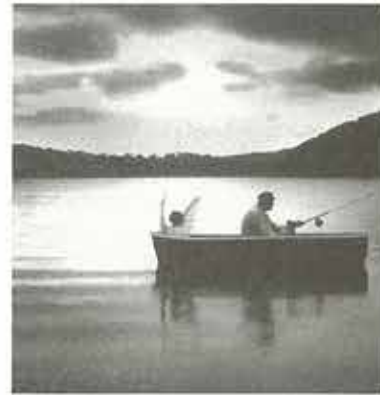
Eckhart says that to hang onto the negative feeling, is to stay in an unconscious state of being for no conscious being would keep themselves separate from love, peace and joy.

Thank you, Eckhart Tolle for your wonderful reminders, and also to Master Choa Kok Sui who says, "What comes out of the mouth is more important that what goes in".

*Rosemary*

Love and Blessings  
THE SOUTHERN CROSS ACADEMY OF LIGHT

## ShiningBRIGHT



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## CONTENTS

### Features

Tranquillity (A personal Journey to the heart)	3
The journey to self:	5
Be in one peace	7
Changing axis of the earth	8
Facing the present world crisis humanity's coming of age	9
Majesty, enchantment and the glory of God! the dream becomes real	11
Tackling stress and challenging life issues through sound	13
When God was a woman	14
The art of Vedic vegetarian cooking	17



### Regulars

Astrology	19
Diary of events	21
Wholistic directory	27

## around the **ACADEMY**

**T**he Southern Cross Academy of Light continues to expand due to the wonderful people stepping forward and becoming an integral part of its growth.

Twelve people offered to be on an Advisory Board bringing into the Academy their talents, time and professional help. A leading Australian law firm are graciously donating their services to establish an appropriate legal structure to take the Academy ahead on a sound basis for the future. This will probably be as a company limited by guarantee acting as trustee for a Foundation. One aspect of this will be to make all donations tax-deductible. Now objectives and strategies to the end of 2004 have been set.

Thank you to our Co-Ordinators and office staff for their dedication and service. Special mention to the group supporting Robyn Simon and the Blue Mountains Branch through their love and help the Katoomba branch is growing in leaps and bounds.

Karen Ashby also stepped forward to open Inner West Branch and be its Co-Ordinator. Inner West, Annandale Neighbourhood Centre, 79 Johnson Street, Annandale, opened on the 10th June, 2003.

A branch has been proposed to be opened in Newcastle in August. The Gold Coast opening has not set a date yet.

All this movement simply shows how the light is spreading through the community. The consciousness is shifting – it is wonderful.

It shows how the Academy is becoming a network of light centres radiating out throughout the country and one day connecting to other centres around the world which is part of the vision held since 1994. Now it is happening. All of us (including guest speakers) have made this possible by regularly attending meetings and doing service.

Speaking of 'around the world', we received a delightful email from Hagit in Israel. She loved the Autumn edition of ShiningBRIGHT and was touched to see that we had printed her email.

Thanks to Kellianne Parker for showing her videos of James Twyman's Psychic Children's Conference held in Hawaii last March. She did a wonderful job. It has now been suggested that we make 4 x 1/2hour tapes of the Conference so they can be made available for short sessions. As the Academy has these tapes plus a lot of other tapes, we have decided to set up a video night. It is to be on a Friday Night. Shely Mort will be organising these nights. If you are interested in coming along or if you have spiritual development tapes that you think Shely might be interested in showing her contact phone no. is (02) 9401 6766

If you have a story or article you would like published, or would like to advertise - email us at [scal@alight.org.au](mailto:scal@alight.org.au) or [rosemary@alight.org.au](mailto:rosemary@alight.org.au) - phone (02) 9975 4905



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*John Butterworth developed and initiated 'Sacred Sound'*

*Workshops, healing meditation circles and performances plus 'Sonic Entrainment' personal sound therapy about 10 years ago. He travels widely within*

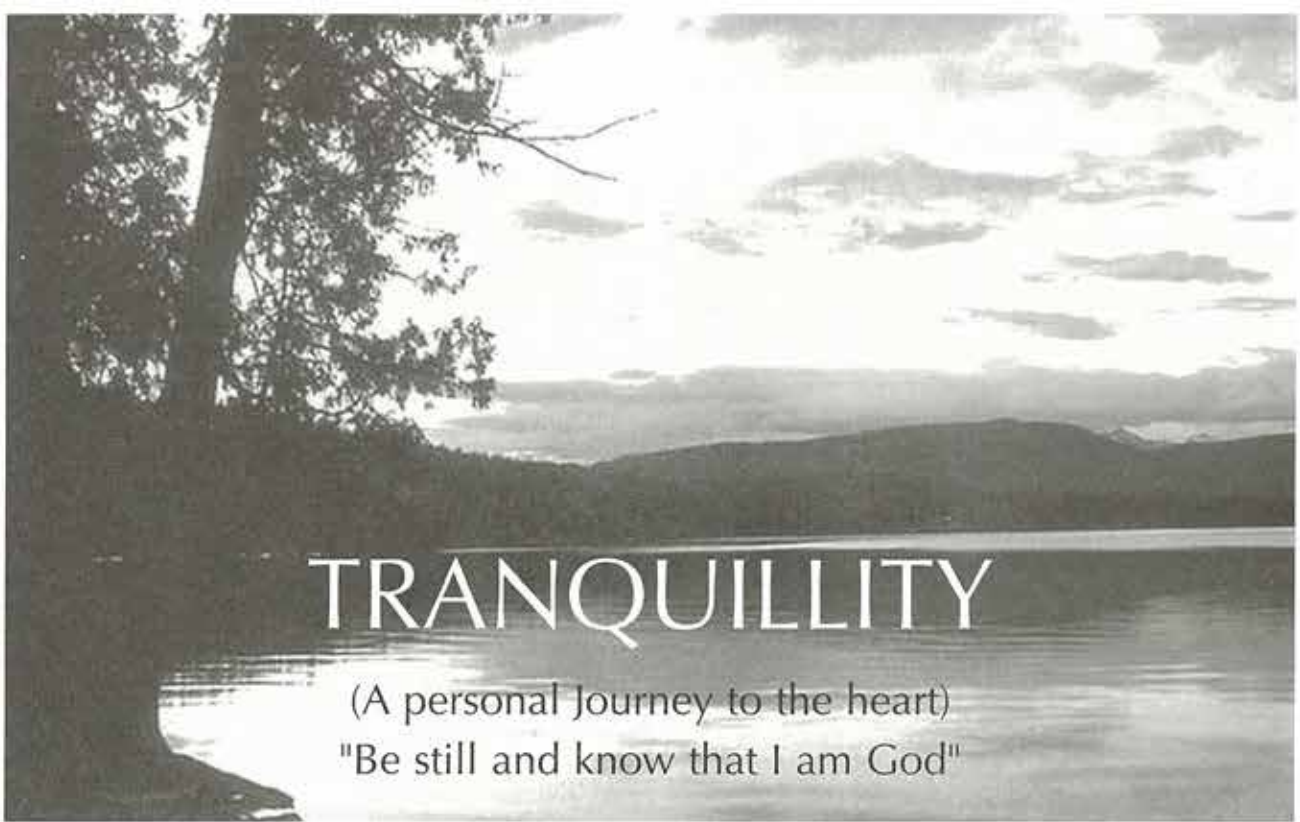
*Australia and overseas doing*

*this work, performing, and studying with others to continually expand his understanding and capabilities.*

*This has included conferences/congresses, the Sydney Acapella Festival, the Findhorn Foundation (Scotland), the International Yoga Teachers' Association, radio and TV, the Festival of the Winds in the Cathedral Cave at Jenolan Caves, the Sydney Mind, Body, Spirit Festival with the Southern Cross Peace Angels, the Peace Choir (which he founded late 2000), Don Comreaux, (Gong Master) from New York, and is a member of the Sydney Sacred Gong Ensemble.*

**FURTHER ENQUIRIES : (02) 9975 4905**





# TRANQUILLITY

(A personal Journey to the heart)

"Be still and know that I am God"

by Chris Bible

**C**an our lives be one of heartfelt gratitude, peace, passion and childlike exuberance. Most certainly, for only personal experience is the true teacher. Books, education, ideas and concepts, readings, etc., have to be relinquished to experience absolutely nothing, which is the source of everything. Are you willing and courageous enough to let go of your knowledge and trust in the grace of life to lead you within your own sacred heart?

Your mind and its knowing will tell you that nothingness is boring, dull and meaningless, but within the stillness of your self is a joy, love and peace unfathomable. Life's ultimate journey will guide you to this sacred abode of the heart and with commitment, passion and grace, heaven on Earth will become a reality. This experience is profoundly so, so simple that it totally stupefies rational understanding.

**"The peace that passeth all understanding"**

("The peace that passeth all understanding").

To resist the flow of life itself takes a great amount of energy, and with it, all the emotional pain, suffering and sickness, so prevalent in the world today. Nothing requires absolutely no effort whatsoever, and our breath which rises and falls is reflective of this wonderful simplicity. We have been so conditioned, to become and do, that we have forgotten how to just be.

Allow your questions to be replaced by answers, trust instead of doubt, and clarity rather than confusion. To fall in love with silence, instead of all the sound and movement we are accustomed to.

There was a time when I perceived the glory of life within nature, children, saints and angels but was resistant to accept and see the glory within me. As I accepted my own shadows, I realised all of creation is of God, darkness

and light – yin and yang. To allow oneself the privilege of self-love, and to look into the depths of one's heart and bathe in your God-given magnificence.

Separation and duality vanish, and the Beloved and lover are one and the same. The joy in this knowingness is indescribable and fathomless. This reality can be found within the breath of life: one breath in and one breath out. How profoundly simple and glorious!

Accepting all aspects of ourselves is the key to real tranquility. Resistance gives way to simple allowance and surrender to Life's magical flow. The greatest of all miracles is in self-transformation and becoming the "I am that I am".

Most of what we term the miraculous is only to get your attention and discover that you are the real genie in the lamp.



**to resist the flow of life itself takes a great amount of energy**

*The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day.*

*We cannot change our past...we cannot change the fact that people will act in a certain way.*

*We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...*

*I am convinced that life is 10% what happens to me and 90% how I react to it."*

Charles Swindoll

# LIGHT IN DARKNESS: a brief overview

by Lisa Stephens

Following the Total Solar Eclipse of 4th December, 2002, it is perhaps interesting to cast our eyes back over the intervening months and assess the situation in regard to any possible results that may have been evident in connection to that eclipse, particularly as it may have affected Australia. We might think to do this with the new eclipse season of a Total Lunar Eclipse on 16th May, the Buddhist Wesak festival, and the annular (comparatively minor) Solar Eclipse Saturday, 31st May. To a certain extent, these new eclipses lessen the effects of the former eclipse

season, although they will linger in some form for a certain time.

As the end of the eclipse path on 4.12.'02 passed through Ceduna on the Australian Bight and terminated close to the north eastern South Australia-

southern Queensland border, in other words appeared to slice into the heart of our country, my feeling was that it would affect us to a greater or lesser extent. Let us examine then several events of significance that have occurred since.

On the day of the eclipse itself, Sydney, our largest and most important city, experienced extreme heat, and serious bushfires broke out within hours of the exact conjunction of the Sun and Moon and ringed the city. These were to rage for weeks and terrify local residents, and once again our city was buried beneath a pall of smoke, making it difficult at times to even see the harbour. We had had a similar situation the year before. My own belief was that, on a higher level, this blanket of smoke represented some sort of necessary cleansing of the etheric energies – perhaps something like a 'smudging'.

Within a couple of weeks, there were breakouts in several of the major detention centres, especially at Woomera, which was situated very close to the path of totality of the eclipse. I noted in the newspapers at the time, that they had

all occurred when the zodiacal position of the eclipse was being activated by fast moving transiting planets, usually by an 8th Harmonic 'hard' aspect.

In January, the nation's capital was besieged by major bushfires, which devastated the south western areas of the city, coming close to the Governor General's residence at Yarralumla (The 'heart of Australia'). Intriguingly we then witnessed the demise of the highest representative of the Queen in this country. This sort of event is typical of a total eclipse of the Sun – the Sun (as the natural ruler of the sign Leo, sign of royalty) representing those in power and kings and queens. Symbolically, the ruler of our country (the Sun) has been eclipsed. It is also interesting to note the connection between the sign of Sagittarius and organised religion and church people – Dr. Hollingworth had previously been Archbishop of Brisbane. The comparatively new Catholic Archbishop of Sydney, Dr. George Pell, has also experienced a serious attack on his integrity and credibility.

Meanwhile the worst drought in Australia's recorded history continues to persevere, in many areas. We see TV reports of cattle dying in various locations. Interestingly, the decan (10 degree section of the zodiac) in which the 12 degree Sagittarius eclipse fell – the second one of that sign – according to the ancient pundits has to do with the death of cattle!

If we spend a moment to take a glance at the other end of the eclipse path which began in the southern part of the African continent, we can see that those countries also are experiencing drought and famine. Not only that, but Zimbabwe, which felt the full brunt of the eclipse, has been torn apart by political infighting, and continues to suffer the oppression of its dictator, Robert Mugabe.

The foregoing is just a very brief overview of some of the events which have occurred in recent months. The situation would no doubt benefit from serious and close study.



*An intelligent person is not closed-minded.  
He does not behave like an ostrich burying his  
head in the ground trying to avoid new ideas  
and developments.*

*An intelligent person is not gullible.  
He does not accept ideas blindly.*

*He studies and digests them thoroughly, then  
evaluates them against his reason; he tests these  
new ideas and developments through  
experiments and his experiences.*

*An intelligent person studies these ideas with  
a clear objective mind.*

Master Choa Kok Sui



# THE JOURNEY TO SELF:

by Dawna Shuman

*"Experience a Journey directly into your Soul – into the vast boundless presence of love in the core of your being."*

I was intrigued; I was captivated by an email I received inviting me to hear Brandon Bays, author of "The Journey –An Extraordinary Guide to Healing Your Life and Setting Yourself Free" at the Bodhi Tree in Los Angeles. There was something 'unique' about this...that couldn't be defined within the wording of the email...it was just 'this something' that jumped out at me...that leapt through the electronic boundaries and called my name.

I showed up early, (something new for me) on a Friday only to find that the presentation was the next day. I usually am very clear about dates and was surprised that I was so early...one day early. The next day, I showed up again...and I know now that I arrived on the wrong day, to show 'my soul' how committed I was to The Journey



*Brandon Bays*

and its path; once again confirming that there are no mistakes in life; only validations.

I sat back and watched a radiant Brandon Bays share her personal story of triumphing over adversity in her life. Feelings of 'knowingness' filled my entire being and I real-

ized that The Journey had already begun for me. I heard Brandon talk about healing her tumour, her husband leaving her; her home burning to the ground in the Malibu fires...and on and on. And here she was exhibiting a vibrancy and positive life-force that illuminated the room with her 'being of lightness'. I wanted more.

For two days, I sat in The Journey workshop participating in various exercises that were part of the Emotional Journey. I left that day feeling a sense of lightness but on the second day, I showed up feeling 'cluttered' inside; a sense of darkness that I knew all too well. It was always so easy for me to 'mask' this feeling. On this day, we paired up and were sent to quiet corners of the room to be guided to our Physical Journey that Brandon claimed would free us from repressed emotions once we entered 'our deepest space'...the place where innate wisdom and intelligence resides...the place of 'true-all-knowingness'. "It is a place of 'no mind', says Brandon. "Athletes call it 'The Zone'. Scholars call it the universal intelligence. Physicists call it 'the quantum soup'. It is who you are at your deepest level." I felt safe with my partner and yet I could not go deep enough, to that place that I needed to be. I finished the process and went back into the main room to wait for the others to finish. Sitting in my chair, I knew...I knew...that I wasn't finished. I couldn't shake the feeling. This time, I couldn't pretend or walk away. After several uneasy minutes, I made eye contact with my partner and told her that I needed to go back into the process again – without questioning, we started over.

Again, I felt stuck mid-way and couldn't break through...but I was determined that I wasn't going to get up from my chair, until I had. One of the staff members came over to assist, gently asking leading questions. I soon found myself spiralling inside to a place of complete and utter nothingness.

I surrendered to it...the Zone. More gentle proings. Suddenly, I felt struck by an intense vibration deep in my stomach and then I had a vision of my mother. I started to identify feelings of intense anger and rage that were buried so deeply inside. After processing this, I was guided into another place where feelings of lightness and peace engulfed me. It felt so pure and so filled with light.

It was because of this benevolent feeling of grace, that I was overwhelmingly filled with a sense of loving-ness and I said the following words, "I forgive". Suddenly, as if from an unseen force, my shoulders caved in and my body racked forward as huge sobs released from deep inside. I was filled with waves of tears for what seemed like eternity until they subsided. I then felt the need to declare, "I

continued on page 6

**I soon found myself spiralling inside to a place of complete and utter nothingness**

continued from page 5

want to forgive everyone in my life that I have held resentments toward and I release this right here and right now", I sat up and opened my eyes to behold my loyal partner, Nita and Amber, the lovely staff spirit. Feeling cleansed, my eyes burned brightly, shining with the love that I felt for everyone; and most importantly, for myself. I felt complete. I had found peace within myself and with everyone, at that very moment. I had come home to myself, experiencing the joy and lightness of it all!

For Brandon, it took a tumour the size of a basketball to catapult her to a remarkable, soul-searching and ultimately freeing healing journey in which she uncovered a means to get direct access to the soul, the boundless healing potential inside all of us. Only 6 weeks later she was pronounced tumour free, no drugs – no surgery!

The extraordinary gift of Brandon's own healing journey was to pioneer a road-map: a simple, yet powerful step-by-step means to tap into the body's infinite wisdom, joy and potential, elicit its unlimited healing power, uncovering specific cell memories, resolving them completely and clearing out any emotional, spiritual or physical block stored on a cellular level. Renowned cellular biologist, Dr. Candace Pert has established that when we have repressed emotions, or issues we've not coped with, it releases a chemistry into the blood stream that will block certain cell receptors in the body.

If those cells remain blocked over a long period of time, there is the propensity for disease to be created in that area. "The key is to uncover this repressed trauma, or the unaddressed cell memory, resolve it and clear it completely", says Brandon, "then your body and your being goes about the process of healing quite naturally on its own and you are left soaring in a boundless joy, peace and wholeness that is your own essence."

Brandon has been touring the world with The Journey workshops and recently returned from a hugely successful tour of New Zealand, South Africa, England and Scandinavia. She met with the Minister of Education in South Africa due to her overwhelming success there to discuss implementing her book in the school curriculum and teaching The Journey within the public school system. The Journey is also taught at workshops to prisoners within the penal system in that country.

*"My heart felt healed, whole. I felt as if I'd been washed from the inside out, as if someone had just wiped me clean. I wanted to dance, sing, celebrate. I finally felt free!"*

Suzie Greaves – The London Sunday Times

Journey Intensive workshops live with Brandon Bays this winter: Noosa 5/6 July, Brisbane, 26/27 July and Sydney 2/3 August. Visit the website: [www.thejourney.com](http://www.thejourney.com) or call 1300 304414



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**Be In One Peace**



# BE IN ONE PEACE

by Joanne Messenger



Isis

I was doing my normal morning meditation and blessings before going to my practice, when my antenna changed channels. I found myself in an Egyptian temple looking at a marble floor of alternating black and white tiles. Across from me sat Isis, silent and unmoving. A large cat was seated to her left and a man to her right. There was a large eye above the

throne and I was very conscious of my third eye.

I was handed a staff with a golden circle encasing another protruding golden circle, on top. To my front left there was a large multi faceted emerald. When I focused from my third eye through the top of the staff and into the emerald I found myself standing on the top of a sheer drop with the man standing next to me. Mist was building around me. The longer I stood there the thicker the mist became and the higher the rock face we were standing on rose from the ground. The man reminded me of my personal philosophy: "Don't jump off cliffs carrying rocks. Leave the rocks behind. Let the baggage go".

**I was very conscious of the need for peace**

I left my baggage and dived forwards, outwards and flew. I was soaring, and then it felt like rubber bands pulling me back. The man's voice came to me and said, "Don't think. Just feel." Every time my soaring faltered, his voice would repeat, "Don't think. Just feel," until I repeated and knew it for myself.

The mist cleared and I could see another rock face in front of me which was crowded with welcoming people. I landed and was told, "Your task is to help others make the

leap." I looked back to where I had come from. There were so many people lining the edge of the cliff.

I found myself back in the temple but the floor had changed. Rather than alternate squares it was black and white stripes making a direct path across the floor. Isis smiled a knowing smile. "The pattern is an illusion. It's not zig zag but truly straight ahead."

I had been teaching Chiron for the best part of 20 years and, as sure as the world turns, I knew it was time for me to change direction. I was very conscious of the need for peace, and yet how could we have world peace if we did not embody it ourselves? The inner reflects the outer and vice versa. Everything started to come to me. New methods blended with the tried and true. Meditations for inner peace that even the busiest mind couldn't sabotage. Recipes for essence blends promoting peace. Techniques for clearing invasive energies, protection, connecting to source, de-cording attachments and sound meditations which transform you from doing to being. The Be In One Peace two day courses emerged. Practical, hands on and user friendly techniques you can easily apply to help in managing your life and improving your spiritual connection. Even people with no experience in healing or meditation are finding it easy to make peace with themselves by using the simple techniques.

**The inner reflects the outer and vice versa**



#### Footnote:

*Joanne Messenger is just the person to present the Be In One Peace courses.*

*Joanne's academic qualifications are impressive.*

*She has a Bachelor Degree in Applied Science, a Diploma from the National Board of Chiropractic Examiners (USA), an Excellence Award in Radiology, a Diploma of Sacro-Occipital Technique as well as Practitioner and Teacher Certificates in Chiron Healing.*

*She is past Principal of the Australian Energy School of Chiron and past Vice President of the International Association of Chiron Healers Inc.*

*Joanne has taught both the philosophies and the techniques of energy and healing throughout Australia and New Zealand. For bookings & Enquiries 9817 7011*

*joanne@beinonepeace.com and [www.beinonepeace.com](http://www.beinonepeace.com)*

*<<http://www.beinonepeace.com/>>*

*"What really matters is whether the alphabet is used for the declaration of war or the description of a sunset."*

Mr. Rogers



# Changing Axis of the Earth

by Magenta Haydon



A number of years ago I had a dream. I was on an island when unexpectedly part of it broke away and began to drift off into the distance. I was standing on the part that was going nowhere; watching the breakaway section drift off into the unknown.

On impulse at the last moment, I decided to take a chance and jump across to the breakaway section and see where it would take me.

Right now we are walking between two worlds. We are presented with the paths [choices] of the 'old' and all we have done before or the choice to listen to something that is gently nudging you to put aside the 'old' known stuff for a moment or two and investigate a little more. Taking the 'chance', is about embarking on a personal adventure into healing, balancing and redefining your entire life and relationships, into an evolutionary new level. It is, in fact, a new alignment between you and your 'greater self'. Such is the step of beginning the reconnection to the 'real you'. It is not a vague mystical concept, but an actual reconnection

into a structure that has form, shape and substance, albeit on levels that we describe as 'energy'. Many literally feel this as a gel-like, pliable substance as much as a metre [a few feet] or so from the body! Sometimes there is the feeling of heat or cold, or limbs may move involuntarily as they readjust, even though there is no physical contact.

As a teenager, I began a career in TV and theatre but through a forgotten injury in childhood, had sustained a 'life crippling' situation that seemed to have no known cause or answer. Things I assumed were going to right themselves as I grew up simply didn't, and by my late teens it became apparent that something was wrong.

This situation was the catalyst for me to 'wake up' it was a disability yet had no name, no recognition and seemingly no reason. For years I explored many healing, medical and spiritual options, but achieved very little beyond one or two highlights that almost promised the answers. Then in the latter part of the 1990's I began to learn of changes to the physical planet and the 'Grid'. The 'Grid' is the manifestation of energy pathways connected to our human bodies and into the planet.

Over the last fifteen years or so, there has been a new pattern happening with this 'Grid'. I began to be involved

with energetic approaches that linked into the new 'grid'. From that moment on, seeming miracles began to happen. A progressive shift occurred that gradually removed or released the conditions I had been struggling with for so many years, achieving noticeable and life altering results. Concurrent with this shift were experiences of integration with inner levels of bliss and 'completeness'.

Aligning to 'Grid' refers to aligning to an axiation adjustment happening to the physical planet itself, and can be achieved in many ways if you choose to take your personal spiritual and healing journey into the quantum levels of understanding. There is a change happening that is allowing us to see what was invisible to us before. This seems to be primarily to do with the way 'light' as photon energy on a quantum level, also exists as 'frozen light'. This is the manifestation of light as an actual structure that precedes the higher, non visible levels of DNA - something we are now referring to as 12 strand DNA. DNA is only recognised physically as having 2 strands.

I was virtually getting nowhere until I began to connect into this 'Grid', then I realized I was apparently somehow able to rapidly accelerate the correction of what would normally have taken many lifetimes to complete. I was, it seemed, actually repairing and reconnecting the damaged 'lightbeams' and 'patterns' that made up my own genetic blueprint. I began to 'see' as a reality, what has been described as laser-like geometries and spirals that link into the double helix spiral of the DNA [genetic blueprint] and how this connected back into a 'greater picture' that some called the 'higher self' or 'soul'.

This lattice-like structure appeared to include what was referred to as the 'Cosmic Web' in Chinese philosophy. Over millennia, this had been disconnected leaving us incomplete and forever searching to find that missing sense of bliss and completion. My experience seems to justify the claims that since the Harmonic Convergence of 1987 and the 11-11 of 1992, there has indeed been a massive restructuring happening to the planet and it is in aligning to this change that can rapidly accelerate one's personal integration with the 'soul'.

Without this change to the planet my injury would have been subject to the lengthy laws of karma. I discovered that these were precisely the kinds of 'connections' that were once taught in the ancient mystery schools of initiation in the pyramids, as the 'Lightstream' by the Essenes, and at the Temple of AN which related to Love and Wisdom - i.e. the missing 'feminine' attributes of what

continued on page 10

Right now  
we are  
walking  
between  
two worlds



# FACING THE PRESENT WORLD CRISIS

## humanity's coming of age

by Troi Leonard

Humanity is facing the "opportunity of Discipleship", a choice based on following the guidance of the Heart & Soul or being ruled by the world of matter, fear and insecurity.

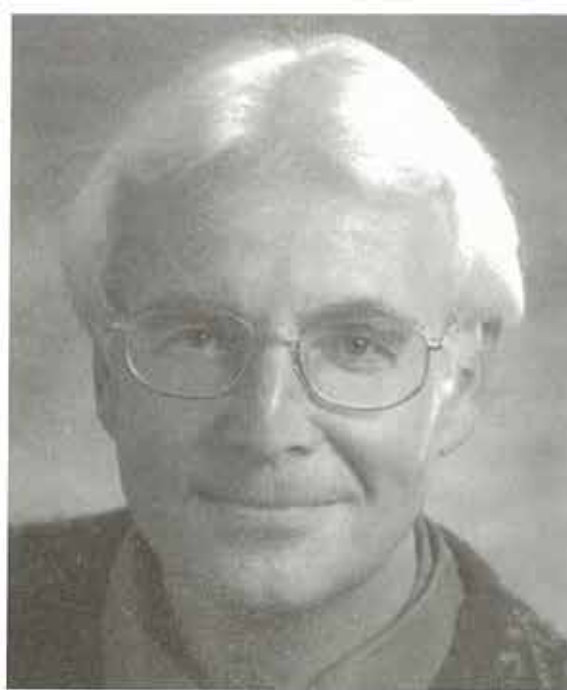
The "United Cry of Humanity" seeking betterment, hope for a future and release from fear of all kinds (the greatest of which is death), has stirred up long-dormant "issues and energies" out of the depths of our psyche to be faced in the light (wisdom) and love (compassion) for our Souls.

The conflict of the resulting struggle has made the world a "battleground of values". This will eventuate in the destruction (transformation of the personality) of the old habitual, divisive, tendencies coming to a painful end, thereby opening the door to live as a soul in the "world of souls", with undreamt of possibilities.

The aggregate of souls composed of disciples, initiates and masters, are known as the "Spiritual Hierarchy" or brother/sisterhood of light, love and compassion, being an expression of the Buddhist or intuitive plane. It has been through their united effort for aeons of time, that much of what is termed darkness or evil, has been deflected and shielded from an immature humanity. They are known as the Soul of Man, the Heart Chakra of our planet.

Humanity's "united appeal" has furthermore gained the attention and response of a great centre of "life abundant". Known as "Shamballa", related to the Head Centre or "Crown Chakra" of our planetary logos, it is the custodian of the purpose, plan and will of God on Earth. Only at rare intervals in history have we experienced Shamballa Force on earth, the latest of which was the direct impact of September 11 in New York.

Planetary Housecleaning, to use the words of the Tibetan (also known as Master Djwal Khul or DK) is being applied through the destructive nature of Shamballa's first ray force. This may lead us to see the truth behind the world of glamour and illusion. "That prepares the way for the incoming 7th Ray of Ceremonial Order, restoring new



Troi Leonard

values, bringing order out of chaos, and presenting revelations such as the fact of the devic or angelic Kingdoms existence."

For us to take our places amongst their rank and file, we must labour and achieve:

*"...intensity of Purpose which will change you from the plodding, fairly - satisfactory aspirant into the disciple whose heart and mind are a flame."* Page 496, The Rays & the Initiations by Alice A Bailey

The first initiation, being a process of transformation, is related to the problem of sex relationships, (so evident today) and its sublimation of negative expression, to its higher reflection into the throat chakra, the centre of humanity and creative expression. The first sign or proof of this being successful is the appearance of an entirely new creative art.

*Nothing can arrest this activity; all that is happening today as men search for the new ways, for organised unity and peaceful security, is being implemented through the incoming Ray of Order or Ceremonial Magic. The white magic of right human relations cannot be stopped; it must inevitably demonstrate effectively. It is the distortion of these 7th Ray ideals and the prostitution of this incoming energy to serve the unenlightened and greedy men which have produced those totalitarian systems which today so terribly imprison the free spirit of men.* Pages 572/573, The Rays & the Initiations by Alice A Bailey

The moment in "time and space" is at hand wherein we "Must Be Willing to Act", speak, write and express in constructive and healing ways, in accordance with the highest ideals, the Soul of Humanity. We must "fight" with the light and love available for the "greater and lasting peace" that lies within. We must make the needed effort and live from empowerment and clear vision, expressing divine will, conditioned by divine love, divinely intelligent.

*"The Rays & the Initiations" by Alice A Bailey, pub. By Lucis Publishing Company, New York*



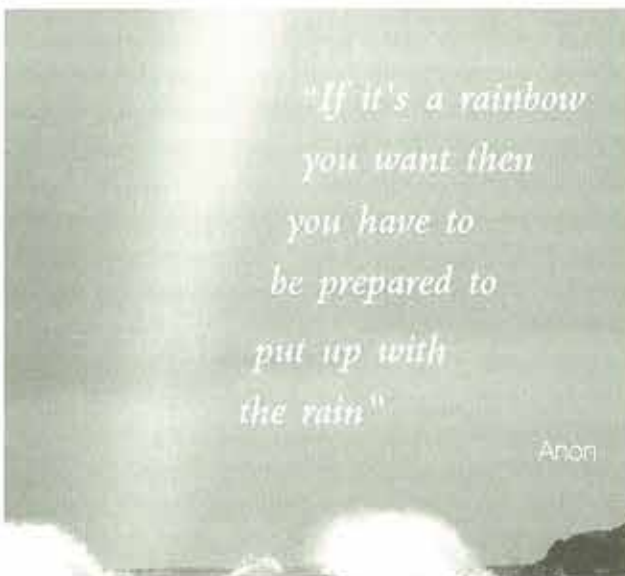
continued from page 8

we call the 'soul' and 'heart'. However, the connection was lost after an accident that happened that shifted the earth's alignment. Maybe it also caused the biblical Flood.

As humans, we are not separate from the universe, nor are we some kind of physical 'robot'. Our genetic code originates from and is in pattern with, a greater pattern that provides the blueprint for the fully operational DNA which is currently running at one third capability and 10% brain power. From its galactic origin, it connects into and through the DNA -genetic code to step down into the cells which then split and reproduce as 'you'. This is how we have a physical body. The origin of the pattern for our genetic code is contained within the exact same 64 codons of the galactic 'map'. This pattern is also represented in the Mayan calendar.

The pyramids of Giza were also once aligned to this very same cosmic map, connected to Orion. Everything of the ancient world upon our planet was once linked into this great 'cosmic star map'. When our planet is in balance and harmony, this 'map' is reproduced as the 'lightlines' that geometrically criss-cross across the planet in perfect order. This is a new or returning configuration only available to us since the early 1990's, and is referred to as 'the Grid', which in turn links into the higher levels of our human DNA. The nature of the DNA is magnetic and for this reason carries energy charged imprints that translate into the life you are experiencing some of which you may right now be wishing you could change! These imprints are part of the disconnection and can be systematically released by the process of reconnecting and reconfiguring your own original and clear blueprint.

For more information go to  
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This manual is an inspiring, and maybe unusual message, to tell you that no matter how hard your life journey may appear to be, you can do it. Struggling through a disabling injury, what seemed an impossible task, finally led Magenta into the answers she always believed must be there. You can discover, as she did, the truth of 'who *you* are', and the truth of your eternal existence as the blissful energy frequency of Happiness and Love, which is here for you right now and always, through realigning to the 'whole' within the heart and beyond into a connected universal network!

Go to Magenta's Earthspell at >>  
<http://emf.netfirms.com>



# Majesty, Enchantment and the Glory of God! the dream becomes real

by Bryan de Flores



**I**t is late December and the year is 2011. This world is in the midst of the greatest and most astonishing transformation it has ever experienced. From a distance, the planet Earth has a golden rainbow halo surrounding it, unlike

ever before in its history. It is as if the planet has been born again into a whole new space and time continuum. The polarity has diminished to 10%. Negativity and fear have been released from the planets multi-dimensional energy field. Upon closer inspection the continents are blossoming with life and magnificent golden pyramids herald the dawn of a new age. Everything has an incredible aura surrounding it. The colours are richer and brighter. Everything and everyone is moving at a graceful and peaceful pace.

We move closer! The noise and confusion of the physical plane has diminished. Through the mountains and valleys there is peace and tranquillity. Natural harmony has been restored. The spherical tones of creation are heard

once again throughout the land. The boundaries between the many dimensions of Earth are dissolving at an increasing rate. Communication with inter-dimensional beings has now become accepted and commonplace. The devic kingdoms have become physical once again.

**Earth has a golden rainbow halo surrounding it, unlike ever before in its history.**

The cities are glowing with natural beauty combined with ancient and modern architecture. The designs are becoming multicultural and transcend definition. There is great prosperity, abundance and companionship among all people. The communication and transport systems are operating smoothly, effortlessly and silently. People are talking, laughing and sharing. Many individuals appear to



be half of their chronological age. Integrity, honesty and compassion are the order of the day.

You now see yourself with dramatic clarity in this time frame. You are inspired, passionate and alive! Your mind is clear and free of confusion. Your emotions are balanced and positive. Through recent advancements in energy medicine and the absence of mental and emotional stress, your physical body is youthful, vibrant and healthy. All of your perceived physical imperfections have transformed into stunning individual uniqueness. You are aware of the Divine Plan and are living your dreams in every moment. You feel a deep connection with the Earth, humanity and the cosmos. There is a profound sense of inner peace, expansion and light.

Freedom and self-expression are encouraged and respected. Boundaries are dissolving between religions, countries and cultures. All over the planet there are large groups of focused individuals connected on the deepest and most profound levels. They are able to influence the course of events merely by the way they think and the way they live their lives. They assist in the process of transformation telepathically in connection with the non-physical planetary guardians.

Through the divine power of the Holy Spirit, everything transforms in a higher state of itself. A weed becomes a beautiful flower, a rock becomes a gemstone, the human body becomes a perfected 5th dimensional Lightbody and Earth becomes a star. All of the mysteries and secrets are revealed as the human and planetary consciousness unlocks itself and massive amounts of light and information pour forth.

The planet continues its shift into multi-dimensionality. Humanity moves into a whole new consideration. Humans continue to anchor light matrixes, which contain higher teachings and programs for the upliftment of humanity. New social, political and economic systems begin to take shape overnight. Earth begins another cycle and new forms of everything begin to appear. The oscillation of the planet shifts and slows to its original spin. The karma of the group soul has been completed and fulfilled. God's plan has now become manifest.

January 1, 2012: A new day has begun! Hold the truth of this vision in your heart.



**Boundaries are dissolving between religions, countries and cultures**

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## Tackling Stress And challenging Life Issues Through SOUND

*Camilla Nova*

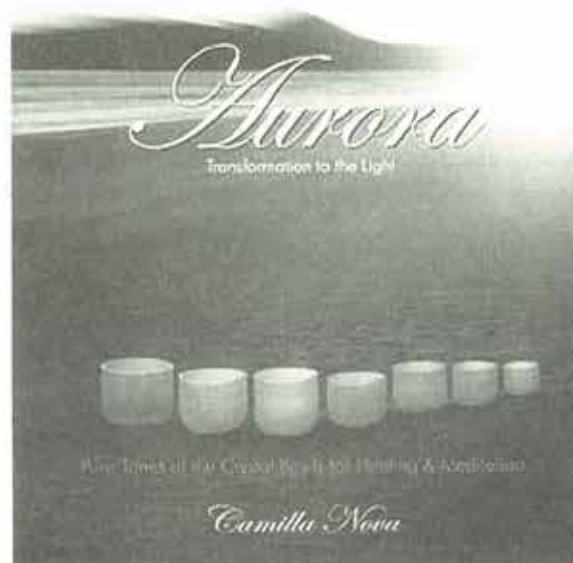
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# TACKLING STRESS and challenging life issues THROUGH SOUND

by Camilla Nove

**H**ave you ever felt irritable for no cause, short tempered, can't concentrate, lack of motivation and efficiency, problems sleeping and generally feeling like life is not that wonderful and put on some good music and felt your mood change? If the music was calming, then your mood may have changed into feeling like there was some meaning in life. Or perhaps you had the motivation to do those things that you were putting off, or you felt like you could go to bed and have the good night's sleep you had been longing for.

Often good music gives us the energy and inspiration we have been lacking. When we listen to calming music for some time, we can calm down to such an extent that our body can improve its health, the immune system gets stronger, and we are on the road to a vibrant life.

Not all music and sound is created equal ... It is important to be aware that not all sounds create harmony within the body, mind and emotions. Compare how you feel after listening to jackhammers or listening to your favourite relaxing music. There is no comparison – one makes you feel "out of sorts" or irritable and the other

makes you feel like a contented pussy cat.

Some music is inspiring, makes your heart sing, giving you a feeling that anything is possible and you have love for all. The difference is in the beat, melody and lyrics, – the actual combination of sounds. Experiment with yourself – stand in front of your stereo and listen to one type of music after another:

- How does it make you feel – in your physical body? Do you feel like you want to dance, or slump in a heap/creating some sensations in your body – of pain or harmony?
- How do you feel emotionally? Do you feel happy/sad/angry/fearful/or inspired to change the world to a more loving place?
- How do you feel mentally? What are you thinking? Does the music remind you of some long-forgotten memories/what you are supposed to be doing at work/what happened with your family last week/what you would really love to be doing with your life?

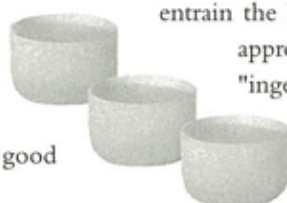
**Not all  
music  
and sound  
is created  
equal ...**

Take care with what sounds you expose yourself to and try to minimize your exposure to sounds that you feel are destructive and depressing.

Sound medicine is based on the idea that one can entrain the body to vibrate harmoniously by listening to appropriate or tuned sounds, with the body then "ingesting" the correct vibration into the non-harmonious area, which allows the body to heal itself.

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*Crystal Sound CD's available by Camilla Nova through The Southern Cross Academy of Light (see advertisement)*



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# WHEN GOD WAS A WOMAN

by Iahó de Beer

**W**hen God was a woman She was called a thousand names – Inanna, Io, Isis, Ishtar, Astarte, Lilith, Sophia, Au Sept and KwanYin and said to have as many attributes. She reigned supreme in the Near and Middle East. She was revered as a wise creator and one source of universal order. She was known and loved as the origin of every form of life. She was the Elohim and she was Woman. Under the Goddess, the role of woman was very different for the patriarchal Judaeo-Christian cultures: women bought and sold property, traded in the marketplace and inherited title and land from their mothers.

When God was a man, she was reimagined as a wanton, depraved figure and set in legend as Adam's rib – a fallen Eve who started the sins of the world. It is said that Pope Innocent in 1484 sparked off the witchhunts that killed 9 million European women. He is reported to have proclaimed:

*"Forsaking the catholic faith, they give themselves over to the devils...their incantations, charms and conjurings and by other abominable superstitions and ruin, cause to perish the offspring of woman, the foal of animals, the products of earth...."*

*They are the enemy of mankind and do not fear to commit many abominable offenses and crimes and risk their own souls...they insult the divine majesty and are a pernicious example and scandal...*

*We, therefore desiring as our duty to remove all impediments and prevent the taint of heretical depravity and to stop them from spreading other like evils...and from spreading to ruin to others who are innocent...*

*I hereby decree that the inquisition proceed to correction, imprisonment and punishment of the aforesaid persons...that they may be censured and penalized without appeal and the power of*

*the law as often as necessary to end this calling...*

*That they (my cardinals) afflict and torture with dire pains and anguish both internal and external on these women... and hinder women from conceiving and prevent all consummation of marriage...*

*And we require that our brothers and cardinals be not molested or in any manner hindered in carrying out this document..."*

So what happened between 25,000 years ago when God was a woman to 1474 when God was a man?

The history of the Goddess goes back to the beginning of this era, some 25,000 years ago. Before the Protestant or Catholic churches, before Judaism, before Islam and classical Greece, before there was God, there was the Goddess, the great earth mother.

She was worshipped as the source of life and women were revered as her birth-giving image. In her thousand names and her stories, she is universal and the root of all religions and even the concept of religion itself.

The golden age of the Goddess worship extended from the cradle of civilization – Near East to Egypt, Greece, Crete, Persia, Britain, Ireland and Africa. In these communities the goddess and woman ruled. Families were mothers and daughters in communal groups that remained close to the home for agriculture and child care, and participated in the cycles of the moon and the seasons. Some were excluded from those mysteries and woman's business and after puberty moved out to the free-ranging male groups.

Inheritance and family recognition was by birth from the mother's clan. There is a wonderful book called 'The



Kwan Yin



Ishtar

**When God was a woman She was called a thousand names**



Daughters of Eve' where a geneticist traces all the generic coding of all Europe's population from 7 women he called The Daughters of Eve.

In some cultures, the Goddess was the planet. She was revered and all life was seen as a shared resource and a gift from the female; the taking of human and animal life was beyond thought. They were the rulers and makers of the civilization. The creation stories from over 22,000

years were always around acts of the goddess giving birth and creating. Her name changes from culture to culture – Kwan Yin in China, Isis or Au Sept in Egypt, Mawu in Africa, Gaia in Greece, Ishtar in the Middle East, Inanna in Sumeria, Spider Woman in the Hopi....nourisher of all.

Slowly, the Goddess that men could not be – the one that takes and gives with equal abundance – was not enough. The concept of the hunter god began. At first he was the son or young consort of the goddess. He only appeared as an adjunct to the Great Mother. In the early beginnings in some cultures, the sun was a female power and the moon her consort.

Around 1,800 BC, the nomadic tribes called the Indo-Europeans from the North began conquering the peaceful tribes in the South and brought with them their fierce war-like Gods, Zeus and Apollo.

Unable to give birth themselves, patriarchy chose to own woman's power by owning woman. Ending the old regime that had lasted thousands of years was crucial for their power. They instituted male gods of strength and battle, gods not born of the female. The hunter god became God and the worship of the Great Mother and her female life values were harshly repressed.

Interestingly enough, the early Hebrew God was a female called Ishu-Anat or Ashtoeth or Baal and as we know was attacked in the Bible stories. Jewish creation was first attributed to Lilith but was replaced by Adam. But Lilith refused to go away so they created a meeker Eve made from Adam's rib. And with her came the concept of sin.

The festivals of Christianity originated in the pagan goddess rituals of old.

For instance in the Goddess year there is the Winter Solstice Yule where the goddess enters the trance of sleep and self renewal and then grows up as the reawakened goddess who emerges as the daughter at Candlemas (August).

The god and goddess play and grow together through the Spring and at the Summer Solstice, and they consummate their grown love in the fertility of the earth. At



Lilith

Lammas, the mature god dies and goes into grain that is harvested as his body at the Autumn Equinox (May in the northern hemisphere). The goddess mourns his sacrifice and she ages, but is pregnant again with him again. He is reborn from her, her infant sun/son at Yule.

The Christian cycle is similar. The birth of Jesus is celebrated at Yule – Christmas. Easter or egg or Oestar is the goddess name for Spring. His sacrifice and

rising from the dead is a reversal of the female birth and life giving salvation only after life on earth is ended. The Christian cycle celebrates the stages of Christ's life and death similar to Goddess cycles of old.

The Goddess survived. She could not be erased. After the agony of the Inquisition, the goddess and women's power still survived. The Inquisition devastated Europe for three hundred years and spread to the New World. Finally the Calvinist Parliament of Scotland declared an end to the witch burnings in 1784. Just 63 years after 1784 the first wave of feminism began. A New York woman addressed issues of women's rights. Woman writers emerged telling their stories and the Goddess was rebirthed.

During the world wars, women were called upon and regained acceptance and power. Civil rights results in the awakening of woman. In the 1960's writings of women emerged again...and the goddess movement began again,; women exploring their spirituality, their power, their creativity.

There were magazines, books and articles about woman's spirituality. Her skills and rituals were shared at summer festivals and camps for women. Women spoke on every topic, sang, danced, had music, tarot and healed.

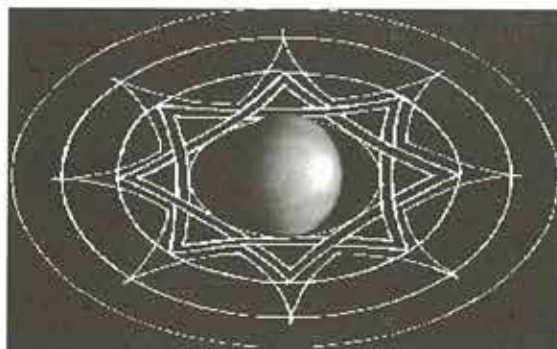
The Goddess is here and now – no longer sleeping. The Goddess has awoken, she is in your DNA, she is You. We are re-learning, remembering and revisioning our skills, our knowledge, our creativity and ancient rituals. We are healing humanity and the earth.

Footnote: Interesting scientific fact, all babies come into the womb female.

Ioho de Beer is an information consultant and director of GeniusWorks. Her next seminar - The Genius Journey - How to Reload your Matrix is on 19 July 2003 in Sydney. Please phone 02 9944 8887 for details and free gift.



**The Goddess has awoken**



IshtarInanna Star

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# The Art of Vedic Vegetarian Cooking

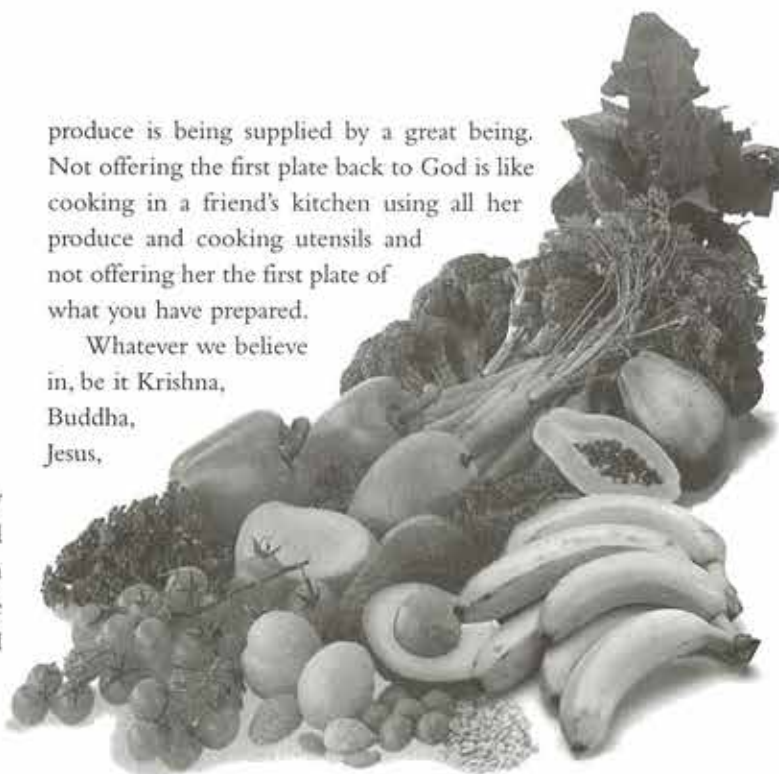
by Malcolm Walsh

Cooking is all about Intention and Love. Since my first experience of a Hare Krishna Vegetarian meal in my twenties, I have been cooking with focussed intent. When preparing a meal, I do not taste the food until I have offered it to Krishna. This is an age-old method brought down through time. Cooking with Love and the intention of cooking for God, will bring a higher vibration into the food you are cooking. Your food will be more than just normal food: it will be Healing food. Cooking is certainly more than throwing something into a pot. The mood we are in when we are preparing a meal, will be transferred into the food we are preparing. If you cook with the intent to eat it as fast as you can, or cook only to satisfy the senses, then this is cooking with lust, and the food will not fulfill you.

Someone is supplying all these wonderful fruits, grains, vegetables and nuts; one can use the analogy that all this

produce is being supplied by a great being. Not offering the first plate back to God is like cooking in a friend's kitchen using all her produce and cooking utensils and not offering her the first plate of what you have prepared.

Whatever we believe in, be it Krishna, Buddha, Jesus,



God or Goddess, just have the intention of cooking for a higher source. This always lifts the vibration of the food and, of course, makes it taste wonderful.

Before cooking, I always wash my hands and mouth. I cook in a peaceful environment in a mood of cooking for God, and detach from the outcome or taste of the food. Once you have this intention in your heart, you can cook all day and not be hungry. From a Vedic point of view, when the food has been offered to Lord Krishna, then it is Karma-free. This is called *Prasadam*. Even with vegetables and fruit there is Karma involved. To be free of Karma, Krishna has said; "if one offers me with love and devotion a leaf, a flower, a fruit or water, I will accept it."

When I have finished preparing the meal, I place small portions in special offering bowls, and offer it to Krishna by chanting Vedic mantras over it with love and in prayer to God. I also chant and draw Reiki symbols over the food, then let it sit for five to ten minutes so that Krishna can taste it. According to Vedic principle, Krishna will only accept fruit, some vegetables, grains, nuts and dairy. He will not accept meat, fish, eggs, onions, garlic or mushrooms. The onion and garlic fall into the mode of passion, and mushrooms are in the mode of ignorance. These foods are not fit for the aspiring yogi. I use a spice called yellow Asafoetida, or sometimes called Hing, instead of the onions and garlic.

When God has finished eating, I put the food back in to the pots ready to be tasted and served. This method of cooking is thousands of years old, and as they say, the way to a man's heart is through his stomach.

*If you are interested in attending one of Malcolm's cooking classes or for other enquiries please phone: 0402 851 480.*

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God Bless



## book REVIEW

**PUSH MY BUTTONS, BABY...  
AND SEE WHAT HAPPENS!**  
by Franziska Goyo

**W**hy do bosses, partners, co-workers, employees, children, parents, mother-in-laws and bathroom mirrors have the power to irritate us, drive us nuts, make us feel guilty, disappointed, small, angry or even depressed?

"I was fat, depressed, hated my job and had very low self-esteem. My relationship was a disaster. I felt overwhelmed and powerless and burst into tears several times a day. One day a friend said to me, "Gee, you are a sensitive. It is so easy to push your buttons."

From that day, Franziska Goyo started to investigate the meaning of inner buttons.

"I had given my power away to be liked and accepted - by men, my friends, my colleagues and my boss.

Many people believe they are victims of circumstance and powerless to change the course of their lives - And it just isn't so," says Franziska.

Over years of extensive psychological research and self-observation, she developed a concept, which helped her gain her personal power back and create the life she really wanted - the button concept.



have buttons," says Franziska Goyo.

"Every human being is born with the power to transform their lives and I remind people of that and show them how with simple, practical steps."

Franziska Goyo, born in Germany in 1963, is a human

Sexual assault happens to less than half a percent of Australian women, but emotional harassment happens to them on a daily basis. It is useful to have a Black Belt in Martial Arts, but to become a Black Belt in the Emotional Arts is life-changing.

"Everybody is infected. We all

Franziska Goyo

**Push My  
Buttons,  
Baby!**

Black Belt of the Emotional Arts

relationships expert, speaker and international seminar leader based in Sydney.

Franziska combined her own experiences with twenty years of psychological research and working with thousands of people to create a successful life and business strategies for people, put together in her new book *Push My Buttons, Baby! - Black Belt of the Emotional Arts*.

Today Ms Goyo has two wonderful children, is happily married (with the same old button-pusher) and is the Director of Goyo International, a successful personal and business development company.

Franziska is introducing the button concept to women and business groups all over Australia.

*"This book is a virtual encyclopedia of information on success that will put you on the right road to a bright future."*

Bob Proctor Best-selling Author of "You Were Born Rich"

*"Push My Buttons Baby! is beautifully presented, easy to read wherever you chose to start, and a valuable addition for those wanting to get more out of life."*

Anne Rennie, Australian Best-selling Author.

*"Push My Buttons, Baby!"* is now available in all major bookshops, incl. Grace Bros and K-Mart.

Franziska is available for interviews and talks and can be contacted as follows:

Goyo International  
PO Box 194  
Round Corner  
NSW 2158  
Tel: 02-9885 7050 [franziska@goyo.biz](mailto:franziska@goyo.biz)

"Push My Buttons, Baby" - is also available through The Southern Cross Academy of Light  
email: [scal@a-light.org.au](mailto:scal@a-light.org.au)  
or mail P.O. Box 1221,  
Neutral Bay, 2089.  
Price: \$24.95



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# THE ENIGMATIC AND MYSTICAL MOON



*Yildiz Sethi B.Ed. Grad. Dip. Couns. C.A.C.H. is a Vedic Astrologer and Counsellor living and working in Roseville, Sydney. Yildiz is available for a variety of astrology readings, emotional and relationship counselling and tuition in Vedic astrology. You may phone her for further information on 02 9416 6440 or visit her web page on <http://www.netSPACE.net.au/~sethis>*

## Rahu and Ketu the karmic axis. Rahu Ketu

Vedic astrology (Jyotish) makes use of seven planets Moon, Sun, Mars, Mercury, Saturn, Jupiter and Venus as solid real planets and also Rahu and Ketu in analysing a chart. The arrangement or combination of planets at the moment of birth over the place of our birth becomes our birth chart and will show our soul's journey in this earthly realm. The chart will show our personality and the kind of relationships we are going to have, as well as our career, finances and health matters just to name a few areas. In addition, the Vedic system will also use planetary periods and transits to determine when karmic events will unfold into our life.

Rahu and Ketu are not actually planets of physical substance like the other seven planets, rather they are areas of churned-up energy, pregnant with mysticism and significance. They are the points where the Moon's and the Earth's orbits intersect. This creates two areas of electromagnetic disturbances, which are directly opposite each other, and have come to be known as the Moon's Nodes or in Vedic terms Rahu and Ketu.

RahuKetu is the Sanskrit name given collectively for the Nodes of the Moon. Rahu is the North and Ketu is the south node of the Moon. They are always directly opposite each other, that is, 180 degrees apart.

They form the karmic axis in a Vedic astrology chart that indicate the types of karmas coming into this life to be experienced for each person. They also indicate which areas of life that you will focus on, or strive for perfection in.

### Mythology

According to Indian Mythology, Lord Vishnu had decided to make the Deities (the seven planets) immortal.

Vishnu had churned up the sea in order to extract a sacred nectar called amrita, with the intention of making the planetary Gods immortal. Vishnu had all of the planetary deities lined up in order to receive the nectar potion. However, a demon called Rakshasha, who was dragon-like in appearance had sneaked in and disguised itself as a deity, in order to become immortal. Once Vishnu had realised that he had been fooled into giving the nectar to the demon he took out his sword and chopped the demon in half. The head of the dragon became Rahu and the tail became Ketu, but now they could not be killed, as they had received the nectar. When the nodes, Rahu and Ketu saw how angry they had made Vishnu, they did penance to him and were eventually given planetary status. So Rahu and Ketu are a very powerful force that operates in our lives to control the karmic influences and situations through the Rahu Ketu axis. The symbol of Rahu represents the dragon's head and Ketu represents its tail.

The position of Rahu in the Vedic astrology chart will show the main area of focus for the person. For example, someone with Rahu in the ascendant sign (the first house) will be very self-focussed and may even appear to be quite selfish to those around them. However, it is necessary for that person to have this focus and it is their challenge to somehow balance their own needs with those of a partner, if they wish to have a relationship. Here lies the challenge for a person with Rahu in the first house. Those people with Rahu in the 10th house of career will have a strong focus on career and status and will very much need recognition in terms of power and status. Those with Rahu in the 6th house will be intent on giving service to others in terms of healing and helping the public. Rahu in the 4th house will give a strong focus on the home environment. In this way, the Rahu Ketu axis can be used to give a different layer of meaning to the chart and will help to illuminate life purpose and direction for each individual, regardless of their rising sign, Moon or Sun sign.

Rahu represents focus and where you are most likely to put your efforts, and in this, it can also represent insatiable desires. One of our challenges will be to curb or control desires in order to find some balance in our lives. Rahu in the 10th house can indicate tendencies that if unchecked may lead to workaholism. Too much time at work is likely to lead to a dissatisfied partner and hence relationship problems. So we can see that our passion can also become our challenge. Rahu can also represent power and wealth, which is why the Chinese in particular often worship the dragon in order to bring prosperity into their lives.

While Rahu is very much involved in material and earthly matters, its counterpart Ketu is much more concerned with bringing in the past life knowledge that is pertinent to this life and encouraging us to let go of emotional baggage and guilt. It will also encourage us to let go of

continued on page 20



continued from page 19

intellectual reasoning to some extent, as Ketu goes beyond intellectual reasoning and more towards faith. Ketu can cause blockages and pain in our lives in order to push us to change our psychological patterns and move on. It may present itself as irrational fears and thereby encourage exploration of the subconscious mind which again can lead to major changes and evolution. Ketu is actually highly idealistic and is concerned with transformation and surrendering the ego to a higher power, which can eventually lead to enlightenment.

So here we have the axis, on the one side Rahu very involved in desires and the material world and Ketu very much involved in the spiritual world. Both are doing their work in your life by stirring up your ambitions and at the same time pulling you towards renunciation. Here lies the human dilemma and the nature of our internal struggle.

In further symbolism, Rahu represents the ego and the body and will encourage us to look for gratification, success and power in a particular area of life. In its quest to fulfil its ambitions, it may even be manipulative and deceptive too and fool us into thinking that we are looking after others rather our own best interests. It is said that politicians generally have a powerful Rahu! Because Rahu is buried in our subconscious mind, it is hard for us to see the games it is playing in our lives. This is the reason why in the Vedic and Yoga tradition it is considered necessary to find a Guru to guide you on your quest to let go of the ego, as it can be very slippery and illusive. Ketu on the other hand represents renunciation, liberation and ultimate freedom from worldly affairs. Ketu also represents the soul. When Rahu can turn its purpose away from material gratification and unify its purpose with Ketu, then we have the raising of the Kundalini. Rahu from the root chakra can rise to join with Ketu in the crown chakra and unification and enlightenment is possible.

In the meantime, most of us will need to allow our Rahu to continue to lead us into experiencing many different situations and sensations in each of our incarnations in the knowledge that true and lasting fulfilment in these areas is really an illusion. Once that realisation has reached a deep level in our psyche, we may then be ready to start to use our Rahu energy with our Ketu energy towards more fulfilling realms and reach Nirvana.



## MAY I ACT FROM FREE CHOICE, NOT HABIT

by Paramahansa Yogananda

*I would direct my life by the God-given power  
of free choice, not by the  
compulsions of hardened habits.*

from "Whispers from Eternity"

## Cooking Creatively

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**Master a skill** - Pasta,  
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**Special occasion coming up?** Learn how to make  
a Torte, take the skill and the Torte home with you.

**Cost:** \$25.00 per hour for individual classes. Min. 3  
hours, per class plus the cost of ingredients.

You take all the prepared food home with you.

Cook with a friend, \$18 each per hour.

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### A Yogi Walked into a Pizza Parlor

*A Yogi walked into the Zen Pizza Parlor and  
said "Make me one with everything."*

*When the Yogi got the pizza, he gave the  
proprietor a \$20 bill. The proprietor  
pocketed the bill.*

*The Yogi said "Don't I get change?"*

*The grinning Chinese proprietor said,  
"Change must come from within."*

### Lucky Subscribers' Prize

FREE PASS TO JOURNEY INTENSIVE

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Drawn 21st July

The recent winners of the Lucky Subscribers' Draw  
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Workshop

Laurie Hill - John Butterworth's Therapeutic  
Power of Sound

Subscribe now to be eligible for the draw.

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## DIARY of events - NEUTRAL BAY BRANCH

July, August, September 2003

**Monday Nights at St John's Uniting Church Hall,  
Cnr Yeo & Barry Streets, Neutral Bay (enter on Barry Street)  
All evenings start promptly at 7.30 pm and end around 9.30pm  
to 10.00pm**

**Cost: \$11 (incl. refreshments)**

If you are interested in presenting on a Monday night please call Karen Swain Phone: (02) 9975 4905. Mobile: 0414 321 432: Email scal@alight.org.au

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**7 July 2003**

**Sarah Luna**

**Sacred Energetic Dance**

An Amazingly beautiful Spiritual Teacher, tonight Sarah will share her wisdom in a way that frees the spirit and rejuvenates the soul. We will journey with the global rhythms of Life, into the space of clear open awakened awareness. This evening can be as vigorous or as gentle as you wish.

---

**14 July 2003**

**Mike Almond**

**Drum Rhythm & Percussion**

Mike a wonderful teacher of Afro-Latin Rhythms on the Northern Beaches will lead us into an interactive night on the joy of being immersed in drumming and rhythm as a group Bring your drums, instruments and voice..

---

**21 July 2003**

**John Paul Penial**

**Life, Love, Healing and the journey with God**

John Paul a facilitator of Healing from New Zealand invites us to share in his life, the journey one takes to find SELF, the BELOVED and GOD. What is the truth of what we see and how does it impact on the individual, and the whole. Is it a simple journey or is it one of constant change? For those carrying high frequencies what does this all mean without creating EGO. Are there levels within our individual journey?

---

**28 July 2003**

**Jeannette Sharpe**

**Angelic Rosaries + Market Night**

Rosaries have been in use in many countries and religions. They are a devotional tool and the prayers and number of beads vary with different cultures. Jeannette has been making and using angelic rosaries for years. She has introduced many people to the prayers to the archangels which she will lead you in tonight. How does this relate to the Kabbala? Come and find out. As this is market night, Jeannette will have angelic rosaries and copies of the prayers for use with them for sale.

---

**4 August 2003**

**Michael Bunting**

**The Wisdom of the Enneagram**

Michael, the Australian representative of Don Riso & Russ Hudson's Enneagram work, will be presenting a talk on the ancient tool for understanding ego. Michael has a long history in disciplined spiritual work, but it was when he discovered the Enneagram, his marriage and understanding of himself and others changed. Most of us would rather die than face our basic fear. The Enneagram allows us to take the step out of our mechanical personality by explaining why there are different spiritual paths and different kinds of enlightened teachers. It show us how we can be reinforcing our ego self through spiritual work – one of the greatest traps of all.

---

**11 August 2003**

**Troi Lenard**

**Awaken to your Will and Power**

Good intention, High vibration and Keen Desire do not guarantee success, unless Actualised and Empowered with the first Ray of Will and Power. This Ray will fuse Spirit and Matter into the Desired Form. Tonight Troi, a Canadian Guide, Counsellor and Healer, will invite us to experience the Power within us ALL.

---

**18 August 2003**

**Rosemary Butterworth**

**Angelic Readings and Messages**

Angelic readings are always fun. Tonight Rosemary will be bringing through messages from your Guides and angels. It is your choice. The messages are to assist you being the best you can be and enjoy life to the fullest.

---

**25 August 2003**

**Global Village**

**Yoga, Philosophy and Music + Market Night**

Your primary facilitators are Ron Ragel and Vicki Hansen. Both accomplished musicians and yoga practitioners, they use an understanding of yoga philosophy and music to present their creative yoga therapy workshops which are friendly, fun and profoundly uplifting and healing. Together they bring a wealth of education and experiences, together with beautiful ancient songs and melodies.

---

**1 September 2003**

**Kay Distel**

**Electrocrystal Therapy**

Kay's talk tonight will be a demonstration of the Amazing Healing work of Harry Oldfield. Developed more than Twenty years ago, Harry's Electrocrystal therapy has helped many chronic conditions and is used as a 'pick me up'. The principles behind the Electrocrystal practice are simple. Balance the energy field and health will be restored or illness may be prevented. The machine inputs subtle energy through crystals to the area needing treatment. Come and see for yourself the recent developments now being practised in Australia.

---

**8 September 2003**

**Anjel Obryant**

**The Science of Colour**

Anjel a renowned colour Designer has shown thousands of people how to harness the "SCIENCE OF COLOUR". Tonight she will invite us to see how powerfully colour effects our state of being as well as our Physical, Mental and Spiritual Health.

---

**15 September 2003**

**Karen Ashby**

**Crystal Bowl Connection**

Let the magical sound of the Crystal Bowls open your Heart to the knowing that we are all ONE with All that is. Tonight Karen offers some practical tips on how to bring your spiritual practice in to your every breath. Let sound transport you to a state of BLISS.

continued on page 22

continued from page 21

**22 September 2003**

**Kim Fraser**

**Archangelic Magical Adventure**

In tonight's Adventure with Kim, we will experience deep levels of clearing and release with Archangel Michael, thought form repatterning with Archangel Raphael. Divine Bliss with Archangel Gabriel and bring it back to planet Earth in a grounding ritual with Archangel Uriel. Bring pen and paper and a specific life issue to focus on.

**29 September 2003**

**Jane Bolinowski**

**Belly Dancing + Market Night**

Jane a Teacher of Music and the flute, will share the wisdom of dance as brought back from her Teacher in Cairo. Jane brings a delightful mix of dance, musical appreciation and spirituality to the evening. A fun adventure for all.

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## DIARY of events - NORTHERN BEACHES BRANCH

July, August, September 2003

**Thursday Nights in the Lake View Room, the Tramshed  
Narrabeen.**

**All evenings start promptly at 7.45 pm and end around 9.30pm  
to 10.00pm**

**Cost: \$11 (incl. refreshments)**

If you are interested in presenting on a Thursday night please phone  
Shirley Mason on 0422 481 007 / 9973 1878  
E-mail :shirley@hotmail.com

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**3 July 2003**

**Rosemary Butterworth**

**Angelic Readings and Messages**

Angelic readings are always fun. Tonight Rosemary will be bringing through messages from your Guides and angels. It is your choice. The messages are to assist you being the best you can be and enjoy life to the fullest.

---

**10 July 2003**

**Valerie Barrow**

**Alcheringa**

Valerie Barrow author of the book *ALCHERINGA*, when the first ancestors were created, will share with us how a group of people have come together to speak of remembering past lives as Star People. They all speak different aspects of the same story; a time in the evolution of earth, when the animal-man became the hu-man. Many more have since resonated with these memories. Are you one of them? Can the story help us understand who we really are?

---

**17 July 2003**

**Angela Higgins**

**A Shamanic Sound Evening**

Angela has worked with voice and instruments since early childhood and has trained with Gong Master Don Conreux. She has worked with Crystal and Vibrational Therapy for over 20 years and uses channelling and Shamanic Practises in her work. She is a Level 2 Reiki practitioner and her training includes Voice Dialogue, Swedish and Aromatherapy Massage, and Aruvedic Therapies. Angela is a member of the Peace Choir and a founding member of the Sydney Sacred Gong Ensemble. Experience an evening of sound with Sacred Bronze Gongs, crystal singing bowls, drumming, voice and shamanic practices to connect to your true self. Expect an evening of fun, laughter and joy.

---

**24 July 2003**

**Julie Collet**

**Yoga Mandala Meditation**

Julie is a wonderful yoga and Meditation teacher and an experienced practitioner of polarity crystal healing and emotional release. Tonight Julie will lead us through a series of energy balancing yoga exercises

that will set the stage for a profound connective breath meditation.

---

**31 July 2003**

**Anjel OBryant**

**The Science of Colour**

Anjel a renowned colour Designer has shown thousands of people how to harness the "SCIENCE OF COLOUR". Tonight she will invite us to see how powerfully colour effects our state of being as well as our Physical, Mental and Spiritual Health.

---

**7 August 2003**

**Geoffrey Smith**

**Living Water**

An Aquatic and Environmental Scientist and Educator, just back from the World Water Forum in Kyoto Japan. Geoffrey will be giving a dynamic Powerpoint presentation on the magical powers of water, updates from the Millennium Development Goals for fresh Water and the important role water plays in our world today. Geoffrey has been particularly interested in the link between the environment and spirituality.

---

**14 August 2003**

**Troi Lenard**

**Awaken to your Will and Power**

Good intention, High vibration and Keen Desire do not guarantee success, unless Actualised and Empowered with the first Ray of Will and Power. This Ray will fuse Spirit and Matter into the Desired Form. Tonight Troi, a Canadian Guide, Counsellor and Healer, will invite us to experience the Power within us ALL

---

**21 August 2003**

**Mark O'Neil**

**A Healing Meditation with the Ascended Masters**

Mark is an Intuitive Healer in Etheric and Esoteric Healing. He is a teacher and practitioner in Pleiadian Lightwork and also utilises Chiron Healing to assist Individuals and groups to embody more of their God Presence. He is also a practitioner in Homeopathy and Bowen Therapy. Mark will facilitate a healing meditation assisting all to move to a more peaceful, integrated and up lifted state.

---

**28 August 2003**

**Shirley Mason, Shely Mort and Clive Lewis**

**Connective Energy Healing & Play**

Tonight we offer something different. We will start with a short meditation as Shely, Clive & Shirley will work together to facilitate individual healings. This will be an informal evening of healing & fun for all to enjoy. Please bring along your divination cards and other tools to share & play with. You might like to bring cushions or rugs to sit on. All welcome, come along and help us create a unified vibrant, friendly space.



**4 September 2003**

**Kay Distel**

**Electrocrystal Therapy**

Kay's talk tonight will be a demonstration of the Amazing Healing work of Harry Oldfield. Developed more than Twenty years ago, Harry's Electrocrystal therapy has helped many chronic conditions and is used as a 'pick me up'. The principle behind the Electrocrystal practice are simple. Balance the energy field and health will be restored or illness may be prevented. The machine inputs subtle energy through crystals to the area needing treatment. Come and see for yourself the recent developments now being practised in Australia.

---

**11 September 2003**

**Michael Stone**

**Shamanic Journey**

Tonight's shamanic journey will involve us travelling to non-ordinary worlds of reality, using the rhythmic sound of a drum to enter into a trance state. During the journey, advice, guidance, decision-making, problem solving and healing may be obtained. Please bring a blanket, bandanna or scarf, and pen & paper..

---

**18 September 2003**

**Kim Fraser**

**Archangelic Magical Adventure**

In tonight's Adventure with Kim, we will experience deep levels of clearing and release with Archangel Michael, thought form re-patterning with Archangel Raphael, Divine Bliss with Archangel Gabriel and bring it back to planet earth in a grounding ritual with Archangel Uriel. Bring a specific life issue to focus on. (plus pen and paper)

---

**25 September 2003**

**Des Coroy**

**Walking the Path of Sacred Relationship**

Of all the spiritual paths, the path of intimate relationships is potentially the fastest one of all when two conscious beings mutually commit to the process of personal and mutual growth. The dynamics of two human beings in day-to-day intimacy brings to light the most noble qualities of their inner selves and it also exposes the darkest, most destructive traits as well. Des Coroy the author of "Communicate or Disintegrate" will share practical techniques for integrating the light and dark aspects our being.

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## DIARY of events - BLUE MOUNTAINS BRANCH

July, August, September 2003

**The Uniting Church Side Hall,  
142 Katoomba Street Katoomba**

**Meeting Tuesday Evenings fortnightly, sometimes weekly.**

**Check programme.**

**7.30pm – 9.30 pm followed by supper.**

**Cost: \$11 All welcome**

For enquiries ring Robyn Simon 02 47826 274 0415 555 735  
email: manawa@pnc.com.au

---

**1st July 2003**

**Bryan King**

**Tantra 1**

It's all just energy! Educator & coach in Tourism & Hospitality, Bryan will lead us in breath work, connecting with the energies of the chakras etc. Also there will be a meditation to connect participants with the spiritual energy flow that leads to the divine being within. Access your sacred self!

---

**8th July 2003**

**Rev. Lolita Martinez**

**The Magnetic Pulse of the Soul**

Educator, Minister of the Leura Spiritual Church and Radio Broadcaster, the Rev. Lolita will reveal the mysteries of the Soul's journey. Not to be missed!

---

**15th July 2003**

**Grace Foulds**

**Amazing Sacred Energies of Our Sacred Heart**

Slide presentation, powerful images synchronised with indigenous sounds. Uluru. Kata Juta. Mt. Atila, Kings Canyon. West Macdonald Ranges, Palm Valley etc. Sacred Heart meditation followed by show and discussion

---

**29th July 2003**

**Sabrina Tyler-Zelm & Robyn Simon**

**Ancient Aromatherapy Treatments Made Modern**

Using the highest therapeutic grade essential oils, Sabrina & Robyn will demonstrate RAINDROP & VITA FLEX THERAPIES. Ancient Egyptian formulas will be used and Lakota techniques demonstrated. Ka Huna practi-

tioner & Aromacologist, Robyn Simon will show how these techniques can be used to lead into other therapies.

---

**12th August 2003**

**Rosemary & John Butterworth**

**Angelic Guidance & Celestial Sound**

As a clear, loving channel, Rosemary will offer Angelic guidance for all who wish to participate. John will provide beautiful; sound support with voice, sacred gongs etc. This will be a very special evening.

---

**26th August 2003**

**Robyn Simon**

**Antarctica - Magnetic Heart of the Earth Soul**

Dramatic images of Antarctica, being allowed to speak for themselves. Images of other realities caught on film will be shown. Robyn will discuss the positive influence of the magnetic pull of the white southern lands on the energy systems of visitors. We all know we would like to visit!

---

**2nd September 2003**

**Kay Distel**

**Vibrational Sound Therapy & Electro Crystal Therapy**

Kay works with Harry Oldfield. She utilises the Tomatis Method, Gregorian Chant etc. in sound therapy. This will be very much an evening about frequency and its measurement.

---

**9th September 2003**

**Bryan King & Friends**

**TANTRA 2 Learn to Live!**

Continuing on from Tantra 1, Bryan will lead an experiential evening & discourse. We will be connecting with the subtle energies that govern our daily lives. Friends of the Academy will speak of their experiences with the energy in their personal lives. Warm and enlightening.

continued on page 24

continued from page 23

**23rd Sept 2003**

**Glenys Livingstone**

**Eostar – Spring Equinox Sacred Ceremony**

Dr Glenys Livingstone returns with another of her ancient pre Celtic

Indigenous European Ceremonies. We will be celebrating the Spring Equinox on the exact day at the exact time 8.00 pm 23.9.03! Glenys' ceremony - Celebrating Gaia in Seasonal Ritual was an outstanding success earlier this year. These ceremonies have the ability to pull together in like mind and heart, any community that takes part.

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## DIARY of events - INNER WEST

January, February, March 2003

**Tuesday Nights at Annandale Community Centre**

**79 Johnston St. Annandale (upstairs)**

**All evenings start promptly at 7.30 pm and end around 9.30pm to 10.00pm**

**Cost: \$11 (incl. refreshments)**

If you are interested in presenting on a Tuesday night please call

Karen Ashby on: 9716 7646 or 04040 77039

Email: scalinnerwest@yahoo.com.au

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**1st July 2003**

**Daz Hart**

**Tribal Drums**

Daz loves to drum and has many years experience playing and teaching drumming. He will show us some basic drumming techniques and guide us in playing rhythms together as a group with general percussion instruments. If you have a drum, please bring it

---

**8th July 2003**

**Alanna Moore**

**Journey of a Geomancer**

Alanna Moore has been a geomancer for some 20 years and is also a well known eco-journalist and author. She has trained thousands of people to tune in to the energies/spirit of place and has traveled all over Australia in the process, gaining valuable insights into the powerful energies of this land.

---

**15th July**

**Joan Evans**

**Dowsing to Heal your Body and Environment**

Explanation and demonstration of the dowser's two tools, the pendulum and the L-rod, to access information from the Application to our own bodies, eg clearing of entity attachments; disturbances in our physical, emotional, mental and spiritual bodies Application to our geophysical, metaphysical and technological environments, eg underground water\_gamma radiation; pressure ridges/fissures; telecommunications; negative thought forms

---

**22nd July 2003**

**Sarah Luna**

**Sacred Energetic Dance**

An evening to rejuvenate body and mind and free the Spirit. We will journey with global rhythms, the rhythms of life, into the space of clear open awakened awareness. An evening as vigorous or as gentle as you like.

---

**29th July**

**Jeanette Sharpe**

**Sacred Journey and the Labyrinths**

Have a soulful experience! Walk a labyrinth on the night as a means to enlightenment. You let go to rise again. Bring a question – you can solve a problem or put light on a problem through walking the labyrinth. Jeanette will discuss labyrinths and their uses. Experience the sacred journey. Jeanette will talk about her recent trip to England and her sacred journey along the Michael and Mary lines and will show her photos of

high-energy spots including St Michael's Mount, Glastonbury etc.

---

**5th August 2003**

**Joanne Messenger**

**Be in One Peace**

Everyday in my practice I meet people seeking peace. We are starting a different journey, searching for new ways, reviving old ways and questioning long held beliefs, or lack of belief. Tonight Joanne will outline her new Be in One Peace courses. Most people know her as a chiropractor and Chiron Healer, but she also has over 20 years experience as a public speaker, a course facilitator, and has taught both the philosophies and the techniques of energy and healing throughout Australia and New Zealand.

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**12th August**

**Troi Leonard**

**Awaken to your Will and Power**

Good intention, High vibration and Keen Desire do not guarantee success, unless Actualised and Empowered with the first Ray of Will and Power. This Ray will fuse Spirit and Matter into the Desired Form. Tonight Troi, a Canadian Guide, Counsellor and Healer, will invite us to experience the Power within us ALL.

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**19th August 2003**

**Kayt Raymond**

**Angelic Inspiration**

Do not miss this night - a message from the angels! Kayt will share with us the most exquisite angel paintings depicting our friends in spirit – not a wing in sight! We will hear some delightful stories on learning to co-create with the angels. An experiential celebration including a deep meditation with uplifting sound. This is an opportunity to commune with the angels and leave with angelic inspiration about manifesting in our own lives.

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**26th August**

**Global Village Yoga**

**Philosophy and Music**

Your primary facilitators are Ron Ragel and Vicki Hansen. Both accomplished musicians and yoga practitioners, they use an understanding of yoga philosophy and music to present their creative yoga therapy workshops which are friendly, fun and profoundly uplifting and healing. Together they bring a wealth of education and experiences together with beautiful ancient songs and melodies

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**2nd September 2003**

**Karen Swain**

**KAREN SWAIN BELIEF SYSTEMS AND THE I AM PRESENCE**

Our Life and the events that occur are a result of what we believe to be true about ourselves and the world around us. Through our 'I AM' presence we are the Master Creators of our lives, but sometimes we are unaware of the thoughts and belief patterns that are making things Happen. As a Medical Intuitive and Spiritual Teacher, KAREN can show us how to access the belief systems that run your world.



**9th September 2003**

**Franziska Goya**

**Push My Buttons Baby**

We mistakenly believe that we live in the information age but we really have entered the age of the heart. Our personal charisma and the skills in building long-term nurturing relationships are more important than ever to succeed in our personal and work endeavours. Franziska has recently published her new book "Push my buttons, Baby! - Black Belt of the Emotional Arts", and will present the keys necessary to unleash your spiritual charisma and create the best relationships ever. Franziska will guide you through a powerful exercise and meditation.

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**16th September 2003**

**Lynn Saber**

**The Journey**

Passionately dedicated to the emotional freedom of Humanity, Lynn brings to us the wisdom and insights she has gained from being a Journey Practitioner of Brandon Bays' 'The Journey Process.' Lynn says, "through our willingness to be totally present to our pain, emotions and our feelings, we access the freedom that is available to us when we know ourselves as the essence of all life." Come and experience how easy it is.

**23rd September 2003**

**Healing Collective**

**A new initiative of the Academy! This is your night! Our night!**

Come along and help create a group energy of healing, love & vitality which we can flow out into the world. We begin with a really powerful half hour silent meditation, then open to the night unfolding in its own unique way as the energy flows. It will not be the same without YOU! Please Come!

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**30th September 2003**

**Sandhi Spiers**

**Creating A World to Which People Want to Belong**

We are living in a time of increasing estrangement from what we really want and are inundated with substitutes that are short-lived. What is your preferred reality and how do you create it?

**Please Come! We need you to grow the Inner West Branch Light!**

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## DIARY of events - BYRON BAY BRANCH

Hibernating for the winter

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## DIARY of events - BONDI BRANCH

July, August, September 2003

**Thursday Nights at 290 Bondi Road, Bondi**

**Under the Paul Fitzgerald Pharmacy**

**All evenings start promptly at 7.30 pm and end around 9.30pm to 10.00pm**

**Cost: \$11 (incl. refreshments)**

If you are interested in presenting on a Thursday night phone Lynn Saber on: 9300 8666 Mobile: 0411 658 404:  
E-mail [lynnsaber@ozemail.com.au](mailto:lynnsaber@ozemail.com.au)

These usually last an hour and a half to 2 hours long. A great evening with a truly enlightened lady. Each month we will be showing a different video.

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**3 July 2003**

**William Mason**

**Astrology**

William will present a talk on both the practical use of Astrology and the practice of Astrology in daily life. He feels the intention of the Cosmic Amphora is to apply the art of Astrology to life by providing tools as a means to identify the big picture and provide an individual focus. William holds a Bachelor's Degree in Mathematics, cert. NLP Master Practitioner. As well as having worked as a software designer, he holds an Advanced Tarot Certificate and cert. Workplace Leadership.

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**24 July 2003**

**Dianna Horvath**

**"Body Balancing For Intuitive Healing"**

Through much work and intuitive healing using kinesiology, Dianna has been led to certain physical, emotional, energetic and spiritual tools that assist in balancing the body. Tonight she will share her knowledge and tools so you can learn, try out and develop your own set for your body's needs. A fun and interactive evening. Join us !!!

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**31 July 2003**

**Paul Fitzgerald**

**Conversations With God**

The ideas in the CWG books offer answers to a wide range of questions about life, love, living and God, also practical suggestions and solutions for us to apply in our everyday life. We will explore some of the insights in the CWG books with practical exercises sharing fun and frivolity with a different theme each month.

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**10 July 2003**

**Robert Kirby**

**"The Pyramid of Life"**

Robert Kirby, BS, MBA is a psychotherapist, energetics therapist and spiritual healer, Robert will present an experiential journey into the psyche, body, spirit connection. Robert will teach and facilitate the core-energetics theory of energy and consciousness and guide you into charging and discharging the physical body and its surrounding energy field.

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**7 August 2003**

**Mark O'Neil**

**A Healing Meditation with the Ascended Masters**

Mark is an Intuitive healer and uses many etheric and esoteric healing systems to assist clients and students alike to embody their God Presence more deeply. He is a teacher and Practitioner of Pleiadian Lightwork, and a practitioner of Chiron Healing. He is a homeopath, and a Bowen Therapist. He will facilitate a healing meditation that will heal, balance and reintegrate the body's energies in a peaceful and uplifting way.

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**17 July 2003**

**Satsang with Gangagi**

**Video Discussion**

Tonight we share with you the wisdom and learning from this great and wise lady. We will be showing you a video from one of her workshops.

continued on page 26

continued from page 25

**14 August 2003**  
**Satsang with Gangagi**  
**Video discussion**

See information from 17th July

**21 August 2003**  
**Ed and Angela Higgins**  
**Sound Therapy**

Tonight Ed and Angela will work with the healing intent of their voices, the power of large bronze sacred gongs, the sustained notes of Tibetan and Crystal 'Singing' bowls, and the energy of a variety of instruments to facilitate healing and restore balance. During this interactive evening, Ed and Angela will outline and demonstrate how Sound can be used in healing and as a Therapy in its own right. The evening will finish with a Gong 'Sound Bath' using two large sacred bronze gongs.

**28 August 2003**  
**Paul Fitzgerald**  
**Conversations with God**

See information from 31st July

**4 September 2003**  
**Sarah Luna**  
**Sacred Energetic Dance**

An Amazingly beautiful Spiritual Teacher, Sarah will tonight share her wisdom in a way that frees the spirit and rejuvenates the soul. We will journey with the global rhythms of Life, into the space of clear open awakened awareness. This evening can be as vigorous or as gentle as you wish.

**11 September 2003**  
**Kay Distel**  
**Electrocrystal Therapy**

Kay's talk tonight will be a demonstration of the Amazing Healing work of Harry Oldfield. Developed more than Twenty years ago, Harry's Electrocrystal therapy has helped many chronic conditions and is used as a 'pick me up'. The principle behind the Electrocrystal practice are simple. Balance the energy field and health will be restored or illness may be prevented. The machine inputs subtle energy through crystals to the area needing treatment. Come and see for yourself the recent developments now being practised in Australia.

**18 September 2003**  
**Paul Fitzgerald**  
**Conversations with God**

See information from 31st July 2003

**25 September 2003**  
**Katya Jones**  
**Touch For Health**

Katha is an experienced Touch For Health/ Kinesology Instructor. This powerful system of preventative health care helps to boost and improve energy levels, vitality, mental and physical performance through left/right brain integration, reduces pain and stress and can help you to achieve all your goals. Tonight Katha will show you how this can work for you and teach you easy, powerful stress management techniques to use in your daily life to assist with your productivity and to raise your energy levels

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PEACE BE WITH YOU



# DIRECTORY OF WHOLISTIC HEALTH SERVICES

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**WILLIAM** - Where does your heart path lead? Life is a journey - Shine star light on the map. Consultations, training, speaker, coaching, or reports -- Astrology, NLP, Tarot. Contact me on (02) 9476-1217, 041 476-1217 or email: William@full-moon.com

## ACUPUNCTURE & CHINESE HERBAL MEDICINE

**LOUISE BOURKE** - Feel energised, get the Chi flowing through the body. Acupuncture and Chinese Herbal Medicine are wonderful preventative modalities that will re-establish a feeling of good health and wellbeing. NEUTRAL BAY AREA. Ph: 0408 955 399

## ANGEL READINGS AND HEALINGS

**JESSICA TSANG** - Angel Intuitive & Wholistic Facilitator Channelled messages and celestial sounds amplified by Carillon crystal singing bowl. Ph: 9877 5705

## AURA-SOMA & SINGING CRYSTAL BOWLS

Healing - soothing - transforming Individual therapies available with Michele Macgregor Dip EH, MEHA ASIACT. Call 02 9967 4664 or email Michele@heartandsoulatwork.com

## AYURVEDIC HEALING FIRE

Agnihotra is given by God's Grace to nourish and rejuvenate a traumatised planet and to awaken us to unconditional Love. Ph: Lee or Frits (02) 4998 1332 email omsreedham@hunterlick.com.au

## BE IN ONE PEACE COURSES

**JOANNE MESSENGER** - with 20 years experience as a public speaker, course facilitator, chiropractor and Chiron healer, is presenting BE IN ONE PEACE COURSES Level 1, 2 and weekend retreats. An opportunity to find peace within. Ph: 0410 668 070.

## BODY HARMONY

**WENDY BATCHELOR** - Body Harmony is support through touch for cellular memory release - free yourself. 8 Bungan Head Road, Newport N.S.W. 2106 Ph: 9999 1670

## BREATH INTEGRATION

**ELISABETH VAN DER VEER**, Dip.Som.Psych. AAPR & ASIA - Greater Aliveness & Wellbeing through Breath, Touch & Movement. Registered professional practitioner in Breath Integration since 1990. Biodynamic massage, Intuitive Bodywork, Psychotherapy, Counselling, Reiki. Sydney 98185530 Leura 47842553

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## CONSCIOUS AWAKENING

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## COUNSELLING AND ASTROLOGY



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continued on page 28

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## REIKI JIN KEI DO

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