

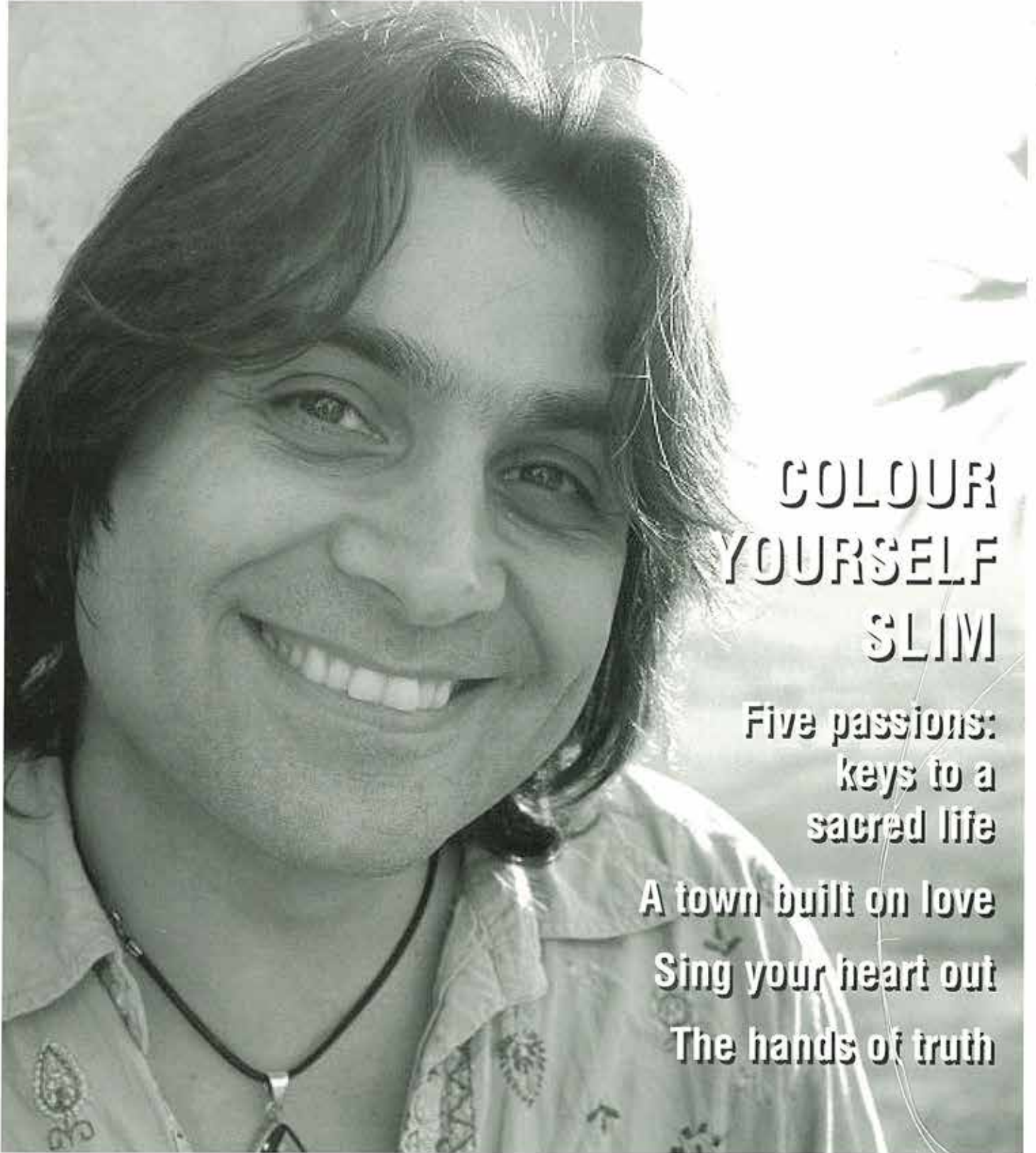
ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

VOLUME 8, ISSUE 2

AUTUMN 2004

AUD \$4.50



**COLOUR
YOURSELF
SLIM**

**Five passions:
keys to a
sacred life**

**A town built on love
Sing your heart out
The hands of truth**



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

MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and without judgment

PERSONAL RESPONSIBILITY

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

CO-OPERATION NOT COMPETITION

Working together, supporting each other.

ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

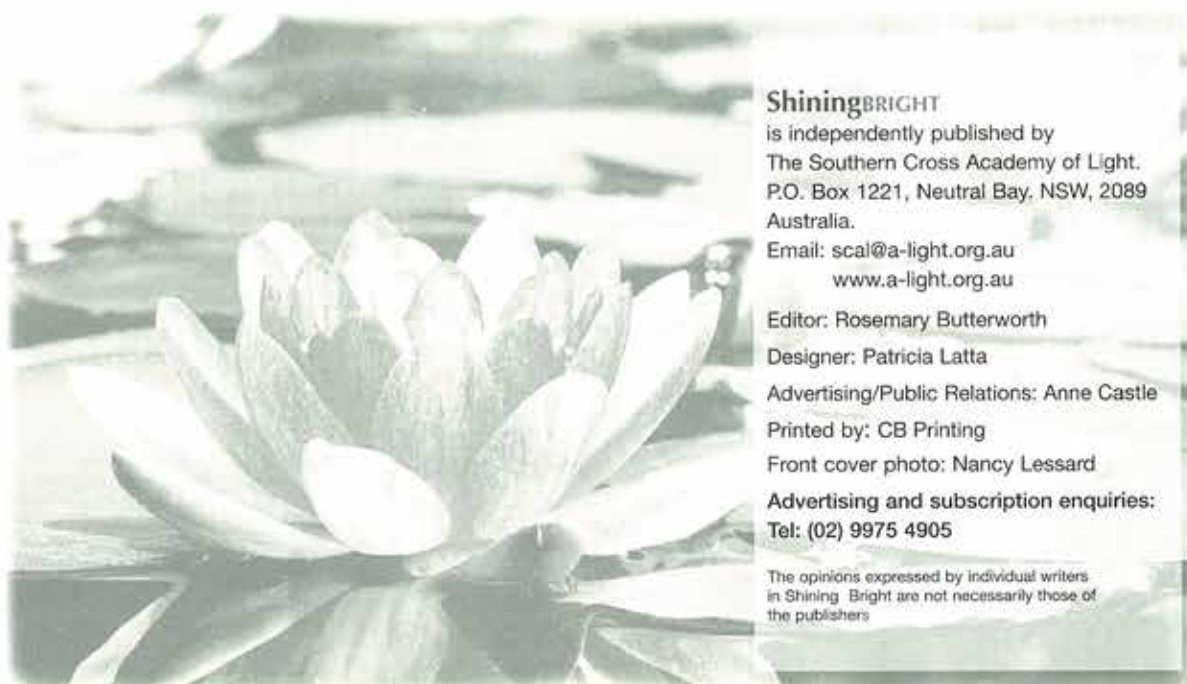
Honouring our stewardship and responsibility for the planet

PEACEFUL LIVING

Living together in peace, harmony and truth

AWARENESS AND LOVE OF THE SELF

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



ShiningBRIGHT

is independently published by
The Southern Cross Academy of Light,
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Australia.

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The opinions expressed by individual writers
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www.a-light.org.au



Rosemary Bittenworth

from the EDITOR

A Touch of Love (God)

Recently seventy or more people, myself included, sat shoulder to shoulder on chairs or cushions that had been placed around the side of the room that comfortably held 50. The squeeze didn't matter. We were all eager to experience what Abdy, a beautiful young Iranian man, had come to give us.

The experience was surrender, the method was simple. Abdy would place his hand or finger on our forehead, neck or chest, sometimes it would be a 'hug' and we would be caught as we collapsed onto the floor where we lay until we felt that we could get back up. Sometimes that might be 2 hours.

When it was my turn, Abdy led me to a space on the floor and touched my forehead. Instantly my knees buckled and my whole body sagged and I was gently lain on the carpeted floor alongside the dozens of people who had been 'touched' before me. Some lay there in the deepest state of relaxation, other were crying softly as past experiences were relived and released.

As I lay there, all my 'doing' seemed to be easing out of my body. All the programmes of what had to be done the next day left and there was just God and a feeling of limitless Love. (Heaven?)

As he moved to different venues in Sydney and Gosford, most of us followed him.

We learnt that something happened to Abdy three years ago and ever since it is as though he makes room for his Soul to do the healing. "It is as though", he said, "that I am present to the very micro-second for there is only action when I am healing – not action then reaction."

Whatever it is, we all felt that we had been touched by Love(God). 2004 is a tricky time for a lot of us. If we want self-realisation, we will find that our issues are in our face for clearing. But we must remember that Grace abounds and that we are totally loved and supported by the Divine. We are being sent amazing Teachers and Guides who hold the frequency of Love and can support us through our issues (shifting our awareness and consciousness) with ease and grace. Such as Les Dyer, Jon Marc, Carlos Palada, Abdy, Don Conreaux, Nura Loeks and a host of others. Our web site www.a-light.org.au brings you more details of these people and you can check to see whose energy feels right for you.

Abdy is proposing to return to Australia in June 2004. We're already researching larger venues and more locations!

Rosemary

Love and Blessings

THE SOUTHERN CROSS ACADEMY OF LIGHT

ShiningBRIGHT



FRONT COVER
Abdy

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around the **ACADEMY**

HIGHLIGHTS FOR YOUR DIARY

We are delighted to have another powerful group of presenters sharing their energy and love with us over the next three months. Many of these presenters are also speaking at Academy Meetings, so don't forget to check the Diary of Events in the back of the magazine.

APRIL 2004

Les Dyer – Spiritual Teacher, Teaching with Love & Humour (www.spiritfromdownunder.com)

- 20 April "A funny thing happened on the way to enlightenment" (Public Talk)
21 - 27 April Private Sessions
24 & 25 April "Getting Real: Real Enlightenment" (workshop)
27 April "Repairing the Net of Time" (evening workshop)

MAY 2004

Don Conreux – The Gong Master from New York (www.holistic-resonance.com)

- 28 April - 1 May Wesak Festival Sydney, - workshop & evening concert
6 - 9 May Mind Body Spirit Festival Sydney – booth, workshops & stage performances

Nura Loeks – student of Babaji and Hilda Charlton & Spiritual Teacher

- 5 May "Passion for God, Key to Healing & Grace" (Public Talk)
5 & 6 May Private Sessions
8 May "Five Passions: Keys to a Sacred Life" (workshop)

Jon Marc – Spiritual Master from USA

(www.wayoftheheart.net)

- 12 May "Way of the Mystic Lover" (Public Talk)
15/16 May "Way of the Mystic Lover" (Workshop)
Carlos Palada – Transformational Healer and Cosmic Channel
17 - 27 May Private Sessions
22 May "Opening the 3rd & 4th Eye" (workshop)
23 May "Practical Healing" (workshop)
29 & 30 May "The Secret Cosmic Codes" (advanced workshop)

Alexander Massey – International Voice Practitioner and Sound Healer from Oxford UK (www.freeyourvoice.co.uk)

- 22 May "Sing Your Heart Out" (workshop in Sydney)

JUNE 2004

Valerie Barrow – Author of Alcheringa and The Book of Love by a Medium

- 12 - 14 June Stargate Retreat, 'Alcheringa', Bowral
includes private regression session with Valerie

Elvis "Einstein" Pavoratti – International Speaker, Author and Singer

- 26 June Back Pain Relief Seminar
27 June Hormonal Massage Seminar

For further details, ring (02) 9975 4905
Mon-Fri 10am-3pm www.a-light.org.au



BECOME A FRIEND OF THE ACADEMY

The Southern Cross Academy of Light is on the threshold of moving into a new frequency. Just as each of us, individually, go through our own journeys and our own vibrational shifts, so the collective energy of the Academy experiences its own evolution.

This year, the focus of the Academy is on creating an even more supportive Community of Light. As our journeys become more intense, and as the 3-D world appears to make even less sense, so the role of the Southern Cross Academy of Light to be a placeholder for support increases.

Therefore, we are pleased to announce a new feature...the Friends of the Academy.

As always, as you give so shall you receive. The benefits of becoming a Friend of the Academy and part of the growing Community of Light are simple.

There will be many different areas of service available to choose from. As the Community of Light grows there will be those who wish to offer healing or counselling in refuges free of charge, help Jeff Gambin serve food to the homeless, help clean up Australia energetically, be part of an absent healing group, assist with beginning meditation and Spiritual Development programs for Children, or be part of a Welcome Team, and so on.

Funds raised from the Friends of the Academy campaign will be used to support the growth of the Academy and the administrative costs of these service areas. For an annual fee of \$75 you will receive a year's subscription to Shining Bright - the Magazine of the Academy - as well as 10% off all workshops (based on the terms & conditions of the membership). Plus you'll have even more opportunities to meet with like-minded people and be of service to yourself, the community and the world.

If you'd like a complete description of the Friends of the Academy or information on how to join, see the website on www.a-light.org.au or email us at friends@a-light.org.au or call the Academy Heart Office on 9975 4905

Five Passions: keys to a sacred life

by Nura Loeks with Ted Fish: all rights reserved

For over 30 years, Nura has trained with the Babaji, who was written about by Paramahansa Yogananda. Through his grace and the grace of other spiritual masters, including the beloved Hilda Charlton, she has gently guided people to become open to new depths of love, creativity, and service. Nura divides her time between the U.S., Europe, and India; and between her students, her clients and the philanthropic projects she sponsors for the poor and needy. All this is balanced with family life, as Nura is married and a mother to three teenagers. With love and compassion, Nura sees the truth within people, and, by igniting their relationship to the Divine, heals their pain thus opening the way for lives of deep effectiveness in the world. Nura translates illumined understanding into the language of everyday experience with refreshing, down-to-earth clarity. She offers everyone a bridge between the sacred and the ordinary, between heaven and earth.



Nura Loeks

My life from the time I was a very small child has been directed towards a single purpose: to know God. I did not want to know God from an idea, or from the mind, or even from the insights and direct experiences of another. I needed to know Spirit with every aspect of my being, permeating through all my cells, and expressing itself in all the parts of my life - my health, my creativity, my friendships, my marriage, and my work. From that knowing, I wanted to help reduce the suffering on the planet, because even though life is not easy, it is not meant to be so hard. We have to exercise our will and surrender to God, but when we do that - when we live in accordance with our own destinies and with sacred law - we can build Heaven on Earth.

My questioning has taken me across the world. I have sat at the feet of the world's great masters from every spiritual tradition: Christianity, Islam, Judaism, Hinduism, and Buddhism. I have lived with enlightened ones, cooking for them and their families, even tending their bodies when they became ill.

I lived with my spiritual mother, Hilda Charlton, in her apartment in New York City; with Sufi guide Sidi Shaykh Muhammad in his Zawayyah (place of study) in Jerusalem; with the great Greek mystic Daskalos on the island of Cyprus; and with my master and spiritual father, Babaji (written about by Paramahansa Yogananda in *Autobiography*

of a Yogi) in India.

I have also lived among villagers who have existed in the same patterns for generations. I have lived on an island in the Mediterranean, a fifteen-mile-long strip of land so remote you had to travel by boat for an hour and a half to see a doctor; in Morocco below Marrakech; in a cave on the island of Crete; and in Turkey, Afghanistan and Iran.

My teachers opened up the heavens for me, and, in sharing the most basic human experiences in the simplest contexts, opened up the Earth, so that my lifelong yearning was answered. Heaven on Earth is possible. It is within our reach as individuals and communities. The one God - the great mystery from which all creation was and continues to be birthed - lives.

God is closer to us than the pulsing of the blood inside our veins. God hears us, watches over us, and provides for our deepest needs. We can live as the sons and daughters of the Prophets and the Saints, bringing love, mercy, peace, and the most exquisite joy imaginable to the world.

The message I am carrying for my students is one of embodied spirituality, and I find that the easiest way to help them develop this is through a set of integrated understandings. I call them passions, for the pathway to God is not

I have lived with.... my master and spiritual father, Babaji in India

continued on page 4

continued from page 3

through the mind but through the heart. The human mind can never comprehend the glory of God, but the heart was created to know Him.

There are five passions in all. I try to speak about them in simple language that a child will understand, because the place to which God speaks is the small, still place inside, - the place of innocence and purity that all of us knew in our early years. God's song is sung throughout Creation; the branches of the trees sway with the celestial music; the animals sing it; even the planets dance in their orbits. And when we fully discover and express the five passions, we sing the song too, in each of our cells, without striving or effort, because the song was placed there in the Beginning.

The first passion is for God (which can be experienced by nonbelievers as a passion for creativity or for the experience of life itself). My mother Hilda used to say: "Stand up for God!" She meant that God has given us this body, this mind, this will, this world and everything in it. Every time we taste food - that is God. Every time we receive a kindness - that is God. Every time we create an impulse to exercise our limbs, or we form a thought, the power of God has moved through us. When we stand up for God, we say "yes" to Life. We can always say yes, even in the midst of the most difficult human experiences.

The other passions are built on the foundation of love for God. They are for: Receiving; Giving; Connecting; and Community. These are the keys. For when each of these passions is fully expressing, our way to the sacred life is unlocked; we naturally come into the harmony, peace, and love that supports all of Creation.

Footnote: Coming from the U.S.A. Nura will be in Sydney the first week in May. You will have the opportunity of seeing her privately or at her workshop on the 8th. All enquiries phone the Academy Office - (02) 9975 4905



*Vision without action is merely a dream
Action without vision just passes time
Vision with action can change the world*



SPIRITUAL BUSINESS CONSULTANT

Rosemary Butterworth

*a Guidance - What works/what doesn't
b Direction c Goals/Mission*

*Using her special abilities to read energies
Rosemary sets your business 'on course'*

Phone 9453 9094

The Five Passions Keys to a Sacred Life



Open your life to the passion, the love and the energy of the prophets and saints by unlocking the keys in a day-long workshop with Nura

**Nura, spiritual teacher and healer,
visits Sydney**

Talks at Academy Branches

**Public evening talk: Wednesday May 5
Personal sessions with Nura: May 6 and 7
Five Passions workshop: Saturday May 8**

**For details please call (02) 9975 4905
Awaken to the grace of the God-
consciousness within**

CELTIC BRITAIN SACRED SITES TOUR

OF

IRELAND, SCOTLAND AND ENGLAND

Led by Gerry Taylor-Wood & Richard De Welles

On this our 12th tour join us as we begin our journey in Glastonbury, visiting Avebury and Stonehenge.

Walk the path of the Druids on the holy isle of Anglesey.

On to Ireland with its breathtaking scenery travelling to the holy shrines of Pagans, Celts and early Christians.

Now to Scotland and the mysterious island of Iona.

Explore the Knights Templar mysteries of Rosslyn Chapel and ancient Scotland. Holy wells, sacred landscapes, and so much more await those who come.

(You may stay on to experience the wonders of Findhorn.)

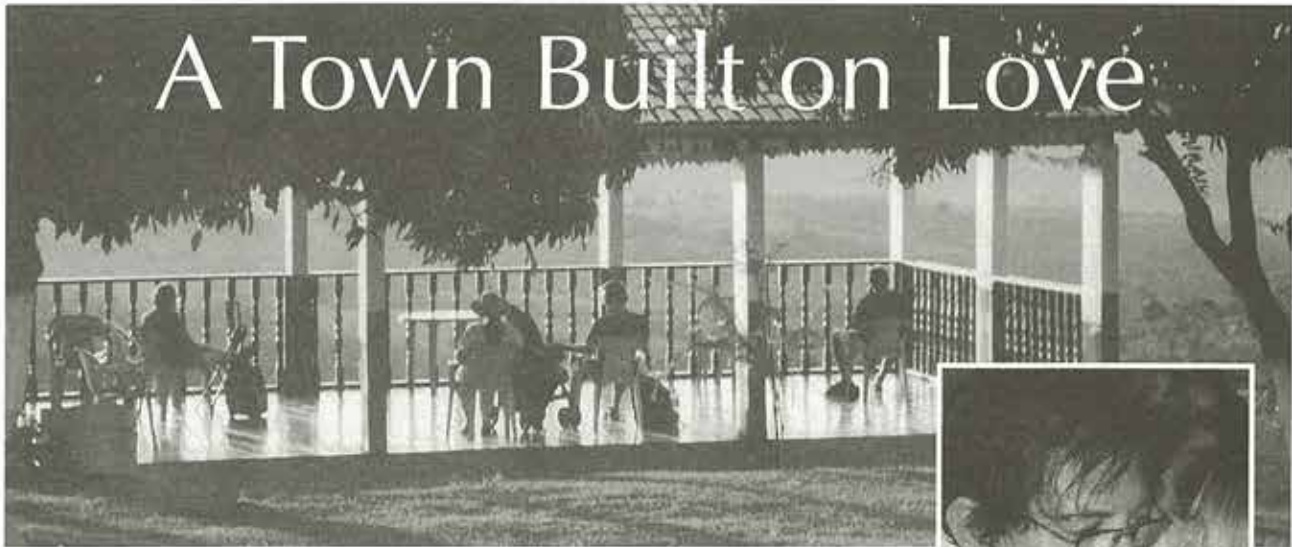
*Every day brings life-changing revelations
and insights.*

Details: Geraldine on 07 5545 3650

E:mail: gerrytaylorwood@powerup.com.au

Website: grailhaven.com

A Town Built on Love



by Clifford Harvey Rubenstein



John of God

Over the period of August/September 2003, I went to Brazil to see John of God (Joao de Deus). I had an amazing time and much healing occurred. However this article is more about the town of Abadiania and the people who live there than about my journey of healing, or the miraculous work done by Joao and the entities that work through him.

Of the numerable miracles that have been reported at the Casa de Dom Inacio, perhaps the greatest has been for and in the

small town of Abadiania which surrounds the Casa. The amazing thing about this town is that it supports the work done at the Casa 100%. Many of the people who live and work in Abadiania have been treated for various conditions at the Casa; this in itself is not what astonished me. I was amazed to find out that many of the people there have given up the security of a steady way of life to just support the work that goes on there. One woman left her fiancé to 'serve' God and the entities and the healing done there.

This amazing town not only serves as a place to stay for those visiting Joao de Deus, this town takes to heart the precepts espoused at the Casa de Dom Inacio - which is love. This means that the people visiting John of God do not receive all their healing from this incredible man. A large percentage of an individual's healing is received from the love of the people of Abadiania.

When viewing the soul's evolution, we are able to see the wisdom and maturity of a soul by viewing numerous things from: Auric patterns and colours, how the person responds to certain events and how a person loves.

People living in Abadiania are old souls no matter their age.

One does not need to see with alternate senses the evolution of these few souls; all one need do is feel the love radiating from each individual. The waitress who served us at the Pousada (motel) where I stayed always has a genuine smile on her face, but I discovered that she has had her share of hardships in life. Two years ago, her husband died leaving her with two small children to raise. Now in Brazil, needless to say it is not easy for a woman who has no man to support her. This young lady exhibits true divine love for herself and all those around her. This is another gift given at the Casa and this gift is more pronounced in Abadiania than anywhere else I have been: this gift is of soul growth through love.

On my final day in the 'current room' (which is a room where people sit in meditation and are healed by an intensely powerful and potent spiritual energy), I heard a man weeping and he was saying, "I don't want to go home...I don't want to go home." People are always able to find love after visiting John of God as another gift given at the Casa and Abadiania is the remembrance of love.

I cannot be totally certain why this man did not want to go home. However, I would suggest that where this man's home is does not have the love of Abadiania. As this man goes to where he resides on this planet, he takes that memory of communal love with him. When this happens, this miraculous energy of a small town built on love will go with him and as this occurs, the divine plan of Love, Light and Peace is given to the world as happens with every other person who visits Abadiania.

For more information phone Clifford on (02): 9439 0154 



Clifford Harvey Rubenstein



Festival of Enlightenment

WESAK SYDNEY 2004 CONFERENCE

UNITY IN DIVERSITY

Manly, Sydney • Friday 30th April, Saturday 1st & Sunday 2nd May, 2004

The Festival of Enlightenment - Wesak Sydney 2004 Conference will instigate a falling away of what is not real to the degree that one is ready, open and on the path to self. As we rise in consciousness we begin to merge with the oneness and are able to perceive the new reality with our inner vision.

Please join us for this powerfully transformative event featuring cutting edge speakers, Eastern, Western and aboriginal wisdom, children speak, sacred ceremony, song and dance, to be held at the International College of Tourism and Hotel Management, a former monastery, located on sacred aboriginal land overlooking the Ocean at Manly in Sydney.

Speakers: Grandmother Pa'Ris'Ha (Cherokee Elder and declared Bodhisattva by Lamas in India), Des Coroy, Don Conreaux, Alana Fairchild, Sophie Breillat, Ashtara, Vasumi (Mayan Calender) Susan Moyland-Coombes (Aboriginal Community Representative), Oscar & Marigold, Scott Taylor, Kerry Kirwan, Janet Richardson, Sarah Hopkins, Cheze Darville and so much more including a special "appearance" by Swami Beyondananda.

Cost: \$350.00 (inclusive GST)
Group discount available.

Accommodation: From \$60 p.n. per person
including breakfast.



Wesak
Sydney 2004
Destiny Symbol
by Bryan de Flores



Wesak, named after the Wesak Valley in Tibet, is known as a time of the year when earth receives the highest frequencies of light. Surrender and open up to the beauty that is you. **We are all One.**

For info contact Wesak Australia: Telephone: 02 4355 1129
Email: info@wesak.com.au or check our website www.wesak.com.au

The Festival of Enlightenment

-Wesak Sydney 2004

Unity in Diversity

This year's conference is to be held on 30th April, 1st & 2nd May, 2004 at the International College of Tourism and Hotel Management, a former Monastery built at the end of last century perched on high overlooking the ocean at Manly.

It promises to be a powerfully-transformative event instigating a falling-away of what is not real to the degree that one is ready, open and on the path to self. As we rise in consciousness, we begin to merge with the oneness and are able to perceive the new reality with our inner vision. We see past the illusion to the one true reality which has always been here waiting for us to see. Miracles happen every moment but we tend to miss them as we are not used to seeing with our heart.

The Festival of Enlightenment – Wesak Sydney 2004 will provide a space to bring in the energies for the inner transformation to occur to be able to perceive this higher reality.

The line-up of speakers, singers and musicians will help point the way home with Eastern, Western and aboriginal wisdom, sacred ceremony, song and dance. Featuring will be exciting presenters such as Dr. Michael Abrams from USA, author of *Evolutionary Angel* and *The Science of Miracles* and Grandmother Pa'Ris'Ha, elder who over the past 37 years has lived with Hopi of the southwest United States and Yoga Masters of India and Maya of the Yucatan in Mexico and Guatemala, Sages and Lamas of Tibet where she was declared an incarnation of Tara, a Bodhisattva Buddha.

Others highlights include Des Coroy, Don Conreux, (gongmaster from New York) with members of The Sydney Sacred Gong Ensemble and The Peace Choir, Alana Fairchild, Sophie Breillat, Ashtara, Kerry Kirwan, Susan Moyland Coombes (Aboriginal community representative), Janet Richardson, Scott Taylor (Dolphin Conciousness), Vasumi (Mayan Calender), Oscar & Marigold, Rhythm Konnections and so much more including a special "appearance" by Swami Beyondananda.

Wesak (named after the Wesak Valley in Tibet) is a yearly celebration of Enlightenment held on the Wesak Full Moon in May when, it's said, the earth receives the highest frequencies of light as heaven & earth connect. Traditionally

it is an honouring of Buddha's birth & enlightenment with all spiritual paths honoured, laying the foundation for the unity of all humanity. It is a time of great spiritual renewal & celebration with influences on wisdom, education, self-knowledge, writing, teaching & speech. Today it encompasses both Eastern & Western traditions with both Christ & Buddha Consciousness the focus.

Much has already fallen away on the inner, but there is more, as the energy of the path home activates the movement of the spiral on the tree of life and the inner process that accompanies it. The danger at any time is to remain attached by any spiritual dynamic along the way and become distracted from our true task: that of going home to source within the heart – the healing of our separation.

Listen in the silent stillness of your heart where your true self resides and it will reveal to you if and where you have become distracted along your path. Are you expressing your higher self in every moment? Are you still relying on something outside yourself for love or answers from the masters instead of accessing your inner wisdom from your true or higher self? Are you caught up in being the teacher, or in being the student and attached to either one? Have you totally come to terms with and accepted your shadow side? Are you unknowingly caught up in a belief system that keeps you stagnating on the same point of the spiral home?

The Festival of Enlightenment – Wesak Sydney 2004 is an opportunity not to be missed if you are dedicated to your path. We are all ONE.

Marie Furness, *Wesak Australia*. For further info Ph: 02 4355 1129 Email: info@wesak.com.au Website: www.wesak.com.au or see advertisement this issue.



Iroquois Thanksgiving Prayer (adapted)

"We return thanks to our Mother, the Earth, which sustains us.

We return thanks to the rivers and streams, which supply us with water.

We return thanks to all herbs, which furnish medicines for the cure of our diseases.

We return thanks to the moon and stars, which have given to us their light when the sun was gone.

We return thanks to the sun, that has looked upon the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit, in Whom is embodied all goodness, and Who directs all things for the good of Her children."

Iroquois Prayer, adapted Sisters of St. Joseph of Peace
<http://www.angelfire.com/md/elanmichaels/thanksgiving.html>

SING YOUR HEART OUT!

**Announcing International Voice Practitioner and Sound Healer
Alexander Massey from Oxford UK.**

Saturday 22 May - \$110

- Have you always wanted to sing - even secretly thought you could - but never really had the chance to find out?
- Do you want to be able to sing with confidence, with greater freedom and creativity?
- Would you like to learn in a no-pressure environment where you can participate at a level that suits you?
- Do you want to let out the real you?
- Do you want to have some fun with your voice?



***Then this whole day of singing
and celebration is for you.***

What the day will cover:

- Learn about a holistic model that helps you harness the inner power of your voice and break through patterns that have held it back for years
- Unwind and free your voice with tried and tested breathing and relaxation techniques
- Enjoy the liberating experience of singing with others
- Whether you sing out of tune, are 'tone deaf' or making sounds that nobody likes, you can learn how to sing for the sheer joy of it.



Can I come? - Yes, There are no specialist skills or previous experience needed – just an open mind, a sense of fun and a willingness to have a go!

What if I can sing already? - Then here's a chance to share the joy of singing with others, and deepen your connection with your own voice.

Alexander Massey is a voice practitioner and professional singer of both classical and folk music. He has worked with people and their voices for 20 years in theatres, therapy centres, schools, universities and the corporate world. Clients from all walks of life attend his 'voicework' practice in the UK (Oxford) for personal and professional vocal issues.

***This is the only 'Sing Your Heart Out' day Alexander
is running on his current trip to Australia.***

Upper Hall, The Centre,
14 Francis Street, Randwick (cnr. Cook Street)
10.00am - 5.00pm (*please bring lunch to share*)

DON'T MISS IT!

Book your place now by phoning: 02 9975 4905

SING YOUR HEART OUT

by Kayt Raymond

My friend Ulli, has spent a life enamoured by sound – sound of the human voice, sound of the songs of the earth, sound of musical instruments, regular and weird. In the sound department, she knows what's good and what's not.

She says; "This visitor, standing next to me at a singing group, began singing like an angel. He sang straight through to another dimension! If I had known he was a professional singer and voice change practitioner, I would have been more subdued in my singing. But instead, we just had the most wonderful time of soaring, delicious sound. When you're in Oxford, UK., go do sessions or a workshop with Alexander Massey, he is amaaaazing!"

So on arrival in Oxford I contact Alexander and discover that his path led him to develop Voice Wisdom[®], an exploration and discovery of who we truly are through the medium of voice.

It is a way of learning to be more in our bodies by using our voice. So the singing is less a sort of cerebral process around judgement and self-criticism about the voice and becomes a much more instinctive, spontaneous act of just giving voice; just making noise for the joy of it. Since it sounds like fun, I sign up for the one day 'Sing You Heart Out Workshop' that is about to take place.

At a local hall, we start the workshop with just making sounds. Alexander assures us they don't have to be good sounds. It's important not to worry about that. A zoo of outrageous and wonderful sounds happen, as we expand our horizons of what the term 'singing' actually means. People glance at each other – expressions of amusement, delight, disbelief, aliveness and we realise it's about our willingness to show up, have a go and take a few risks.

As we go through the day, we learn what's involved at a physical level to free up the voice – a simple easy way to breathe for singing and the kinds of things that get in the way. What we can do about the tightness in our jaw, shoulders, neck, throat and how to address the physical traps that inhibit our voices.

The Voice Wisdom[®] approach draws upon many traditions and disciplines. It focusses particularly on the importance of awareness. Making connections between our physical voice and our emotional, mental and spiritual self, resulting in a full-body's singing reflecting the whole person.

We sing songs from around the world on and off all day



Alexander Massey

– simple African chants, Indian and Native American songs, a few pop and golden oldies. The

songs of ancient tribal traditions take us back to the raw origins of what singing is all about – expression, community and relationship. The man to my right gets more confident and there is a rich sound coming now. The teenager on my left shifts from being hesitant to having an upbeat vocal exchange with the person opposite. In the group, something new is happening for each one of us.

Some of us take up the opportunity to sing to another person and be heard by somebody else. This is a bit scary for me but I give it a go and then feel excited, get a new partner and do it again, having fun with the voice in whatever way it works. It's a chance to discover the freedom of the voice by being in the company of others who want the same thing – to celebrate our voices.

At the end of the day, there is an air of excitement. Each person has had a big surprise about his or her voice. Including the person who chose to just watch a few of the sections and write some notes. All of us arrived with preconceptions and misconceptions about our voices – what we believed we could and couldn't do. All of us have had those preconceptions and misconceptions blown away. What each of us discovered is that our voices are far more versatile than we had dreamed possible. It's exciting and full of possibility.

Singing seems to touch a special part of us that is beyond the mind. A secret self no one knows. This secret self lifts our spirit in inspired and profound ways. It gives a real boost to our voices and how good they can sound. At times for each of us, there are mighty moments as we let go old beliefs and feelings about our singing, release stresses and body tightness and relax into the surprising strength and pleasure of a voice set free by the approach Alexander uses.

At the end of the day, standing relaxed in a circle, arms linked, we vocalise. Smiles on our faces, some eyes close, some not, we improvise, hear the discords, then some harmonies and relax as the sound soars around us and tingles through our bodies. Does anyone want to be somewhere else? Does anyone want to leave? No Way!

We are thrilled to be right here in this soundscape, as a

continued on page 10

continued from page 9

deep hum emerges from one end of the group and moves as a giant sound wave around the circle. It dips and soars, as each heart sings a heartsong of goosebump sound. Are we connected? Are we happy? Are we singing our hearts out? YES!! The heartsong comes to its close. And, as we laugh, clap, congratulate and hug each other, Alexander points to the door and says, by way of farewell, GO SING!!

We smile, someone sounds a note and the heartsong starts again, as each of us wanders down the hall, singing on the way to a new life with our voice.

NOTE: There will be a 'Sing Your Heart Out Workshop' with Alexander Massey in Sydney on May 22, 2004.

Enquiries: Academy Office: (02) 9975 4905.

The name 'Voice Wisdom' is copyright



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Melody Beattie

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LOVE IN ACTION?

At a fundraising dinner for a school that serves learning disabled children, the father on one of the students delivered a speech that would never be forgotten by all who attended.

After extolling the school and its dedicated staff, he offered a question.

"When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay cannot learn things as other children do. He cannot understand things as other children do.

"Where is the natural order of things in my son?"

The audience was stilled by the query. The father continued. "I believe, that when a child like Shay comes into the world, an opportunity to realize true human nature presents itself, and it comes, in the way other people treat that child."

Then he told the following story: Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?"

Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging. Shay's father approached one of the boys on the field and asked if Shay could play. The boy looked around for guidance and, getting none, he took matters into his own hands and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the outfield. Even though no hits came his way, he was obviously ecstatic just to

be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, should they let Shay bat and give away their chance to win the game?

Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with



the ball. However, as Shay stepped up to the plate, the pitcher moved in a few steps to lob the ball in softly so Shay could at least be able to make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay.

As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher took the ball and turned and threw the ball on a high arc to right field, far beyond the reach of the first baseman.

Everyone started yelling "Shay, run to first! Run to first!"

Never in his life had Shay ever made it to first base. He scampered down the baseline, wide-eyed and startled. Everyone yelled, "Run to second, run to second!"

By the time Shay rounded first base, the right fielder had the ball. He could have thrown the ball to the second baseman for the tag, but he understood the pitcher's intentions and intentionally threw the ball high and far over the third baseman's head. Shay ran toward second base as the runners ahead of him deliriously circled the bases home. Shay reached second base, the opposing shortstop ran to him, turned him in the direction of third base and shouted "Run to third!" As Shay round third, the boys from both teams were screaming, "Shay, run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the 'grand slam' and won the game for his team. "That day," said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world."

Source Unknown - Contributed by Shely Mort and Grace Foulds.



**an opportunity
to realize true
human nature
presents itself**



Les Dyer

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Bring as many as you can to this seriously funny evening!

Come join Les, a remarkably loving and inspiring spiritual teacher and founder of the Community of The Heart, as he enlivens you with his humour, his joyousness, his parables, his compassion and his life changing wisdom!
The author of four extra-ordinary books (including *The Return of the Master*, *100 Peaceful Meditations* and *Finding the Special Person Who Lives Within*) and over 20 programmes (from *Christ Consciousness and Authentic Spiritual Healing* to *Zen and Buddhism*).

Les has run over 350 deeply spiritual workshops and retreats.

What others have said.....

"I now look forward to living a life of the heart! I love you and thank you for your many blessings."

Nick, Sydney

"Les is truly loved by all who are fortunate enough to know him. To simply be in his presence is, itself, an awesome spiritual experience! His unselfish and loving help is something to behold"

Dr Frank Wadsworth, NSW

"When one listens to Les Dyer the mystique and esoteric are explained simply, with a divine touch."

Jean Luc, Blue Mountains

"I have finally got REAL! He unlocked my true spirituality".

Marea R, Airlie Beach, Qld

"He made me see that I felt that I was on an island and nobody could come and save me - but he has allowed me to rescue myself. I felt as if we'd been friends for years."

Leanne, Moranbah, Nth Qld.

"I had a wonderful day! I am very positive about life now!"

Elsbeth Roth, Melbourne.

And about 'The Return Of The Master': *".....You won't be able to put this book down! It is brave, truthful, funny and absolutely enlightening."* James Twyman, author and Peace Ambassador.

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REPAIRING THE NET OF TIME

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Crows Nest Centre 7pm – 9.30pm \$55

Have you ever wondered why you sometimes act irrationally and against your own better judgement? Many issues that affect us have nothing to do directly with us. Rather, they originate with other members of our family, both living and in spirit. We simply (and unwittingly) inherit the problems they cause, often for life... at least until now!

This amazing healing technique allows us to repair and resolve the dysfunctional and self-limiting programming given us (usually subconsciously) by older family members.

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THE HANDS OF TRUTH

by Les Dyer

I walked around the large circle of people. Suddenly I stopped in front of a woman and looked deeply into her eyes.

"You are loved by the Universe" I gently told her.

"I don't always feel it" she softly answered. "Often I feel useless or worthless".

"Give me your hands" I replied.

She held them out. I took them in my own and looked quietly at the woman.

"Let me start you on the path of knowledge. Know yourself! Find yourself within yourself. Let your hands be your reminders and your guides. You have two hands so no matter what you do you will always be reminded of the real you – and you can choose to live your real life".

I took her thumb.

'Your thumb represents Purpose.

Without it you will have no direction in life, you will be aimless and unsatisfied. You will be like a boat without a port to steer toward, that moves in circles never knowing its true passage. However, with Purpose you will achieve and prosper in a thousand different ways. Thus, your thumb is strong. It is also separate from your other digits for Purpose must always remain a vision and not be allowed to taint your other digits!"

I took her little finger.

"This finger represents Health.

You are a mind and a soul with a body – not a body with a brain! Health allows you to optimise your potential. Respect – in every way – the awesome gift that is your body. Keep it in good repair. Maintain it. Care for it. Cherish it. Treat it as you would your best friend. You cannot exist in this world without it! Remember that it is the mirror reflection of your every thought and emotion. As your small finger is shorter than the others, so is your physical life compared with your soul. Enjoy it!"

I took her fourth finger.

"Your fourth finger represents Acceptance.

Always strive for Acceptance for this will infect others and lessen their hardships. Acceptance is joyful acknowledgement not only of the good but also of the necessary. That which is, is. Acceptance allows you to grow strong and healthy. It begets non-attachment and removes false expectations. Your fourth finger is delicate to the touch: treat

Acceptance with care and tenderness, too!"

I took her middle finger.

"Your middle finger represents Good Deeds.

By Good Deeds will you be known – and by Good Deeds will you be judged. Good deeds beget Good deeds and in helping others you are rewarded a thousand-fold. Notice that your middle finger is longer than the rest – and thus it is that your actions will stand out. You will stand tall, your head and shoulders proudly erect".

I took her index finger.

"Your index finger represents Love.

Love directs all – let it direct all of your actions! Let your finger always point to Love. Let it always point out Love. Let Love be your only Teacher! Love all you meet – hate no-one. Love kindly. Love boundlessly! This finger is less sensitive than you would think! Surrender, therefore, to the Love you find yourself to be within – and let Love work for you, every moment of existence! It is the pure source of your own empowerment".

I looked down at her hand.

"This is your hand – and in your hands you hold the key to all you are – or want to be (and are inside). Live these secrets and you'll find your true fulfillment. You have two

choices in this world: to chase the standard of your living – or set the standard of your life. The former you have found to be an endless treadmill filled with fear and pain and disillusionment. The latter offers liberation from every form of worthlessness and uselessness. It is the path to human-hood!"

Another meeting at The Southern Cross Academy of Light was coming to an end.....



*What excites your Heart ignites your Soul,
and with the Soul aflame, miracles occur most
naturally.....*

Peter O. Erbe from "The Garden of Gods"

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ACCELERATED HEALING FOR PAIN RELIEF SEMINAR

26th AND 27th JUNE

In three easy lessons you can learn breathing, magnetic and massage techniques which teach you how to test and handle the pain, cramps and discomfort of over 70 common symptoms including:

- Lesson 1:** How to relieve pain, stress & tension
Pain, stress and tension relief, stiff neck and shoulders.
- Lesson 2:** How to boost energy so that you stay up straight
How to boost your energy, sex drive and libido. Relax, handle tired feet and arthritic, rheumatic and muscular aches and pains and strengthen your peripheral circulation.
- Lesson 3:** How to straighten your spine
This could save you thousands of dollars as well as pain for the rest of your life. You will learn how to align your spine and ease sciatica, lumbago (lower back pain), scoliosis, rounded shoulders, sway back, sore hips, sprains, joints and fractures for free, at home, yourself. And how you can reshape damaged intervertebral discs and vertebrae.

You will also learn other methods to align your spine, hips, neck shoulders, knees, elbows, ankles, wrists, jaw and head. This prevents the pain from returning, by strengthening and maintaining the strength of your spine.

Venue: Crow's Nest Uniting Church Hall, 75 Bay Rd, Waverton

Date: 26th plus 27th June 2004

Cost: Saturday - \$147 Saturday and Sunday - \$ 297

Time: Saturday 9.27am - 3.27pm
Sunday 9.27am - 5.27pm (Advanced)

YOU HAVE NOTHING TO LOSE EXCEPT YOUR PAIN

Testimonials from the Back pain Relief Seminar

Scoliosis, night pain:

"I was born with a scoliosis and damaged my intervertebral disc. I couldn't sleep all night because of the pain down my legs. Now I get full night's sleep. I have been able to turn my twisted pelvis in five minutes myself. Nobody has been able to do this in my whole life."

Rose Ann Hamilton, N.D., R.N. Dip Mb. O'ld.

Arthritis:

"A friend of mine had arthritic pain in his right hand for the last fifteen years. He got relief in half an hour." Margaret O'Donohue, Founder Natural Therapies Clinic, Mater Hospital, Queensland.

Whiplash Injury:

"In 1993 I had a car accident and subsequently suffered with back pain from a whiplash injury. For six years I searched for relief from pain and discomfort but to no avail until the end of 1999 when I found Magnetobiology."

Jenny Crutchley, B.A. (Community Social Services), Kinesiology practitioner.

Back Injury:

"My son injured his back. He was in chronic pain. His back was misaligned showing a scoliosis in the lower back. The pelvis was out of alignment and a lot of tissue was in spasm. He aligned his spine... no more need to have the pain, and you can do it yourself, anywhere, anytime you wish"

For more information on Einstein's Accelerated Healing course in Sydney, which shows you how to handle over 500 different symptoms, call

The Southern Cross Academy of Light on (02) 99754905.
Email: scal@a.light.org.au

ACCELERATED HEALING for pain relief

by Einstein

Hi, my name's Einstein. When I was 12, I won the ACT Junior (under 18) Chess Championship, then had a drawn match in a Simul Tournament with Grandmaster Yuri Averbach, who was, at the time, the third best chess player in the USSR.

When I was 13 I gave up chess and focussed on meditation, in an attempt to develop my intuitive side. I developed Optimum Kinesiology, founded Australian Magnetic Health Services, and discovered how to regrow, reduce and reshape body parts using breathing, magnetism, sound, massage and vibration.

In 2001 I gave up my school and began caring for my 87year old father. He got up from his wheelchair and walked around the house unaided. The most important factors in his recovery were Open Airway, Unforced Abdominal Breathing, pure water and Magnetotherapy.

How to Relieve Pain

The first step in Magnetotherapy is to remove all metal from your body as it distorts the natural flow of your acupuncture meridians, which are electromagnetic. Pain is an electromagnetic phenomenon.

The second step in Magnetotherapy is to remove all polluting, magnetic fields from your surrounding environment. For example, a fridge magnet has a polluting magnetic field 9' away from it. So pull out all of the plugs, turn off the switches and throw away your fridge, calendar and so-called "health" magnets. They all have a polluting, chaotic magnet field!

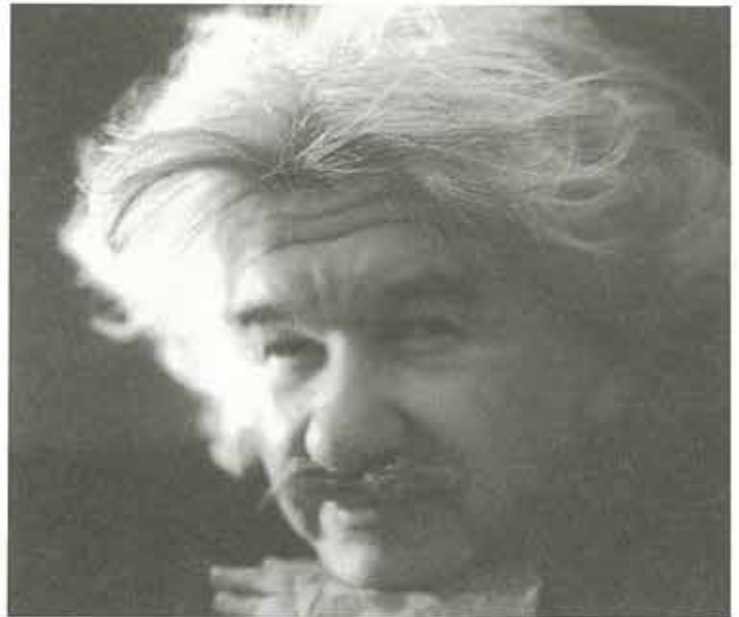
There are at least 40 cautions that you should know before using so-called "health" magnets. You can look them up on the website www.backpainbeatenin7minutes.com

The third step in Magnetotherapy is to place your bare feet on the earth and gently shiver your whole body. This releases accumulated "charge", and works best at night.

Open Airway Breathing

Most people breathe shallowly-that is, into the chest only. Correct breathing starts in the abdomen. The quickest way to get unforced, Abdominal Breathing is to open your airway.

There are 11 basic, Yin tongue positions that can be used to align your spine and nourish distinct, bioatomical levels.



Although doing these tongue positions is actually fairly easy, it is best to learn them in person, to ensure that you are doing them correctly. This way you will receive the maximum benefit. Come to the seminar on Saturday 26th June (see advertisement opposite page) to learn these hidden secrets.

For those of you who would like to try one at home, the first is called the Sciatigo Tongue Positions. Place the tip of your tongue on the skin outside your mouth, halfway to your chin.

This unslides your hips from sideways displacement, returning them to central alignment. It therefore often relieves sciatica, lumbago and lower back pain.

Let's review your method:

- 1 Remove all metal and unnatural fibres
- 2 Drink 2-3 glasses of pure water (Dehydration causes acidity, which causes pain).
- 3 Lie down, close your eyes, relax and breathe using your Open Airway Tongue Position.

Within seven minutes over 80% of people get significant or complete pain relief in the hip and lower back region by using this simple technique. Give it a go and see for yourself.

Einstein can be contacted on (07) 5473 5713 or phone Academy Office (02) 9975 4905



Who is to judge one flower to be a weed and another to be a delight?

The weed was a delight unto intself before judgment arrived.

If rejected it is deprived of love and must spread to be noticed, to make its call heard....

Peter O. Erbe from "The Garden of Gods"



COLOUR YOURSELF SLIM

by Mark Wentworth

How many times have you been tempted by the latest food fad, and how many times have you convinced yourself that you will never buy another packet of chocolate biscuits again? If, like me, it is too numerous to mention, or the biscuits were on 'special offer' so "I will start next week", then this article could definitely be of interest to you. It's not about losing or gaining weight with colour; it has more to do with the colour helping you look at why it's there or not there in the first place. It is also about following a seemingly logical routine when it comes to choosing the colour of the food we eat, depending on the time of day it is. In addition, I will explain about keeping a colour diary and how it can give understanding to those unhealthy food cravings, and, how drinking solarised coloured water can be another way of bringing colour into the body. By exploring some of the hidden messages behind being overweight or underweight, I will explain how by drinking colour-charged water, you can gain or lose those extra pounds, but more on that later.

First, let's consider how important colour is when it comes to food.

When you want to buy fresh fruit or vegetables, you know how fresh and ready to eat it is by the colour: how many people would buy green carrots, or a green cabbage with yellow leaves? It also seems in the West we now have certain colour expectations when it comes to fresh fruit and vegetables: if the colour does not look right by the time it arrives at the wholesaler it is discarded as unsuitable. Colour in this sense is very important when it comes to our buying

fresh produce. Take it one step further and, from the colour of some fruits, a person will know how sweet it is, purely by its colour. i.e. one apple is dark green, and the other is a deep red: which is the sweeter of the two? We know by the colour of the food whether it is O.K. to be eaten. We also know, for example, that uncooked meat that has a green tinge is probably best disposed of, or bananas that have turned completely brown are past their best. It is considered that the fresher the food, the more condensed light it contains, thus on a more spiritual level, we are ingesting more light energy. The older the food becomes the more it diminishes in light.

Pale blue and food are one of the most unlikely combinations, which is possibly, why you don't see any blue foods so often. Blue cheese for example is an acquired taste, and the thing that seems to put most people off trying it is the colour. Somewhere deep in our collective unconscious, before we had food stores and we were still hunting our food, we registered blue food as mould or fungus-poisoned food. Imagine, for a moment, you have your favourite food in front of you, and you are about to start eating, then you notice the food has changed to a pale grey, blue colour. How appetising does it look now? Does it still have the same appeal? For the majority of us, the food now looks inedible and the edge seems to have been taken off our appetite. Before I began working with colour, I remember a party I had. I decided it would be quite good fun to add a bit of food colouring to various dishes. I had fuchsia pink potato salad, a trifle that consisted of blue jelly and green custard, sprinkled with tiny multi-coloured sweets. Surprisingly, no one touched either of them. My tip here is that if you are having guests to dinner and you really want that dessert all to yourself, add a little food colouring, and I guarantee after they have gone you will be sitting down indulging in that wonderfully delicious dessert!

Eating the right colour, at the right time.

Red gives energy, blue relaxes, green brings balance, and so the same thing happens with food. The colours you eat are a way of ingesting the colours you need at that particular time of day. So for instance eating red, orange or yellow



foods first thing in the morning is a way of giving yourself an energy boost to start the day. At lunch, you would eat more yellow food, to give your mental energies another boost, combined with something green to give the body time-out and a re-balance. In the evening blue and purple foods are high on the menu, it's time to relax and unwind after a long day. Blue and purple foods consist of such things as aubergines (eggplant), red cabbage, beets, blueberries, and blackcurrants. The colour is based on the outer skin of the food itself. Something like bananas, have a creamy white fruit but a yellow skin; therefore a banana is regarded as a yellow food. Following this format for eating is a way of becoming more in-tune with nature, as different colours are visibly stronger at certain times of the day. This is brought about by the angle of the planet and the way the light from the sun is refracted as it comes into contact with the earth's atmosphere. Eating certain coloured food at specific times of day is also a way of keeping in-tune with the energy of the chakras, as each of the seven chakra points has its own time for being more active.

You could eat the appropriate coloured food depending on what you were doing. If you were going out partying 'till all hours, you might have some red and orange food to keep you going until sunrise, followed by blue and purple foods before you crashed into bed. Short-term this should not be a problem, as we all need a little help now and again. On a long-term basis, this could put you out of sync with one of nature's cycles.

I wonder how many digestion problems would be alleviated, if we all started to re-tune ourselves to this natural way of eating the right colours at the correct time of day. At first you might think how could I possibly follow this way of eating: does this mean no more pasta with rich tomato sauce for supper? Well, that is totally up to you. If you are finding that you wake up in the middle of the night feeling full of energy, or even indigestion, take a look at the colour of the food you have been eating, and make your decision from there.

Spiritual Nutrition and the Rainbow diet, by Gabriel Cousens goes more into the philosophy behind following the rainbow diet.

Look back over the past few days and notice if you have been eating more of a specific colour. If you have, read up on the colour, and see what it might mean to you and how it fits in with what is happening in your life at this time. Look around you and I am sure you will find a dedicated few that follow a set-eating pattern at a set time of day, or will protest "but that is how we've always done it". This can become a rigid way of being and



not following what the body is telling them when it comes to colour and nutrition. Lighten up and enjoy your food as well as the colour nutrients.

Colour and healthy eating is all about listening to, and following what your body is telling you it needs. For many years I was a strict vegetarian. Then about six years ago I started craving rare steak. It could not be 'well done', it had to be rare. At first I ignored it, and went through all the reasons I couldn't possibly eat it. I then looked at what would happen if I did eat the steak, and all the principles of vegetarianism, and what I followed as spiritual development. Finally after much deliberation I treated myself to the rare steak. I can still remember the meal today, and on that occasion, I could very much understand how some people compare food and sex. I think if I smoked I would have lit up a cigarette as I felt energised and on top of the world. After I had calmed down a bit, and realised that I wasn't heading for damnation or condemned to my next life as a cow, I started looking at what was behind it. One theory would suggest the adrenalin present in the steak caused my temporary feeling of euphoria, meaning adrenalin released by the animal in its state of fear before being slaughtered. Whilst I do accept the theory, I believe it needs to be taken one step further. When I looked back over the past few months, I realised that I had been eating, for the majority of the time, red-based meals. It was then, as the saying goes, the penny dropped. I had in the past few months ended a long term relationship, moved to a new area, and for the first time in a number of years was living on my own. Is it any wonder my whole body felt as though it needed plenty of red energy to ground itself, and sometimes eating free-range meat (even though I had been a vegetarian for six years) is one of the quickest ways to put you back in contact with the physical body. It might not work for everyone, but following your body's needs, when it comes to food is certainly a way of being true on some level to yourself. Remember, a little bit of what you fancy does you good, and everything in

continued on page 16

continued from page 15



moderation.
Colour Diary

If you want to understand your own colour needs in relation to food, and want to explore a little deeper what is behind a food craving, keep a

colour diary. A colour diary is a simple, yet revealing way of understanding how our emotions can influence what we eat; and also whether we eat sensibly or totally pig out on all the wrong foods, leaving us feeling guilty and the man in the corner shop a few pounds richer.

To keep a colour diary you will need:

- A blank notebook or an actual diary, but big enough to write in.
- Coloured pens or pencils.

It is best to keep the diary for about a month, as during this time you will experience a wide range of emotional states of being. At the end of each day, list what you have eaten since you woke up, and choose a colour which to you best represents the type of day you have had. Colour in that day. At the end of the month, look back in your diary, and what you will notice is that on certain colour days, you will have craved particular types of food. I know from personal experience, and reports from clients that there will be a noticeable pattern. In my case, on days I would describe as orange, I would crave foods, such as suet puddings, stews and foods my grandmother used to cook. Orange is to do with self-esteem, the inner-child and feeling safe and secure. When we feel insecure and in need of a bit of nurturing, we turn to our partner, if we have one, or our next port of call is usually our family. Understanding my craving for suet pudding in the middle of a hot summer's day now gives me a choice. I can either go to the supermarket, to buy a suet pudding, or look at why I might be feeling insecure. I can then introduce some form of orange into my day, be it by eating healthy orange food, or visualise myself surrounded by the colour. Having done this, I free myself of the need for that type of food. It does not mean I never eat suet puddings or any of the foods my grandmother used to cook; it just means I now have the freedom of choice.

In the next issue of ShiningBRIGHT, Mark writes about Solarised Water.

International Colour Specialist, Mark Wentworth will be visiting Australia in October, 2004 and running a two-day course, titled "Spirit of Colour". Says Mark, "The journey through the rainbow is worth its weight in gold."

For more info about Mark www.colourforlife.com or phone Sydney Academy Office (02) 9975 4905



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Jon Marc

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James Twyman

JON MARC IN SYDNEY

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Wed, 12 May 7pm - 9pm

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2 Ernest Place, Crows Nest

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A limited number of private sessions are available prior to the Mystic Lover workshop. Jon Marc has an amazing capacity for seeing to the heart of our souls, and thousands of people attest to the profound transformation that occurs with him in the intimacy of this joining with a true master of mind and heart.

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Sat/Sun, 15/16 May - 10am to 5pm

Crows Nest Community Centre (Johnson Room)
2 Ernest Place, Crows Nest

Cost: \$325 - Earlybird: \$295



Bookings & venue information:

**The Southern Cross
Academy of Light**

Ph: 02 9975 4905

OUR SOUL'S VIBRATION

by Kayt Raymond ©

Our soul carries the imprint of life's journey. The feelings, thoughts, joys and traumas of our personal story and deepest experiences become part of us. The vibrations of negative thoughts, and hurtful feelings, words and experiences become trapped in the essence of our energy field and are also stored somatically in our physical body. Such held material can make our field denser than it needs to be and clouds the expression of our soul's joy.

Since this is a creation of sound, the role of the sound practitioner is an important one. The sound created by the voice or instrument of the sound practitioner can affect the client depending on what densities the client is holding within his or her vibrational field. Good sound practitioners have the power to assist us to clear the unwanted densities. The specific sounds shift and blow free the density particles that don't belong to the soul which is vibrating purely. This allows the essence of our vibration to express at its true pure level.

Practitioners need to tune in very deeply to the requirements of the client and to know the best way to proceed. It requires the practitioner to be clear, without any anger or discord within them, so that their own vibration is of the



Kayt Raymond

highest possible expression. This clarity, along with the sound, act as facilitators of change for the client.

Because our physical body is made of water, and our etheric bodies are made of the finest form of water, sound can travel through the fluid medium and affect our vibratory field. As our physical body and our soul are simply particles in motion this makes change possible.

By clearing the densities out of our field with the use of sound, it changes what is possible in our life. We are clearer emotionally, mentally, physically, and spiritually, providing for greater health and expression at all levels of our being. And, our own true song – our soul's vibration – can be free to live to its fullest.



God's Voicemail

Contributed by Hazel Myers

We have all learned to live with 'voice-mail' as a necessary part of modern life. But have you wondered what it would be like if God decided to install voice-mail?

Imagine praying and hearing this:

- Press 1 for Requests.
- Press 2 for Thanksgiving.
- Press 3 for Complaints.
- Press 4 for all other enquiries.

What if God used the familiar excuse: "I'm sorry, all our angels are busy helping other sinners at the moment. However your prayer is important to us and will be answered in the order in which it was received, so please stay on the line.

Can you imagine getting these kinds of responses as you call God in prayer?

If you would like to speak to:

- Gabriel; press 1
- Michael; press 2

- For a directory of other Angels; press 3
- If you would like to hear King David sing a Psalm while you are hanging on; press 4
- To find out if a loved one has been assigned to Heaven; press 5. Enter his or her Social Security number, then press the \$ key. (If you get a negative response, try the area code number for 'Down Under'.
- For reservations at God's House, enter J-O-H-N, followed by 3-1-6.
- For answers to nagging questions about dinosaurs, the age of the Earth and where Noah's Ark is, please wait until you arrive here.
- Our computers show that you have already prayed once today. Please hang up and try again tomorrow.
- This office is closed for the weekend to observe a religious holiday. Please pray again on Monday. If you need urgent help when this office is closed, contact your local Pastor.

Thank God – Heaven doesn't have voicemail.
And God listens when we pray.



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June 12th & 13th - Melbourne

Pranic Psychotherapy

June 26th & 27th - The jewel in the crown of Pranic Healing. Psychotherapy involves the understanding & application of Pranic Healing techniques in the alleviation of emotional, mental & psychological disorders. Learn to identify & transform psychic energies & elementals in the field that cause stress, irritability, anxiety, hysteria, grief, phobias, addictions etc

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Courses \$275 (including GST)
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All workshops (except 17th & 18th April) at
103 Martinsville Rd, MARTINSVILLE
Basic PII (17th April) at Roseville Public School

Enquiries & bookings: 02 4977 3300
info@kimfraser.com

The Inner Light

*Let the inner light shine in my life once more
Let it burn in my heart as it did before;
Let it be a beacon in a world forlorn,
A world in trouble, a world that is torn.*

*Let me touch the heart of all who comes my way,
Those that I see will have a brighter and happier day.
Let them see the wonders, the magic that each day can bring,
Let them experience and feel the majesty and the power of
God within.*

*Let each new day be an adventure in the journey we all take,
Let them walk in the light and in the fullness of God partake.*

*Let them be a beacon for the entire world to see,
Then the world will be a wonderful place, a world
in harmony.*

by Andrew Pell[®] September 2001

THE ACADEMY IS GROWING!

THE SOUTHERN CROSS ACADEMY OF LIGHT
Head Office has expanded to the point of requiring larger
premises, separate from the private residence it has been
sharing to date. We are asking the Universe (through you,
our community) to assist in manifesting these new premis-
es.

Premises Minimum Requirement:

1. Good natural light and natural ventilation
2. A natural setting to honour the Earth energies
3. Minimal or preferably nil traffic or other ambient noise
4. Close to public transport
5. Ample easy car parking and ease of access
6. Layout to accommodate three or four rooms for
visiting presenters and healing rooms, plus space for four
to five desks, a kitchen, reception area, meeting room
and toilet facilities
7. Ease of relocation to new offices through the
support of others
8. Rent to be easily affordable by The Academy and/or
donated/tithed by others

Office Minimum Requirement Includes:

1. Versatile medium volume photocopier
2. High Volume printer (B&W and colour)
3. Scanner
4. Ergonomically-correct and comfortable office chairs
5. Desks, bookcases and shelving
6. Conference Room Table and 13 chairs
7. Supplementary lighting to all workstations
8. New low-radiation PC monitors.
9. Home office PABX telephone system and handsets

If you or anyone you know is able to provide any
of the items on our list, please email us at:
scal@a-light.org.au or call 9975 4905

FOOD FOR THOUGHT

by Rosemary Butterworth

Recently I had been unwell, very unwell in fact. It was suggested by my close friends who were also Spiritual Healers that (1) unless I slowed down, left the administration of the Southern Cross Academy of Light to others and (2) got treatment from my local doctor for my heart, I would not be long for this world. My body was in a state of hyper-tension from working too many hours, handling phone calls, sending out emails, booking events and holding the focus of the Academy whilst it grew and grew into the wonderful community of Light that it is at present. I heard what they said. I listened, mainly because my state of unwellness had taken me to bed.

On the other hand, I knew that I had been going through some major shifts. I needed to. As the Academy expanded, I had to. More and more space had to be created in my body-mind to hold an ever-expanding vision. As more branches of the Academy opened, I went through

more clearings, more releases that were necessary for me to hold more Light in my body.

I didn't look at my life from this perspective at the time. I just knew that my body was in pain, or sick from this or that. Some 18 months before, I had undergone a spinal operation to relieve the pain in my lower back and

legs – then it was something else. I started feeling so exhausted that I kept collapsing. I had this checked out. It was a potassium deficiency and my body was not accepting vitamin B. My "B" levels were exceedingly low and therefore for me to climb stairs was a mountainous effort which would leave my heart pounding.

I had vitamin B injections. Initially, they were helpful,

then my body rejected those too. I went to an Academy function and all I could think of was – how soon could I get to bed. And there I stayed until my husband rang a friend who happens to be a medical doctor/general practitioner who has also learnt kinesiology, and alternative therapies.

Using kinesiology, she muscle-tested me whilst I held a bottle of liquid vitamin B in my hand. My muscles went limp indicating rejection from my body. She muscle-tested for other 'allergies' and came up with potassium and other deficiencies that were making me unwell. Now here is the interesting part.

She taught me this. If you have a thought/belief in your body about food that is untrue, there will come a time when that thought would prevent your body accepting that food. You would become allergic to it. The untrue statement could no longer live in your body if you had shifted to a vibration that didn't match it.

She spent 8 hours, asking my body, at a physical level, bio-chemical level, intellectual level, emotional (i.e. if you have experienced trauma whilst eating a particular food it is more that likely that, until that trauma is released from your body, you will be allergic to that food) and spiritual level whether it had thoughts/ideas/beliefs about numerous foods that contained vitamin B and the other deficiencies. YES IT DID!!

Things that I had read, or heard about food that had stuck in my mind. One was – "Milk should be drunk by calves, not humans". I love milk, but obviously that thought had embedded itself somewhere in my mind and it was now preventing my body from accepting it and the vitamins in it. The other foods had a similar story. My normal healthy food was bringing me problems, that is, until that dear person spent her whole Sunday helping me clear the thoughts that were preventing me absorbing the nutrients and nourishment in the food. Within three days, I was feeling well enough to get dressed. I have been told that I still have to go slow and I am happy to do so.

But I wanted to share with you the importance of understanding the clearing of thought patterns that we need to do around food as we ascend in consciousness. As we go into the fourth dimension, we need to do some fourth dimensional clearing. Thank goodness for doctors who now study alternative medicine. We need them.



Your ultimate purpose on this plane is to express the essence of who you are. If that expression is anything less than Love, then you are still searching for your purpose

Peter O. Erbe from "The Garden of Gods"

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other upcoming workshops are:

- Toowoomba May 8th & 9th
- Byron Bay May 22nd & 23rd
- Sydney June 12th & 13th
- Camden June 19th & 20th
- 5 day Retreats Perth & Sydney October/November



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Stargate Retreat

Queen's Birthday Weekend
12th, 13, 14th June, 2004



HOSTESS - VALERIE BARROW
"The Star Lady"
AUTHOR OF THE BOOK
"Alcheringa" - when the first
ancestors were created and
"The Book of Love by a Medium"
A Spiritual House Party of 12
people are invited to stay at the
property 'Alcheringa' - sleep over
for 2 nights - bunk style beds.
Bring bed-roll, towel etc. and food.

The energy of Alcheringa holds a 'stargate' on the property. Many enlightening experiences have been shared there. Regress, Re-grow and Re-invent your life.

- Each person will receive a private 1 hour 'regression' session with Valerie. Connect with the star seed that you are.

*Please come with an open mind and just relax.
Have a Happy Time.*

Ph: Academy Office on (02) 9975 4905 to book
or email scal@a-light.org.au
organized by The Southern Cross Academy of Light

\$275.00 per person.

The next Stargate Retreat will be 16th - 18th July, 2004.

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SPECIFICATIONS

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DEADLINE DATES:

16th February (Autumn Edition out 1st April)

16th May (Winter Edition out 1st July)

16th August (Spring Edition out 1st October)

16th November (Summer Edition out 1st January)

Text to be supplied on Mac formatted floppy disk or via email in a basic text or Word format and send to The Southern Cross Academy of Light

(ShiningBRIGHT is published in mono, however colour photographs are accepted)

Postal Address: P.O. BOX 1221, NEUTRAL BAY, NSW 2089

Ph: Head Office 9975 4905 (02) 9453 9094

Fax: (02) 9453 9094 Email: scal@a-light.org.au

INTERESTING TIMES



Lisa Stephens began formal classes in astrology in 1994 with Jungian astrologer Craig Jarman in Double Bay, having previously attended her first international astrological conference in Sydney, organised by the Federation of Australian Astrologers (FAA). Prior to that, in 1992 and 1993 she had been introduced to

the basic principles of astrology by such shining lights as Garry Wiseman, then of Manly and Parampara Hughes, then of Rose Bay. Later in 1994 she made the acquaintance of English School of Psychological Astrology graduate Gerry Taylor-Wood, who was teaching her unique blend of psychological, soul, and sacred astrology. Lisa gained a High Pass in the FAA Basic Certificate exam early in 1996, having studied calculations with Chris Turner of Ryde, and having also begun classes with Malcolm McWalters in Hunters Hill. She continued to study with Malcolm for the next six years, and during that time, in 1998, she achieved a Credit in the FAA Practitioners Certificate exam, and became a foundation member of the Association of Professional Astrologers. In 1998 she also studied Honary Astrology with English expert Deborah Houlding. She has attended a total of 8 astrology conferences and a great number of lectures and workshops, listening to the wisdom of numerous speakers of world renown.

Contact Details:

77a Hopetoun Avenue, Vaucluse, N.S.W., 2030.

Tel: (02) 9337 4547 Fax: (02) 9337 4949

E-mail: <starpower@chilli.net.au

By the time this publication is released we will already have experienced the Sun's Ingress into the sign of Aries at the autumn equinox on 20th March, and the first of the two eclipse seasons of 2004 will be almost upon us. (The second one will not occur until October). In addition to this, the Full Moon prior to Easter, at 16° 0' Libra, is due on Friday, 5th April, at 9:22 PM (21:03). At the moment of exact fullness the Moon will be visible here in Sydney, and what is more at a reasonable hour for viewing and the possibility of any concurrent meditation and ritual.

The first of the two eclipses to occur will be the Partial Solar Eclipse at 23:22 (11:22 PM) on 19th April, at 29°49' Aries – however it will not be visible at our location here in Sydney. The eclipse path will pass through parts of Antarctica and the whole of southern Africa and Madagascar, so it is to

be expected that there will be a continuing of political unrest in that part of the African continent – the area which has been hit with no less than three solar eclipses in recent years. As it will occur so close to the midnight hour here in Sydney, this means it will fall in the Fourth House of the local chart, which in mundane astrology (meaning how it affects the collective at a particular location) concerns the land, agriculture, crops, mining and minerals, and it also governs the Opposition party to the Government. An eclipse falling in what we call an angular house of the chart (there are 4) at a particular location is always more important than the other houses, however this is only a partial eclipse, thus of less strength than say if it was total.

The Total Lunar Eclipse occurring at 6:34 AM on 5th May at 14° 42' Scorpio happens to coincide with the Taurus Full Moon Wesak festival. Coincidentally, this was also the case last year, and will be again next year, but it is in fact a fairly rare occurrence, all in all. It had not happened since April, 1986, and after next year there will not be another one until April, 2013. This is the lunation which has been from time immemorial so important to the Buddhists, and of recent times to many spiritual seekers also, and because of the particular date and zodiacal degree at which it is occurring, it will also bring into play the energies associated with the ancient Celtic fire festival of Beltane – so the two festivals will be combined – surely a very powerful situation, energetically. In addition, at our location we have the intriguing and unusual situation of it occurring precisely one minute after sunrise (at 6:33 AM), and so, as the sun rises on the eastern horizon, the exactly eclipsed full moon will be setting in the west, which should make quite a spectacular sight, if in fact it remains visible in the glow of the sunrise. In Sydney, there will probably be light pollution if looking from the east in a westerly direction towards the city. However, for some time prior to sunrise the increasing shadow cast by the earth should be visible on the moon's surface. It could be one occasion when it would be beneficial to rise early and greet the new day with meditation and ritual. In light of the time of its occurrence at this location, the Full Moon will fall right across what is called in astrology the 'horizon' of the local chart, definitely highlighting it and giving it considerable importance here in Sydney. As the First and Seventh Houses of the chart are brought into focus, it will bring to the fore matters of public concern involving the people of our country generally, and in particular our city and state (First House), and in addition various matters relating to foreign countries, disputes, war, and international affairs (Seventh House). The Moon being found on the Seventh House cusp is considered to be a favourable influence in these matters, having an especial connection to women, and honours accorded them. One further point is that this eclipse will in fact act as yet one more trigger of the extremely important 11/8/99 so-called

continued on page 24

continued from page 23

Grand Cross Total Solar Eclipse, if in fact there is still any life left in that situation, and surprisingly there may well be. The reason is that it is occurring at the middle degrees of the fixed signs, an important karmic point.

The highly respected South African astrologer (now resident in London), and expert on Chiron, Melanie Reinhart, has the following to say about eclipse seasons:

"Eclipses have always had bad press. An eclipse is an ending, and it puts a fullstop at the end of a sentence. The mood is one that is to do with endings, so it is one of darkness. So, you've got to learn to see in the dark. Things precipitate at the time of an eclipse, but an eclipse season can be good, if you can handle it. Solar eclipses tend to represent conceptions, lunar ones births, and the North Node or 'Dragon' (an astrological so-called destiny point, sometimes known as the Dragon's Head – L.S.) represents the place of encounter between the Sun and Moon within. One must enter 'The Dragon'. Eclipse seasons can be very profound times of inner work. At these times, one may need more solitude and time for meditation and ritual, in order to set one's intention and make oneself available to receive information from the higher realms within. This may require self discipline, and it may be wise to ask for guidance, perhaps in dreams, and perhaps even write about one's inner experiences in a journal. Perhaps a detox program, fast, or yoga may be appropriate for the individual at this time. This might well be beneficial, especially if the eclipse falls in a significant place in one's natal or progressed horoscope. I guarantee that one could only benefit from it. It is a tie-cutting period – one is cut from the past under a lunar eclipse – one's past becomes veiled. At the same time, it is possible that one will be shown a window into one's own future. One can make it a very sacred time each year and work with it."

For a further understanding of the significance of eclipses, I turn now to the words of long time Sydney astrology teacher, John Clarke:

"The astrological theory of eclipses does not lead to fatalism, but to realisation of the infinitude and creative power of the spiritual...Just as there are eclipses in the space beyond us, so there are eclipses within our beings, for these vast spaces are contained within our beings. At its very worst, the inner eclipse reminds us that we are children of the gods...The Hermetic tradition states that an eclipse offers an inner entrance to the spiritual realms, even within the soul of Man. A person steeped in this arcane lore may see the dark body of the Moon boring a hole into space, creating a safety-valve for human actions – a tunnel leading toward the world of the gods. He or she will know that the Hermetic teachings are right, and that the two luminaries (the Sun and Moon – L.S.) are inside Man himself, for what is above is also below...The ancients recognised the effects and importance of eclipses in their spiritual lives...This idea

of eclipses providing tunnels into the spiritual world is expressed very graphically in the most ancient of the Hermetic literature that has survived from Egyptian occult lore. In the writings of the priest of Delphi, Plutarch, we find a statement that a lunar eclipse is viewed as the equivalent of the god Osiris being laid in his coffin...The study of eclipses will hopefully open a small channel of new understanding into the depths of what life is really about...The knowledge which lies in the solar and lunar cycles and eclipses may hold a key to the end result of understanding our short individual span of physical experience, but only time and more research will develop the underlying truth."

Many are aware of the ancient Chinese curse which states 'May you live in interesting times'. Certainly it does appear that the eclipse seasons each year are just that, and an opportunity for personal growth.

Data given is accurate for the location of Sydney.



HAVE AN EVENT YOU'D LIKE TO PROMOTE?

The Southern Cross Academy of Light is delighted with all of the requests we receive to pass on the details of your work, and the work of your friends and associates, to the Academy Database.

However due to the quantity of requests it has now become impossible to promote everyone on the weekly email.

Therefore, we have come up with another way to support your work and to assist the Academy Community in finding out about other workshops and activities taking place.

Starting 1st April, we will add a new page to the Academy Website that is entitled **"Other Events & Workshops"**.

Anyone who wishes to share their details with the Academy Community are now asked to submit their workshop details **via email by the 1st of each month**.

These details will then be added to the website by the **7th of each month**. **The cost for this service will be \$11 per listing (add \$5 for graphic or photo)** and the event will automatically be deleted from the website once it has taken place. Please note that due to staffing requirements, submissions received after the 1st of the month will not be posted until the following month.

Payment must be received within seven days.

On the bottom of the weekly newsletter will be a link to "Other Events & Workshops" so that those who are interested will be able to go directly to that page.

For more information, please see the details on Advertising page of the website at www.a-light.org.au/advertising, or send an email to otherevents@a-light.org.au.



DIARY of events - NEUTRAL BAY BRANCH

April, May, June 2004

**Monday Nights at St John's Uniting Church Hall,
Cnr Yeo & Barry Streets, Neutral Bay (enter off Barry Street)**

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

Cost: \$11 (includes refreshments)

If you are interested in presenting on a Monday night please call
Victoria Keys Phone: (02) 9949 2638. Mobile: 0402 439 191.
Email: victoriakeys@breathe.com
or Head Office (02) 9975 4905. Email: scal@a-light.org.au

5 April 2004

Robert Kirby

Core Energetics "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.

12 April 2004

Closed for Easter

19 April 2004

Alexander Massey - UK

Voice Wisdom - Journey to the Self

A night of fun with the voice! Our voices are the sound of our souls, and carry the imprint of our personal stories and deepest selves. At whatever level we wish to explore, there is wisdom to be found in the patterns of our voices, and how we communicate and express our many different selves. Alexander Massey, a professional singer and voice practitioner, shares the story of his path to developing Voice Wisdom®. An exploration and discovery of who we truly are through the medium of our voice. To hear Alexander speak of the way he works with a four-part model of the voice reflecting the emotional, physical, mental and spiritual self, and thus assisting people to make empowering changes to their voices, is inspiring. Alexander Massey is a professional singer and voice practitioner. He has worked with people and their voices for 20 years in theatres, therapy centres, clubs, universities and schools. Clients from all walks of life attend his private voice work practice in Oxford, UK, for personal and professional vocal issues. He runs regular evening singing classes of singers and non-singers.

26 April 2004

Clifford Rubinstein

Principle of Unity and Pure Love + Market Night

As we begin to resonate with higher vibrational energies, it becomes important to pay closer attention to what have been called the sub-laws of the universe. When these energies are grouped together, they become the principle of Unity and Pure Love. This evening the Love Energy that is God is explained and supported by singers of The Gathering, comprising of Lorene Barin, John-Paul Schafer and Debby Harrison.

3 May 2004

Nura Loeks from USA

Five Passions – Keys to the Sacred Life

Heaven on earth is within our reach. The secret is already within us. It expresses in every aspect of our lives when we fully come to know five basic understandings that Nura calls "passions". The first passion is for God, which can be experienced as a passion for the experience of life itself! The other passions are built on the foundation of love for God. They are: Receiving; Giving; Connecting; and Community. When each of these passions is fully expressed, our way to the sacred life is unlocked and we naturally

come into the harmony, peace, and love that supports all of Creation. For over 30 years, Nura has lived & trained with a number of Spiritual Masters including the legendary Babaji, who was written about by Paramahansa Yogananda. Through his grace and the grace of other spiritual masters, including the beloved Hilda Charlton, she has gently guided people to become open to new depths of love, creativity, and service.

10 May 2004

Shely & Shirrley

The Diamond Crystal Pyramids & The Play of Ages

Shely Mort, Shirrley Mason, Shamanatara are Light Masters in the New Reality. This evening will be an opportunity to experience energies and frequencies of initiation, healing and activation as we enter the "Shift of Ages". This energy is exciting, joyous, uplifting and palpable. As we reconnect with, and expand into, aspects of our greater selves we become the living expressions of ever higher levels of Christ Consciousness. We begin to experience more and more of these new frequencies & open to the ability to pass them on to others.

17 May 2004

Carlos Palada

"From Human to Crystal to Cosmic Consciousness" A Mayan-Pleadian Gathering of Star Seeds

Carlos Palada is gifted with the ability to perceive Psychic messages and activate Sub-Atomic healing energy, which includes both Pranic and Psychic healing. He has worked extensively and successfully throughout Asia, Europe, South America and Australia seeing more than 20,000 people. After Carlos' last visit to Sydney, word of mouth spread so quickly about his powerful private healing sessions that he was booked out and had to plan a return visit to accommodate all the requests.

24 May 2004

Kim Fraser

The Garden of Eden

How to enjoy being fully present on earth.

31 May 2004

El Herington

Heaven on Earth + Market Night

You are Freedom! You are Joy! We are remembering and co-creating Heaven on Earth. Learn how you can change the world by accessing your multidimensional Self, connecting with Source and mastering the creative process. El Herington offers tools and perspectives on being one with all dimensional realities and Creation Source.

7 June 2004

Illumina

Divine Inner Relationship

Learn how you can transform your reality on all levels ...through devotion to the Divine within, through bringing the inner Man and Woman back into balance through Love, recognising and aligning wounded aspects of self, to the Truth of who you are. We look at Natural Law to identify unconscious energies as they show up in our outer reality, polarities, Sacred Sexuality, increasing your feeling of connection to Source and Divine assistance, available to all

14 June 2004

Janice Paton

The Mediation Process – Skills for Life

To be the best teachers and parents for crystal children, we need to have a clear understanding of good communication. Mediation and negotiation

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skills lead to empowerment for children and adults. This evening we will look at how mediation skills can be incorporated in our daily communication. Jan Paton has been teaching mediation skills in schools to teachers and children for fifteen years. A valuable evening for everyone.

21 June 2004

**Einstein (aka Elvis Pavarotti)
Accelerated Healing**

How you can use healing at the Soul Level to accelerate the healing speed of any particular body part, thus achieving body regrowth, reduction and reshaping that you can watch and feel. For example, a small sunspot may disappear within an hour, a mild scoliosis (twisted spine) in 10 – 20 minutes or under-eyebrow sag in 7 – 15 minutes. You can see and feel muscle grow where

there has been polio, massive surgical or fine scarring reduce as the skin regrows, lumps reduce where there's arthritis, bunions or lipoma, thin lips plump up and wrinkles fade. Demonstration models are requested to contact the office at least a week beforehand.

28 June 2004

**Malcolm Walsh
Feast of Love + Market Night**

Tonight Malcolm W Walsh, an experienced Vedic Vegetarian Chef will share Ancient wisdoms that will feed our body, mind and soul. We will transform depleted food into a Feast of Love. Today with the overload of agriculture, our soils are depleted in essential minerals and trace elements. Most food is not even close to being of nutritional value to the body. Do we really need to be a cocktail of vitamin pills, or can we transform this? Come hungry and experience how.



DIARY of events - NORTHERN BEACHES BRANCH

April, May, June 2004

**Thursday Nights in the Lake View room, in the Narrabeen
Tramshed 1395a Pittwater Rd. Narrabeen.**

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

Cost: \$11 (includes refreshments)

If you are interested in presenting on a Thursday night please call
The Academy Office. Phone: 02 9975 4905
Email: scal@a-light.org.au

1 April 2004

Satsang With Rosemary Butterworth (and the angels)

Come and share an evening of discussion with Rosemary and your angels. We will experience coming together as one and connecting to divine love. Rosemary has an amazing talent to connect to higher energies. She is able to connect to what is most pertinent to your life at any given moment. Bring friends and family to share in this beautiful experience.

8 April 2004

**There will not be a meeting tonight because of the Easter
weekend**

15 April 2004

Graham Carruthers

**1Hr Seminar: The Attainment of Health and Longevity through
Alchemic Yoga**

This is a blend of Chinese and Daoist Yoga (Tao-Yin) and Hatha Yoga, plus elements of Australian Aboriginal and Celtic Alchemy. Included is a brief discussion on the nexus between spirit/soul and the body's bio chemical processes. This Yoga is particularly effective because of its activation and balancing of the hormone production process.

22 April 2004

Les Dyer

Repairing the Net of Time

Come and join Les, a remarkably loving and inspiring spiritual teacher and founder of the Community of The Heart, as he enlivens you with his humour, his joyousness, his parables, his compassion and his life-changing wisdom! The author of four extra-ordinary books (including The Return of The Master, 100 Peaceful Meditations and Finding the Special Person Who Lives Within)

29 April 2004

**Dean Collier - Clairvoyant Numerologist
The Source of Your Intuition**

Learn the keys and link the pattern of influences that govern your life. Make your choices, with free will, to enhance your personal and business life.

Dean has given Clairvoyant Insights, for 24 years, and helps you to get in touch with your source of your intuition.

6 May 2004

**Nura Loeks from USA
Five Passions – Keys to the Sacred Life**

Heaven on earth is within our reach. The secret is already within us. It expresses in every aspect of our lives when we fully come to know five basic understandings that I call passions. The first passion is for God, which can be experienced as a passion for the experience of life itself! The other passions are built on the foundation of love for God. They are: Receiving; Giving; Connecting; and Community. When each of these passions is fully expressed, our way to the sacred life is unlocked.

13 May 2004

**Alexander Massey
Voice Wisdom® – Journey to Self**

Our voices are the sound of our souls, and carry the imprint of our personal stories and deepest selves. An exploration and discovery of who we truly are through the medium of the voice. A night of fun with the voice as our souls love to sing. Alexander Massey, a professional singer and voice practitioner from Oxford UK, shares the story of his path to developing Voice Wisdom®.

20 May 2004

**Carlos Palada
"From Human to Crystal to Cosmic Consciousness" A
Mayan-Pleadian Gathering of Star Seeds**

Carlos Palada is gifted with the ability to perceive Psychic messages and activate Sub-Atomic healing energy. He has worked extensively and successfully throughout Asia, Europe, South America and Australia, seeing more than 20,000 people.

27 May 2004

**El Herington
Angelic LightBody Upgrades with the Elohim**

How are the Angels helping humanity's awakening? Tonight, feel the presence of the Elohim and learn how they maintain the blueprint for the planet's ascension and upgrade our LightBody frequency to support our personal awakening. El Herington offers tools and perspectives on being one with all dimensional realities and Creation Source.

3 June 2004

**Simonette Vaja
Unwrapping the present: The relationship within**

An evening of discovery and wonder, myth and imagination. Have you ever wondered what the characters in your psyche looks like? how do they feel?

This is an evening that can reveal your own feminine and masculine archetypes, the relationship within! Simonette will guide you to journey within, to explore the inner landscape and mystical characters that reside there. These images and impressions, contained within your psyche, influence your experiences with others. This particular guided meditation was inspired and developed from many years of working as a therapeutic hypnotherapist and creativity facilitator, assisting people to understand how their personal images and myths shape and form their lives. Please bring an art pad and coloured crayons. www.wildatheart.com.au

10 June 2004

Shely Mort (Giahn) & Shirley Rose
Crystal Pyramids & the New Reality

This evening will give participants an experience of the crystal energies, with sounds, codes and frequencies of healing and activation as we enter "Shift of Ages". These energies are exciting, joyous, uplifting & palpable. Experience the frequencies and, through activation, pass them on to others. Connect with your higher dimensional aspects as we expand and play together in Christ Consciousness.

17 June 2004

Alasdair Reed and Marge Coutts

The Sound of Creation (For all those who love the sound of the didgeridoo)

Follow the sound of the didgeridoo into your dream space, to places where anything is possible. Respond to your personal journey with the intuitive language of art making, using colours and symbols that are unique to you and the depth of your psyche. Using a magical combination of didgeridoo healing and art making, Marge and Alasdair will take you on a fantastic journey to the source of your own creativity. Please bring a blanket.

24 June 2004

Einstein (aka Elvis Pavarotti)
Healing at the Soul Level

We all create patterns in our lives. After some time being stuck in a pattern, we realise we are in it. Then we try to change it. Changing our patterns by trying different lifestyles doesn't meet our innermost needs. At this time, we are seeking to go beyond the vibrational, electromagnetic level to the Soul Level. There is an easy way to experience this. Notice who you are, the light blue light of the Soul. Come along tonight to discover more of Einstein's Enlightenment exercises.



DIARY of events - INNER WEST

April, May, June 2004

PLEASE NOTE THE NEW DULWICH HILL VENUE

Every Tuesday Night
Seaview St Hall, Seaview St, Dulwich Hill
(Beside the Library, opposite Dulwich Hill High School)
All evenings start at 7.30 pm and end around 9.30pm
Cost: \$11 Concession: \$7.00

If you are interested in presenting on a Tuesday night please call
Karen Ashby on: 9716 7646 or 0404 077039
Email: scalinnerwest@yahoo.com.au

6 April

Robert Kirby

Core Energetics "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.

13 April

KAren Swain

Causal Healing/Medical intuitive

Tonight KAren will give us a glimpse into the world of Causal Healing. As a medical intuitive KAren can help us align to our Higher Selves, Spiritual council and Soul family. KAren has a talent for simplifying and demystifying the world of energetic and spiritual healing. This allows speaking with angels, guides and our Higher Self to be part of our everyday life. Come and receive guidance that will enrich your life forever...

20 April

Les Dyer

A Funny Thing Happened on the Way to Enlightenment

Les has written four extraordinary books and facilitated over 350 spiritual retreats and workshops. Les has an intense sense of love and humour, he is dynamic and forthright. Les will inform, entertain, challenge and inspire you in the most delightful way.

27 April

Joanne Messenger
In a New Light

Most people know Joanne Messenger as a chiropractor and Chiron Healer, thanks to her flourishing private practice but she has also over 20 year's experience as a public speaker and course facilitator, and now she has developed a range of "be in one peace" or planet friendly products to help you with your current life changes. You will have the opportunity to experience Peace, Love, Harmony and Bliss. Use them to clear your energy when polluted, shift your moods, align with your inner guidance and spiritual goals, enhance your relationships, get clear on your boundaries and relieve yourself of tension. Guaranteed to make you feel good.

4 May

Don Conreaux

A Gong & Sound Evening

Gong Master from New York. In the past, Don has studied with Yogananda, now here in Sydney for the Mind, Body and Spirit Festival. Don will be paying a special visit to Inner West. It is the only Branch of the Academy that he is able to visit. Don't miss this unique opportunity to receive a 'gong bath' from a Master.

11 May

Satsang with Rosemary Butterworth (and the Angels)

Come and share an evening of discussion with Rosemary and your angels. We will experience coming together as one and connecting to Divine love. Rosemary has an amazing talent to connect to higher energies. She is able to connect to what is most pertinent to your life at any given moment. Bring questions, friends and family to share in this beautiful experience.

18 May

Val Barrow

Stargate

Valerie, author of Alcheringa and owner of the property of the same name will delight you with stories of how the first space people came to earth to seed a new consciousness, in the space ship the Rexegena. Were you on this ship? Come and hear Valerie and feel if you are one of the star seeds that came to earth to help. Valerie will also share with you about the Stargate that is on her property and what the Stargate Retreats are about. Valerie is also a wonderful channel.

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25 May

Carlos Palada

"From Human to Crystal to Cosmic Consciousness" A Mayan-Pleadian Gathering of Star Seeds

Carlos Palada is gifted with the ability to perceive Psychic messages and activate Sub-Atomic healing energy. He has worked extensively and successfully throughout Asia, Europe, South America and Australia seeing more than 20,000 people.

1 June

Sally Gibb-Cumming

Self Mastery Game

Master your life by consulting the most extraordinary board game called SELF MASTERY. What is it that challenges you in mastering an aspect of your life? Bring your questions with you and a journal and pad and pencil. Each person will receive insights to assist them on their path. For more info check out www.selfmasterysource.com

8 June

Anne Castle & Narelle Green –Essene Wisdoms

This is an evening of beautiful Essene ceremony using Aura Soma oil. This ceremony will bring blessings to the Inner West. The Essenes were a community that was thriving at the time of Jesus' birth. His family were Essenes. The Essenes were healers who lived simply on the land attuned to the energy of Angels. Both Anne and Narelle hold the energy of the Essenes and through ceremony make it available for you tonight. You might like to ask your Angel what colour you should wear.

15 June

Ulli Hansen, Karen Ashby and friends

Evening of Gongs, Crystal Bowls, Toning and other instruments

Everyone will get a chance to participate. An evening of spontaneous sound. Ulli will have her sacred gong, Karen will have her crystal bowls and there will be a host of other instruments and well as your own voice!!

22 June

Kim Fraser

Creation and New Beginnings

Find out how to use the energy of the Solstice to create new projects and new beginnings. Learn about the yin and yang aspects of creation. Then be taken on a journey through the dimensions to experience profound peace and bliss. Use this energy to fill your projects with this Divine fuel.

29 June

John Butterworth

Sound Evening - Toning & 'Gong' Bath

John is a master musician. During the evening he will explain the benefits of toning and how simple toning exercises can 'change the colour of your day' plus you will experience the meditative effect of toning together as a group. He will also share with you how he came to do overtone harmonics and demonstrate a few for you to practise. The evening will finish with a beautiful 'gong bath' where he will invite you to lie down and just bliss out. Please bring a cushion for your head.

Your Presence is a gift that will grow the Inner West Branch of Light!



DIARY of events - BONDI BRANCH April, May, June 2004

1st & 3rd Wednesday nights of the Month

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(includes refreshments)

If you are interested in presenting on a Wednesday night please phone Lynn Saber on: 9300 8666 Mobile: 0411 658 404
e-mail scal@a-light.org.au

7 April 2004

KAren Swain

Causal Healing/Medical intuitive

Tonight KAren will give us a glimpse into the world of Causal Healing. As a medical intuitive KAren can help us align to our Higher Selves, Spiritual council and Soul family. KAren has a talent for simplifying and demystifying the world of energetic and spiritual healing. This allows speaking with angels, guides and our Higher Self to be part of our everyday life. Come and receive guidance that will enrich your life forever...

21 April 2004

Alexander Massey – International Singer and Voice Practitioner from the UK. Voice Wisdom - Journey to the Self

Our voices are the sound of our souls, and carry the imprint of our personal stories and deepest selves. An exploration and discovery of who we truly are through the medium of our voice. The voice reflects the emotional, physical, mental and spiritual self and assisting people to make empowering changes to their voices is inspiring. Alexander Massey is a professional singer and voice practitioner and has worked in Oxford, UK. For 20 years.

5 May 2004

Nura Loeks from USA

Five Passions – Keys to the Sacred Life

Contact: Roisin salcantay44@yahoo.com

Heaven on earth is within our reach. The secret is already within us. It expresses in every aspect of our lives when we fully come to know five basic understandings that I call passions. The first passion is for God, which can be experienced as a passion for the experience of life itself! The other passions are built on the foundation of love for God. They are: Receiving; Giving; Connecting; and Community. When each of these passions is fully expressed, our way to the sacred life is unlocked and we naturally come into the harmony, peace, and love that supports all of Creation. For over 30 years, Nura has trained with the Babaji, who was written about by Paramahansa Yogananda. Through his grace and the grace of other spiritual masters, including the beloved Hilda Charlton, she has gently guided people to become open to new depths of love, creativity, and service.

19 May 2004

Carlos Palada

"From Human to Crystal to Cosmic Consciousness" A Mayan-Pleadian Gathering of Star Seeds

Carlos Palada is gifted with the ability to perceive Psychic messages and activate Sub-Atomic healing energy, which includes both Pranic and Psychic healing. He has worked extensively and successfully throughout Asia, Europe, South America and Australia, seeing more than 20,000 people. After Carlos' last visit to Sydney, word of mouth spread so quickly about his powerful private healing sessions that he was booked out and had to plan a return visit to accommodate all the requests.

2 June 2004

El Herington

The Soul Source and You

Exploring your connection to your soul consciousness and Divine source. During the evening El will be giving you a tool to take home, to practise daily connection with your soul. You will also be tapping into the energies of the full moon to support your new paradigm. Contact: 0413 939 066 wholepresence@hotmail.com

16 June 2004

Lyn Saber

Who are we really?

We are more than just the physical body, we are Light, we are energy, we are vibration. Come and find out how we all fit together. Bring your insights and questions and enjoy exploring this topic together.



DIARY of events - ARCADIA BRANCH (Galston Area)

April, May, June 2004

Wednesday nights at Bay Gallery, 15 Bay Road, Arcadia

All evenings start promptly at 7.30 pm and end around 9.30pm

Cost: \$11 (incl. refreshments)

If you are interested in presenting on a Wednesday night please call
Phone: 9655 1674

or The Academy office (02) 9975 4905. Email scal@a-light.org.au

28 April 2004

Nura Loeks from USA

Five Passions – Keys to the Sacred Life

Contact: Roisin salcantay44@yahoo.com

Heaven on earth is within our reach. The secret is already within us. It expresses in every aspect of our lives when we fully come to know five basic understandings that Nura calls "passions". The first passion is for God, which can be experienced as a passion for the experience of life itself! The other passions are built on the foundation of love for God. They are: Receiving; Giving; Connecting; and Community. When each of these passions is fully expressed, our way to the sacred life is unlocked and we naturally come into the harmony, peace, and love that supports all of Creation. For over 30 years, Nura has lived & trained with a number of Spiritual Masters including the legendary Babaji, who was written about by Paramahansa Yogananda.

05 May 2004

"Meditation and Connecting to Spirit"

Danielle Allen

Join in a celebration of connection to spirit. Discover some of the new ways we will respond to earth and celestial energies. An introduction to the exhibi-

tion opening at the Gallery on Saturday May 8. 10 am - 4pm.

08 May Saturday 2004

Exhibition Opening: "Meditation and Connecting to Spirit"

Bay Road Gallery, 15 Bay Road Exhibition 10am – 4pm Food & Drinks available.

26 May 2004

Carlos Palada

"From Human to Crystal to Cosmic Consciousness"

A Mayan-Pleadian Gathering of Star Seeds

Carlos Palada is gifted with the ability to perceive Psychic messages and activate Sub-Atomic healing energy, which includes both Pranic and Psychic healing. He has worked extensively and successfully throughout Asia, Europe, South America and Australia, seeing more than 20,000 people. After Carlos' last visit to Sydney, word of mouth spread so quickly about his powerful private healing sessions that he was booked out and had to plan a return visit to accommodate all the requests.

02 June

Author and speaker Christine Bannigan

"Contract to Live"

Christine almost died of cancer but found a way to bring herself back to full health. She conducts workshops on topics such as Past Life Regression as a Healing Modality; Journey into Expanded Perceptions; Living without Limitation: Guidance from the Stars. Come along and listen to her powerful message. Christine's book will be available to buy. You may like to book a workshop with her. The 5th Dimension Group - for a more self-expressed and joyful human race.



DIARY of events - GOLD COAST BRANCH

April, May, June 2004

Tuesday Nights

43 Larch Street, West Burleigh (Andrews), Gold Coast

Time 7.00 pm

All evenings start promptly at 7 pm

Cost: \$11

Please contact either Donna Louise on (07) 55 224 661 or John Hayes on 0418 580 299 for speaker details.

Web site www.a-light.org.au

Some wonderful presenters have been organised to speak at the Gold Coast Branch during this quarter. Speakers like **Carlos Palada** and **Les Dyer** and International Spiritual Teacher **Nura Loeks** from the USA will be bringing to you their wonderful insights and energy.



DIARY of events - BLUE MOUNTAINS BRANCH

We are looking for Co-Ordinators for the Blue Mountain Branch. Their main task is to hold the heart energy of Love and clear the space before each meeting. The Branch would meet twice monthly. It has been suggested the venue

should be in the lower Blue Mountains. They would need to come to a Co-Ordinators meeting once a term. It is wonderful service. If this service interests you - please contact the office on (02) 9975 4905.

DIRECTORY OF WHOLISTIC HEALTH SERVICES

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

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 www.heartandsoulatwork.com

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.

BERNIE PRIOR FOUNDATION

BERNIE PRIOR is speaking & conducting retreats in Australia during April & May 2004. for details ph. 02 6689 5922, website: www.bernieprior.org

BODY TRANSFORMATION

KERRY LAIZANS - Releasing the past and transforming the future with deep tissue bodywork and the healing power of the breath. Intuitive readings also available. Phone (02) 9557 8443 or 0411 488 291

BRANDON BAYS JOURNEY THERAPIST

DARRYL(DEE) SLOSHBERG works combining the powerful emotional healing of Journey Therapy with deep auric and chakra cleansing of PRANIC healing. Ph 0402 049 426 (02 9440 2146 email darryl@bloomingenergies.com.au

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

BREATHWORK

KAREN ASHBY - Fully trained by Colin Sisson in Breath Integration. An easy and non-confrontational way of releasing tears and integrating energies. 60 - 90 min. \$90 Ph: 9716 7646

CENTRAL COAST REIKI & SPIRITUAL AWARENESS CENTRE

ROBYN COLLINS - Ongoing Monthly Seminars: Tibetan Usui Reiki - Levels 1,2 & Masters. Orion Theta Healing, DNA Activation, 4 Level Cellular Memory Reprogramming, Reconnective Healings & Reconnections Private Therapy & Healing. Ph. (02) 43 41 4200

COLOUR, CRYSTALS & PRANIC HEALING

LILY DE CHALAIN - Experience the bliss of letting go of stress and releasing energy blockages that no longer serve you. Feel the amazing effects of Pranic healing or simply take time out to connect to yourself through healing. Dip EH. Phone 9975 4905 or 0411 107 069

CLAIRVOYANT INSIGHTS

DEAN COLLIER - For personal and business guidance. To book a recorded phone consultation with Dean, or face to face appointment in Neutral Bay, call 02 9904 3341 Web site: www.maddisontraining.com.au

CREATION MATRIX HEALING

Nothing is as it was. This healing is based on new information in the

New Reality Construct: healing in 144 energy bodies; repairing the grids on which the morphogenetic fields form; using sacred geometries of symbols, sound, light, Consciousness of One, Redemption Codes, Language of Light. Ph 9401 6766. metaletics@optusnet.com.au

CRYSTAL HEALING

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

DESTINY ALCHEMIST

SALLY GIBB-CUMMING - Readings are based on the esoteric interpretation of numbers, symbology and angelic guidance. Recorded sessions on CD or audio tape. Ph: (02) 9452 2551 or 0414 966796

EMF BALANCING TECHNIQUE®



BARBARA & NEIL DUCK-CHONG - 'Co-create with the Universe. Become the Most Enlightened Being you can!' (Kryon) Release energy elegantly and allow it to flow into your 'Now' moment. Berowra Heights. Phone (02) 9456 4155

ENERGY HEALER

CLIVE LEWIS - Energy Balancing and alignment of Subtle Energy Bodies. Connecting you with your Soul's Purpose. Reiki Attunements. Holistic Bodywork techniques. Space Clearing. Ph. 9973 4144

ENERGY BODY WORK, ENERGY PRODUCTS AND GEOMANCY

TIM STRACHAN - Energy assessments and therapies for the body and for the home. I'll do an energy survey of your home and provide solutions to geopathic stress and electro-stress which can revolutionise your connection to yourself, your home and your spiritual work. Call (02) 9388 9994, or 0428 189 289 to discuss; see www.megadisc.com.au

ENERGY HEALING - FREQUENCY TUNING

JULIET BLUE - • Personal, house and property clearing • Past Life Integration • Grounding the Mother Codes • Mental & Emotional Body Alignment through Resonant Balancing • Electromagnetic Merkabah Activation • Energy Leak Retrieval - More Access Ph: 9698 8704 mob. 0414 705 553

FREE TO BE ME

SEMINAR - Free to be responsible to yourself. Free to enjoy life, Free from guilt, Free to feel good about yourself. A program designed to help you develop the joy and freedom of being who you really are - free from the past and free to release your tremendous potential. www.freetobeme.info or Phone: 9970 5165 or 0413 275 165

GALLERY FOR HIGHER SPIRITS

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

HUMAN DESIGN SYSTEM

GLENDA ANDERSON - Body: The ultimate combination of mysticism and science allows you to truly know yourself. Enquiries and FREE CHARTS humandesignaus@hotmail.com. Ph (02) 9460 8230

"INFINITE BLISS"

SANCTUARY OF HEALING - Angel Therapy, Crystal & Dolphin Healing, Ear Candelling, Energetic Healing, Massage, Pranic Healing, Reflexology & Reiki and Clairvoyant Readings. Shop 9b, 709 The Corso, Manly. Phone (02) 9977 8981

DIRECTORY OF WHOLISTIC HEALTH SERVICES

LIFE COACHING

ANGELA HEISE - Combining NLP with spiritual principles. Find clarity in a vision for the future, tune into your values, resolve any limitations that stop you from reaching your goals, and connect with your passion. Ph: (02) 9960 3233.

MEDICAL INTUITIVE



KAREN SWAIN - What is the purpose of your Life? Soul retrieval, revealing lives between lives. Awaken to your Souls' Purpose. Reveal your challenges on the physical, emotional, mental and Spiritual levels of your being. Rebalance on all levels and regain your Vitality, Health and Love of Life ... Call 0414 321 432 or 9975 4905 Mon - Wed. The Academy Clinic Beacon Hill

NATURAL HEALTH and WELLBEING CONSULTATION

Massage, Aromatherapy, Reiki treatment, Raindrop Technique, Vitaflex (which combine the principals of American Indians, Egyptian and Tibetan people) AFNOR Therapeutic Grade Essential Oils and Blends. Relaxation and feel good massages Terrigal/Central Coast (02) 43842841
Mob: 0439 413 142 E-Mail relaxation@hotmail.net.au

NATURAL THERAPIES

UNA SEGAL. • Shirodhara (Indian Ayurvedic Treatment)
• Aromatherapy • Reiki – Master Practitioner • Echo 2 Pure Oxygen Skin Treatments with energy work • Holistic Facials, incl. electrolysis and waxing • SPECIAL – Ancient healing modality of hot and cold stone massage All In a beautiful, quite bushland setting.
Ph: (02) 9452 5451

PIANO TEACHER

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

PRANIC HEALING

MARIA MITCHELL - Combining the empowering and transformative benefits of Aromatherapy and Pranic Healing, Maria invites you to come and clear your energy fields and feel the positive change. Artarmon area Ph: 0414 362 742 Email: maria@bloomingenergies.com.au
Web site: www.bloomingenergies.com.au

VICTORIA KEYS - Pranic Healing clears out 'old stuff', physical, spiritual and emotional issues and attachments allowing you to move forward and be more of who you are. Enjoyable. Ph: (02) 9977 8981

PSYCHOTHERAPIST/LIFE COACH

MARIE-PAULE GOUDON - Marie-Paule is a life-example of what it takes to be a "Whole Person" in today's every day life. She offers each of her clients the personalised guidance they need, based on a practical, psychological and spiritual perspective. Tel. 9362 3970 - Mob. 0402 002 986. mgoudon@bigpond.net.au

RADICAL FORGIVENESS

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

REIKI

CLIVE LEWIS - REIKI MASTER - Reiki Healing and Attunements, Channeled Energy Healing, Crystal Healing and Space Clearing
Ph: 9973 4144

REIKI JIN KEI DO

IRENE MOURITZ - Reiki Master. Specialising in Reiki Jin Kei Do and Transpersonal Breathwork/Breath Integration. Working together establishes relaxation and releases blockages. If you would like a 'breathe' please phone the Academy on (02) 9975 4905 Ph: (07) 3372 8532



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

SACRED SPACE

KAYE QUINEY - To create a nurturing Sacred Space in your Home visit "Boudoir" in Avalon situated at 29 Old Barrenjoey Rd Avalon. Open 7 days. Tel 9918 0414 Fax 9973 1701. Web Site www.omn.com.au
" I fill my home with a loving vibration so that all who enter including myself will feel this love and be nourished by it"

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SANDY MAYOR - Practitioner/Teacher. Discover how Crystalline transformations, DNA Activations and Serenity enlightenment processes can shift you into your own mastery. Clear blocks, karma and anchors to illness or imbalance from all lifetimes. Obtain balance and clarity with powerful clearing and shields. Offering personal healing sessions from the comfort of my home or by telephone. Running Practitioner seminars and group practice evenings. Ph: 02 9476 8864 www.serenityvibrationhealing.com

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LEANDRA - International Sound & Energy Healer, Teacher, Singer/Songwriter Journey into Sound Workshops, Sonic Vibrational Therapy, Vocal Coaching/Sonic Singing, Cellular Re-patterning For info. phone (02) 4958 2789 or 0418 404 166

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SOUND THERAPY



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SONIC AND CRYSTAL THERAPIES

ANGELA and ED HIGGINS - Angela & Ed utilise a unique combination of psychotherapies, holistic body work, sound therapy (voice, bronze gongs, and bowls), crystals and shamanic practices to facilitate activation of the body's own healing abilities to clear blocks and rebalance the physical, spiritual, mental and emotional bodies. Small group sessions and space clearing are also available. mobile no. 0416 231 647
E-mail: Archeus@bigpond.com.

SPIRITUAL COUNSELLOR/CELEBRANT



ANNE CASTLE - Counsellor RMCAPA – Celebrate a Sacred Spiritual Dedication Ceremony for your child, embracing all beliefs. Phone: 0415 408 874
Email: anniekissangel@bigpond.com

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DIRECTORY OF WHOLISTIC HEALTH SERVICES

SPIRITUAL KINESIOLOGY

JANE SCARRATT - Spiritual Kinesiology, Theta Healing, Tarot and Numerology. I use Kinesiology to Help you shift your attitudes. To de-energisise any distortions and re-vibrate them. To help you know who you are, so you can grow in consciousness.
Call: 0423 054 107 (Sunshine Coast, Caloundra)

THE HEALING LOTUS

MELANIE FERGUSON and DANIELLE ALLEN - Offering Healing Therapies and Meditation courses for all ages. Peaceful settings with experienced practitioners. The healing Lotus is open Monday to Friday in Galston and Arcadia. Appointments can be made on 0407 442349

THE JOURNEY

LYNN SABER - Brandon Bays Accredited Therapist - will guide you in this profound and powerful process to connect with your inner wisdom to gain clarity, healing and freedom from deep physical and emotional issues. Ph 9300-8666 mob 0411 658 404 email: llynsaber@ozemail.com.au

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Improve your relationships. Enhance your self-esteem, Eliminate your fears and anxieties. Remove blocks and negative emotions that hold you from achieving your goals, dreams and success. Empower yourself, call now (02) 9436 9474

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SHIRRELY ROSE. Allows body & soul to instantly heal itself. Transforms consciousness into immortality. Releases karmically embedded DNA wounding and genetic diseases. Light Body activation. Using Symbols, sound, rays elements and Divine Consciousness
Ph. 9973 1878 OR 0422 481 007 . Email: shirrely@hotmail.com

TRANSFORMATIONAL READINGS BY TIKELE



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TRANSFORMATIONAL ENERGY HEALING BY TIKELE

A short initial channel provides insights into what needs to be released or focused on from the angelic perspective, followed by the transmission of healing energies. Balmain Ph 0417 941 905 tikele@ozemail.com.au

VEDIC ASTROLOGY



YILDIZ SETHI - a spiritual and practical tool to help you make sense of your life and illuminate your karmic patterns. Choose from a Full Reading or Astrology Counselling in Personality/Psychology, Relationships, Career, Spirituality or any other area of life. Yildiz is also a trained professional counsellor and a professional teacher/trainer. Yildiz offers a Correspondence course and also holds small friendly and interactive classes. Visit her web site on www.netspace.net.au/~sethis or phone Yildiz on (02) 9416 6440 to discuss your needs.

WHOLISTIC/SPIRITUAL, NATURAL THERAPIST, NLP LIFE COACHING

CATHERINE BELL - Spiritual Guidance/Reiki, Iridology (eyes) Diagnosis, "The Windows of the Soul", Dip Herb Med & Homeopathy, and Advanced Reiki Healer, Healthy Weight Loss, NLP Life Coaching, NLP Therapist. Penrith & Blue Mountains By appointment only Ph. (02) 4751 4781

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You use the negative to develop.



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RETURNS TO SYDNEY IN MAY 2004

WORKSHOPS

Opening the 3rd & 4th Eye

Saturday 22nd May 9.30am – 6.30pm

Waverton Uniting Hall 75 Bay Road Waverton \$195

- Based on ancient divine Lemurian & Essene Wisdom
- Practical methods to prepare the physical, mental & emotional body to perceive messages
- Ancient tips to open the 3rd Eye including practical experience
- Ability to differentiate between a real message and a mental projection
- Seven levels of consciousness to meditate into higher messages
- Meditation & initiation to activate the sacred and ancient 4th Eye

Practical Healing

Sunday 23rd May 9.30am – 6.30pm

Waverton Uniting Hall 75 Bay Road Waverton \$195

- An interactive workshop designed for those interested in enhancing their healing mission
- Teachings include the clearing methods for any obstacles or karmic energies
- Activating healing vortexes in different points in the body
- Energizing techniques, inner vision and sensing healing exercises
- Working with psychic and subatomic healing energies
- Individual and group practice of the learned steps
- It is suggested that all participants keep a very light diet, maintain silence as much as possible and avoid too much eye contact for three days before the workshop

The Secret Cosmic Codes

(advanced workshop)

Saturday & Sunday 29th & 30th May 9.30am – 6.30pm

Waverton Uniting Hall 75 Bay Road Waverton \$350

- Interlocking the 4 body system with social & absolute reality
- Human & Spiritual perception in Earth, Solar, Galactic & Cosmic Systems
- Finding your missing Hybrid Being by integrating wisdom & knowledge
- Breathing Oxygen vs. Cosmic Plasma
- The Pleiadian mystery of Human Star manifestor, absorbers and generators
- Optional 40 page personal report for clearer understanding of your obstacles



GUEST PRESENTER ACADEMY BRANCHES

- 17 May Neutral Bay
- 18 May Inner West
- 19 May Bondi Beach
- 20 May Northern Beaches
- 26 May Arcadia

Carlos's Background

Carlos is consciously gifted with universal cosmic/atomic energy. He connects with higher dimensions to know each of us at a Soul Level. His connection enables him to be a vehicle of energy for those of us who need to heal ourselves on many levels.

Carlos works with the exterior system of Energies that surround our bodies – Mental, Emotional, Atomic and Cosmic – as well as with the physical body.

His humbleness in speech, and love for life is communicated directly with our souls in such a unique way that enables us to know what it is that we need in life. Our new direction gives us the clarity to help our souls evolve for our highest good.

PRIVATE SESSIONS

Carlos has an incredible ability to precisely give us information about our Past, Present and Future Life/Lives.

Carlos sees and removes negative or blocked energies from our bodies including Entities, Curses, Implants and other obstructions that restrict our evolution.

Private sessions 17-28 May 2004
One hour session \$120
17 Kokoda Crescent, Beacon Hill



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For bookings or more information call (02) 9975 4905 or email scal@a-light.org.au
10% discount on workshops for Friends of the Academy credit cards/cheques welcome

"Come to the Table . . .
in tropical Queensland, northern Australia

Have you ever wanted a good excuse to visit Paradise?



We would like you to join us at this very special Conference dedicated to the Christ Mind, set among the palm studded tropical beaches of Palm Cove, in the northern part of Australia on the Great Barrier Reef.

"Come to the Table" is the November 2004 conference dedicated to the purpose of bringing like-minds together, to open hearts and to share in the wonder of the Christ Mind.

This 12 day exotic conference/vacation, to be held from November 6-17, 2004 is very much

an interchange of thought, expanding horizons of expression and unlimited love reaching out to envelope us all. The Conference will have daily spiritual meditations, teachings, experiences, chanting, singing and dancing, plus lots of fun and laughter provided by ten internationally acknowledged authors, speakers and facilitators.

Saturday, 6 November to Wednesday 17 November 2004

Take me to Paradise!

The venue for the first eight days is The Clarion Great Barrier Reef Resort located on the beach in tropical Palm Cove, Cairns, plus four additional days in Port Douglas. Five star all the way and including plenty of great excursions too:

- Aboriginal experiences
- sailing to and diving on the Great Barrier Reef
- exploring the Rain Forest
- getting close to the birds and wildlife
- enjoying glorious beaches and great restaurants

Sounds like an exciting proposition and a wonderful vacation, doesn't it? Add to that the coming together of the Family of the Christ and you have all the makings of perfection!

The Speakers

Some great people have been chosen for their dedication to the concept of expanding Christ Consciousness and opening to Christ Mind Awareness in the fullest sense.

JON MARC

Author, *The Jeshua Letters, Way of the Servant*

LES DYER

Author, *The Return of the Master*

DAVID HOFFMEISTER

American teacher for A Course in Miracles

ELIZABETH BUNKER

American yoga and metaphysical teacher

GARY RENARD

American author, *The Disappearance of the Universe*

CJ

Aboriginal elder and teacher from the Kuku Yalanji tribe

ROGER MILES

publisher *Way of the Heart, Elohim Journal*

SUZANNE STALLARD

publisher *Way of the Heart, Elohim Journal*

for further
information,
contact:

Want to know more?

We know you would love to be there. If you would like to know more, please check out the full details on our website: www.wayoftheheart.net