

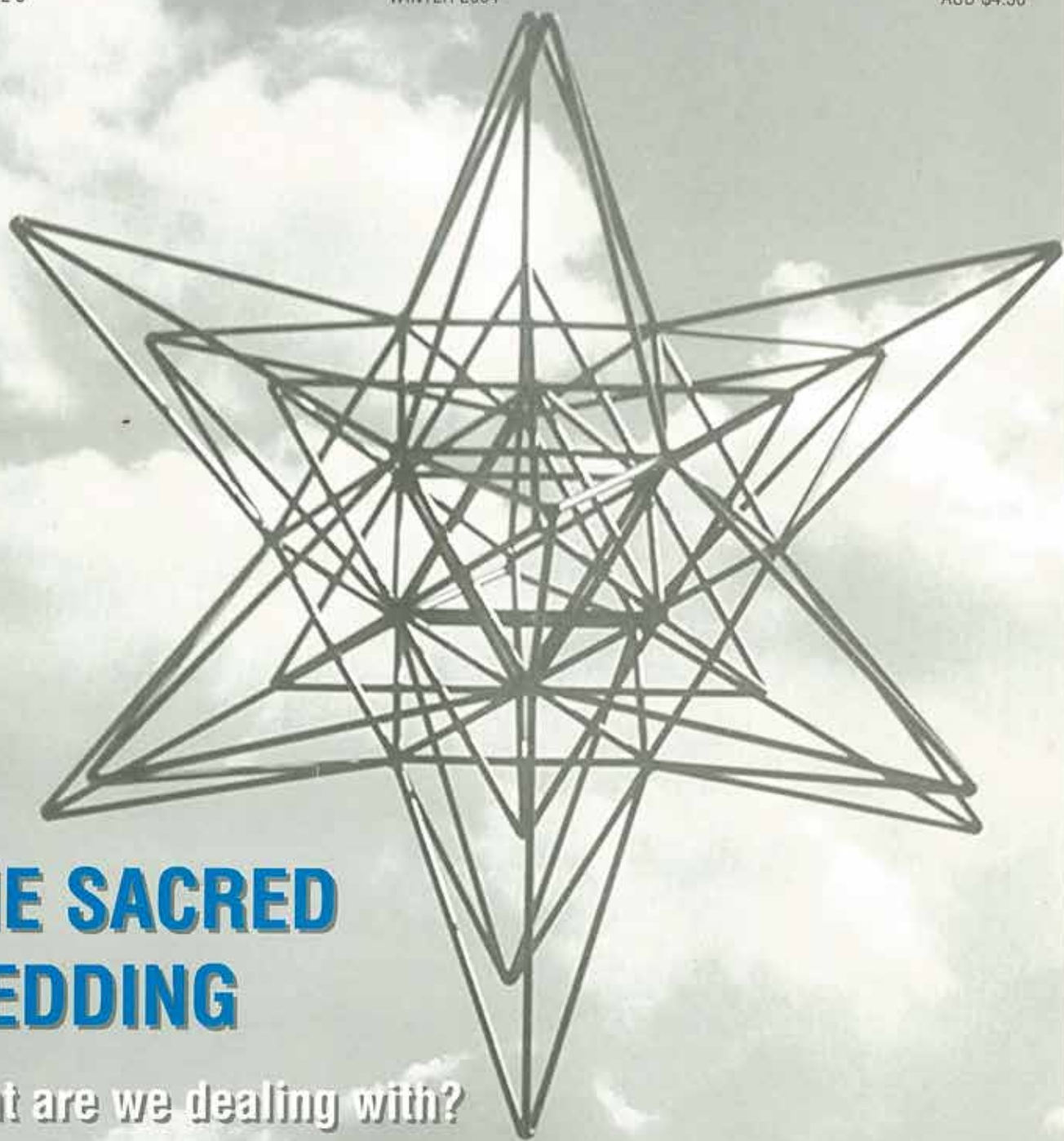
ShiningBRIGHT

ONE SPIRIT DIVERSE VOICES

VOLUME 8, ISSUE 3

WINTER 2004

AUD \$4.50



THE SACRED WEDDING

What are we dealing with?

Sound and colour healing

Your Christ consciousness

Colour up your wellbeing

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.



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Email: scal@a-light.org.au
www.a-light.org.au

Editor: Rosemary Butterworth

Designer: Patricia Latta

Advertising/Public Relations: Anne Castle

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www.a-light.org.au



Rosemary Bittenworth

from the EDITOR

There is never a deliberate focus created prior to each issue of ShiningBRIGHT – rather it is left to the angels. I simply invite people to send in articles. When all the articles are assembled, I look for a common theme - one I feel the

angels are intending to lovingly support the needs of the people.

There is magic, amazement and inspiration waiting for you as you read this issue of ShiningBRIGHT.

The theme that has manifested for this issue is one of methods of healing that are as old as creation itself.

In the Beginning was the word.....and then came Light – colour and sound. The foundation stones or building blocks of the Universe are sacred geometry. Sacred geometry can be found everywhere in nature: in the spiral of a seashell, in a butterfly's wings, or in the Phi ratio of the human body.

Enjoy the Sacred Geometry contained in the jewellery and hear what happens when you wear it. Apart from being beautiful, it has an incredible effect on the body's energy field.

Colour is all around us everywhere. We wear it, we are surrounded by it, we eat it. Mark Wentworth and Anjel provide us with a taste of how it affects us. Dian Booth, once a concert violinist, now a master teacher of Sound and Colour, helps us understand and experience that colour has a vibration and every sound has a colour. To hear her play on her violin what she calls 'violet' or 'turquoise', for example, is exquisite. Don't miss her visit in July.

The Academy intends to bring all the authors to Sydney, and then it will take some on a National tour because the Academy feels that the discoveries these people have made, must be shared.

Not only read these articles, which is but a glimpse of their discoveries, but check out their web sites, in particular, Harold McCoy www.ozarkresearch.org who has set up a research institution into the effects of absent healing.

All these wonderful people have just one focus in common, and that is: the desire to help others and to share with as many people as possible, the methods of healing the universe has lain at our fingertips.

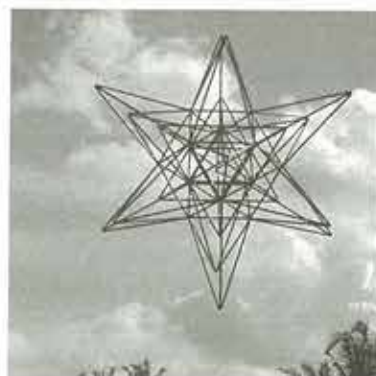
Everything we need is right in front of us, and within us.

Rosemary

Love and Blessings

THE SOUTHERN CROSS ACADEMY OF LIGHT

ShiningBRIGHT



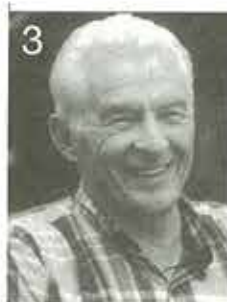
FRONT COVER

"Heart Star" The Heart Star activates the heart chakra. Healing & purifying the emotional body, cleansing abandonment and betrayal, reminding us that love is protection. Bringing the emotional body into alignment with soul purpose it is the "Stargate to the Light Body"

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around the **ACADEMY**

A New Branch Opens in Hornsby

The Southern Cross Academy of Light, Hornsby Branch will open on Friday 30th July. The official opening will be conducted by John and Rosemary Butterworth, founders of the Academy. It will be a night of music, short meditation and celebration with messages from the Angels. All welcome.

The Academy is delighted to welcome its newest Co-Ordinators, Venera, Jali and Evah

who run the very nurturing healing centre, the Alchemy of Joy. The focus of the Hornsby centre will mainly be on supporting the physical body as it undergoes new stresses and challenges through the vibrational shifts in energy.

It has been observed that when a new branch is opened, a seed is planted and as the seed shoots and grows, it has its own individual nature. For example the Arcadia branch seems to be developing a strong focus on children's welfare as it focuses on meditation and exercises for children, particularly those with disabilities, whilst the Neutral Bay branch has always since its inception, nearly 10 years ago, attracted natural therapies and healers. It is interesting to watch the warm open heartedness of Inner West branch, the yet undeveloped potential at Northern Beaches and what will the adventurous spirit of Bondi and the Gold Coast Branches bring to the world.

The branch is grown by the love and willingness to serve of the people that manage and attend it. (There are always opportunities to help assist the Branch Co-Ordinator if it would gladden your heart). The Guest Presenters at each meeting are a bonus. They are like liquid fertilizer, encouraging growth as they bring their own unique experience and love.

Together with your open-hearted willingness, we are growing a Community of Light that is helping to illuminate the way out of the darkness. Together we make a difference.

The Light must grow and spread and all we need is an open heart and a willingness to serve.

Please check out our Web site for information regarding workshops and if you would like to receive our weekly newsletter of "what's on" please email us at: scal@a-light.org.au or simply phone the Heart Office on (02) 9975 4905.



A QUOTE FOR YOU FROM GANGAJI

I promise you there is undreamed of support for true and lasting fulfillment.

All that is waiting is the YES from your mind to your heart.

THE SOUTHERN CROSS ACADEMY OF LIGHT

Is pleased to announce a National
Speaker's Tour for

Harold McCoy

of the Ozark Research Institute, USA

October – November 2004



Harold McCoy's research organization conducts research in power of thought as it pertains to spontaneous remission or miraculous healing of chronic or life threatening diseases. They research all manner of mind phenomena including remote dowsing, hands-on and distance healing.

Harold McCoy was president of the American Society of Dowsters for four years and is an internationally known authority in the field of thought form energy and the power of the focussed mind.

Workshops and lectures will be offered for the public, for healers and for those in the field of mind research. Private Sessions will also be available.

*The National Tour will include Sydney,
Gosford, Byron Bay, Gold Coast,
Brisbane, Melbourne and Perth.*

Call the Academy on (02) 9975 4905

for more information see
www.ozarkresearch.org

WHAT ARE WE DEALING WITH?

The Power of the "Hose"

by Harold McCoy

In just a few years, a change has occurred, and ever-increasing numbers of people now find they have the ability to do healing over long distances, to communicate with nature spirits to grow healthier plants, to relocate insects and other pests from the house or garden, to "program" thought-forms around homes and businesses for some desired result...And, yes, "bend spoons." The possibilities are limitless.

If thoughts actually have the power to bend spoons, divert streams of water hundreds or thousands of miles away, and cause spiritual healing to take place because someone intends with thought for that healing to happen...no matter what the distance, then we must realize that our life will never be the same. It will be vastly better!

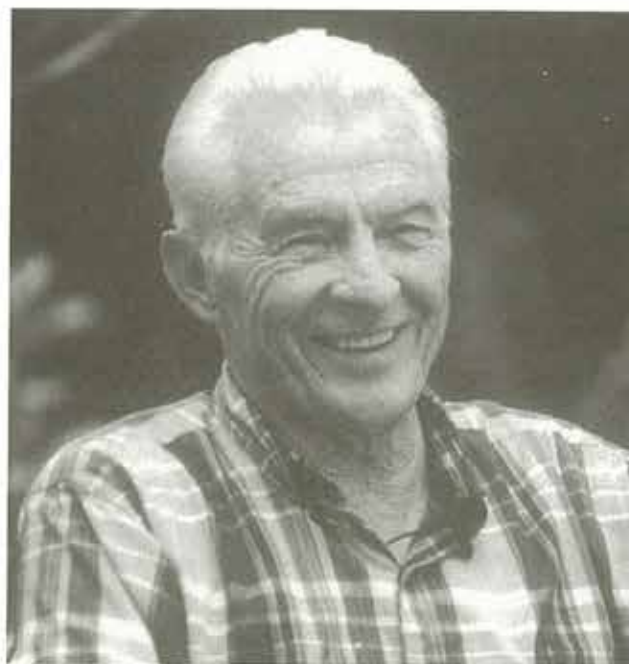
It was on the basis that I could do some of these things, coupled with my observation that an increasing number of others could, too, that I decided to focus my time and efforts in this area. What are we dealing with? How effective is it? How does it work? What is the best way to teach it? These are just a few of a great many questions. The answers can be enormously beneficial to humankind. Finding the answers to these questions motivated me to establish the Ozark Research Institute, Inc. (O.R.I.).

Ozark Research Institute is incorporated by the State of Arkansas, to conduct research into Power of Thought / Power of Mind, to determine what part the mind plays in spontaneous remission or miraculous healing of life-threatening diseases, and, if it is determined that through some technique, the power of the mind can effect a healing or improvement in a condition, to develop a methodology to isolate the technique.

We are chartered to research all manner of mind phenomena; to discover power of thought techniques that may benefit humankind, as well as to investigate and research the healing technique of "laying on of hands."

A vital item in the O.R.I. State Charter is for the Ozark Research Institute to disseminate information on all manner of mind phenomena, including healing techniques, to others by means of schools, seminars, conferences, newsletters, and other media.

We do all the above not only to stay within the guidelines of our charter, but to get the information out about the wonderful system of healing and other mind phenom-



Harold McCoy

ena that is available to everyone. I am totally dedicated to this goal. One of the tools I use to accomplish this is through workshops and schools. In these workshops, I teach healing techniques and how to use mind phenomena that work well for me. But, the main thing I try to teach is about the limitless possibilities of the mind. Everything is possible in the higher realm, where the work is accomplished, and I and other healers working through O.R.I. have had so many successes in everything from influencing the weather, to removing brain tumors, fixing bad backs, and removing chronic pain, that there is not a doubt in my mind that we are tapping into some awesome power that is available to anyone who has a desire to do this work.

Since the O.R.I. is a tax-exempt organization, we have to keep records of the work we do, and we keep really good documentation of the healing and other work done through the O.R.I. One case I worked on was a slow-growing brain tumor in a nine-year-old girl which she had been diagnosed with when she was four or five. Her grandmother had called me and said the tumor was in a location where it couldn't be operated on, and that the girl could not take chemotherapy. She had had several MRIs since the tumor was discovered. These showed that the tumor was continuing to grow. The last MRI showed that the tumor was now squeezing her brain, and her doctors stated that she probably had no more than two years to live.

It was October when this woman called me from San Jose, California, and asked me to work on her granddaugh-

there is not a doubt in my mind that we are tapping into some awesome power

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ter. I never turn these requests down. I work on anything; it doesn't make any difference. We work on animals as well as many, many people.

When I work on somebody at a distance, I first get into a meditative state, and I thank my angels for being here. They're who do the work, anyway. Then, I just reach out, in my mind, and get whoever I'm working on and bring the person to me and set him or her in front of me with the person's back to me. I actually visualize, then, that I find a zipper that starts at the corner of the person's left eye. I unzip this zipper, and fold a flap atop the person's head forward, so I can observe both hemispheres of his or her brain. In grown-ups, most of the time, I see lots of emotional energy. It is my belief that you can never have anything wrong with your physical body unless you have some unresolved emotional energy...I don't know quite how to explain it...but, I always see emotional energy on the brain hemispheres when I work on someone.

When I worked on the little girl with the brain tumor,

there is no tumor (anymore)... it's just absolutely, totally gone

I saw that the "roots" of the tumor were wrapped around the brain stem, and that it was pushing up, against the bottom of her brain. I saw all of this in my "mind's eye"—she was, physically, at her

home in California, and I was in Arkansas. I mentally reached into her head and took the tumor in my hand. Then, I reached for the "hose" I use that comes from the highest, purest place in the universe (I'll talk more about this, later) and is filled with the most beautiful, most brilliant white liquid, and I squirted the liquid from this hose on the tumor. The liquid made the roots of the tumor sort of loosen up, and I just pulled it out, and then, threw it, "harmless and formless," to the universe. Then, I put "good" energy into the girl's head, and closed it up and sent her back home. This work was done on October the 20th. Afterward, her grandmother wrote or called me every week telling me that the little girl seemed to be getting better. The tumor had affected her motor functions; she had a severe speech impediment and an inability to manipulate her left foot. The next MRI scan was scheduled for February 20th. On the 21st, the grandmother called me and was just ecstatic. She said, "We just got the last MRI, and they can't find...there is no tumor up there. It is just totally gone; it's just absolutely totally gone." I was just as excited about this as the grandmother was.

The tumor is still gone, and the last note I got from the grandma said, "My granddaughter has been a sick child her entire life, and sick children are treated differently than well children." She continued, "She is now learning how to be a well child. Now, she has her whole life in front of her."

Earlier, I said I would talk more about the "hose" I use

when I do healing work. I was attending a dowsing conference at the University of California at Santa Cruz, and a woman there looked me up and asked me if I would work on her husband who had had several back operations and who was in constant pain. Her husband was an avid golfer, but had not been able to swing a golf club since the first operation. That afternoon he came to see me, with his walking stick — just sort of hobbling up, in pain. And so I took him up to my room and did a hands-on energy healing session on him. I was holding my right hand near the wounds from his back operations and was putting energy into these areas. I'm accustomed to the universe giving me new "tools" to do healing work with, so, while I was working on this man, I saw — in my mind's eye — a "hose" fall down...just a hose...and I thought, "Well...?" But I was not surprised at this, because my guides give me new tools to work with all the time. And, if I am given something good that works, I share the technique with everybody that wants to learn about it and use it. I have taught about this technique using this hose hundreds and hundreds of times since my first experience using it...

I realized I was supposed to spray this "hose" on the surgical wounds on the man's back, so, I took the hose and sprayed it on those areas, and the most brilliant white liquid came out of it — so brilliant you wouldn't be able to look at it...it's almost like trying to look at the sun. And as I started spraying, the redness and inflammation of the man's wounds started going away. When I got finished, I just said, "Thanks," to my angels. What had happened felt good. I always say "Thanks," every time I work on someone. It's important to do this.

The next afternoon this man came up to me— walking normally without a cane—and asked, "What did you do to me yesterday? I haven't felt this good since long before the first operation." I said, "Well, when I was working on you, this "hose" fell down for me to use on you." He asked, "Where did this hose come from?" I said I thought it came from the highest, purest place in the universe." He was amazed, and told me that he was a pilot and that the last time the Dalai Lama was in the United States, he flew the Dalai Lama's crew all over the country. He is a student of Tibetan religion, and had read about such a "hose," he said that that hose was one of the three most powerful ancient Tibetan healing techniques; it was written about in a book, fifteen hundred years ago—which proves that none of these healing techniques are unique. My angels gave me that hose to do healing with just as they gave it to the Tibetan monks. I share this hose with every group I talk to and use it on everyone I work on.

I'm always in awe when these things happen, things that are totally impossible by all scientific standards. I always feel so thankful and it energizes me every time.

Some time ago I got a call from a man in Chicago who

continued on page 6

SOUND AND COLOUR HEALING

"Energetic Enlightenment" "Soul Healing"

by Dian Booth

Sound and Colour have, since, as we say, "Time Began", been a much used healing modality. (I am not at all convinced that there ever was "a beginning of time". I feel it is one of our most favourite illusions !). The reason for this modality being much used is to do with the very stuff of which we are all created.

In the 20th century it was believed that the smallest indivisible unit of physical matter was the atom. We developed out of this theory and matured into the world of Quantum Physics, a world of constant change, chaos even. We began to accept once more the truth never forgotten by the mystics, that "the only certainty in life is that nothing is certain".

With this model of an ever-changing reality, it has become easier for us to identify with an awareness of some kind of energy, which is constantly moving, changing pattern, dancing in every moment. This energy has a name, vibration.

We are all - humans, animals, trees, plants, rocks, rivers, stars, planets, moons - vibrating in different ways. There are many variations in the rate of vibration, depending on the original characteristic of each being, and on particular circumstances. This "tendency to vibrate" was always present in our various worlds.

Most ancient civilisations speak with one voice when explaining the process of creation.

Creation began out of Silence, (which of course has its own vibration pattern). Out of the Silence came Sound, and immediately its inseparable partner, Light. We, as humans, experience Light mostly as Colour.

This brings us to one of the relevant texts in sacred writings. The Bible phrase, "In the beginning was the Word", is known to many. This saying is a translation from one of the original Sacred Language texts, Sanskrit.

The Sanskrit words, "Om" and "Shabda" mean in



English, "Word". They can both also mean "Sound".

So, this Biblical phrase could just as easily have read, "In the beginning was Sound".

In some Ancient Civilisations, Australian Aboriginal for one, it was said, "In the beginning was The Law". For them, "Law" is also interchangeable with "Sound".

Because of the inevitable partnering of Sound with Colour (at the level of physics), we could also re-write this phrase, "In the beginning was Sound and Light (Colour)."

So it is true that we, as humans, like every other being on our beloved Mother Earth, are created out of the combined vibrations of Sound and Colour.

The vibration pattern which is the mark of our very individuality, is made up of Sound and Colour. This means that whenever we use Sound and Colour together as a Healing Modality, we are not only re-connecting with our origins, from the very point of conception, but are also using a similar energy for healing as was used in our creation. We are not only able to heal, but also to "enLighten" ourselves.

The extraordinary effects of using this similar energy for healing, has constantly been brought home to me in the 23 years of my experience with Sound and Colour.

This combined modality has the potential to change the vibration of pain, not just in mental and emotional realms, but also in bones and muscles, into the vibration of ease.

In addition, Sound and Colour can help dissolve long-held negative attitudes, and shine a light into the dark

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What are we dealing with? continued from page 4

told me his son, who lives in Los Angeles and is a musician, was playing at a club the evening before. When the club closed, he took his instruments out and was loading them into his car when the club patrons started coming out of the club. One of the patrons turned around and accidentally hit the caller's son on the back of the head. The son's microphone stand was right in front of him, and when his head went down from the blow, he hit his eye on the stand and it split his eye open, right across the pupil.


He was taken to an emergency room, and the staff there patched it up as well as they could and told him that the eye was gone for good, that he would never see out of it again, because it had been totally split open. The following morning he went to see an eye specialist in Los Angeles. The medical staff there dressed it, again, and told him that the eye would heal, but that it would never regain sight.

At around one p.m. that afternoon, right after the father's phone-call, I had time to work on his son for only

**(his) eye which
had split open,
right across the
pupil...is (now)
just perfect**

a short time, and intended to finish the work later on that evening. At around four p.m., I got a call from the son in L.A., and he said "My father said you were going to work on me." I told him I had briefly done some work and intended to do some more,

later that evening. He said, "Well, I just wanted to tell you, I had my eye patched this morning, and a couple of hours ago, it got to hurting so badly that I just had to reposition the patch; the doctor told me not to take the patch off for fear of infection, but due to the pain I had to do something. I started peeling back the corner of the patch, and when I did, I could see light." He continued on the phone, "I took that patch off and I'm sitting here, right now, on my balcony, looking down on Los Angeles; and my eye is just perfect." And of course, I was just as elated as he was.

In my workshops I teach with stories of my successes and in so doing, hope to inspire others to try their hand at healing. Every person can do this! We all have the ability to heal! We can make a difference and it is my mission to teach as many as are interested in the techniques I have been given. 

"Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny."

Frank Outlaw

Sound and colour healing continued from page 5

strongholds of unconscious fear and resistance.

In the Civilisations without name prior to Lemuria, there was use of Sound and Colour for Healing. The knowledge of Sound and Colour was much revered in Lemuria (located mainly in the huge land mass that is now under the Pacific Ocean, plus some of Australia and South America.).

That knowledge died with that Civilisation, nearly half a million years ago. It re-emerged with a different, more scientific emphasis in Atlantis. With the demise of Atlantis, knowledge of Sound and Colour was again lost.

It re-emerged in Egypt, several times, in Civilisations prior to Pharaonic times. In one of those Civilisations (10,00-15,000 years ago), the Great Sphinx was built. The knowledge re-emerged during the building of the Pyramids, up to 4,000 years ago. It had also emerged in Greece during 6thC BC through Pythagoras, who had been given some knowledge from Egypt, through channelled sources.

Again, the knowledge was lost, to begin re-emerging in the latter half of the 20th century. It has done so now, because it is essential for our development into Higher Consciousness.

We can see here a pattern in the rise and fall, the ebb and flow, of this knowledge of Sound and Colour. It has its own, epically slow wave pattern, much like a sound wave, or a colour wave.

Our planet has also been subject to another very slow-moving vibration pattern, expressing male and female energy, ever since gender became a fact of our human journey. Every 6,500 years, there is a shift from female to male energy.

You've guessed already of course, that we have just changed from a male to a female period. Another, most interesting piece of information is that every 26,000 years (4 X 6,500) there is an enormous change of energy, what Drunvalo Melchizideck calls "The Precession of Equinoxes". At these times, the Earth has undergone pole shifts and other huge changes. We are of course, also at the end of a 26,000-year period.

Although this gender pattern repeated itself many times during the Lemurian and Atlantean Civilisations, the dominant gender energy during Lemuria was more female, and intuitive. The dominant gender energy during Atlantis was more male, and logical. We can see evidence for this in the very different characteristics of some Eastern and Western races (European, versus Hawaiian or Australian Aboriginal, for example).

When our beloved Mother Earth is in a state of flux and re-alignment, so are all the beings dependent on her. If she is ill, so are we (at all levels, physical, emotional, mental and spiritual). If she is well, so are we.

continued on page 8

Your Christ Consciousness

Archangel Michael through Qala Serenia Phoenix

Aum - the first word is ever present in all things as sound, light and consciousness. It is held in every cell and field of your body, Beloveds. This sacred vibration brings unity into manifestation and unifies all energy within you. You may call for this vibration to flood through you by sounding or asking for this to expand through you. As I send love to you, I ask you to connect to the Christ consciousness of your soul. Beloveds, many see this as a golden light that assists each of you to experience your joy in life. This consciousness is not just light, but also contains power or presence within it, that is formed from the love of your soul and the will of your soul to share it.

Beloveds, I speak of your path in the world and ask you now to consider your life ... whether it is in business, healing, family life or service. Know each one of you spends your life in specific environments that affect you to either share your love, or to have difficulty in sharing your love

and Christ consciousness. Each one of you is aware that you are love and light. I ask, though, do you experience this? If your answer is not always, I share some simple keys with you so you may begin to experience the Christ light and love of your soul.

The first key I share with you is related to your power to choose to change the energy in the environment around you. Beloveds, each of you may choose to anchor the Christ consciousness around you if this energy is not present to support you. By simply calling to your God Presence to bring the Christ consciousness into your environment, a beautiful temple of Christ light and love will be anchored around you. Beloveds, this will soften your workplace or your home space. It will affect others that are working with you to also soften and experience the Christ consciousness more deeply with you.

The second key I share is to anchor the vibration through you by saying a prayer for others that are around you who are in some form of emotional, mental, physical or spiritual struggle. Beloveds, I ask you to choose to say the prayer, rather than using your energy to try to change another and to then choose to accept all others as they are so your soul may learn to see the divine within all beings. This will create you to raise your consciousness to the vibration of unity and love rather than attune you to the realms of duality.

Beloveds, this leads me to the third key I offer thee, which relates to choosing to see the divine within all beings and manifestations, even within what you call negativity. My Beloved ones, as you truly accept all others as they are, you are accepting and choosing to openly love all parts of your own consciousness that may not be normally accepted by you. Beloveds, this key assists all beings to live without struggle, and to flow with grace and ease in life. The Christ within you celebrates and focuses on the divine in all. As you open to the essence of this through these simple practices, you will experience the divine flow of energy in your own life. Beloveds, know that many of you have chosen to be leaders and anchors for the light. These three keys will support you to experience your Christ Consciousness as you anchor the light. We bless and thank you for this.

Blessings from the One Heart,
Archangel Michael

Qala is a divine channel for the Archangels, Angels and Ascended Masters. Her primary work is facilitating emissary trainings either through correspondence or direct contact retreats held internationally and within Australia. Her website is www.g-a-i-a.com.



The Christ within you celebrates and focuses on the divine in all.

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- get into it!**

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including energies, entities etc.
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JOY & PURPOSE!

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(02) 9401 6766

continued from page 6

We have experienced for far too long, the results of the assumption that Mother Earth, who provides us with everything we have on a daily basis, can be abused and raped repeatedly. Our Mother needs to be honoured and cared for. She deserves to be honoured for herself, not only because of the fact that if we don't take care of her and give her what she needs, she will not be able to continue to provide everything we need.

**the assumption
that Mother
Earth... can be
abused and
raped repeatedly**

The Good News is of course, that along with the current healing of both Herself and ourselves, we have arrived at the most wonderfully exciting and freeing moment in the whole history of Mother Earth, and of human beings !

As we shift into the New Consciousness, the Energy of the Female emerges, offering understanding, nurturing, healing, and support for us on our extraordinarily amazing journey. As we shift into this "New World" of Consciousness, we are all challenged to find a new and different experience of that energy within ourselves.

It is immaterial whether we were born male or female in our human body, the challenge is the same for all of us. This latest shift is not about returning to a Feminine Energy previously experienced in any past Civilisations..

What we are reaching out for now, in this recently arrived Aquarian Age, is a new kind of energy; one which communicates from the Heart, yet is firmly Earthed, is soft yet strong, kind yet discerning, compassionate yet wise; an energy which is also capable, when required, of baring the teeth to command respect if necessary.

It can be seen as strong feminine, or soft masculine. There is little difference. Although this energy is new, it is most closely aligned to the energy previously dominant in Lemuria. We are moving into a period of little or no gender difference.

If we take the view that, as human beings, we all came from the Light, we can also say that we all came from Colour and Sound. We therefore carry within each of us the Light, Life Force, Spirit, God, whatever name resonates for us, and are now returning to that Light. We can perhaps also allow that we can be most appropriately supported, in the Soul's Journey Home to a place of Enlightenment, through Sound and Colour.

Dian is an Australian Master Sound Healer who uses sound and colour in the traditions of healers in Egypt, Lemuria and Atlantis. Dian will be in Sydney in July to conduct an unique workshop on "Fifth Dimensional Healing Through Sound and Colour".



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The Middle Wife

author unknown

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second-grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and experience a little public speaking. And it gives me a break and some guaranteed entertainment. Usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday. First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord."

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder

with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my Mom starts saying and going, "Oh, oh, oh!" Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, "Oh, oh, oh!" Now the kid's doing this hysterical duck walk, holding her back and groaning.

"My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Pizza Hut man. They got my Mom to lie down in bed like this." Erica lies down with her back against the wall. "And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshhheew!" This kid has her legs spread and with her little hands are miming water flowing away. It was too much!

"Then the middle wife starts saying 'push, push, and breathe, breathe.' They started counting, but never even got past ten."

"Then, all of a sudden, out comes my brother. He was covered in yucky stuff they all said was from Mom's play-center, so there must be a lot of stuff inside there."

Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, if it's show-and-tell day, I bring my camcorder, just in case another Erica comes along.



STAR SEED REMEMBRANCE THE RECONNECTION OF 144 ETHERIC DNA FILAMENTS



Tiannahmai is an
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Sacred Mystery School,
Emissary of Love for the
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Seed Keeper, Telepath-
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Planes Ascended Masters,
Ascension meditation
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We invite you to join us on a SPIRITUAL JOURNEY TO EGYPT, to assist with the Clearing, Healing and Activation of the RED SEA LOVE PORTAL, which corresponds to the AMYGDALA GLAND in the Love Body of humanity (in the temporal lobe of brain) and considered THE CENTRE OF FEAR. This is a very important Portal for the Love Energies from Source to anchor on Earth and its clearing and activation is fundamental to achieving PEACE in the Middle East.

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Dr. Corredor is also leading a retreat in MAUI, HAWAII from the 20th September – 1st October. 2004.

COLOUR UP YOUR WELLBEING

Energise yourself physically,
mentally, emotionally
and spiritually

by Anjel OBryant MDIA

Interior Designer, Author, Lecturer
and Colour Theorist

Have you ever considered the colour of the food you eat can make your family healthier and more energetic? Or wondered why you get a passion for certain coloured foods. Red cabbage rather than green? Colour cravings could be you unconscious sending your body an important message.

The scope of colour stretches far beyond the accepted beliefs as not just being a visually attractive or repelling image. More like the unseen energy experienced in the study of Feng Shui, the Geomancy of the World, so does colour have many facets and hidden talents other than the obvious. The ancients believed, and indeed today's research by the medical profession has shown, that energy centres in our bodies known as 'chakras' are better fuelled by the colour food we eat. Just as the colours we wear or surround ourselves within our homes and workplaces affect our emotions and health, and indeed our inner spirit, so does the colour of the food we eat.

Each colour has its own energy vibration and will vibrate with different parts of the body. The colours represented by the chakras also represent the part of the body most affected by that particular colour. So each organ has its own colour that it relates to.

Red, orange and yellow are alkaline, green, neutral, and blue to violet, acid. Natural colours which are found in fruits, vegetables, seeds, legumes and nuts will work better with our bodies to integrate the vibrations needed for our health. Suggestions for coloured foods which will help restore balance and health to different chakra areas of the body are:

RED Stimulates the adrenal glands giving us the ability to survive. If you are run-down or extremely tired, red food can be stimulating and energising and build up the immune system.



Environment: Great in hallways and cold living rooms. Best not used in large areas in bedrooms as this may be too overstimulating.

Base chakra-gonad glands: legs, feet, lower pelvic area.

Red Foods: Red cabbage, Beetroot, Red capsicum & chillies, Raspberries, Rhubarb, Red Cherries, Red kidney beans, Red meat.

ORANGE Helps us to remove blocked emotions and enable us to express ourselves more, allowing us to enjoy stronger relationships. Antioxidants are high in orange foods.

Environment: Children can benefit quite considerably by wearing positive shades of this colour, for its composite parts, red and yellow, will aid their overall development.

Abdomen chakra-adrenal gland: between navel and lower pelvic area.

Orange Foods: Carrots, Some pumpkin, Swedes, oranges mandarins & tangerines, apricots, peaches, pawpaw, mango, rockmelon, egg yolks.

YELLOW Rays help promote the elimination of toxins and purify the body.

Environment: Yellow is supportive of the brain function as well, stimulating the mind, so it is important to include this colour while studying. Great support when used in office décor and study areas at home.

Solar plexus chakra-pancreas gland: from waist to beginning of rib cage.

Yellow Foods: Corn, Some pumpkin, lemons, pineapples, bananas, grapefruit, yellow lentils, seeds, nuts, rice, butter.

GREEN Helps to soothe nerves. The lungs are strengthened as green is the colour of breathing as represented by nature. It helps reduce problems associated with tension such as headaches.

Heart chakra-thymus gland: rib cage which contains heart and lungs.

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continued from page 11

Green Food: Green capsicum, Green lettuce, Cucumbers, Green cabbage, Zucchini, Green broccoli, Celery, Artichokes, Green beans, Peas, Spinach, Kiwifruit, Limes, Green grapes, Green lentils.

BLUE Generally calming, cooling and sedating. Associated with peace and tranquillity of the body. Reduces bloodpressure.

Environment: Indeed all who suffer mental stress or exhaustion due to their work-a-day life, would greatly benefit from the absorption of this colour at the end of their working day. This can be achieved by sitting in a room partially decorated in this colour; gazing at some object dyed this shade or by sitting under a lamp containing a blue bulb for a period of time.

Throat chakra-Thymus gland: Throat, mouth, neck, shoulders, arms.

Blue Food: Sea vegetables, Blueberries, Prunes, Blue plums.

INDIGO Depth of focus. Balancing. Has astringent and purifying energies which bring a cooling force to the body. Beneficial for emotional tension or anger.

Environment: Sleeplessness is all too often due to a disturbance within the blood circulation, which in turn affects the mind, and those who suffer from insomnia should be encouraged to utilise indigo, either within the colour scheme of their bedroom or as an indigo bulb of low wattage placed above the head. This course of action will also greatly benefit children who are subject to epilepsy.

Brow or third eye chakra-pituitary gland: Eyes, ears, nose. Both blue and violet foods can be used.

Indigo foods: Black olives, Field mushrooms, Blackberries, Black cherries, Boysenberries, Dried raisins & currants, Soy sauce.

VIOLET rays relax in preparation for a peaceful nights rest. During the day when stressed and also before doing meditation. Has a beneficial effect on mental problems such as neurosis and epilepsy and those who suffer from rheumatism.

Environment: It is also invaluable to those who suffer from insomnia where it should be utilised in conjunction with Indigo, especially in bedroom décor or relaxing spaces. The violet ray possesses the shortest wavelength within our colour spectrum, but despite this, it produces the greatest activity and is vital during the period of childbirth.

Crown chakra-pineal gland: Top of head area.

Violet Foods: Eggplant (aubergine), Purple broccoli, Purple onions, Globe artichokes, Purple capsicums, Purple grapes, Purple plums.

THE RAINBOW DIET to bring you back to equilibrium and balance body, works by using foods relating to the three base chakras, red, orange and yellow early in the day until lunch, using mostly greens, which are balancers. Evening meal mostly blue, purple and white foods which

affect the higher areas and allow for a more relaxed state of body, mind and spirit. Some of the colours from other times of the day can be mixed into this diet, which can be totally vegetarian, or add chicken, fish and steak as you like. Give it a try, what can you lose? It is just another way of using colour to add positive energies to your life.

It adds a new exciting dimension especially to a depleted appetite. It will certainly add more spice and interest to your family menu.

The wise use of colour, either in personal clothing, or as thoughtful décor within every room of your home or business environment, can result in a state of harmony and wellbeing. Do let me know how it works for you.

Next colour workshop 11th July 2004 – Phone Anjel for details on (02) 9968 2028 or look up on the web www.coloraction.com.au



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RELEASING RAGE

by Ken Page

A friend of mine studied with a Buddhist priest. He told of a Buddhist belief that this is the last lifetime the priests will be here on Earth. He asked "Since this is to be their final life, do you know what is the last thing they must release?" I had no answer. He said, "To release our rage."

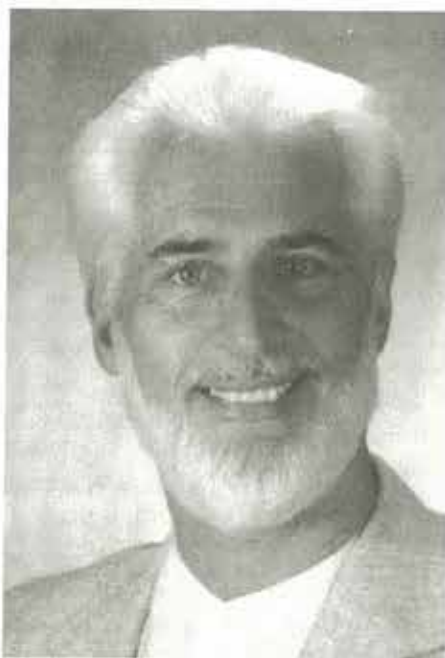
I could not understand why Buddhist priests felt they had any rage to release. My friend said what he had been taught was to let go of everything - to go completely into rage. He explained that by going into true rage, one loses total control. In being with our rage, it sets us free. Buddhism teaches to let go of every thought we hold onto, because each thought ties us to this reality. To fully transcend this dimension, we can no longer control anything.

Even though we spent only minutes discussing rage, I was intrigued. Most of us in this part of the world are taught to not express anger, let alone allow rage. As a healing facilitator, clients each day tell me their life's story, which of course, is also mine. The next morning I used my process of lucid dreaming to examine my rage. To make the test real, I started with the person with whom I had the biggest charge or unresolved issue.

These times are very energetic. Unresolved issues show up almost daily. The polarities we use to learn our issues are now moving towards each other, causing any of these unlearned lessons to intensify, becoming more energetic or solid in feeling. In preparing to address my rage, I examined those issues I still had with others; issues which were really my problem. I would not be able to heal until I let go. I knew if I had rage about things occurring to me, I could not blame another person.

Being as focused, balanced and present as I knew how to be, I allowed myself to go into the angry and frustrated feelings I was holding. I completely immersed myself in the energy. Almost immediately I was pulled into a vast floating pool of emotion - a space without end - with no boundaries. Not knowing where I was, lost in my own emotions.

As I completely surrendered to the feelings, I began to emerge. Since I had been the one holding onto all the feelings of the past, when I let them go, nothing remained. I felt



clear and a little giddy.

In that moment I experienced a profound sense of newly found freedom. The only thing I knew for sure was that the person with whom I was unresolved was surely not the person I thought they actually were. My own unfilled needs and judgements had defined them. Letting go of definitions and feelings, freed my rage and my past. By my willingness to completely let go, I experience a new reality.

Enjoying how free and different I felt, I decided to examine any one else I held in the same way. I went through the rage release process with each person. My mind became quiet.

I was overcome with feelings of compassion, allowance and peace, unlike anything I had ever experienced.

Lucid dreaming is a powerful creative state, useful in understanding and creating. The more you consciously use the dream process, the more you become conscious of your creation, increasing your skill of instantaneous creation. Just think, if your next thought changed your entire world. Few are prepared to be that responsible for our continuous thoughts. Most of us might be okay for a short while, but not for long. Lucid dreaming is perfect to practice instantaneous creation.

Releasing rage can be accomplished in a similar manner. Begin by thinking of a person with whom you have unresolved rage or anger. Focus on your feelings towards that person, go into them very intensely. Do not physically act them out. Don't yell or pound a pillow. Even though you are not outwardly expressing, this is a powerful internal process. Continue being with your feelings until all rage and anger dissolves and all is quiet.

Don't censor your experience; go into the anger, depression, sadness. Don't hold back on your emotions, or prevent the feeling of true rage. If you feel anger as you begin to do this release, go into the anger. You will be going into a void. The mirror of this void will reflect your feelings back.

As soon as you step 'into your own stuff', move into your feelings. It may feel like losing control and it might feel scary. This will be similar to those times in your life

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Ken Page and wife Nancy

when you physically went into rage - remembering how out-of-control you were. It was only when you came out of rage that you saw your actions. Don't worry that this will happen to you.

By using the lucid dreaming process, you are only out of control in your dream state. Remember, what you are feeling is you. You are the one trapped in

inappropriate thoughts, locked into their vibration. This is what the Buddhists teach: lose control of every thought.

You may repeat the exercise more than once. The first experience will be the most intense. Give yourself time to process after the first exercise and wait perhaps a month. If you still feel a residue of old feelings, repeat this process until finally, you feel nothing. Your inner voice will tell you when you are complete.

Ken Page will be returning to Australia in March 2005.

For further details regarding his private sessions and workshops

Ph: Martha (02) 9569 8525, the Academy (02) 9975 4905

or email: wendynethersole@comcast.net. Visit Ken's website

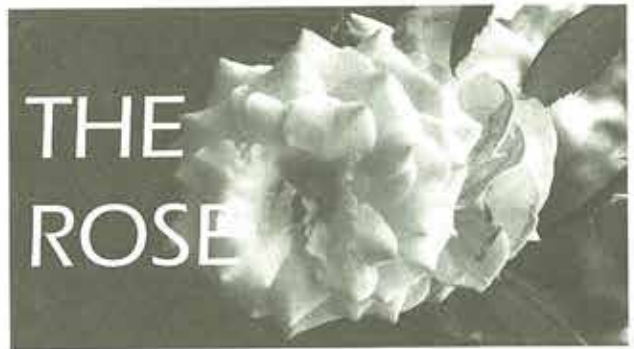
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The park bench was deserted as I sat down to read
Beneath the long, straggly branches of an old willow tree,
Disillusioned by life with good reasons to frown,
For the world was intent on dragging me down,
And if that weren't enough to ruin my day,
A young boy out of breath approached me, all tired from play.

He stood right before me with his head tilted down
And said with great excitement, "Look what I found!"
In his hand was a flower, and what a pitiful sight,
With its petals all worn - not enough rain, or too little light.

Wanting him to take his dead flower and go off to play,
I faked a smile and then shifted away.

But instead of retreating he sat next to my side
And placed the flower to his nose and declared with
overacted surprise,

"It sure smells pretty and it's beautiful too
That's why I picked it, here, it's for you."

The weed before me was dying or dead
Not vibrant of colors: orange, yellow or red
But I knew I must take it, or he might never leave
So I reached for the flower, and replied, "Just what I need."

But instead of him placing the flower in my hand,
He held it mid-air without reason or plan.

It was then that I noticed for the first time
That weed-toting boy could not see: he was blind.

I heard my voice quiver, tears shone in the sun
As I thanked him for picking the very best one.
"You're welcome," he smiled, and then ran off to play.

Unaware of the impact he'd had on my day,
I sat there and wondered how he managed to see
A self-pitying woman beneath an old willow tree.
How did he know of my self-indulged plight?
Perhaps from his heart, he'd been blessed with true sight.

Through the eyes of a blind child, at last I could see
The problem was not with the world, the problem was me.
And for all of those times I myself had been blind,
I vowed to see the beauty in life, and appreciate every
second that's mine.

And then I held that wilted flower up to my nose
And breathed in the fragrance of a beautiful rose
And smiled as I watched that young boy, another weed in
hand.

About to change the life of an unsuspecting old man
(Author Unknown)

Sent in by Robert Zandstra

FINDING YOUR DIVINE PURPOSE AND VISION

Channeled by Ashana Angel Feb 2004

Clarity on my divine path of service and vision has never really been a mystery to me; with gentle but persistent shoves from my guides, the great frustration and mystery has always been the magical question of How? What Next? & I am Doing the Right Thing!

As my quest from knowledge and complete faith in universal abundance and truth is tested and challenged by my egoic mind I find myself at times in complete disillusion and confusion, it is of course in these times that I surrender myself to the omni-present God within and ask for help. It was one of these such periods in my life that I asked for God's help to assist me to clear the debris from my life, assisting and guiding me with strength and power to walk upon my path of divine service of love and joy. Of course being that part of my divine life mission is to empower and guide others to their own truth through my writing, teachings and channeling, God gifts to me.

Service is not about sacrifice. Many of your ideas are shaped by the disillusion of the ages. Service is not something that is done to fill a need or desire within you. Service of the Divine is service to self.

What would the path of love and light from your heart be? True divine service is to the God-within.

What is the passion of the heart, what is the true calling of the heart? No, we do not ask what is it that will make you feel loved, protected or safe. No, we do not ask what makes you feel worthy.

Please remember that you are not here to serve others on this planet, whether the other that you see are other humans, plants, animals, children, family, friends, the divine spirit or God.

Know that this is not who we ask for you to serve, we ask instead that you serve the truth within your heart.

For as you do, you will see that as you serve this truth that you will cease the need to try to serve, to be loved or be rewarded for your service. You will instead just find the gift of your honor and love for the Divine Consciousness of the God-within being the complete whole of all that is.

This will fill your heart with love and joy beyond measure.

As you understand and honor this within yourself you



will cease the need to compete with those you see, those you know or those you walk amongst. Your path of divine light will shine upon your heart and upon your path.

Heart Felt Abundance will flow your way in each and every moment.

Go in peace my children for the path of divine service is truth, love and honor to self.

With love, light and blessing

Arch Angel Michael as the presence of God



Ashana is a messenger from god and the angels, acting as a clear channel to facilitate healing and inspiration for many. She can take others to a very deep space in their own psyche, where profound healing can occur and answers are easily accessible. Her gift in being able to step back from her own being, allows the angels and ascended masters, and god to work through her bringing powerful and transformational healing energies.

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THE SACRED WEDDING

by Juliet & Jiva Carter

It was on a clear, bright cloudless late autumn evening that I had my first phenomenal communion with Sacred Geometry. My partner Jiva and I were living in a cabin in a friend's field deep in the fairy land of Somerset. We had received a request from the consciousness we were collaborating with to witness the Sunset that evening in order to receive some information.

Sundown an hour away, the high heavens melted into deep turquoise as the Sun approached the Celtic tree circle on the near horizon. Our eyes were drawn to stare into the Sun and almost immediately we were able to differentiate the beams of light that pulsed so miraculously from this grand star, as liquid gold fractal transmissions, an unremitting endless code of light intelligence.

As I sat there in the field, I felt the magnetics of an ultra Earth awareness enter through my coccyx and rise up to greet the cosmic forces of creation that entered through my occiput and descended down my spinal causeway. I understood my connection to the Earth and the Sun not as some bystander but as a conjugal mediator. It was through

Our communion with Sacred Geometry is a fundamental aspect of our evolutionary awakening

my very being that their courtship of creation was taking place. My consciousness was a symbiotic component within their Tantric union. I felt this great love between these two sentient sovereign celestial and Earthly entities imbue my physical matrix with the Amrita of an immortal continuum.

The codes were written in the language of light geometry... Sacred Geometry.

Our communion with Sacred Geometry is a fundamental aspect of our evolutionary awakening

In order to fully appreciate Sacred Geometry and to understand why there is at this time such a huge worldwide surge of interest in it, it is necessary to evaluate the state of the Human genetic code: the DNA.

It is no secret that 90% of this genetic material is non-functioning. It has become a known fact that out of the 3,000 billion base pair chemicals that make up this code, only 60 million are active. Contemporary physicists have discovered that this dormant genetic material is not 'junk

DNA', as put forward by orthodox science, but is in fact a living data storage system. A library of human potential that when unlocked and resurrected will put an end to suffering, disease, conflict and death itself - rendering the human a fully-realised conscious entity able to access any time or energy level in the Universe.

Through alternative healing methods, we have become aware of our electromagnetic energy fields and the importance of our neurobiology and biochemistry. Through this and the discoveries made in the area of genetics, we are becoming aware that there is a science to spirituality and that our chemistry affects our consciousness. Taking this further, we are now making the connection between the mutant state of our DNA and the present global insanities



Solar Mandala
also known as
The Seed of Life

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of the original Human design and holds the code
of our celestial origins.

Calms the over-stimulation of adrenal glands.
Lessening fear by connecting you to the
Tantrik Source of Creation,
this form reintegrates the spiritual identity.



The
the

This Star is the essence
by the electro-magnetic
potencies of creation
at the moment of contact
the Human

The Star Tetrahedron
and Sierpinski
is a child of

of war, genocide and endless human suffering.

As humanity is awakening to a new body awareness, we are driven to gain mastery over our own inner workings and to discover how we interact and co-create with the reality we find ourselves in. Instead of searching for the out-of-body experience in order to realise our spiritual identity, we are beginning to understand that our physical being is the manifestation of that identity. Realizing that the physical vehicles we embody will allow us to transcend this fear-based reality and create through the resurrection of our full human potential a new paradigm, a golden age.

Sacred Geometry & the DNA

In seeking more information of the 'higher physics of creation', in order to resurrect the full human potential we find ourselves in the realm of Sacred Geometry.

For the Human DNA code, like all else in the living universe, is built upon hyper-cooperative, interactive energy pathways of ultra-organised creative intelligence.

Sacred Geometric forms transmit the higher creation frequencies that resonate with our original blueprint... prior to genetic modification.

The vibratory infrastructure of this energetic network forms the Human blueprint and is written in a literal language of light we call Sacred Geometry. All is light...all is geometry.

In order to understand the implicate order of our own creation, it is not necessary to intellectually comprehend its mechanical complexity. We simply need to expose ourselves to the language it is written in – the Sacred Geometric language of light.

Because Sacred Geometry is a configurative representation of the elemental components of the divine creative force, it offers a direct conduit to prime consciousness...to Source. It bypasses the dogmatic perimeters of the intellect and transmits knowledge that exists beyond the reach of

with which to resonate. Through this resonant feedback the structural integrity of the original human 'template' present in the soul covenant is reinforced, creating a deep vibrational healing.

Interaction with various Sacred Geometric forms restate pathways of electromagnetic life force into the body system. The energetic nature of consciousness is integrated by the heart, body, mind and soul via these bio-informational pathways. This form of consciousness is downloaded by the chakras and endocrine systems that translate its intelligence into useable data for the central nervous system, ultimately activating the dormant DNA code.

Sacred Geometry reinforces the human energy field through resonance. Protecting us from harmful environments and strengthening the immune system.

Daily we are exposed to the chemical, psychosocial, electromagnetic, and religious manipulation of our consciousness. In the media, in our homes, we experience a continual bombardment of the fear frequency. TV's, computers, cell phone, high-tension wires, & satellites, and 300 new chemical forms of pollution a year, relentlessly erodes our energy fields, draining our vitality. The material field is showing signs of decay, just as the

fruit rots before the new seed of life is expelled. We are the new 'seed race' that will birth the new paradigm. As spiritual warriors in the battle for consciousness it is essential that we keep our heads clear and our hearts open. For in order to ride the upward spiral of evolution into the new paradigm we must align our frequencies with that of creation. Sacred Geometry assists us in this by reinforcing the integrity of our energy fields by recalibrating our resonance with the Source of our creation.

Various formations resonate with particular points within the body. For instance the Heart Star (on the cover of this magazine) also known as a stellated cube octahedron is in frequency resonance with the heart chakras. While communing with it or simply wearing it, it brings strength in the form of electromagnetic life force to the circuits that feed these chakras. Bringing purification and balance to the emotions and healing issues of abandonment and betrayal.

This form also protects against harmful electricity.

The Tantric Terra Prana, which is a nesting of a star tetrahedron and a cube octahedron is immensely powerful. Also known as 'the quickening' this form reconnects a deep circuit within the kundalini energy system and stimulates

continued on page 18

Sacred Geometry reinforces the human energy field through resonance. Protecting us from harmful environments and strengthening the immune system.

r Tetrahedron

*thin its matrix
of manifest creation.*

*ern that is followed
male & female
ey come together
to create the Atom,
Universe.*

*ey to understanding
lost potential
He & Stars*



Solar Star

*Three Dimensional Pentagram
The symbol
for Joy and Immortality*

The heart of this Star is the Solar Sphere / dodecahedron.

This geometric form is the shape / code of the DNA.

It is found in all living, self rejuvenating systems.

*It assists the assimilation of Prana, Sacred Breath,
& turns power into the Solar Prism*

The Solar Star activates

that part of the Light Body that is the Seed of Life

religion, philosophy, belief or disbelief...it is a pure language that cares not for the country you come from, the colour of your skin or your cultural beliefs, it seeks only to unify humanity by exposing the interrelating harmony that lies at the heart of our creation.

Sacred Geometric forms transmit the higher creation frequencies that resonate with our original blueprint...prior to genetic modification.

One of the most important discoveries of the new quantum physics is that of the holographic nature of the universe. Each human is a fractal aspect of the universal hologram. Although the present manifestation of the human race is not representing the full potency of this hologram, due to its genetic modification, its potential exists within the soul covenant etherically embedded in the human matrix. The geometric language of light, that forms the underlying matrix of this hologram, is the alphabet of the 'New Paradigm' and holds the resonance of the universal holography.

As we commune with Sacred Geometric forms we interact with their fields of informational influence. Their energetic radiance emits a frequency that communes with our electromagnetic fields in search of a 'like frequency'

continued from page 17

the thyroid, regulating the metabolism and protecting against electricity and microwaves.

The Solar Star, or stellate dodecahedron, reconnects a circuit into the lungs, assisting the assimilation of the full spectrum of prana. It also connects the solar plexus accentuating galactic consciousness this star is a three dimensional pentagram and holds the frequency of joy and Venus and helps to heal shame and grief.

The Tantric Star, which is a star tetrahedron nested with an octahedron, brings life force to the thymus, thus strengthening the immune system. This form resolves the dualistic concept of conflict through its definitive configuration of the 'Trinity' and reconnects a circuit of deep neurological activation in the occiput. It is a very powerful protection from computers and mobile phones as its resonance brings strength to the energy field as a whole.

All these forms and many more hold the frequency of the immortal blueprint that lies at the heart of the Human masterpiece. Our interaction with Sacred Geometry activates the cerebral cortex where the resonant receptor for this immortal human identity is stored in the "Temple Of Remembrance". As we activate this library of remembrance, we balance the dominant over stimulation of the reptilian brain- bringing us out of fear...awakening our quintessential identities as pure conduits of light and love, connecting us to the benevolent Source of our creation.

Juliet Carter and her partner Jiva are authors of "The Template- A Holonomic Model Of Transcendence" and international teachers of Sacred Ceremony and Sacred Geometry. Portions of this article have been taken from "The Template" by Juliet & Jiva Carter. Copyright 2003 by Souwlu Publishing, all rights reserved.

The Sacred Geometry spoken of in this article can be purchased through The Southern Cross Academy of Light. Ph: (02) 9975 4905 email scal@a-light.org.au web www.a-light.org.au

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INTERVIEW WITH GOD

I dreamed I had an interview with God.

"Come in," God said.

"So, you would like to interview Me?"

"If you have the time," I said.

God smiled and said:

"My time is eternity and is enough to do everything; what questions do you have in mind to ask me?"

"What surprises you most about mankind?"

God answered:

"That they get bored of being children, are in a rush to grow up, and then long to be children again.

That they lose their health to make money and then lose their money to restore their health.

That by thinking anxiously about the future, they forget the present, such that they live neither for the present nor the future.

That they live as if they will never die, and they die as if they had never lived..."

God's hands took mine and we were silent for a while and then I asked..."As a parent, what are some of life's lessons you want your children to learn?"

God replied with a smile:

"To learn that they cannot make anyone love them.

What they can do is to let themselves be loved.

To learn that what is most valuable is not what they have in their lives, but who they have in their lives.

To learn that it is not good to compare themselves to others. All will be judged individually on their own merits, not as a group on a comparison basis!

To learn that a rich person is not the one who has the most, but is one who needs the least.

To learn that it only takes a few seconds to open profound wounds in persons we love, and that it takes many years to heal them.

To learn to forgive by practicing forgiveness.

To learn that there are persons that love them dearly, but simply do not know how to express or show their feelings.

To learn that money can buy everything but happiness.

To learn that two people can look at the same thing and see it totally different.

To learn that a true friend is someone who knows everything about them...and likes them anyway.

To learn that it is not always enough that they be forgiven by others, but that they have to forgive themselves."

I sat there for a while enjoying the moment. I thanked Him for his time and for all that He has done for me and my family, and He replied:

"Anytime. I'm here 24 hours a day. All you have to do is ask for me, and I'll answer."

People will forget what you said. People will forget what you did, but people will never forget how you made them feel.

Thinking of you,

Pass it on to someone special in your life.....God Bless.

Anon

Life is a rainbow that sits on your plate

Ellen Bowden-Reid age 10 years.

SOLARISED WATER

by Mark Wentworth

Another way to introduce colour into your life, and specifically into the body is to prepare some solarised water. Colour solarised water has been used for thousands of years, by many different ancient cultures. In India today it is not uncommon when visiting an Ayurvedic practitioner, to see large coloured glass jars full of water standing outside on the porch, absorbing the sun's rays. The solarised water will have taken on the energy of the colour; when the water is drunk the person is ingesting the colour energy. Water is not the only substance that can be solarised, milk has been successfully colour charged, but obviously not by the sun. Research is now starting to find that water has a molecular memory, which is part basis for homeopathy. Water will take on the molecular memory of another material placed around it for some time after that material is removed.

Each colour has its own specific frequency, everything in this universe and beyond has its own personal frequency: water is no different. Scientific research shows if you test the frequencies, one being water and the other being the colour red, both will be different. Place the water and the colour together for a period of time, then re-test and the water will have the same frequency as the colour. Solarised water can be made quite easily, and can be used whenever you feel you need a top up of a specific colour.

You can charge water using a coloured glass or a coloured bottle; it doesn't have to be anything specific or any kind of special equipment. If you don't have a coloured glass or bottle, use coloured material or if you have them use theatre lighting gels, and wrap the material or gel around the clear glass bottle or jar. Place it, ideally in full view of the sun, and even on a cloudy day the water will be charged. If it's night time, use a form of artificial lighting preferably not fluorescent lighting as this is known to give off mixed frequencies, and does not properly charge the water. In times gone by, the light given off by a candle has been successful and strong enough to fully charge water. As far as time allows, follow your intuition on this one, or if you use a pendulum, dowse for the length of time needed to colour charge the water. Once the water has been charged, if it has been in the sun, chill it in the fridge for a while. As a guideline, red-charged water will not hold its charge for as long as blue-charged water. Red, orange, and yellow are usually OK for up to 48 hours and green can hold its charge for about 3 days and from blue, it is 4 –



5 days. Some people can taste an actual difference in the water, depending on the colour. Red can taste quite metallic, where as blue tends to have a sweeter taste. I know when I had a glass of pink-charged water, I had a slight after-taste of milk. Pink is sometimes associated with divine motherly love. Having worked with colour for so long, I still try to remain neutral on my expectations when experimenting with a new way of using colour, and I encourage you to do the same. There is nothing worse than feeling let down by our own high expectations, and I believe that to be true for all areas of life.

Colour-charged water is something to have around the house and use whenever necessary. It has many varied uses and you will be surprised how often you turn to it when it becomes part of your everyday life. I have seen solarised water to be most effective for physical symptoms, in using indigo charged water for helping burns, fevers, and insomnia. In some parts of the world, it is not uncommon to see indigo-coloured bottles sitting on the kitchen windowsill, and if someone burns themselves, the water from the indigo bottle will be placed on the burn. If a person is running a high temperature, their fevered brow will be soothed by the indigo water. If difficulty in sleeping is your problem, a wineglass of indigo water, an hour or so before bed will certainly help calm an overactive mind. Indigo-charged water could be used whenever you need to take the heat out of something. Yellow water can be a cure for constipation, but do remember do not overdo the yellow or you could find yourself with a completely different problem!

NEXT ISSUE

Solarised water and weight loss or gain.

continued on page 20

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Mark Wentworth is renowned in the UK and Europe for his knowledge of colour, its effects and healing powers. He has appeared on British TV many times sometimes talking about the colour of clothes you choose and what they say about you, and how the colours in your home effect your energy.

The Academy is delighted to be hosting him for a National Tour in Australia in October.

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Aromatherapy

by Maria

Aromatherapy is more than just massage! Did you know there are many methods for using the oils and many delicious recipes for oil blends? Two basic methods are burners and sprays. To make a spray, add 20 drops of oils to 50ml of purified water, shake well before use. Great to use as a quick room freshener.

Use oils in a burner for setting the mood, or keeping viruses at bay. In a burner add 8-10 drops. For candle burners, take care to use a burner with a big bowl that holds lots of water, and a small candle! Electric burners are thermostatically controlled and very safe, acceptable in many office buildings too.

Aromatherapy is more than just massage!

Citrus oils are refreshing; Clary Sage will assist in social functions to get people talking. Lavender is relaxing and sedative and Rosemary helps a busy mind to relax and helps alleviate bad dreams. Burn oils

for half an hour before going to bed and put out the candle before going to sleep or simply put a few drops on a tissue under the pillow.

Using oils on a tissue is a very safe way to use them. But a caution: if using oils on your person, keep away from the eyes and check cautions on the oils. For example, most should not be used during pregnancy. If you have health issues check with a professional Aromatherapist before applying oils on your body.

Keep oils away from children as they are very concentrated and a little goes a long way. Oils need to be cared for so that they can maintain their lovely scents and therapeutic qualities. Keep lids on and don't mix them up. Keep out of sun or strong light.

Single oils are wonderful but lets get more adventurous and try some blends:



Winter warmer
2 drop Geranium,
4 drops Ginger
spice and flowers – yum!

Indulgence
1 drop Sandalwood,
2 drops Rose,
2 drops Lime
great for opening the heart – ahhh!

Aromatherapy oils have long been used therapeutically for physical, emotional and mental problems. They are a natural and pleasant way to treat many issues. You can get great results by using them on a regular basis.

Maria is a qualified and experienced Aromatherapist

and teacher of Aromatherapy. For recipes designed specifically for you, an Aroma Therapy Consultation includes the selection of your personal recipe, instructions for use with methods tailored to you, and details of what change each oil is aimed at. Oils can be purchased at time of consultation.

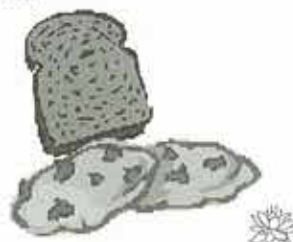
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Home Aromatherapies

~ what's your favourite?

Essence of burnt toast

Essence of Granny's cookies



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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 premises.

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
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GODDESS EMERGING

Healing the Wounded Feminine

Part 1 - The Discovery of Sedna



Lisa Stephens began formal classes in astrology in 1994 with Jungian astrologer Craig Jarman, 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, and Parampara Hughes. 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, and having also begun classes with Malcolm McWalters. 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 Horary 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, Vauluse, N.S.W., 2030.

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

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On 14th November, 2003, (when the Sun was in the sign of Scorpio - the sign pertaining to research and discovery) just 6 days after the significant so-called 'Harmonic Concordance' Star of David or Star Tetrahedron Total Lunar Eclipse (lunar eclipses are linked to The Feminine), astronomers from Yale University and the Gemini Observatory in Hawaii, and led by Dr. Mike Brown of the California Institute of Technology at Pasadena (all working at the Mt. Palomar Observatory near San Diego in California) first noted a small planet-like

object way out in space on the outer edge of our Solar System, which they first named rather unromantically 'VB12'. However, the discovery was only announced by NASA on 15th March, 2004, (when the Sun was in the sign of Pisces - the sign ruling the sea), when it was also revealed to the world that Dr. Brown had chosen for it the name 'Sedna', in honour of the Eskimo Inuit goddess of the sea. Apparently this was because he and his team realised how severe and inhospitable would be the icy conditions at a location so far from the Sun that our particular star would only appear about the size of a pinhead in the sky overhead!

The most important question on everybody's lips since the discovery is, of course, 'Is it really a planet?' Some scientists are already saying that it redefines our Solar System, as it lies at more than three times the distance from the Sun than the previously known farthest object, Pluto. Others are of the opinion that not even Pluto could strictly be called a true planet. However, one journalist wrote, 'the alternative standpoint is that Pluto is a planet, and those who believe that will have to classify Sedna as the tenth planet'. Astrologers are only too well aware of the powerful effects of tiny Pluto felt here on Earth, so would not underestimate the possible emanations from this far distant piece of rock and ice either.

So, what archetype, in an astrological sense, will this tiny planet (if it is eventually called that), slightly smaller than Pluto, come to represent in the lives and psyches of the inhabitants of Earth? Or, alternatively, what dynamic, already part of the collective unconscious and just waiting patiently to be brought into collective awareness, could we associate with this body and the goddess for which it has been named? It appears to be no accident that when, in the past, a certain archetypal energy has needed to be integrated into the human psyche, a new body incorporating the energy has been discovered in our Solar System - for instance, the outer planets Uranus (1782 - reform, freedom, equality, and innovation); Neptune (1846 - art, beauty, and the spiritual); Pluto (1930 - deep purging, transformation and the need for truth); and the comet or planetoid Chiron (1977 - all manner of so-called alternative healing methods).

When I first heard tell the myth of Sedna, (admittedly there are several slightly differing versions, although the gist is similar in all) my immediate reaction and feelings were 'ah, the wounded Feminine, and the healing of that - how appropriate for our times'. These thoughts just jumped out at me - it was just my immediate intuition. I have since found others to agree with me, although it may not, at this stage, be a universal opinion among astrologers.

Unfortunately, lack of space prevents me from giving more than a few details of the story here, except to say that Sedna was thrown by her father over the side of his kayak

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into the icy Arctic waters. She was betrayed by her father (the Masculine Principle) in order to save his own skin. When she clung to the kayak, he cut off each of her fingers, and she sank to the bottom of the sea, there to remain for ever as sea goddess, her severed fingers becoming her companions, the seals and the whales. Clarissa Pinkola Estes in *Women Who Run With the Wolves*, writes, 'There are many versions of the Sedna story. She is a powerful deity who lives beneath the water and who is propitiated by healers and shamans who ask her to restore health and life to the body or soul of a person above, for she is the angakok, the magician; she is the great northern gate of Life and Death.'

Straight away current events floated into my consciousness – things that were going on around us on the planet at the time and filling the newspapers, carrying the theme of the wounded Feminine. Perhaps the most classically symbolic of these in relation to the Sedna theme was the current re-examination of the circumstances surrounding the death of a beautiful young Sydney woman several years ago, whose body was found at the bottom of a cliff at the Gap near South Head, and who it was now believed by

some to have been thrown or pushed over the cliff. In fact, this story, which filled the local Sydney newspapers the very week that the new astronomical discovery was announced, seemed to me to be a classic outpicturing of the wounded sea goddess story. There was also the current conviction and

**angakok, the
magician; she
is the great
northern gate of
Life and Death**

sentencing of 4 Moslem brothers accused of gang-raping two teenage girls; and the sometimes unfair treatment of Moslem women in the Middle East and elsewhere. And what about the instance of breast cancer in the community of seemingly epidemic proportions? Not to mention anorexia and bulimia, both almost exclusively confined to females. And yet, there were also other more positively related themes observable in the outer world, perhaps more to do with a healing of the wounding, such as the bestseller mystery thriller that has taken the world by storm – the American Dan Brown's *The Da Vinci Code*, (his wife, an art historian, helped with the research, and may even have sown the seed of the idea in his mind). This book brings in no uncertain terms to the world at large an idea which is new for the collective in our times, that we must respect and honour, even worship, the Divine Feminine. Inherent in this concept is, of course, love and respect for our Beloved Mother Earth.

Some may pose the question, 'but what about the wounded Masculine, or indeed wounded Humanity?' Certainly these are issues too, and no doubt they are being healed as well, or will be, when the time is right, but for the moment let us focus on the theme of the healing and hon-

ouring of the Feminine. I speak here, of course, of the Feminine within us all, whether we are in a male or a female body – we all have both a Male and a Female side. The Feminine is the side of us which is receptive, vulnerable, gentle, compassionate, intuitive, trusting, nurturing, creative, artistic, and in touch with our feelings and emotions. It is time now for the Feminine to be recognised and honoured and brought into conscious awareness by the world as a whole, not just by a dedicated few. It needs to be given equal importance to the Masculine, and for the two to be brought into balance and harmony, into Divine Relationship.

I am writing at the time of the Danish-Australian Royal Wedding, and I see this as an instance of the elevation and honouring of the Feminine, as symbolised by the both inner and outer grace and beauty of the new Crown Princess, obvious to all. In the land of the fairy tales of Hans Christian Andersen, a fairy tale seemingly come true, linking two lands so far apart in distance and culture.

Englishman Bernie Prior in a talk given in Sydney in October, 2003, entitled 'The Truth of Man and Woman', expressed perfectly the essence of what I wish to say: "Man and woman are the glowing golden orbs of God Consciousness...They are God Man and God Woman....The Feminine Principle has to be kept pure. She is a physical representation of the womb of the Great Mother. She is Love incarnate in a physical human body. Man is the guardian of this...God Woman is the personification of God Love and God Man is the guardian of this God Love. Woman is a mystery to Man. It is imperative that Woman be absolutely respected...It is imperative for Man to really honour the divinity in Woman".

**It is imperative
for Man to
really honour
the divinity in
Woman**



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DIARY of events - NEUTRAL BAY BRANCH

July, August, September 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 The Academy Office (02) 9975 4905. Email: scal@a-light.org.au

5 July 2004

**Rosemary Butterworth
Angelic Readings and Messages**

Angel readings are always fun and inspirational. Tonight Rosemary will bring through messages from your guides and angels, messages that can assist you to be the best that you can be and enjoy life to the fullest. A night full of heart and spirit.

12 July 2004

**Karynna Ledger
Spirit Guide Art**

Karynna will bring us channelled information on the relevance of the many faceted spirit and light beings who works with us on a daily basis, who they are, why they are working with us and how we can communicate with them regularly. We will also learn how Karynna works with them personally, bringing them into her spirit guide art. Karynna will also bring some examples of her amazing, inspiring spirit network.

19 July 2004

**Tiannamai
Re-Activating 144 Etheric DNA Filaments**

Through the journey of Separation many of the Etheric DNA Filaments were disconnected to allow the experience of separation. Re-activating these filaments allows our reconnection back to our soul-extensions, reclaiming our gifts of Love and Light, empowering us to be the co-creators of heaven on Earth. Level I reactivating 1-22 Etheric Filaments is now available.

26 July 2004

Southern Cross Academy of Light evening of meditation and healing + Market Night

This evening is an opportunity for us to come together in meditation, and to share our journey and some of the amazing knowledge we have discovered along the way. This is an opportunity for the healers amongst us to share their gifts and to learn from each other, and for those who are not healers to experience and enjoy the healing available. This will be an evening full of heart, community and healing energy.

2 August 2004

**Kim Fraser
Divine Grace**

When a clear connection to the Higher Soul is established, the information that can be received is filled with radiance and love. Being in the presence of this energy brings change, because it touches the core of our being. You may be surprised at the extent to which your heart opens and questions are answered. This will be a high vibrational evening of going within, to experience a channelled journey and Divine blessings.

9 August 2004

**Nagpa Tam
Healing People With Mantras**

Experience the immediate and testable techniques of healing through the use of mantras. The mantras to be taught are from the authentic Tibetan Nagpa tradition. Nagpas are the magical and healing practitioners of the Tibetan spiritual system. Please bring a blanket.

16 August 2004

**Jennifer Mei Hwa Oh and Katrina Heding
Chinese Feng Shui – Fact or Fad**

With so many 'feng shui experts' out there today, and the misconceived ideas about what authentic feng shui is, it is hard to tell the real feng shui from the fads, superstition or Chinese culture. One-size-does-not-fit-all and feng shui can work for sceptics and non-believers. Tonight, Jennifer and Katrina will demystify and explore the fundamentals of authentic Chinese classical feng shui. Jennifer Mei Hwa Oh has studied Classical Feng Shui with the Yap Cheng Hai Feng Shui Centre of Excellence. Katrina Heding has studied Classical Feng Shui and Ba Zi (Chinese Astrology) with Grand Master Yap Cheng Hai, Master Raymond Lo and Master Peter Leung. Both Jennifer and Katrina are currently studying with Joey Jap and the Mastery Academy of Chinese Metaphysics.

23 August 2004

**Greg Brown
Journey Back to Your Heart**

Join Greg in a journey back to the source of your Higher Intelligence and the means to an inspired life – your Sacred Heart. For too long we have allowed the mind to take control of our lives. This lecture is designed to give you tools to put your Heart back in command. Greg teaches Ways to listen to your Heart and move forward in a confident and loving fashion to gain more happiness in your life. Greg has had an extremely successful career as a business leader, teacher, coach and consultant. He is also a Reiki and Seichem master and an ordained minister. His passion is people. His life experiences combine to teach people how to find inner peace and take command of their lives from the Heart as well as the head.

30 August 2004

Southern Cross Academy of Light evening of meditation and healing + Market Night

This evening is an opportunity for us to come together in meditation, and to share our journey and some of the amazing knowledge we have discovered along the way. This is an opportunity for the healers amongst us to share their gifts and to learn from each other, and for those who are not healers to experience and enjoy the healing available. This will be an evening full of heart, community and healing energy.

6 September 2004

**Michael Bunting
The Enneagram of Ego Fixation**

One of the most subtle traps spiritual seekers get into is "perfecting their spiritual ego". Even with the knowledge that this is not a good idea it still seems to happen. The Enneagram is the oldest system of ego description known to mankind and is unrelentingly accurate. It really is a master key to getting out of the whole striving to be healthier, happier, more wise etc. etc. trap so many of us fall into. It allows us the insight to see the reality of our ego as it really is. An invaluable night, not to be missed.

13 September 2004

**Lorraine Town
Walking the Ascension Path With The Ascended Masters**

Lorraine will be discussing the roles of the Lords and Lady Masters as Ray Chohans, their past lives as well as the Angels, Archangels and Elohim that work with them. We will also do a channelled meditation to

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experience the presence and reality of these Beings of great love and compassion. Lorraine is the branch leader of the Violet Earth Academy and co-founder of the Violet Earth Holistic Wellness Centre.

20 September 2004

ZaKaiRan - I AM - Incension-Ascension-Mastery

God Presence Embodiment & MerKaBa/Light Body Activation. (including God-Presence/MerKaBa Meditation) Invoke and embody your own God Presence, to embody, work and play through you, as you! Release everything easily and gracefully that is blocking the descension/embodiment of your I-AM-God-Goddess Presence. Create and maintain a mega charged Love/Light Cocoon. Activate your Christ DNA. Create your Christ Body of Love/Light. Activate your MerKaBa, your dimensional vehicle.



DIARY of events - NORTHERN BEACHES BRANCH

July, August, September 2004

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

**We are trying something new this quarter. We will be working
on the physical body. This quarter the focus will be empower-
ing the chakras and we will start with the lower three.**

**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

Phone: 02 9975 4905

Email: scal@a-light.org.au

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

1 July 2004

InterDimensional Light Body Attunement

Paula Brinkley, clear conscious Light Channel, invites you to celebrate the new resonance of the crystal grid alignment with the Collective Consciousness of the Asuk energies. „Asuk energies“ are the interconnecting membranes of the Luminaries which are the Guardians and Over Guides of the Central Universe. As a Galactic Resonator, tonight Paula brings through powerful frequencies of Light Language and InterDimensional Toning ~ gifting you with the experience of one of 33 Divine Activations. Please bring a blanket/pillow so you are comfortable lying down.

8 July 2004

Ashana

Accessing your Spiritual Truth

**Find out how to break through the barriers of life's illusion to
truly master and own your spiritual gifts. Success through
Spiritual Awareness, find out how to create abundance in your
life through true spirituality.**

Ashana is a messenger from god and the angels, acting as a clear channel to facilitate healing and inspiration for many. She can take others to a very deep space in their own psyche, where profound healing can occur and answers are easily accessible.

15 July 2004

John Butterworth – Toning, singing to energise your Chakras

An inter-active night of toning, singing and tapping into your musical talents. Heal your chakras through a series of toning exercises derived from various sources. Lots of fun, leave your ego at home and finally bliss out to a "gong bath".

Recognize and embody your Awesome Magnificence! (ZaKaiRan creates a highly accelerated dimensional space (Rainbow Bridge) for the access and embodiment of one's Divine Presence). (ZaKaiRan means: to cause to remember).

27 September 2004

**Southern Cross Academy of Light evening of meditation and
healing + Market Night**

This evening is an opportunity for us to come together in meditation, and to share our journey and some of the amazing knowledge we have discovered along the way. This is an opportunity for the healers amongst us to share their gifts and to learn from each other, and for those who are not healers to experience and enjoy the healing available. This will be an evening full of heart, community and healing energy.

22 July 2004

Tiannahmai

Re-Activating 144 Etheric DNA Filaments

Through the journey of Separation many of the Etheric DNA Filaments were disconnected to allow the experience of separation. Re-activating these filaments allows our reconnection back to our soul-extensions, reclaiming our gifts of Love and Light, empowering us to be the co-creators of heaven on Earth. Level 1 reactivating 1-22 Etheric Filaments is now available.

29 July 2004

Meditation & Chakra Empowerment

Base Chakra – Tonight we explore the base chakra through meditation. We will be creating an altar for this chakra using all the earthy tones of Mother Earth. Bring along something to put on the altar as we give thanks to Gaia for all she provides for us. The base is also a centre for manifestation and abundance: how big is yours? Could you do with more abundance in your life? Wear Earthy tones and join us as we energise our base charkas.

5 August 2004

Shely Mort [A'Taan]

The Pulse of the Planet – DeLight In Play

A'Taan is a Light Master Healer with deep access in diverse areas. She is known for concise & witty presentation as she "tells it how it is", giving insightful commentary on what's happening energetically, on the planet, and in us All. A'Taan's role is to share expanding evolutionary and energetic states of consciousness (the Light), keeping the passion, joy and fun (the Light!) flowing on the way. Join us for a relaxed evening of talk, questions, meditation and experiential energy.

12 August 2004

Graham Carruthers – Chakra Meditation

Exercising of the endocrine system and intergrating with the body's hormones – based on the 7 chakras and Aboriginal colours. Assisting oneself to optimise health and happiness. Graham is a renowned master yoga teacher with many years experience. This really works and is powerfully effective.

19 August 2004

Les Dyer – Satsang

Come along and enjoy an evening with the amazing Les Dyer. Les is deeply spiritual and intensely authentic. An Internationally- recognised Spiritual teacher, channel and author. If you wish to experience joy in

your body, be in presence with Les as he inspires with real life practical lessons. He teaches that love is the very essence of who you are and inspires us to be "love in action".

26 August 2004
Energy at Play

Tonight we will practice feeling energy, connecting to the aura, tuning in to our chakras and finding ways where we can re-balance and re-energise our energetic body. This will be done through meditation, touch and imagery, come and join in the fun of connecting to each other and more importantly connecting to our deeper self. Bring along any ideas you have on how to play with energy.

2 September 2004

Karen Ashby

INfinite and beyond – The lower Chakras

Discover practical techniques for coming into a new chakra alignment to mirror the new energetic patterns of earth and the universe which are available to us in this period of rapidly shifting energies.

9 September

Narelle Green & Anne Castle

Essene Wisdom & Colour

You will be invited to state your intentions for your centre here at Northern Beaches. Empower yourself through this process and energise your Solar Plexus. Meeting your needs will strengthen your Sacral Chakra and being part of our Community will support your Base Chakra. What are your needs that this light centre could meet? The energy of the Masters and angels will arrive in waves colour, ceremony & Essene wisdom. This energy is made available for all tonight.

16 September 2004

Malcolm Walsh

Soul Food Dinner Party

Feed your Sacral & Solar plexus. Come and enjoy a sit down dinner at our large communal table. Malcolm will put on a feast of delicious food blessed and energised with love. Malcolm approaches cooking as a form of healing. Come and celebrate Spring with us and have fun whilst healing your body in the most enjoyable way. YUM!! Tonight is a night of celebration. Celebrate your Community of Light with us. Bookings necessary Entry fee plus \$15.00 for dinner.

23 September 2004

ZaKaiRan - IAM - Inscension-Ascension-Mastery

Cosmic Human Reality Mastery and Reality Creation Mastery True Prosperity (Unity-Christ-Consciousness). (including AnTaKaRaNa Meditation) How to embody and manifest your Divine Mission and Divine Vision on Planet Earth, Co-Creating the New Civilization of Light. How to be an authentic Divine HU-man (God-man), and be able to easily release all of the limitations that you are not. What is True Prosperity? How to master and be able to co-creatively and divinely work with and play within the matrix of illusion. How to manifest your every divine desire, through the divine power of your Spirit. Incorporating very powerful Ascension tools of transformation. (ZaKaiRan is a master of reality transformation, specializing in the incorporation of Divine Ascension Tools, invocations, toning, light language.)

30 September 2004

Victoria Keys - Journey to Atlantis & Market Night

Join Victoria in a guided meditation and visualisation that will take you to Atlantis. Discover the essence of who you are and connect to the extraordinary energy of the temple of Atlantis. For all you creative people, bring along your wares and delight us all with your creativity at Market night. This is an opportunity for you to have an outlet for your self expression. Many now have stepped into their purpose, how nice to be able to share it with everybody. A beautiful night of discovery.



DIARY of events - INNER WEST

July, August, September 2004

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

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

6 July 2004

NO MEETING at Inner West

13 July 2004

Dian Booth (Alice Springs)

Heal Yourself with Colour and Sound

Dian, who lives in Alice Springs, is an accomplished musician and a colour and sound healer. Come enjoy a delightful evening and be inspired, educated and soothed by Dian's gift of music. Sound and colour are the very vibrations and foundations of which we are made. Dian gives practical advice on how colour and sound are connected and how we can use these tools for healing and fun in our daily lives.

20 July 2004

Joe Powers (USA)

Soul Graffiti – Conscious Acts of Kindness

Dr. Joe Powers is Founder of Soul Graffiti (www.soulgraffiti.com), a company dedicated to promoting conscious acts of kindness. Dr. Powers has taught workshops throughout the world that blend his diverse background in academia, psychology, spirituality and corporate development, into a rich and exciting program that is guaranteed to foster a new way of approaching life. His humorous and gentle teaching style guides the student into better understanding their own sense of truth and purpose, and to feeling an inner-calm. His meditations have had profound effects on novices and yogi alike, and his talks often balance scientific, philosophical, and metaphysical teachings geared towards a variety of audiences.

27 July 2004

Illa Mogilevsky

The Kabbalah and the 72 Names of God

The Kabbalah is ancient wisdom that reveals spiritual and physical laws of the cosmos. Gilla will give us a background to the Kabbalah and show us how it can be used as a tool for transformation. She will also share insights and skills in how to use the 72 Names of God to assist us in our lives.

3 August 2004

Nagpa Tam

Immediate Healing with Tibetan Mantras

Nagpas are the magic and healing practitioners of the Tibetan spiritual system. Tonight mantras from this authentic Tibetan Nagpa tradition will

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be taught. You will be able to experience the immediate and testable techniques of healing with these mantras. Please bring along a blanket and cushion.

10 August 2004

Susie Nelson-Smith
Crystal Vibrational Healing

Crystals can be wonderful tools for healing and inspiration. Susie Nelson-Smith is the director the Karyna Centre for Transformation and is a teacher of Crystal Therapy using crystals and gems and Crystal Sound Therapy using quartz crystal singing bowls. Tonight she will share some of her knowledge on crystals and take us on a crystal meditation with the crystal bowls. Susie invites each person to bring a crystal with you that can be programmed for your personal use. Some beautiful and unusual crystals will also be for sale.

17 August 2004

Jeannette Sharpe
Labyrinths - A Tool for Problem Solving and a Metaphor for Life

Walking the labyrinth is a metaphor for your life's journey, a walk that creates balance. Jeannette has walked many labyrinths. Tonight she will give us an opportunity to learn about this ancient ritual and some special labyrinths in different parts of the world. You will also be able to find the spiritual experience that can occur when you walk the labyrinth and Jeannette will assist you to use your walk on the labyrinth as a problem solving tool.

24 August 2004

Maree Knight
Colour, Fabric, Texture and the Aura

Maree's passion is for colour, fabric and texture. Tonight she will share her passion and help us to come to an understanding of how our choices in the colours we choose in our homes and clothing can affect our chakras and our lives. Maree's business is in helping people to transform their homes. Come and learn how you too can transform aspects of your life by the colour and style choices that you make.

31 August 2004

Michael Bray
A Night with the Angels

Michael Bray has had so many experiences with Angels he wrote a book

about them! Tonight he will talk about who Angels are, what the Angels' intention is, and why people love Angels. He will also share a 'Compassion and Expansion' exercise with people and create some surprises and joy during the evening. In addition he will talk about how the Avatar program can offer support.

7 September 2004

Narelle Green
A Divine Romance with God through Colour & Creativity

Colour can be the language of our soul. It can affect us on our physical, mental, emotional, spiritual and psychic levels. Narelle's beautiful art work helps to create a natural window in our senses through which the visual colours and symbols connect us to our heart's intelligence to create a bridge between our spiritual and physical bodies to ground the essence of the soul.

14 September 2004

Lorraine Town (Victoria)
Integrated Ascension and the First 7 Levels of Initiation

Initiations mark the point of completion of one phase of evolution and the beginning of the next. The spiritual path really describes the process of unfoldment until the 4th initiation (known as Renunciation in the East and Crucifixion in the West), then one commences upon the path of ascension. Most of you reading this will find yourselves somewhere on the path of ascension, that is why you are here! It is the soul which undergoes the initiation process, not its personality. We will also do a meditation to experience the Ascension Energies.

21 September 2004

Robyn Simon
Essential Oils for Emotional and Physical Health

Robyn will lead us on an olfactory experience with essential oils. Oils were used in Ancient Egypt to clear the aura of negative thought forms and emotions. The Bible mentions the use of essential oils over 500 times. Essential oils can also bring about transformational change in the physical body and records of successful treatment with oils have been kept for thousands of years. You will have the opportunity to experiment with how the oils can affect how you feel.

28 September 2004

NO MEETING at Inner West

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



DIARY of events - BONDI BRANCH

July, August, September 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
or The Academy office (02) 9975 4905 email scal@a-light.org.au

PLEASE NOTE - SEPTEMBER MEETINGS WILL BE 1ST AND 4TH WEEK OF THE MONTH

7th July 2004

Christene Brannigan
Past Life Regression as a Healing Modality

Christene works from the perspective that time doesn't occur in a linear, sequential way, rather it is more like a spiral where past, present and

future can occupy the same plane, and are interchangeable. She will share techniques for helping you release trapped energy from the past, activate healing in the present, and create an unexpected future. Christine is author of 'The Shifting Series' of which Contract To Live is the first of four books. The second book Courage to be Different is due for release in August.

21st July 2004

Joe Powers (USA)
Soul Graffiti - Conscious Acts of Kindness

Dr. Joe Powers is Founder of Soul Graffiti (www.soulgraffiti.com), a company dedicated to promoting conscious acts of kindness. Dr. Powers has taught workshops throughout the world that blend his diverse background in academia, psychology, spirituality and corporate development, into a rich and exciting program that is guaranteed to foster a new way of approaching life. His humorous and gentle teaching style guides the student into better understanding their own sense of truth and purpose, and

to feeling an inner-calm. His meditations have had profound effects on novices and yogi alike, and his talks often balance scientific, philosophical, and metaphysical teachings geared towards a variety of audiences..

4th August 2004

Shely Mort /A'taan

Pulse of the Planet - delight in play

A'taan is a lightmaster healer with deep access in diverse areas. She is known for her concise and witty presentation of information as she "tells it how it is," giving insight for commentary on what is happening energetically on the planet and in us. A'taan's role is to share expanding evolutionary and energetic states of consciousness (the Light), keeping the passion, joy and fun (the Light!) flowing on the way. Join us for a relaxed evening of meditation, talk, questions and experiential energy work.

18th August 2004

Velu

Divinely Inspired Prema Dhyana Meditation

How lucky we are to have Velu share his unique meditation with us tonight. He has travelled and presented to many people overseas and in

Australia. Of great benefit to all and easy for beginners tonight we will bliss out in this deep and powerful meditation . A chance to relax and centre your being for the coming week

1st September 2004

Rosmary Butterworth

Spring Ceremony with the Angels

For those who have not met Rosemary tonight will be your chance to meet the founder of the Academy. For others a time to reconnect. Highly in tune with the angels Rosemary will share messages from her many angel friends so bring along a question and let her assist you. We will also be welcoming the spring - a time of growth and renewal - with a deep and rejuvenating meditation. Come for the fun

22nd September 2004

Jacky Fahey

John of God Braziln Spiritual Surgeon and Psychic Healer

Jackie is a healer, colour therapist and naturopath. She has visited Brazil and the John of God healing Center a few times and has both seen and experienced his power. Tonight she will share her experiences of this amazing and powerful man heals by the power of his belief.



DIARY of events - ARCADIA BRANCH (Galston Area)

July, August, September 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

A special invitation to all the people in the Hills District and Galston area- come along and help grow this amazing Light centre with its focus on the needs of children. A wonderful legacy for the future

7th July 2004

Closed for School Holidays

21st July 2004

Academy Evening - Getting to Know You. - Meditation

The focus of this evening is to bond with other spiritual people - to get to know each other's needs and thoughts about the future. As the main focus for Arcadia is to help those in the community with disabilities whether they be children and adults - each person may like to share what benefits they have found in spirituality and how these benefits may help others. Come along and support this centre of Light and help to make the Light grow in this district. It is wonderful service to the world and fun as well.

4th August 2004

Veronica Pout

Creativity with Puppets.

Veronica is a professional puppeteer who loves to entertain. She has worked in many community based support organizations with people of all ages and abilities. She is 'out there' supporting those with disabilities and helping everyone to have fun and enjoy themselves. Her puppets are amazing. Tonight she will give you a wonderful sample of her work as

well as tell you about the immense joy she has had in doing this work. Lots of funny tales to share too. Her creativity will inspire you.

18th August 2004

Sandy Mayor

The Serenity Vibration Healing Technique

If you haven't experienced this vibration or even if you have - don't miss this opportunity to be with Sandy. Sandy is a qualified teacher in Serenity and she will talk about the wonderful changes that can take place in your life with this method of healing. A simple process that everyone can use to improve their quality of life.

1st September

Martha Heeren

Devas, Nature Spirits & Clearing the Land

As humans we can connect with the beings of the nature kingdoms, the Devas, and work with them co-creatively to enhance the spirit of the land. Devas are the intelligent loving force of nature. They are sometimes called fairies, gnomes, elementals or landscape angels. We can connect with these beautiful beings and we can clear energies of the land and enhance the living things that dwell there. Places like Findhorn were able to grow huge cabbages, in an area that had been quite barren, by connecting with the nature kingdom. Martha will give us some background into these beings, how to work with them and how to clear energies of the land.

15th September

Rosemary Butterworth

Angelic Readings & Messages

Rosemary delights in bringing through messages from your Angels for you. They are always inspirational and the feedback that Rosemary has been given is that they are very helpful. So come along, invite your Angels to come with you, and hear what they want you to know about your life. Bring questions too, if you would like to ask them something special. A very special Angel night - come, enjoy!



DIARY of events - HORNSBY

July, August, September 2004

Last Friday of the month
Alchemy Of Joy, 2B Dural Street, Hornsby
All evenings start 7.00pm
Cost: \$11.00

If you are interested in presenting please contact Alchemy of Joy
Phone: 9476 2011

A Blessed Sanctuary in Hornsby!!

We at Hornsby Branch honour the Sacredness to unite our energies under the common purpose of "Service to Humanity". In unity we gather strength that creates the launching pad to propel the human race towards achieving its greatest accomplishment yet – Brotherhood and Sisterhood of Light.

Expansion of Light upon the planet through "Self empowerment in a supportive environment" – Our gift to the Academy
Three Light Alchemist Jali, Venera and Evah oversee the birth of the Sanctuary - Alchemy of Joy, where each Being is empowered in a supporting environment to create changes in His/Her life that will enhance health and wellbeing.

Alchemy of Joy invites you to embark upon a journey of self discovery. Feel the song in our hearts "We are One"

30th July

Grand Opening – Sacred Ceremony

To celebrate the special occasion of Alchemy of Joy becoming a branch of The Academy a sacred ceremony shall be performed at our sanctuary. Come and join with each other to amplify the love light vibrational frequency for the planet Earth. John Butterworth will delight us with his

sacred gong as we all unite in divine love. Let us all get together and support this new center and bring the light to Hornsby.

27th August **Evah Tatangelo-Bishop** **Nutrition for the Light Body**

Evah has 20 years experience in Natural therapies. She has a natural affinity with the life force in plants and Mother Nature and understands the importance of becoming one with the energy of the plant kingdom. Ritual, sacredness and ceremony is essential to receiving the full benefits of food and also in preparing the lightbody for activations available from the Divine. As we raise our vibrations we also need to strengthen the physical body with nutrients that will support our growth on many levels.

24th September **ZaKaiRan** **IAM - Incension-Ascension-Mastery**

WERE HERE ! ET's Among Us - Christed Extraterrestrials, Angels, Light-Ship Technology (including ET/Angelic/Ascended Master re-connection Meditation) Are you an ET? Are you an Angel? Discover, remember, embody, your christed ET/Angelic origins. Connect with and begin co-creating/playing with our wonderful ET/Angelic/Ascended Master buddies and Divine Councils. Our planetary species: our spiritual ET/Angelic origins and our Extraterrestrial species DNA and origins. Will you guys just bloody land already?! ET Ascension Technologies. (ZaKaiRan is a Mayan/Pleiadian/Arcturian/Angelic Ascension Master who is directly connected to these Star Systems, species, and spiritual essence, who is here to help others re-connect to their Divine Origins). www.doteasy.com



DIARY of events - GOLD COAST BRANCH BRANCH

July, August, September 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

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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

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

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SPIRITUAL HEALING INTENSIVE RETREAT WITH LES DYER

1st-4th October 2004

October Long Weekend

**Otford Uniting Church Conference Centre
Royal National Park Sydney**

This three-day residential programme is for those who wish to revitalise, resume, replenish or simply learn the very heart of ethical spiritual healing.

Interactive, fully guided, deeply spiritual and intensely authentic, this workshop process offers inestimable value for the serious healer and healers in-training.

It is facilitated by Les Dyer, an internationally recognised Spiritual mentor, author, channel and healer - and draws on his more than 15 years of professional spiritual healing service. Les has assisted many thousands of people (in Australia and overseas) to forego their illnesses (including many suffering from terminal disorders).

The purpose of this Spiritual Healing Long Weekend is to assist healers (and people wishing to be healers) to break through the theories and ideas about healing - and to connect with that ultimate level of consciousness where healing is natural.

Les says:

"I demonstrate techniques to manage/use that ultimate "field of knowing" to effectively heal both oneself and seriously assist in the healing of others based on my 20 years of successfully helping people to heal themselves of serious problems.

I believe that far too many people are tragically and needlessly dying at the hands of caring, concerned doctors who simply do not understand the actual nature of the problems that are being presented to them. Hence, they try fixing bodies when that is often not the CAUSE or ACTUAL SITE of the dilemma."

This weekend will look at:

- personal healing,
- absent/long-distance healing,
- healing of cancer and other life-threatening dis-eases
- mental and emotional healing
- irrational behaviour/past-life/past-generational blockages healing
- trauma healing

If at the end of the long weekend you are able to confidently help someone who comes to you and tells you they have cancer, it will have been worth it, eh?

The weekend is fully accommodated and catered (vegetarian) at the Otford Uniting Church Conference Centre (set at the edge of the Royal National Park, with walks to a panoramic view of the ocean and five minutes from the beach)

Bookings are limited so that everyone can gain personal support and involvement.

Those that can bring massage tables are requested to do so. Retreat begins with dinner on Friday and ends at 3pm on Monday



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For bookings or more information call (02) 9975 4905
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10% discount on workshops for *Friends of the Academy*

credit cards/cheques welcome





Qala

of Divine Love pour forth to you now. May the Heart of your Soul gently open to receive the divine blessings of your God Presence as you are blessed, loved and nurtured by many Angels and Emissaries of Love. Allow yourself to be lifted by this love. You are truly Divine, Beloved.

is an Emissary of Love and Divine Channel for the Ascended Masters, Archangels and Angels.

Sacred MysterySchool

A one year training in group consciousness for all wishing to open to the service path of seer, akashic record keeper or divine channel (rainbow bridge) as an Emissary of Love.

Mystery School Retreat

Held in Hawaii, 11th-25th June 2005
"Sundarah" a 2 week retreat offering new teachings for the expansion and raising of one's consciousness, and opening and reconnection of one's energy body to Source. Available to all in the mystery school and all interested in the one year training.

Presence Trainings

A 6 month/one year correspondence training as an Emissary of Love. This training has been brought forth by Lord Sananda and Mother Mary for all who wish to experience their God Presence and raise their consciousness in this life.

Presence Retreats

A one week sacred retreat filled with profound journeys and divine assistance connecting all to the God Presence and open heart.

Qala's next retreats are:

- Massachusetts, USA, at the Angels' Rest Retreat Centre, 24th-30th July 2004.
- Northern NSW, Australia, at the Gunnebah Retreat Centre, 7th-13th November 2004

Ascension Products

The Golden Manual
450 pages of new teachings and profound assistance for all wishing to receive connection to their God Presence.

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Powerful Codes(Images) and mantras for the repatterning of your energybody.

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