

ShiningBRIGHT

The background of the cover is an abstract painting featuring concentric, swirling circles of color. The colors transition from deep blue and purple on the left to bright yellow and white on the right, with various shades of green and orange in between. The brushstrokes are visible, giving it a textured, expressive feel.

ONE SPIRIT DIVERSE VOICES

VOLUME 8, ISSUE 4

SPRING 2004

AUD \$4.50

interview with
PHIL GRUBER

What does the doctor say?

**To surrender or not to
surrender - that is the
question**

Mary Magdalene unveiled

The Essene connection

Congratulations' to Shining Bright on stepping up to colour.

from

Michèle Macgregor with



heart & soul @ work



Michèle Macgregor dip eh, meha asiact

Michèle is a gifted colour and sound healer whose youthful exuberance, grace and integrity can be contagious to all those who work with her.

Through heart & soul @ work Michèle offers grounded and refreshingly pure, full - spectrum colour and sound therapies, ranging from Aura-Soma to Pure Quartz Crystal Bowls to Space clearing.

For an appointment call +61 2 9967 4664, during business hours.

heart & soul @ work

PO Box 500 Willoughby NSW 2068 Australia.

To find out more visit Michèle @:

www.heartandsoulatwork.com

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.



FRONT COVER

'BEING'

This commissioned painting named, 'Being' reminds us that we are the essence of Be-ing; Divine Intelligence. It reminds us that we are the vast and beautiful world of unmanifest pure potential coming to life through our very Be-ing. We are the very essence that permeates and forms all of creation. Be-ing moves in us, around us and through us, in all its darks and lights creating the world we live in. Be-ing reminds us that our true essence is beyond name and form. Be-ing touches all, the innocent, the powerful, the weak the strong and it reminds us that through our every thought, word and deed, we touch all and create our world. We are powerful beyond our wildest imagination.

This painting is a 5th dimensional representation of your very spirit and invites you through its beautiful colours and image to come within and know the essence of your true Be-ing.

CONTENTS

Features

What does the doctor say?	3
To surrender or not to surrender	5
Mary Magdalene unveiled	7
Angels of nature	9
The Essene connection	11
The mother speaks: a visit to Gulga	13
What is face reading?	15
An interview with Phil Gruber	16
Solarised Water	19
Family	21

Regulars

Astrology	23
Diary of events	25
Wholistic directory	30



ShiningBRIGHT

Is independently published by The Southern Cross Academy of Light
P.O. Box 1221, Neutral Bay, NSW, 2089 Australia
Email: scal@a-light.org.au www.a-light.org.au

Editor: Rosemary Butterworth **Designer:** Patricia Latta **Printed by:** CB Printing

Front cover: original art by Narelle Green

Advertising and subscription enquiries: Tel: (02) 9975 4905

The opinions expressed by individual writers in Shining Bright are not necessarily those of the publishers



Rosemary Battenworth

from the **EDITOR**

Recently the Academy held a Guidance and Reading Day where I was a reader. A multitude of people turned up and it was amazing to hear their questions. Such wonderful questions arising out of

understanding and acceptance of where they are in their lives. They were so willing to look at what was limiting them from being the best they can be. What was stopping them moving forward.

They were so eager to get clarity, find out if they were on track with their purpose/talent or simply how do they connect to their inner Guidance. Was that Guidance true or just a figment of their imagination? I found myself recommending over and over again, Eckhart Tolle's C.D.'s, *Practising the Power of Now*.

My focus is to help people go beyond mind, to be free from the constrictions that the affliction called 'thinking' places on our lives. Once the mind is set free of the 'thinking' which arises from old beliefs and patterns, true talents and creativity are available in abundance. It is a marvellous feeling to be able to use one's gifts to help another human being.

I so enjoyed meeting everyone and felt such gratitude that the Academy came into existence providing meeting places where spiritual needs can be met. Where Guidance, direction, understanding and support is available from others who have trod that path before them.

The Academy has become unique in the way it supports people as they grow spiritually: providing teachers and assistance that will help them on that particular part of their journey. Teachers from all walks of life. It helps bring clarity and strength until they can take their place as a 'teacher/healer' or just to be.

Rosemary

Love and Blessings

THE SOUTHERN CROSS ACADEMY OF LIGHT

SACRED SITES of france

21 DAYS - MAY 2005

LED BY GERALDINE TAYLOR-WOOD &
RICHARD DE WELLES

Following in the footsteps of Mary Magdalene,
we visit her Cave of Solitude.

We follow a Grail Quest from the Gypsy Festival in
Provence to the holy water of Lourdes.

Following the trail of the Black Madonnas with
their miraculous powers.

Visit the Cathar Castles/Knights Templar.

Discover the mysteries of Rennes Le Chateau
in the Pyrenees and much more...

CELTIC BRITAIN SACRED SITES TOUR

OF IRELAND, SCOTLAND AND ENGLAND
18 DAYS IN SEPTEMBER 2005

led by Geraldine Taylor-Wood & Richard de Welles

On this our 12th tour, join us as we begin our
journey in Glastonbury, visiting Avebury and
Stonehenge. Walk the path of the Druids on the
holy isle of Anglesey. On to Ireland with its
breathtaking scenery, travelling to the holy shrines of
Pagans, Celts and early Christians.

Now to Scotland and the mysterious island of Iona.

Explore the Knights Templar mysteries of Rosslyn
Chapel and ancient Scotland. Holy wells, sacred
landscapes, and so much more await those who
come. (You may stay on to experience the wonders
of Findhorn.)

Every day brings life-changing
revelations and insights

Phone Geraldine on

07 5545 3650

gerrytaylorwood@powerup.com.au

www.grailhaven.com

WHAT DOES THE DOCTOR SAY?

by Dr Pee Tek Chanby

I am an artist at work. It is a moving art. Many canvases walk into my consulting room daily. Often we have never met. Yet, I have to, by the grace of the present moment, create and manifest the art of living Love and Truth on the living canvas. It has to fit perfectly in the limited, yet timeless moment that my patient and I are together. It is like my Being holds space and embraces the Being that comes into the room. We may appear to an outside observer, to be simply conversing. The words seem to flow out effortlessly. I find that these words are often also useful as guidance in my own life. Such is the beauty, the essence of my work.

There is a movement within the community towards putting faith in the alternative health therapies. This is evident in the amount of money spent on the alternative health care industries. One can understand the attraction of 'natural' health care and the movement towards more self-empowered remedies, therapies and practices. This is a sign that humanity is waking up to the truth that we are spiritual beings with mental, emotional and spiritual bodies. We

May I suggest that one should view both Western medicine and all therapies ... are by divine decree

have a life purpose and task and there are life lessons to partake. Humanity is demanding health workers; both medical and alternative, to be more open and sensitive to their need to

participate in their own healing journey.

The move away from conventional Western medical care has created a new group of patients who are anti-Western medical therapies. They often view any participation in Western medical therapies as a personal failure in their attempts to heal themselves naturally. I see this as a new resurgence of an old problem. This is the same prejudice held by Western medicos regarding the alternative health care system. It is the same prejudice born of limited view of illness and therapies, being confined to the psychophysical level of health care. It is based on fear, judgement and a foreign invasion of various entities. May I suggest that one should view both Western medicine and all therapies that are manifesting on this planet Earth, are by divine decree. All therapeutic approaches are by divine design, being made available for the privilege of human



beings. Each individual should view them equally and decide what their health needs are at any one time.

There is a new problem now with information overload, when a patient is faced with making choices in conventional and alternative health care. This new dilemma facing the confused and often overwhelmed patient, further disempowers and creates more fear and separation from truth. What is called for is to intuit, to dip down into the depths of being and be guided on your life 'journey'.

If you decide to take responsibility for your health, you have to deepen in spiritual alignment. This requires more courage to trust your intuition or spiritual guidance, more courage to face fear, pain and suffering and more courage to face the reality of death and loss at all levels. There is a need to learn how to be free from prejudice, judgement and condemnation, which are the source of conflict, disease and war.

Dietary therapies have been well promoted by the alternative health care industries. We are overwhelmed by the numerous dietary regimes and recommendations. Again, you have to intuit and listen to body needs. These may cross boundaries of various dietary regimes. I would like to emphasise the need to accept and honour the sacrifice of the plant and mineral kingdoms and in particular the animal kingdoms for their love in sacrifice to sustain human beings. Please do not judge through you mind and emotions regarding vegetarian diets. For those who are not vegetarian, they could practice honouring the partaking of food as provided by the Divine and by practising surrender and selfless service to all with great humility. I have seen many patients who are suffering due to fanatical vegetarian diets.

These well-intentioned patients presented physically and energetically sick because of inadequate dietary support. One may reach 'enlightenment' without being a veg-

continued on page 4

continued from page 3

etarian.

In looking after the physical body, you have to know intuitively what the body needs. You must also look after your emotional and mental body, for which various traditional disciplines and practices are useful such as yoga, tai chi, qi gong and various meditative practices. Live simply using common sense and do not be confined by traditions, cultures and information of the mind gathered from sources such as the Internet.

It is a sign of the times that we are spiritually 'fast-tracking' and shifting. We are breaking borders and boundaries of the traditional and conventional. Time seems to be speeding up. Patients, including the young people, are becoming more sensitive and aware of their psychic spiritual heritage and are demanding solutions at that level.

The physician-healer must go beyond the traditional and conventional, beyond body and mind, beyond death and return to serve life and humanity. Humanity is not accepting anything in blind faith, whether it is conventional, traditional or new age. You have to be the living embodiment of truth and love to serve and guide humanity though it's suffering and shedding.

The challenge is open to all of you, doctors, physicians alternative therapists, healers, channellers, light body workers, body workers, educators, teachers, meditators, lovers of

truth. Are you willing to forgive, to release the past, to surrender to truth and love? Are you willing to live life simply? Are you willing to be your own master and not master another. Are you willing to be vulnerable,

There is a need to learn how to be free from prejudice, judgement and condemnation, which are the source of conflict, disease and war

including giving up hope, will and power which are movements of the mind? Are you willing to die to everything old, so the new can fully come alive that even your presence can transform, heal and serve humanity?

In reality, there is no healing or healer, no giver or taker. There is only One, in union, beyond body and mind, in union with the spirit of planet Earth and beyond. There is only one laughing Buddha.

Dr Pee Tek Chan works in Brisbane, Queensland. He is a General Practitioner, an Acupuncturist and Chinese Herbalist, meditation and metaphysics teacher and spiritual healer.

He can be contacted by phone on: (07) 3371 8511

Dr Chan is also currently writing a book entitled Sacred Surfer, Eternal Wave: A practical guideline to spiritual freedom and power of relationships.



THE ILLUSION OF FREE WILL

Advanced Teachings from the Council of Elders

with Autori

Through a series of powerful and profound life experiences Autori was connected with consciousness from other dimensions, receiving a profound understanding of his mission on earth. He travels globally as a teacher, writer, healer and spiritual counsellor – operating as a transmitter of universal love. His seminars and his counselling direct you towards self mastery and self empowerment providing you with a tangible experience of who you are and how magnificent you are.

Autori's work is not for those who wish to remain in any form of denial. It is for those who are seriously committed to breaking free from the last remnants of control by their "Egoic Being" as Autori sees directly to the core of your Ego's game playing.

Join us if you are truly ready for major growth on your Spiritual Path and committed to fully stepping into your own Master Essence.



The teachings, guidance and processes that are downloaded from the Council of Elders are direct, to the point and more powerful than anything you will have experienced. Nothing is sugar-coated in this workshop, but all comes from Divine Love.

Autori will be conducting Lectures, Meditation Nights, private Spirit Destiny sessions and 2 day workshops in Sydney, Brisbane, Melbourne and Perth. In November he will be appearing at the Perth Conscious Living Expo. Autori's website is www.newdiamond.org

AUTORI'S VISIT WILL INCLUDE:

- a Private Soul Destiny Readings**
- b The Illusion of Free Will Workshop**
- c Introductory Talk & Meditation**
- d The New Diamond People**
- e Advanced Channellings from the Council of Elders**

TO SURRENDER OR NOT TO SURRENDER that is the question

by Autori

Indeed a grave question—that of surrender. Certainly all that remains in this regard is the issue of timing. What is known is that the human has reached a critical apex with his/her evolution. Gone are the days of procrastination. One now is compelled to swim in the river of life without recourse to what it is you may or may not leave behind.

The opposing force to surrender is "Free Will", the subject matter is "duality". Duality represents the opposing forces; one is of light the other is of dark. One force seeks to bring liberation and freedom, the other seeks to hold you to the illusions that bind, i.e. to remain in limitation, lack, discord, to remain outside of exploring and maximising potential—to remain in fixed design. Duality represents to the linear mind the construct of choice, and this is fundamental to the maintenance of "free will" as a continued viable option.

It is apparent that humanity still considers "free will" to be not only important but also vital in the experience of oneself in life. And I am saying to you: Is it Really? The alter-ego in order to operate and, in many cases dominate, your reality must have plenty of choice. The ego says: "Give me plenty of choice and I will give you the lure of freedom, perhaps even a glimpse of the light of freedom". That is the contract between you and your alter-ego—otherwise known as the conscious mind.

Remember that the intelligence that set up the alter-ego is clever and has a street-smart mentality. The present

linear system of the 3rd dimensional reality supports this contract by providing all manner of choices for you. Thus one finds oneself in varying degrees of complexity, which is exactly what the alter-ego wants. Not simple but complex, so that often one is unable to be busy, moving plan-

ning, speaking, without the quietude required for balance and harmony. The game is choice and by its very own nature it supports duality.

The game is also supported by "free will" which is designed to keep you seeking as opposed to being.



The game is also supported by "free will" which is designed to keep you seeking as opposed to being. Anything to keep you from surrender will do, lest you discover the light and in that moment discover yourself. It has been and continues to be an important structure in life here on planet earth. We get to experience duality and free will. All the while there is no interference from the Father/Mother source of Love—no interference whatsoever and that is remarkable.

"Free will" has taught us deeply about how it is to be limited. It has shown us the competitive nature of man and the mind. We have collectively seen all and felt the suffering and desolation that comes from a will not connected to the light. It has been suggested and written that God gave humanity "free will" as a gift, so that we could experience ourselves independently from the source. Some even call it a great gift from God. 'Twas not the gift I purchased from the mansion house of God. The package was too neat; too many ribbons, all that glitter and finely cut paper." "Take this gift" they said to me. "It's free!" "There is no charge, you see. It's all for "free". Ask yourself this question: Is free will important? And can I surrender through the use of it?"

Now since you are a multi-dimensional being of light—when you are playing and working in the higher fields of light, gathering further wisdom or garnering more power, more love—there is no regard to free will, of having choice,

continued on page 6

continued from page 5

because firstly in higher states of consciousness duality does not exist as it does here. Secondly, you know that service to the light and thus to your mighty "I AM Presence" is an all-consuming fire and within this mighty flame of God the freedom experienced by the soul on all levels is heavenly.

It can be likened to being one with ALL THAT IS - unity with cosmic forces of light becomes actualized.....Real. One can even taste it; the smell is of scented roses-fresh and holy; like the divine child that is. The freedom can allow manifesting within the reality you are now experiencing; never mind your present station in Life.

Allow yourself gently to slip in and out of the construct of free will. Loosen the emotional attachment to choices, to having complication. As you remove the bonds and chains from your life with less and choice and fewer options, a renewed sense of purpose and direction arises. It may be so that the focus sharpens, as do many of your senses and meta-faculties. There will be an attraction to that which is harmonious, and graceful and synchronicity will begin to seek you. Life will become like a fluid dance, in rhyme and rhythm to your inner flow, your light, with less outside interference. Illusions abound in 3rd density reality, and that is all-right. Simply decide to let go of what it is you consider sticky and gooey.

After countless lifetimes of experiencing free will, choice, duality, still you will find God waiting patiently

without ado-quietly, lovingly-for your return from whence you came-Home. The house of Light. It has been a wonderful journey, beautiful, difficult, sad and momentous, now the decision to surrender is made; return home to the source-to yourself! Manifest the freedom, the power, the light of God within you, for soon will come a dawning of sunlight upon your heart, a sweet song, it will be of one choice, and you will feel it. The pathway of surrender is before us all and according to divine plan. For the expansion and evolution of humanity, surrender is of splendid necessity.

Surrender to the will of Light

The will of Love

The will of God within thyself

Then you will have real tangible freedom. Now is the time for surrender. Now is the time to capture your Love, to become all light. As you like, re-moving the objections patiently, if there is one gift you so richly deserve to receive, it is the presence and acceptance of surrender.

Peace be to you

In Love

Autori.

FOOTNOTE: Autori will be in Australia from October to early December. For information regarding personal sessions, talks and workshops please contact Academy Office on (02) 9975 4905



Introducing

INNER PEACE

A Guide to Meditation

author Gillian Young published by Joshua Books

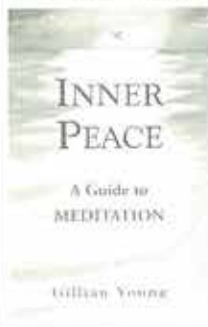
Designed as a self-teaching workbook, this is a practical guide to meditation skills.

Based on the author's experience both personal and as a teacher this book guides the reader through each basic element of meditation, explains why it is used and gives exercises to practice.

The primary purpose of meditation is to make a person feel better through relaxation and inner peace.

Also included are different meditations to help people deal with issues such as self-esteem, health problems and pain, conflict and challenges such as interviews or sporting accomplishments.

"There are many books written about the importance of meditation. This book explains how to meditate" Joshua Books



Inner Peace
A Guide to Meditation
costs AUS19.95
and is available from

Gillian Young
PO Box 349
Nelson Bay NSW 2315 Australia
Email: angelweb@smatchat.net.au

THE GENTLE BREATH OF MARY MAGDALENE

Join Goddess this morning to learn a simple yet energising breath technique, which is aimed at empowering the feminine soul. This valuable information imparts a new approach to cleansing the pathway through the chakras linking the sexual to the spiritual.

MARY MAGDALENE UNVEILED

Today we will share as women the teaching of the Magdalene: who was the psychologically, astrologically, mythically and spiritually. We share the beauty of the Gnostic texts and celebrate our own destiny as modern day healers and visionaries.

For women only

When: Sunday 31st October

Where: Manly, Sydney

Time: 9:30 - 3:00 pm

Cost: \$50

Contact: Gerry Taylor-Wood
(07) 5545 3650

E:mail: gerrytaylorwood@powerup.com.au
Website: www.grailhaven.com



Gerry Taylor-Wood is a British School of Yoga U.K. trained teacher who qualified in 1975. Also a psychologist astrologer, since 1992 she has been running a sacred healing centre in Queensland.

MARY MAGDALENE UNVEILED

by Geraldine Taylor-Wood

Now is the time for Mary Magdalene to step out of the shadows where she has dwelt as sinner and prostitute, and to take up her rightful place, as prophetess, priestess and healer. In so doing she redeems and fulfils woman. This addresses the shift in women today, to find meaningful integration of both the sexual and the spiritual, a need to find wholeness, holiness, which is a woman's divine birthright.

Can you imagine a time when sexuality was sanctified, a 'bridge' between earthly and heavenly energies, typified by the journey from base to crown chakra. The Gnostics believed that sexual orgasm was as near as a human could come to the ecstatic state of divine bliss. The body, filled with pleasure, stimulating the electro and magnetic fields of the etheric body, charging it with pure white light. How far away have we come from these teachings, led to believe that such things were shameful.

Who was Mary Magdalene?

Mary was not just a name, but a distinguished title, coming from the word Miriams, who took part in formal ministry and worked amongst ascetics and healing communities. It was their role to administer at births, marriages and deaths, their power equal to that of a Bishop today. Magdalene or Magdala comes from the Hebrew noun Migdal, meaning tower, and from their 'watchtower' they administered to their flock of followers. They were entitled to wear black, like the priestesses of ISIS. This led to the association of Mary Magdalene with the Black Madonnas and their remarkable healing powers. It was also common for her to be portrayed wearing red or magenta. This became associated with the scarlet woman, debased by the church, although in fact it signified her high administering status.

The Gnostic Gospels

The great love of Mary Magdalene and Jesus the Christ was celebrated by the 2nd Century Gnostics. Here she appears as the supreme and first High Initiate of Christ's teachings, a visionary and a prophetess. "The companion

of the Saviour is Mary Magdalene, but Christ loved her more than all the disciples". The male disciples said "Why do you love her more than all of us?" Jesus answered them "Why do I not love you as I love her?"

Also: "she spoke as a woman who knew the 'All', "the wisdom of the heart". (Dialogue of the Saviour). The "Pistis Sophia", or 'Faith Wisdom' text is rich in information on her, and includes her Prayer of Redemption. Mary Magdalene is in truth the embodiment of Feminine Wisdom.

Who is she to women today?

Our human psyches have a sense of this state of separation. Mary Magdalene provides us with a mythic archetype of a sinner, or one who is separate from God, Truth or Light, which can link to our own sense of guilt and shame. This takes root in the split dynamic of desire and denial. Yet how can we redeem her if we do not revere her. She

is alive in the shadows of our body. If the body is full of sickness, food allergies, hysterectomy, cancer and the many ills assailing our bodies today, know that we are not honouring her. She is alive in the archetype of the feminine that is passionate, erotic, free from guilt and shame. She is the power of the aroused and awakened feminine.

After the crucifixion she is found lamenting in the garden at the sepulchre when she has a vision of Christ in His light body. She runs to tell the others and meets with Pontius Pilate. He asks her how she (a mere woman) could have these powers. A woman is passing by with a basket full of white eggs. She takes an egg and holding it before him it turns from white to blood red. (This scene is depicted in a most beautiful stained glass window in a church in Jerusalem). The egg has many symbolic meanings connected with the feminine, it is the essence of birth and transformation.

In 1994 I experienced a sequence of visions in which Mary Magdalene appeared to me with revealing yet shocking teachings. Following this I took my first group to France. Here she is honoured as the Patron Saint of Provence. It is said she lived here as a hermit for twenty-two years in the Forest of Baume (Balm), her 'Cave of Solitude'. In 1279 her body was miraculously discovered and was authenticated by Rome.

The bones and relics of Mary Magdalene lie in the crypt of a church, and to stand before them one can be deeply moved by the astounding energy emanating from them. And to spend time in the Forest, as she whispers through the trees and is present in the springs, is to be anointed in that essence that is so profoundly the erotic perfume of Christ's Beloved, Magdalene.



Soul Colour

ART FOR THE SOUL

By Narelle Green

Soul Colour is a series of painting by Narelle Green, artist and colour therapist.

The art of Soul Colour heralds the time of the soul's awakening in the here and now. Art by Soul Colour opens a window in your senses, feeling body and heart's intelligence to create a bridge from your spirit to the physical.

Colour is the language of the soul –

speaking to the soul at the level beyond mind. Colour supports and guides the soul as it draws together lost and hidden fragments, completing its wondrous journey back to the oneness and wholeness of Source.

Colour is part of the underlying order of the world. Colour is coded with Divine Wisdom and Divine Truth, affecting us



on all levels of our being, the subtle and the gross levels of our physical, emotional, mental, psychological and spiritual being. It holds the memory of your soul's lineage and journey from the beginning of time.

As this beautiful art graces your walls the visual colours and symbols connect your senses – creating a natural window in the fabric of time to raise individual and

collective consciousness, hence to create a better world for the higher good of all.

Beautifully reproduced canvas prints available for \$275
paper prints \$95 plus postage

To order Ph: 0431 582 202

Email: nellie.green@bigpond.com www.soulcolour.com.au

Birthing the Multidimensional Bodies Of Love & Light Re-anchoring 144 etheric filaments back to God/ess



Tiannamai is an Emissary of Gaia, and the Ascend Foundation, Telepath-Channel, and Keeper of the Star seeds. Emissary of the Galactic Federation.

Healings are available from 1st December -3rd December. Working in team with Ascended Masters and Master Celestial beings of Love. Star body reconnection.

It is with great pleasure, we Tiannamai, the Inner Planes Ascended Masters and the Galactic Federation of Love, with our all encompassing Love, Invite you to an Activation of anchoring 22 Etheric filaments, the 1st stream, of 144 Star codes, that have been channelled by Tiannamai, for the restoration of the God Presence Body, to be birthed and earthed in this life time, these codes are the original codex for the DNA, created by God.

A ONE DAY WORKSHOP IS OFFERED

Saturday 4th December - Bondi

- Where the 22 star codes are activated to re-anchor the etheric filaments.
- Process's are offered to assist in releasing karmic soul-star-genetic aspects-memories that have been held in the DNA, since their inception, and keep the illusion of separation on all levels, in place.
- Clearing karmic memory-aspects, clears thru all lower bodies, manifesting as radiance, joy & well being, and one Ascends into Higher frequencies of Love and Light.
- Multidimensional skills are downloaded via the Etheric filaments, as the karmic clearing continues.
- These star codes have travelled to over 1000 groups across the world, intent on self mastery, together we will dissolve suffering, through our own vigilance and Unconditional Love. So be it.

PRESENTATIONS TO BE HELD AT THE SOUTHERN CROSS ACADEMY OF LIGHT

• Inner West - 30th November • Bondi - 1st December

Bookings required via Tiannamai (02) 6684 6006 or 0421 953 852

Info@starseedremembrance.com or web site www.starseedremembrance.com

Please bring Cushions for sitting and resting on for workshop.

ANGELS of Nature

by Roz Winter

*"There is geometry in the humming of the strings.
There is music in the spacing of the spheres."
Pythagoras*

Many people who believe in Nature spirits, regard them as the Angels of Nature. They are felt to be part of the great orchestra of life on Earth. Mostly unseen, they are believed to exist beside every natural thing - in the trickle of a stream, sighing of the wind and the roar of mighty oceans.

Even in the city, with only a small garden or plot, the spirits of nature are there. All life is subject to one evolutionary law, and it is important for humanity to co-operate and commune with them.

Nature spirits are divided into four groups - the Gnomes of earth, Sylphs of air, Salamanders of fire and Undines of water. Devas are higher on the evolutionary



scale than the nature spirits and often guard vast areas.

Meditating in nature will lead you to awareness of their existence. Even a plant in your home can take you to their world. I don't always see them, but often hear them. As their goal is inner hearing, it is through sound that they can often be contacted - with voice, mantra or musical instrument.

The Ghandharvas are the celestial musicians and they often commune with me when I sing, appearing as pinpoint lights, often of different colours.

On my Shamanic journey into the enchanted forest, (see ad on this page) I encountered a Deva who said he was a guardian of the forest. He stood higher than the trees and was shining with shades of green and violet, around and within him. The word Deva is a Sanscrit word meaning 'shining one'. Devas are closer to human consciousness than the nature spirits, and the Sylphs are the closest, who often make contact with humans.

The Findhorn Foundation in Scotland, with its leading edge in the world of ecological awareness, arose partly out of the partnership between humans and nature spirits. Humans have much to learn from nature and Findhorn does it so well.

The purpose of the partnership between Humankind and Deva is to uplift life on Earth, and bring the brotherhood of worlds into manifestation. If you wish to invoke their presence, one must focus on the development of THE HIGHEST - in purity, simplicity, no clutter, honesty and beauty.

The Angels of Nature cannot be called down to the lower self; to see them or hear them, you must reach to their world. Devas often appear in varying shades of violet. I wondered about this, and believe that it is because they are under the influence of the 7th Ray, and are etheric beings. It is with the development of etheric vision, and not clairvoyance, that they can be seen. Through the medium of violet, the Spirits of Nature and Humanity can make contact. Esoterically, violet is white.

And as always, Love is the key... GoGently.



*Earthchild journeys into the
enchanted forest where she communes with
the Spirits of Nature
She hears the call of the Devas
whose music awakens the heart
and heals all things*

An album of voice and music that will take
you to a place of Healing and Peace.

Contact Roz 0421 510 686

celticvoice@hotmail.com www.otherworldmusic.com

To Realize

To realize The value of a sister
Ask someone Who doesn't have one.

To realize The value of ten years:
Ask a newly Divorced couple.

To realize The value of four years:
Ask a graduate.

To realize The value of one year:
Ask a student who Has failed a final exam.

To realize The value of nine months:
Ask a mother who gave birth to a still born.

To realize The value of one month:
Ask a mother who has Given birth to a premature baby.

To realize The value of one week:
Ask an editor of a weekly newspaper.

To realize The value of one hour:
Ask the lovers who are waiting to Meet.

To realize The value of one minute:
Ask a person Who has missed the train, bus or plane.

To realize The value of one-second:
Ask a person Who has survived an accident.

To realize The value of one millisecond:
Ask the person who has Won a silver medal in the Olympics.

To realize the value of a friend Lose one.
Time waits For no one.
Treasure every moment you have.
You will treasure it even more when
you can share it with someone special.

Author unknown

♥ TANTRA ↔ COSMOS ± SOUL



Weekend retreats — Sydney,
Nth NSW & SE QLD — Nov 2004

Awaken to the transformative teachings of "Galactic Tantra" and "Pleiadian Light Body Activation" with international tantra teacher, healer, astrologer and Ascension channel Ishtar Antares.

Join us with other star-seed souls for an unforgettable, blissful experience!

Hurry, limited places left!

To receive a free e-book and information email
ishtar_antares@optusnet.com.au
Tel Area: 0402 660 786 (07) 5543 6864

-SAFARI!-

LAST CHANCE EVER TO MEET: Vusamazulu Credo Mutwa

Credo is a shaman of the highest degree. He is a herbalist, a healer, a teacher, a prophet and diviner, keeper of the oral history of the Zulu, keeper of the artefacts, a story teller, a painter and sculptor, keeper of the sacred sites, a social worker and a writer. He is known and revered all over the world and has written several important books.

As an extraordinarily rare opportunity, Credo, now retired, has agreed to work with us.

- We travel to South Africa and sit with Credo Mutwa for seven days. Learning, asking questions, stretching ourselves to embrace some of his incredible ancient knowledge.
- Credo will take us to see some of the sacred sites.
- When our time with Credo is over we will go on to Kenya where we will stay in the spirit of the land and commune with the wild animals.
- Meet some Kenyan friends and have some fun
- Spend a day with rainmakers, diviners, and healers.

**This amazing trip is scheduled for March April 2005, (OR DATES TO SUIT) Please let us know if you are interested.
Call Liz Watters (02) 9918 0990**

NB: please be aware Credo Mutwa is 80 years old and a little fragile. Be conscious that we may have to change our plans.

**African Intrepid Safaris
Tel/ fax: (02) 9918 0990
Email: lizzywatters@hotmail.com**

GRAILHAVEN Twin Springs WATER

Guided by dreams and visions, sacred springs were revealed, with water holding unique properties. Millions of years old, this volcanic water from crystal rock deep within the earth is now available for the first time to all.

Hand-bottled on a sacred site within the beautiful rainforest sanctuary of Tamborine Mountain, its purity, clarity and taste holds an excellent balance of earth's minerals.

Grail Haven spring water is the perfect water for your health and well-being.

**\$2.50 per 600 ml bottle
\$55 per case of 24 bottles**

ORDER NOW THROUGH
THE SOUTHERN CROSS ACADEMY OF LIGHT

PH: (02) 9975 4905

Read about this special water on www.grailhaven.com

THE ESSENE CONNECTION

by Miriam Jacob

Who were the Essenes?

Two thousand years ago the Essenes were living and working in the Qumran Caves in Palestine, Israel today. They had inherited their knowledge of what they called "The Law of the Universe" from ancient times. They were only a small group of people, but their philosophy, a synthesis of countless traditions and civilizations, is among the most profound, comprehensive and holistic in human history. We know only one of them by name, Jesus, but in the course of about 200 years (the last century BC and the first AD) about 300 of them lived and worked in the caves.

They had an acute awareness of how people relate to the world around them, to one another and themselves. They followed daily rituals to connect to the stream of divine consciousness which always surrounds us and which we are part of. They were inspired teachers and writers and the authors of the "Dead Sea Scrolls". They were famous healers too. They used a comprehensive system of healing methods and possessed a deep understanding of how the state of our body relates to our life issues and abilities, a truly holistic approach to health and healing. They were very much in touch with the essence of life.

But what is of importance to us today is not so much their history, although the stories about the way they lived and thought, taught and healed are fascinating and inspiring. It is their consciousness. The Essenes are highly evolved souls, whose knowledge of life is of all times: past, present and future, and of all places. Their consciousness is still around and seeking to connect with us.

Yasha Lavie and the Essenes

Yasha Lavie had never heard of Essenes when they first appeared in his life, his twentieth century life, to be precise. He was born in Jerusalem, but living in Auckland, New Zealand and conducting his own healing centre there, when he became aware of his extraordinary past life connection with them. It took him completely by surprise, when one evening about 7 years ago, whilst having a cup of tea in his Auckland home, he found himself suddenly transported to the darkness of the Qumran Caves where he



discovered that he was a member of the Essene brotherhood.

As you can imagine, it was the start of a long, amazing process that changed his life completely. A lot of material was revealed to him in the following years through visions and direct contact. Many times he revisited the desert, the caves and his teachers whose wisdom and respect for their students are awe-inspiring. His healing work in the meantime changed as he reconnected with the Essene consciousness and the "old skills" from that life.

The Essenes and you

The teachings of the Essene consciousness come in many ways: in the form of meditation, movement or stories or as a dialogue with people, giving the opportunity to ask questions and pointing the way to wonderful systems which help to live modern life more spiritually.

The Seven Bridges of Christ Consciousness – closely related to the consciousness we know as Jesus – revealed themselves gradually. They are seven different perspectives, seven different doors, through which to connect to yourself and others. Other concepts followed: The Four Issues of Being Human, which are an intrinsic part of our nature and influence in one way or another most of our decisions

and the Five Levels of Acceptance, leading to a greater capacity to live with yourself in love and acceptance. These are fantastic tools showing you ways to gain deeper understanding of who you are, how to live in harmony with yourself and others and contribute creatively.

The Essenes speak to us in contemporary ways, because how could the "Law of the Universe" not be of all times, including our own? Its profound, yet simple truth is there and always has been for anyone wanting to reach deeply enough within to find it. In our heart of hearts we all know this truth and the teachings of the Essenes can help us to reconnect with it.

You can visit Yasha's website on www.yshalavie.com



WHAT IS FREEDOM?

author unknown

If it is OUR DIVINE Right to be free – the next question is – free from what? The minute someone asks you – do you enjoy your freedom? What do you think of? More leisure time? Free of relationship ties? Free of responsibilities? Free to go where you want? Free to say what you want? Free to buy what you want? Free to do the things you want? Free of illness and pain? The list is probably endless.

If you have no money – how can you be free to buy what you want? But then, are the rich people free? If you are ill and in pain – how can you feel free? But then is the person with great health free? If you have a large mortgage and children to support – how can you be free of responsibilities? But then, if you are homeless and have no children are you free? If you work requires you to be there 10 hours a day, most days – where is there leisure time? But then if you are retrenched from work – are you free?

WHAT IS FREEDOM?

We all know what it feels like – but what is it? In our bodies it feels joyous and creates a sense of no cares, no worries, everything is right with the world – but if that is what it feels like – what is it? Is it an absence of something rather than 'getting' something? Is it a release of something – rather than an achieving and holding onto something?

Freedom, a special word in this time but still, free from what? Free from imprisonment – but what imprisons us?

If it is a 'letting go' of the thing that imprisons us – what is this thing that puts us in prison?

WHERE IS THE PRISON?

Is not the mind the prison? Are not the thoughts that go through the mind the prison bars? Do not the thoughts

place the limitations on our lives defining the space we live in? Do not these same thoughts define who we should talk to? Do not these same thoughts define and judge our neighbours? Do not these same thoughts tell us who we are and what we should believe and think? By their very definition are they not prison bars and have they not created a cell for us to live in? Examine them closely and they will show themselves for what they are. Captors, jailors, war mongers. They capture our consciousness, our awareness and confine us into a small space which they tell us we must defend; with our life if need be.

We believe everything that the mind tells us. We have been programmed from birth to believe everything that is inputted. Why would our mother and father lie to us? Why would our teachers lie to us? Why would our politicians lie to us? Why would our siblings lie to us, our friends, our peers. But they do. Not intentionally, they too, have been programmed from birth and from environmental conditioning.

What does a free human being look like? How did he become free? Free to do what?

Free to accept life just as it is. Free to move forward with joy and no resistance. Free to be at peace. Free to love. Free to live. Free from the illusion of mind. FREE TO BE!



Aware Connections Holistic Dating Site



Attract a soulful, succulent relationship with people into:

- Personal & Spiritual Development
- Environment
- Community
- Holistic Healing
- Social Awareness

FREE 1 MONTH MEMBERSHIP

www.awareconnections.com
info@awareconnections.com
(02) 9810 1485
Frances Amaroux

www.creativebyright.com

Are You Living Your Creative Dream?



Make this the year to honour yourself!

Joy Atkin

BA Dip Teaching Accredited Coach

- Creativity Coach
- Writing Coach
- Workshop Facilitator
- Editor
- Ghost Writer

"Joy's inspired coaching unleashed my creative spirit."

Ken Allen

"Joy gives me the courage to write from my innermost creative being."

Monica Dennison

tel 02 9564 6808

mob 0417 821 260

joy@writewellwritenow.com

Affordable Online Courses for Writers!
Go to www.writewellwritenow.com



THE MOTHER SPEAKS: A Visit to Gulaga

by Joy Atkin

"Place your hands on the energy rock, close your eyes and be still. The Mother has a different message for each one of us." I touch the rock, registering instant shock as the icy chill welds my fingers to its surface. Waves of energy pulsate through my hands and up my arms, emanating through my body. I have a vision of a rainbow followed by a rising sun. Then I see an eagle flying high in a cloudless sky.

I am at Mt Dromedary on the south coast of NSW, near Tilba Tilba, with eight others who have answered the call of the mountain. Dulamunmun, or Uncle Max as he is affectionately known, is our guide on this sacred journey. He is an Elder of the local Yuin people, the custodians of this sacred site that the Aborigines call 'Gulaga,' meaning 'Mother'.

Physically the mountain has two summits, joined by a saddle. White settlers named it Mt Dromedary, meaning the humps of a camel. To the Aborigines, these summits are the breasts of the Mother, while the awe-inspiring rock formations found here symbolize the Dreamtime stories of creation and the various totems of the Aboriginal nations.

Max has been bringing people to Gulaga for many years. His passion is to tell anyone who has ears to hear of the deep respect traditional Aboriginal culture has for Mother Earth. This site is one of the places on the planet that is said to hold sacred secrets of compassion and has been visited by many luminaries and spiritual leaders, including the Dalai Lama.

Each time I come here it is an act of surrender and this visit is no different. First I hear the call in my heart and immediately my mind begins to protest, "You can't go, you've got too much to do" and, "It's so far to drive." It's true that the drive takes six hours from Sydney but it's an

easy one, through our magnificent south coast and as I get closer, my excitement builds to fever point. A trip to the mountain is like returning to a volatile lover, passionate and unpredictable yet exhilarating and life affirming.

Now as I sit on the mountain, listening to Max, I can feel the power of Gulaga. Not only is she breathtakingly beautiful, she is more humbling than any cathedral. Like other sacred sites on this planet, including the active volcano of Mauna Loa on the Big Island of Hawaii that I have been privileged to visit several times, Gulaga radiates electromagnetic energy that aligns with the acupuncture points on the human body. For those who are sensitive, the mountain truly does speak and I have learnt that it is wise to listen.

It is late afternoon before we climb, tired yet happy, into the four-wheel drive that takes us back to Umbarra Cultural Centre. A few minutes later, as I drive over the bridge that crosses Lake Wallaga, the setting sun streaks the sky with vibrant pink. Suddenly, out of nowhere, an eagle swoops low across the bonnet of my car. The Mother has spoken and I feel blessed.

Joy Atkin runs creativity workshops in conjunction with Dulamunmun at Gulaga. For further information visit www.creativebyright.com



God puts us all in each other's lives to impact on one another in some way. Look for God in others. The best and most beautiful things cannot be seen or touched - they must be felt with the heart.

Helen Keller

The DaVinci Codes - What's NOT in the Book!

Presented by Phil Gruber from U.S.A.
November – December 2004



Phil Gruber's passion, enthusiasm, kind spirit, sparkling wit and intelligence have made him a much-loved and highly respected lecturer on the international scene – including the United Nations. While in Australia, Phil will present many of his audience-pleasing playshops and lectures

With the popularity of the "Da Vinci Codes" interest has swelled for Phil's teachings on Mary Magdalene - who herself is considered by many to be the Grail, the womb through which a sacred bloodline, or bloodlines, ensued. And many parents have benefited from Phil's guidance on the Indigos - who they really are and why they have once again incarnated here to help facilitate the Earth's Ascension.

A special child-friendly event will also take place!

All of Phil's evening lectures, meditations and playshops will include teachings as well as hands-on interaction and meditation and will take place in Sydney, Brisbane and Perth. In November Phil will be appearing at the Perth Conscious Living Expo the Sydney Mind Body Spirit Festival.

Phil's workshops and lectures will include:

- Starseeds, Star Children, Indigos & Walk-Ins, Are You One?
- Kathara Bio-Spiritual Healing
- 2 Day Workshop - The DaVinci Codes, What's NOT in the Book
- The Road to 2012: What on EARTH is going on!
- Harmonic Concordance II
- Indigo Children & Starseeds - helping Parents understand the New Energies

For complete descriptions of Phil's events including locations, dates and times, see the Academy website www.a-light.org.au

COMING TO SYDNEY



CaZee Carew

**To be aware is to be in charge
of your destiny.**

International face reader, author and lecturer will be in Sydney to conduct workshops on old-fashioned Gypsy 'Face Reading'. She will combine this ancient knowledge with 'how to diagnose the health of the internal body as it manifests on the face'.

At these workshops you will be shown how visual lines, moles and skin pallor can predict health, temperament and emotional state of friends, children and clients. All these markings have ancient predictions about a person's past, present and future which are easily 'read' from a person's face. Some lines bring good luck so it's better to check before plastic surgery.

CaZee, author of 'The Easy Guide to Reading Faces' was born into a Psychic family and freely shares this knowledge with you to-day. CaZee teaches with enthusiasm and humour and promises you will never look at anyone the same way again.

WORKSHOP

Sunday October 10th 1pm -5pm approx.
Uniting Church Hall, 75 Bay Rd,
Waverton. Cost \$80.00

TALKS

4th October St John's Uniting Church,
Cnr. Yeo & Barry Sts, Neutral Bay
The Southern Cross Academy of Light
(02) 9975 4905

WHAT IS FACE READING?

by Cazee Carew

Old wise sayings, analysis of shape, texture, change in skin colour with explanation of etched lines on the face - here is a different kind of work - shop to help you shed light on internal health plus interpreting the past, present and the possible future of any person who is facing you.

Every time we look at someone, we are instinctively 'reading' their face and forming an opinion about their character, health and potential.

This understanding is deep within our subconscious. When we bring it to the surface, into our consciousness, it becomes a skill of being able to see and identify the real individual before us. We then can connect with the person and not the persona and a more closer interaction begins to take place.



into their schemes and dreams.

When we delve deeper, the tongue not only bestows speech, taste and the ability to swallow but it displays, on its surface, the condition of all the internal organs and indicates the strength and condition of the heart.

When a doctor says "stick out your tongue" a trembling tongue shows a stressed heart and a steady tongue shows a strong heart.

Are you destined to marry money, does your lover have a fickle heart, what are your gifts, skills and potential?

As you can see, the face has many stories to tell us and Cazee teaches with down to earth clarity and with humour.

She promises, you will never look at faces the same way again.

Cazee was born into a family where her mother and Russian grandmother read the 'future' for neighbours with tea-leaves, playing cards and spiritual séances. Face reading was not a separate item in those days. Similar to 'Body language' it was integrated within the skills of 'fortune telling'.

Widowed early in her marriage, Cazee went into many small business ventures to provide for her four children. She attributes her success in that field to her ability to understand the character and needs of people she came into contact with. Ill health caused early retirement and only then did she find time to research about the inner body, disease and how the internal condition creates the external world.

To capture the knowledge handed down from her grandmother, she wrote and self-published the book '*The Easy Guide to Reading Faces*'. At her Sydney workshop, she will reveal the connection between the organs of the body and where they show on the face with her early lessons in ancient face reading.

Cazee says, that anyone who deals with the public, from doctors, counsellors, clairvoyants through to teachers, beauticians, and hairdressers will find this subject will give an interesting and added facet to their skills.

This knowledge is also important when you have to trust people, at face value, with your children, money, pets and investments.

FOOTNOTE:

Cazee will be giving talks at Academy branches. Her workshop will be held on Sunday 9th October from 1pm - 5pm at Waverton Uniting Church Hall, 75 Bay Road, Waverton. For Enquiries and Bookings ph: Academy Office on (02) 9975 4905



So many traditional sayings in our language have travelled through the centuries. We use them constantly but do we ever think what they are telling us.

A few of those sayings for example are 'they have a cheek', 'silver tongued', 'long in the tooth', 'thick skinned' - all descriptive words and we understand what is implied but what do they really mean?

An example: when you look at the shape and padding on a person's cheek you are assessing their 'power'. Have they attacking power or defensive power?

If you subconsciously sense attacking power then you find yourself phrasing your words 'tongue in cheek' so as not to antagonize them.

Another example is when we say someone is 'silver tongued'. Mercury is commonly called 'quicksilver' and when you look at mercury it moves constantly and quickly. Mercury has to be contained to be useful, as in thermometers, not uncontained where it would disperse in many directions and be of no use.

Therefore someone who is 'silver tongued' talks very quickly, has control over their words so as to talk others

interview with PHIL GRUBER

by Dale Colton



Phil Gruber will be returning to Australia this spring from America. The Southern Cross Academy of Light is proud to sponsor Phil on his upcoming tour. We asked Dale Colton, a close associate of Phil's, to conduct this interview. Dale served for many years as a member of the Executive Board of Directors for the Himalayan Institute in the USA.

Dale: The classes you're planning on teaching this tour...there seems to be a lot of focus on Mary Magdalene and the Indigo Children. What's the connection, and why, at this time, does there seem to be so much attention being drawn, even in the mainstream, to these subjects?

Phil: Well, let me begin by saying how happy I am to be returning to Australia, and working with the Academy. I believe there is a very strong connection between Mary Magdalene and the Indigos. I'd like to start off by going into a little more detail about who and what I believe the Indigos are, and why they have returned at this particular time. For starters, the Indigos are not a recent phenomenon, by any means. This last wave of Indigos have been incarnating on the planet for well over 200 years.

Dale: Before we go much further, can you define just what an Indigo is?

Phil: Absolutely!! The reason Indigos are called Indigos, is because an abundance of the Indigo wavelength, or color, can be perceived in their auras by clairvoyants, and the like. And the reason is, and this is very important, and essential to understanding the Indigo phenomenon, is that Indigos come in, literally birth in, with portions of the 4th, 5th, and especially the 6th strand of DNA partially operational. When one comes to understand the mechanism of the DNA a little more fully, one comes to know that each strand of DNA is electro-magnetically coded to process one dimension of consciousness. You see, DNA is the chemical lens that allows portions of our consciousness to embody, to be expressed through us. So, the 6th strand of

DNA processes the consciousness of the 6th dimension, if you will, which is known by some as the 6th Ray, or the INDIGO wavelength. So it makes perfect sense that one with this level of DNA activation would have a lot of indigo in their fields.

Dale: And the 6th dimension is...

Phil: That part of the wholeness of who we are that resides in the 4th, 5th, and 6th dimension is what some call the soul, the Dora, or the Angelic. You see, there are aspects of ourselves that reside in various dimensional levels...they are all part of us, and the larger families of consciousness that exist in the 'higher' dimensional fields that we will eventually integrate into, as we continue to evolve, and fulfill the evolutionary blueprint that is the promise and legacy of our original creation, our reason for being!



Dale: So what you are saying is that Indigos that come in with higher DNA strand activation literally have portions of their 'souls' embodied. Is that correct?

Phil: Yes!! This helps to explain why the Indigos demonstrate such high levels of psychic prowess, in terms of clairvoyance, clairaudience, prophetic ability...these gifts can be directly attributed to their higher DNA strand activation, or accretion level.

Dale: What about child prodigies? Does this relate to what you are talking about?

Phil: Precisely!! How else can one explain a child's ability, at such a young age, to not only being able to write a symphony with little or no formal training, but to be able to write one in the style of one the great masters? This is a case of 'incarnation bleed-through', where, because of the DNA activation level these souls come in with, they are embodying the consciousness, as well as the gifts, talents and blessings of at least their immediate incarnation families. And it's important to remember that it's not just the children who are demonstrating these abilities. The children are getting a lot of the attention these days, but the truth is that that these last waves of Indigos have been incarnation here on the Earth plane for well over 200 years. The fact is, is that Indigos always incarnate here

when the planet is experiencing the kinds of shifts it is experiencing now.

Dale: What is the nature of these shifts? In other words, what on Earth IS going on?

Phil: What is happening on the Earth now is something that the Earth experiences on a cyclic basis, usually once every 26,556 years, and which has not happened on this planet for nearly 210,000 years. It is something called a STELLAR BRIDGE, or a STELLAR ACTIVATIONS CYCLE, more commonly known as the "Shift of the Ages", or an 'Ascension Cycle'. Briefly, it is a very precise vertical alignment of interdimensional star gates that progressively infuse this planet, and us, with higher and higher dimensional frequencies; consciousness, actually, activating presently dormant DNA strands, and preparing us for

played at various times in our history as embodied souls here on the Earth plane. Every time a new infusion of higher dimensional frequency is projected onto the planet, there is the potential for the planet to get rocked, causing mild to severe Earth changes; even partial or full magnetic pole reversal. There has to be a critical mass of Indigos alive AND awake on the planet during these shifts, to literally 'hold the field' so the Earth can move gracefully through these changes. The last time Indigos were on this planet in the numbers we are now, and I say WE, because I am convinced that everyone reading this article is an Indigo, was in the 12th and 13th centuries, when we were known as the Gnostic Cathars. The first wave of 'crusaders' were sent to the South of France to literally exterminate the Indigo races that were on the planet at that time, in something called the 'Albigensian Crusades'. Now, ALBI means 'fairy/elven'...even Angelic. GENS means 'blood', or bloodlines. The earliest crusades were to extinguish the Angelic, or Indigo bloodlines from the planet, because of the knowledge we carried...knowledge that was passed down from times so ancient that only dim memories remain in our collective consciousness as myths, legends, and fairy tales. Our last stronghold at that time was the mountain castle/fortress known as Montsegur, and tens of thousands of the Cathars were killed, leading to the final assault there, on March 16th, 1244AD. Many groups of Indigos have assembled at various times in our ancient and pre-ancient history, usually in circles, or rings, 12 around 1, to try to restore the planet's Christed Blueprint. At the time of Christ, these assemblages were known as the Ring Dances of Judea, which the 'powers that be', at that time, went to great lengths to suppress.

Dale: Does this have any connection to Arthur and the Knights of the Roundtable?

Phil: Yes, and Roundtables was what many of these gatherings have been called throughout our history! Uter Pendragon and his knights, Arthur and his Knights of the Roundtable, Apollo and his Muses, Fairy Rings/Circles, the dances around maypoles and mulberry bushes...even Jimmy Twyman's Emissaries...these are/were groups of Angelic Humans (Indigos) that again, assemble on the planet in areas of strife, conflict, war, or to, again, restore the planet's Christed Blueprint, to run certain 'codes' into the planet. This, in truth, is what the Fellowship of the Ring is all about!!!

Footnote from Editor.

Unfortunately space only allowed us to print an extract from the interview. The whole interview can be read on our web site.

You can learn more about Phil Gruber's and others work at www.harmonicconcordance.com. For details of his upcoming Australian seminars and workshops phone Academy Office on (02) 9975 4905 or go to www.a-light.org.au



something that has been prophesized and long-anticipated by a myriad of indigenous cultures, and others throughout time. It's called transmutative biological dimensional ascension, or simply, ASCENSION. This ascension cycle initiated around the 1st of January, 2000, and

continues to 2012-2107. This planet is experiencing literal bio-physical time accelerations, the QUICKENINGS, and our ability to move gracefully through the changes that have begun to happen, and that will continue to happen, are partially contingent on our ability to clear as much of the karmic/miasmatic imprint and 'shadow-body' distortions from all levels of our body/mind/spirit systems...and this means acknowledging and working with the core 'morphogenetic field' templates that ANY and ALL forms of consciousness, including the karmic pattern, first use to get in to a manifest state in the first place, as well the crucial role of the Indigos play in all this.

Dale: Which is...

Phil: You see, the Indigos are distinguished primarily by their expanded genetic templates, which allows them to hold, and run, higher dimensional frequency/consciousness. This is really important in understanding the role that the Indigos have been contracted to play here, and have

THE PICKLE JAR

author unknown

The pickle jar as far back as I can remember sat on the floor beside the dresser in my parents' bedroom. When he got ready for bed, Dad would empty his pockets and toss his coins into the jar. As a small boy I was always fascinated at the sounds the coins made as they were dropped into the jar. They landed with a merry jingle when the jar was almost empty. Then the tones gradually muted to a dull thud as the jar was filled. I used to squat on the floor in front of the jar and admire the copper and silver circles that glinted like a pirate's treasure when the sun poured through the bedroom window. When the jar was filled, Dad would sit at the kitchen table and roll the coins before taking them to the bank. Taking the coins to the bank was always a big production. Stacked neatly in a small cardboard box, the coins were placed between Dad and me on the seat of his old truck.



Each and every time, as we drove to the bank, Dad would look at me hopefully. "Those coins are going to keep you out of the textile mill, son. You're going to do better than me. This old mill town's not going to hold you back."

Also, each and every time, as he slid the box of rolled coins across the counter at the bank toward the cashier, he would grin proudly. "These are for my son's college fund. He'll never work at the mill all his life like me."

We would always celebrate each deposit by stopping for an ice cream cone. I always got chocolate. Dad always got vanilla. When the clerk at the ice cream parlor handed Dad his change, he would show me the few coins nestled in his palm. "When we get home, we'll start filling the jar again." He always let me drop the first coins into the empty jar. As they rattled around with a brief, happy jingle, we grinned

at each other. "You'll get to college on pennies, nickels, dimes and quarters," he said. "But you'll get there. I'll see to that."

The years passed, and I finished college and took a job in another town. Once, while visiting my parents, I used the phone in their bedroom, and noticed that the pickle jar was gone. It had served its purpose and had been removed.

A lump rose in my throat as I stared at the spot beside the dresser where the jar had always stood. My dad was a man of few words, and never lectured me on the values of determination, perseverance, and faith. The pickle jar had taught me all these virtues far more eloquently than the most flowery of words could have done. When I married, I told my wife Susan about the significant part the lowly pickle jar had played in my life as a boy. In my mind, it defined, more than anything else, how much my dad had loved me.

No matter how rough things got at home, Dad continued to doggedly drop his coins into the jar. Even the summer when Dad got laid off from the mill, and Mama had to serve dried beans several times a week, not a single dime was taken from the jar. To the contrary, as Dad looked across the table at me, pouring catsup over my beans to make them more palatable, he became more determined than ever to make a way out for me. "When you finish college, Son," he told me, his eyes glistening, "You'll never have to eat beans again...unless you want to."

The first Christmas after our daughter Jessica was born, we spent the holiday with my parents. After dinner, Mom and Dad sat next to each other on the sofa, taking turns cuddling their first grandchild. Jessica began to whimper softly, and Susan took her from Dad's arms. "She probably needs to be changed," she said, carrying the baby into my parents' bedroom to diaper her. When Susan came back into the living room, there was a strange mist in her eyes.

She handed Jessica back to Dad before taking my hand and leading me into the room. "Look," she said softly, her eyes directing me to a spot on the floor beside the dresser. To my amazement, there, as if it had never been removed, stood the old pickle jar, the bottom already covered with coins. I walked over to the pickle jar, dug down into my pocket, and pulled out a fistful of coins. With a gamut of emotions choking me, I dropped the coins into the jar. I looked up and saw that Dad, carrying Jessica, had slipped quietly into the room. Our eyes locked, and I knew he was feeling the same emotions I felt. Neither one of us could speak.

This truly touched my heart... I know it has yours as well. Sometimes we are so busy adding up our troubles that we forget to count our blessings.

Never underestimate the power of your actions. With one small gesture you can change a person's life, for better or for worse.



SOLARISED WATER

and weight loss or gain

by Mark Wentworth

How to make Solarised Water is described in the Winter Edition of ShiningBRIGHT available through the Academy.

How many of us get caught up on being the perfect shape and having a body to die for? This as we know can often be the downward spiral towards all kind of problems, effecting self-worth and self-esteem. Be proud of your uniqueness, and celebrate who you are, and that includes your physical body. Do not let other people tell you that you are either over or under weight, and do not buy into social stereotyping. If you feel comfortable exactly as you are, it is their problem, not yours.

However, if you do feel self-conscious about your weight, you can do something about it using solarised water, or at least you can start exploring what is the hidden message behind it. It is not a magic cure, nor does it mean you drink the water and all you have to do is sit back and wait for things to happen. You first have to ask yourself how much are you prepared to change, what is the current pay-off for you being as you are. Very often, we attract certain people into our lives because they also buy into how we are, and when we start to change; it can upset the balance. Using colour-charged water to explore weight issues is a gentle way to bring about inner change. Sure, if you know you are eating too much junk food, then you have to look at your eating habits as well; the change has to come from within. This is where colour solarised water works best.

If you want lose weight try drinking red solarised water: it speeds up the metabolism and encourages the person to be more active. It is very difficult to remain inactive when drinking red water. Because of this red, is best taken first thing in the morning, combine this with a bit of red food and you will be buzzing, and heading straight for the gym, unless of course you want to burn off that extra weight in the bedroom - everything helps! A word of caution, do not overdo the red, otherwise you might find yourself feeling quite aggressive - remember, everything in moderation. So, that is the physical effect of red water, but what about the inner changes? If a person carries extra weight, it is considered to be an imbalance with blue energy, the person has too much of this within their system, and not enough red energy. Taking this one step further, if



there is too much blue, it is considered that the person has not always felt able to communicate his or her needs (blue is the colour of communication). Feeling unable to do this the person has swallowed the emotion, thus letting it settle within the body. Emotion is energy. Eventually it collects in a particular place, and the energy starts to turn into something denser. How many times do we see parents putting food or something into a child's mouth to stop them crying, rather than addressing the actual need - what a powerful message, "don't cry or express a need, eat or put something in your mouth instead!" I wonder how many people who comfort eat or smoke can relate to that one. This also starts to block the energy of the throat chakra, which in turn governs the thyroid gland. I am sure by now the jigsaw is starting to fall into place. It might be an idea to tell the people around you that you are taking the red, as in some cases people can start to feel angry or tearful as they start to reconnect with whatever has been withheld.

If you feel underweight, try blue-charged water. It is best to take this either in the evening or when you have a day free to yourself. It does not mean you will suddenly start feeling ravenous; it means you will want to be gentle and kind to yourself and think about preparing a wonderful delicious meal, just for you. How many times have you heard people who live on their own say "I don't cook for myself" or "there's no point just for one". Think of it as though you have someone very special coming to dinner, and that special someone is you. By treating yourself, you are sending out the message "I'm worth it".

Being underweight is considered an imbalance with red; there is too much red energy and not enough blue. Remember how red speeds up the metabolism well, it's as though in this case the person's body is on constant red alert, and energy gets burned away too quickly. The mes-

continued on page 20

continued from page 19

sage considered to be behind being underweight is the person on some level has not felt nurtured or cared for at some time in their life and therefore does not feel worthy of a healthy balanced body. By introducing the blue-charged water, the person will be introducing their own form of nurturing; it will also help them to start changing the mental energy pattern that says "no one cares about me, I'll just disappear".

When you start looking at weight from a deeper perspective, you get to see what is hidden in the shadows. You can try any form of diet to lose or gain weight, but it's our mental attitude that is equally, or far more, important, because when you change the inner, the outer automatically follows. When using the colour-charged water for exploring weight problems, do not get stuck on just using red or blue, follow and trust your intuition to guide you to what colour you might need next. For whenever we start looking at what's behind something, the journey always seems to continue on to areas we possibly would have never considered, or thought worth exploring. I know that from my own experience of being supposedly underweight, my journey led me to unexplored territories. Being tall for my age as a teenager, I received critical and hurtful comments from my father about being skinny and thin, although I was neither underweight nor skin and bones, as he often said. When I started using the blue-charged water many years later, I must admit at first I expected to wake up the following morning to find that I had gained a number of pounds - nothing. I continued drinking the blue water, and what I noticed was I started to see a different image when I looked in the mirror, yet my physical weight remained the same. What I was starting to see for the first time was my own reflection, and not an image that was distorted by someone else's belief, which up until then I believed to be true. I continued with the blue, and over the months, started to like the look of the person that was smiling back at me from the mirror. After a while I sensed I had to move onto another colour, and by taking a careful look at what colour foods I had been avoiding, it became clear that it was time to introduce yellow-charged water. What I like about working with colour, as I am sure I have mentioned already, is its simplicity. Add a little colour to your life, and the world opens to you. The yellow-charged water along with other aspects of colour healing allowed me to look at issues around recognising my own identity and power. What I noticed most was when the old beliefs started entering my thoughts, they carried the voice of my father, and no longer belonged to me. Yellow helped me separate from, and clear out the outdated beliefs. I now had a choice. My weight increased, and I came to realise that my weight is unique to me. What is right for me, might not be right for someone else of my height or age. I also noticed that my relation-

ship with my father changed, if he mentioned anything about my weight, I laughed with him, and suggested maybe he should be the one looking in the mirror. He has never mentioned it since.

Many clients have had different experiences when it comes to weight issues; all have started on the blue or red water. Inevitably they have moved onto another colour, which takes them, that one step further on the voyage of self-discovery. One client found indigo water held the key for her weight issue. When she worked with the indigo water, it brought to light that her extra weight was hiding a deep resentment of feeling duty-bound to conform to family duty. Indigo helped her to see she had a choice. She was then able to make decisions about her own wants and needs, without being held back by her parents needs. Her extra weight disappeared without her having to go on any special diet or change her eating pattern. She changed the inner and the outer followed.

By keeping a colour diary as a starting point, it will help in highlighting the areas that need addressing. Start with the foods first, as this will give a good indication of the next step to take. By looking at any food cravings you might have, you are making sure you are not setting yourself up to fail. If you did the weight thing first, you would find your food cravings would increase, thus defeating the object of looking for the hidden message. Introduce coloured foods which are appropriate for you during this phase of your life, drink colour-charged water which suits your own personal needs, and you are well on the way to discovering the true person that lies inside. If you do need extra help in sorting through something difficult, ask for it, or search out a counsellor or therapist you feel comfortable with. Above all, be kind to yourself, don't get caught up on any kind of guilt trips. What is important, is what you do from this point on.

Mark Wentworth will be in Australia during October and early November. For his itinerary, please see the Academy website www.a-light.org.au, or Ph (02) 9975 4905.



Sunday 21st November
ANGEL WORKSHOP

Anne Asmus

"Hello Angels"

9.30 - 4pm \$105/person

Hands-on and fun introduction to your angels. Learn how to talk to and receive messages, use oracle cards and experience an Angelic Rebirth.

(early bird price available)

Bring lunch to share

enquiries Bay Road Gallery (02) 9655 1674

FAMILY

author unknown

I ran into a stranger as he passed by, "Oh excuse me please" was my reply. He said, "Please excuse me too; I wasn't watching for you." He were very polite, this stranger and I. We went on our way and we said good-bye.

But at home a different story is told, How we treat our loved ones, young and old. Later that day, cooking the evening meal, My son stood beside me very still. When I turned, I nearly knocked him down. "Move out of the way," I said with a frown.

He walked away, his little heart broken. I didn't realize how harshly I'd spoken. While I lay awake in bed, God's still small voice came to me and said, "While dealing with a stranger, common courtesy you use, but the family you love, you seem to abuse."

"Go and look on the kitchen floor, You'll find some flowers there by the door. Those are the flowers he brought for you. He picked them himself: pink, yellow and blue. He stood very quietly not to spoil the surprise, you never saw the tears that filled his little eyes."

By this time, I felt very small, And now my tears began to fall. I quietly went and knelt by his bed; "Wake up, little one, wake up," I said. "Are these the flowers you picked for me?"

He smiled, "I found 'em, out by the tree. I picked 'em because they're pretty like you. I knew you'd like 'em, especially the blue." I said, "Son, I'm very sorry for the way I acted today; I shouldn't have yelled at you that way."

He said, "Oh, Mom, that's okay. I love you anyway." I said, "Son, I love you too, and I do like the flowers, especially the blue."

Are you aware that if we die tomorrow, the company that we are working for could easily replace us in a matter of days? But the family we left behind will feel the loss for the rest of their lives. And come to think of it, we pour ourselves more into work than into our own family, - an unwise investment indeed, don't you think?

RESET with Amanda Argent

A simple & effective technique that directs healing energy through the muscles, nerves and ligaments in the jaw.

Reset has helped with allergies, arthritis, CFS, grinding teeth, headaches, dyslexia, sinus, tinnitus, sleeplessness, snoring and much more.

For personal or professional development. ATMS CPE approved

Phone for course dates and a venue near you
(02) 4751 3337

\$55 (inc manual & 3 hour workshop)



So what is behind the story? Do you know what the word FAMILY means?

FAMILY = (F)ATHER (A)ND (M)OTHER (I)
(L)OVE (Y)OU.



Bernie Prior

TOUR OF AUSTRALIA

NOVEMBER in SYDNEY

- Tues 16th, evening talk, 7.30 - 9.30pm, by donation
Theosophical Society, Kent St
- Wed 17th, afternoon talk, 2.30 - 4.30pm, by donation
Theosophical Society, Kent St
- Fri 19th, evening talk, 7.30 - 9.30pm, \$15
Crows Nest Centre, 2 Ernest Place
- Sat 20th/Sun 21st, 2-day non-residential retreat
10.30am - 4.30pm, \$95 per day,
Crows Nest Centre, 2 Ernest place

- 8-day residential retreat - Gunnebah, Northern NSW
Wed eve 23 Feb - Thur 3rd March 2005

CONTACT: The Bernie Prior Foundation on 02 6689 5922
Mobile: 0402 581496, Email: australia@bernieprior.org

'With humour,
stillness and integrity
he speaks of truth, love
& true relationship
between Man & Woman'



www.bernieprior.org

Sit with realised consciousness
... if you are ready to embrace absolute truth in life

around the **ACADEMY**

HIGHLIGHTS FOR YOUR DIARY (OCTOBER 2004)

As October begins, new energies are coming to Earth as two significant astrological alignments (Grand Quintiles) take place on 2nd & 29th October in Australia. Therefore, it is not surprising that we have a powerful line up of presenters here to support and assist us as we clear away our residual wounding to find our Core Self. These International Presenters are also speaking at Academy Branches and for the first time the Academy is also promoting these speakers in other Capital cities around Australia. Details on the website....help spread the word to your interstate friends!

SYDNEY

Mark Wentworth - Colour Specialist with a Spiritual Twist from Portugal & UK (www.colourforlife.com)

Private Consultations also available

- 17 Oct Colour For Life – Morning Public Talk, Mosman
- 17 Oct Colour For Life – Afternoon Public Talk, Western Suburbs
- 3 Nov Colour Yourself Slim – Western Suburbs
- 4 Nov Creating a Colour Sanctuary for Children – Crows Nest
- 5 Nov Spirit of Colour in Design – City
- 5 Nov A Colourful Evening for Singles – City
- 6 & 7 Nov Spirit of Colour – 2 day workshop, Sydney
also touring Brisbane & Melbourne

Harold McCoy - Founder of Ozark Research Institute, Powerful Healer from US (www.ozarkresearch.org)

- 16 Nov Healing Your Children – Morning Talk, Crows Nest
- 16 Nov Power of Focused Mind – Public Talk, Crows Nest
- 17 Nov Healing Your Children – Morning Talk, Western Suburbs
- 17 Nov Private Sessions – Western Suburbs
- 17 Nov Power of Focused Mind – Public Talk, Western Suburbs
- 19 – 25 Nov Private Sessions – Killarney Heights
- 20 Nov Featured Presenter at Mind Body Spirit Festival
- 24 Nov Mind Research & Energy Healing – Luncheon Talk, Sydney
- 24 Nov Advanced Healing Techniques for Energy Workers, Evening
- 26 Nov Private Sessions – Hornsby
- 27 & 28 Nov Healing & the Power of the Focused Mind – 2 day workshop
also touring Brisbane, Melbourne & Perth

Autori Powerful - Channel and Spiritual Counsellor from Oceania Most appropriate for those who have been on their path for awhile (www.newdiamond.org)

- 17 Nov Private Soul Destiny Readings – Newcastle
- 17 Nov Illusion of Free Will – Public Talk, Newcastle
- 18 Nov Private Soul Destiny Readings – Western Suburbs
- 18 Nov Illusion of Free Will – Public Talk, Western Suburbs
- 20 Nov Illusion of Free Will – 1 day workshop, Western Suburbs
- 21 Nov Illusion of Free Will – 1 day workshop, Newcastle
- 29 Nov Illusion of Free Will – Public Talk, Crows Nest
- 30 Nov Advanced Channellings with the Council of Elders – Glebe
- 30 Nov – 6 Dec Private Soul Destiny Readings – Killarney Heights
- 2 Dec Illusion of Free Will – Public Talk, Crows Nest
- 4 & 5 Dec Illusion of Free Will – 2 day intensive workshop, Waverton
also touring Brisbane, Melbourne & Perth

Phil Gruber - Soon to be seen in James Twyman's movie "Intimacy" (In-to-me-see) Passionate lecturer, healer, co-founder of HC2 International Tour

Private Sessions also available

- 17 Nov Indigo Children & Starseeds, for Parents – Crows Nest
- 20 Nov Da Vinci Codes: What's not in the book – 1 day workshop, Hornsby
- 21 Nov Featured lecturer at Mind Body Spirit festival
- 22 Nov Harmonic Concordance II (HC2): The Aftermath – Crows Nest
- 23 Nov Indigo Children & Starseeds, for Parents – Western Suburbs
- 23 Nov Are you a Starseed or Walk-in? – Western Suburbs
- 24 Nov Are you a Starseed or Walk-in? – Crows Nest
- 25 Nov Kathara Bio-Spiritual Healing – Crows Nest
- 27 Nov Da Vinci Codes: What's not in the book – 1 day workshop, Waverton
- 28 Nov The Road to 2012: What on EARTH is going on? – 1 day workshop, Waverton
also touring Brisbane & Perth



THE GRAND QUINTILES OF OCTOBER 2004:

Harmonic Concordance II

by Philip Gruber



Prelude....

In August of 1998, in the wake of an interstellar event of enormous magnitude (the explosion of a Magnetar, an extremely dense neutron star), Johnny Mirehiel, friend and astrologer, under Angelic guidance, I'm sure, cast a line into the

future, astrologically speaking, and hooked a BIG ONE!! Gazing through a window in space/time, an astronomic configuration was caught and crystallized in time, in timelessness. The chart of that event, that moment, was dubbed the Harmonic Concordance. The Concordance Chart of November 8-9, 2003 was a chart of a total lunar eclipse that coincided with the appearance of a near-perfect Grand Sextile (a 6-pointed Star of David/Seal of Solomon pattern). This window in space-time held a key to the recognition of a moment when the Heavens would begin to change with respect to a New Earth, to the re-creation of a 'new man'; the man, and woman of the future; when once again, we were given the opportunity to take our place among the Angelics....as allies, as equals. It was a time when literally millions of people around the world gathered in the spirit of Unity and Fellowship, to pray together in ceremony, to help usher in this long-anticipated and prophesized 'shift of the ages'.

The Discovery

Jill Whitman of Toronto, in the aftermath of an intensely powerful meditation experience, was moved to do research on possible future **QUINTILE** patterns. Quintiles are aspect patterns that form in the shape of pentagrams-five pointed stars. The word quintile comes from the Latin 'quintillis', and means 'fifth'. It refers to the division of the circle by five; in astrological terms, a 72 degree orb-the Pythagorean 'fifth division'. Two quintile patterns were found, the first being on October 1st, 2004. The second, on October 28, like the Harmonic Concordance, happens to coincide with a full lunar eclipse in

Taurus/Scorpio!! Two quintiles in one month is a very rare occurrence indeed, not to mention that the last time a Grand Quintile and a Total Lunar Eclipse manifested on the same day was on June 6th, 141 BCE!!! Jill remarked that the discovery of the Grand Quintiles reads like a 'New Age' fable.

Joseph Campbell, the late mythmaster/storyteller, reminded us that myth provides a bridge between one's local consciousness and the 'mysterium tremendum et fascinans' of the Universe...the sheer environment of being, the realm of nature and deep beginnings; of transcendental realms and eternal forms, as well as 'interpretive images' that help to bridge the gap between our 'local' consciousness and that of the Universe. The Grand Sextile pattern of the Harmonic Concordance of November 2003, and the upcoming Grand Quintiles this October, as interpretive images, help put us in touch with that 'mythic moment' of Campbell's, that field of infinite possibilities, the 'zero point', the asymptote (still point) at the center of every vortex, when things begin to make sense again...when everything fits, when the world is created anew!

The Pentacle Symbol

The quintile formation is, and has always been, a symbol of the *Secret Goddess*, of initiation, of knowledge, and of the 5 Joys of Heaven's Queen with her child; that with love, guided by will, determination and imagination, the 'star', or realized being is born, or re-born. The pentagram is the symbol of man, or more precisely, the heavenly, or realized man-the Adam Kadmon, or Angelic Human. The Pentagram, the geometry of Quintiles, is emblematic of this state of (pro) creative power and perfection...the Quintessence, and is called by some the '*Blazing Star*', or '*Star of the Magi*', and is equated with the Star of Bethlehem. As the Star of Bethlehem announced the birth of the baby Jesus, so the appearance of the Quintiles, it is believed, heralds the birth of the Divine Christ Child within each and every one of us. It is the embodiment of the Pentagrammaton, the 5-lettered name of God, associated with the coming of the Cosmic Christ, symbolized by the descent of the divinity of the Christ (the Dove) into the world of matter. The pentagram has also been the symbol of Christ as the Holy Spirit manifested in the flesh, what is called the 'Externalization of the Hierarchy', the union of the 'image and the angel'. This refers again to the realized man, the Divine Prototype, the Adam Kadmon; in Qabalistic terms, the *Atziluthic* or Archetypal man; again, the Angelic Human. Like the Merkaba Star, the pentagram points to the manifested light, to life, to the 'possible' or potential bond with God; the perfected, or purified man, and in the case of the pentagram, to the 4 elements crowned and completed by the fifth element of Spirit...the Quintessence.

The pentagram represents the fiery, purifying power of

continued on page 24

continued from page 23

the Divine that can pierce and bind all negativity, separate pure from impure, bring visions, catalyze the experience of higher love, unity, and healing...even open and close gates. The pentagram is a symbol of the Logos/the Word of Creation made flesh, which is said to connect the intrinsic Divinity within one's self with the Divine Self known as God, the wholeness of the consciousness that gave us life.


"The Pentagram's image is also seen as a secret code, revealing Magdalene and the Holy Grail Mysteries, as within the art of Leonardo da Vinci and Poussin, as well as the old parchments of the Priory of Sion found at Rennes", says Ani Williams, in "Venus and the Return to Beauty". "Only one planet shows us a perfect geometrical form. The form is pentagonal, and the planet is Venus. Creating 5 equally-spaced alignments over a period of 8 years, she draws the perfect, hidden and secret symbol of the 5-pointed star in the heavens. As above, so below: The very landscape bears the sign of her secret revelation" ...Henry Lincoln, "Key to the Sacred Pattern". As Venus moves through the heavens, a pentagram is formed by the pattern of her orbit, revered by the Ancients as the 'endless knot', a geometrical form drawn unicursally (with one movement of the pen) that encodes the 'Golden Proportion' or 'Golden Cut', that most pleasing of harmonic divisions, and the harmonic ratio that the God-Mind sees fit to encode so many of it's creations.

In tracing the Pentagram, one can invoke the creative power of the Universe (*Eheich*), creating order from chaos. According to Paracelsus, the pentagram is the *most* potent of all signs. This is the knowledge of the Pythagorean '*jifih harmonic*'. Five is a prime number, and is the sum of the first male and female numbers, 2 and 3; the first number beyond the Monad formed from the union of the first odd and even numbers, and, like the Star of David/Seal of Solomon pattern (the pentagram and hexagram were, in fact, used interchangeably in ancient times), reminds us of the alchemy of opposites. *"By the pentagram is also measured the exact proportions of the Great and Unique Athanor necessary to the confection of the Philosopher's Stone and of the Great Work...the Quintessence itself is represented by the sign of the pentagram." ...Levi, "Transcendental Magic".*

The Venus Transit of this past June 8th has always preceded great breakthroughs in human consciousness, and plays a very significant role in the Mayan Calendar. Venus is the daughter of the moon, and is symbolic of the many forms which issue forth from the Great Mother. Its glyph, not unlike the star tetrahedron's, depicts the marriage of the male and female forces of the Universe into one. Interestingly, the pentagram, as a secret symbol of the Goddess, was worshipped as "KORE" or "CORE by the Coptic Gnostic Christians. Her festival, called the '*Korcion*' was held yearly on January 6th, which was appropriated by the Christian Church as the Feast of Epiphany (Shakespeare's Twelfth Night)!

The Concordance Connection

A major conjunction point, if not *the* major one, between the Concordance chart and *both* of the Grand Quintile charts is the Moon. The five-pointed star pentacle, along with the moon, has long been regarded to be a symbol of the Divine Feminine Principle and, as Ani Williams says, like the Magdalene herself, a '*medium of secret revelation*'. In the Concordance Chart was seen the union, or merger, of the Divine Masculine and Feminine energies. It is being suggested here, that what was conceived, or seeded, at the time of the Concordance, at the Concordance '*union*', will birth; literally come into form, through the feminine energies characteristic to the Quintile formation in the Grand Quintile charts. This IS the time of the revival of the Sacred/Divine Feminine, known by some as *Sheckinah*, the Divine Presence-the Feminine aspect of the God-Head, and the birth of the Divine Christed Child within each and every one of us. The events of 9-11, the fall of the towers (magdala...yes, as in Magdalene, as well as the attack on the PENTAGON), act as sobering, yet powerful reminders to return the Divine Feminine/Goddess Principle to it's rightful place among the Spiritual Hierarchy.

We stand at a crossroads in the evolution of our race. At this critical juncture in our tenure here as embodied souls, we are being asked to hold fast the vision of a better world, a brave new world...Heaven here on Earth, where love *will* triumph over adversity, and awareness *will* triumph over ignorance. In truth, a place no further than your next breath, your next heartbeat, your next moment—already here, waiting for us to fulfill a promise we made to ourselves a long time ago, in a Universe far, far away!!! 



FRIENDS OF
THE ACADEMY



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



DIARY of events - NEUTRAL BAY BRANCH

October, November, December 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 SCAL office (02) 9975 4905. Email: scal@a-light.org.au

4 October Co-ordinator Victoria Keys

Cazee Carew, WA

The Revealing Story on Your Face

International face reader, author and lecturer, Cazee Carew, will talk about the Gypsy art of Face Reading. We all use sayings such as "she has cheek", "thumb one's nose" and "loose tongue" to describe the character of a person. Cazee will help us to understand where these sayings originated, and show us how the ancient knowledge of Face Reading can empower us in today's exhilarating world.

Everyone will leave being able to identify some of the visible clues manifesting on the face. Be brave, bring a mirror!

11 October Co-ordinator Susi Barber

ISIRA SANANDA www.isira.com

The Truth about Meditation

Cutting through mental mirages to discover our true meditative state is a return to our most natural quality of being. Contrary to the mystical and metaphysical hype, it is something we can all enter - through simplicity. Isira will share with us the direct path of how to enter our being within meditation.

"In a Temple it is easy to be loving and peaceful, calm and still. However, this is no measure of how deeply one is embodying these qualities. What happens when you take away the nice surroundings and the cosy conditions? Can you be this love in the field of war? Can you carry this silence in the CBD of Sydney? Are you calm in a traffic jam? Is there patience in the shopping queue? All this sitting in Temples is of average measure if you cannot be in meditation in the world."

18 October Co-ordinator Susi Barber

Mark Wentworth, Portugal www.colourforlife.com

Add a Little Colour to Your Life

Mark's unique sense of humour and spirituality ensures that you will leave tonight laughing and informed about the silent yet powerful language of colour. You will have the opportunity to find your very own personality colour based on ancient philosophy - from this you will discover characteristics, personality traits, and where stress is most likely to manifest within your body. Learn how the colours in your wardrobe reflect the highs and lows of your current lifestyle, and, if single, the type of partner you secretly desire. (This has nothing to do with colour analysis!) We will also discuss how colour plays a big part in the treatment of ill health and stress - and when used in therapeutic terms can re-balance mind, body and spirit.

Mark's **Colour for Life** training programme has just been accepted and affiliated with the International Association of Colour (which is connected with the Institute of Complementary Medicine).

25 October Co-ordinators Rosemary Butterworth & Narelle Green
**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.

01 November Co-ordinator Susi Barber

Phil Gruber

Harmonic Concordance II:

The Aftermath of the Grand Quintiles

The Grand Quintiles of October (1st/2nd & 28th/29th October) will have heralded the Return of the Divine Feminine/Goddess, and the (re)birth of the Divine Christed Child within us. What are the implications in our every day lives as we more rapidly manifest what we carry in our hearts and minds? This informative talk will help you understand and integrate the accelerating energies - and how they will affect you on a 3D level - that were brought to the Earth during these two powerful alignments and that continue to be downloaded during November.

Phil Gruber's passion, enthusiasm, kind spirit, sparkling wit and intelligence has made him a much-loved and highly respected speaker on the international scene.

08 November Co-ordinator Susi Barber

Ishtar Antares, Slovenia

Liberation of Planet Earth and New Opportunities

Since childhood Ishtar has had many spontaneous kundalini experiences that brought to him clear uninterrupted memory of his past incarnations and his existence before he came to this planet in Atlantis. He began conscious channeling in 1993 and started an Ascension group in the capital city of his native country, Slovenia. He is now known throughout Europe for his channeling, and workshops on Ascension. This is his first visit to Australia.

Tonight Ishtar will be talking about the new reality that Planet Earth is entering and the way in which this new reality will totally transform the way we live our lives. As we approach this transformation, individually and collectively we hear the call and respond. We connect with our angelic soul presence and balance our female and male polarities.

15 November Co-ordinator Victoria Keys

Autori, Oceania & Europe www.newdiamond.org

The New Light for The New Earth

During this powerful Meditation and Lecture we will focus on receiving the Cosmic Light that in reality has shifted its FOCUS, its TONE, its INTENSITY. As you allow your heart and Soul to be open, the penetration of Light will be very profound and your cellular Intelligence will be affected. The intent - creating a new Structure within each Lightworker, each Lover of Light. There will be a multitude of results, manifestations for you as a result of this new structure being born within Self. After all you are here to Journey into The Light completely - are you not?

22 November Co-ordinators Rosemary Butterworth & Narelle Green

Harold Mc Coy, USA www.ozarkresearch.org

HEALING WITH LOVE, COMPASSION & FOCUSED MIND

Tonight Harold will introduce us to his techniques of healing with love,

continued on page 26

continued from page 25

compassion and the Power of the Focused Mind. He will share his experiences as a healer, talk about several documented successes and guide you through his meditation/visualization techniques. He will tell of his conviction that everyone has the ability to heal, when the work is done through selfless love and compassion and of his quest to teach as many people as possible to use the Power of the Focused Mind so they too, can help others.

29 November Co-ordinator Susi Barber
Southern Cross Academy of Light evening of mediation 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.

06 December Co-ordinator Susi Barber
Yasha Lavie, France www.yashalavie.com
The Four Issues Of Being Human

For many years Yasha Lavie has studied and practised various forms of alternative medicine. He has worked in London, Jerusalem and Tokyo, and conducted for 12 years his own healing centre in Auckland, New Zealand. In 1997 a series of events in his life made him aware of his extraordinary past life connection with the Essenes. It was the start of a process that continues until this day and he knows that the time has come to share this Essene Connection with others. Tonight, Yasha Lavie will introduce to us the four issues of being human to help us recognize who we are and why we operate in life the way we do. We will also have plenty of time to dialogue with the Essenes.

13 December Co-ordinators Rosemary Butterworth & Narelle Green
David Anthony Hall
Hellenic Way

Drawing on Ancient Greek Mythology to discover your soul purpose in every aspect of your life. The Divinity manifests with 12 faces, each of which the Ancients gave the name of a God or Goddess. The Key Word is Harmony.



DIARY of events - NORTHERN BEACHES BRANCH

October, November, December 2004

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

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

Cost: \$11 (includes refreshments)

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

7 Oct 2004

Cazee Carew, WA cazew@inet.net.au
The Revealing Story on Your Face

International face reader, author and lecturer, Cazee Carew, will talk about the Gypsy art of Face Reading. We all use sayings such as "she has cheek", "thumb one's nose" and "loose tongue" to describe the character of a person. Cazee will help us to understand where these sayings originated, and show us how the ancient knowledge of Face Reading can empower us in today's exhilarating world. Everyone will leave being able to identify some of the visible clues manifesting on the face. Be brave, bring a mirror!

14 Oct 2004

Isira Sananda
The Truth about Meditation

Cutting through mental mirages to discover our true meditative state is a return to our most natural quality of being. Contrary to the mystical and metaphysical hype, it is something we can all enter - through simplicity. Isira will share with us the direct path of how to enter our being within meditation.

"In a Temple it is easy to be loving and peaceful, calm and still. However, this is no measure of how deeply one is embodying these qualities. What happens when you take away the nice surroundings and the cosy conditions? Can you be this love in the field of war? Can you carry this silence in the CBD of Sydney? Are you calm in a traffic jam? Is there patience in the shopping queue? All this sitting in Temples is of average measure if you cannot be in meditation in the world." www.isira.com

21 Oct 2004

Shely Mort - A'Taan
Healing by Intent - Meta'Light Clearing

This is Healing, Upliftment And Personal Growth At The Leading Edge Of Creative Being!

"A'Taan is one of the most evolved and conscious people I have ever known! She is an incredible intuitive who [does] some of the most pure, powerful, and personalized personal and planetary healing work I have ever seen!! You know I am not easily impressed...A'Taan works in the highest integrity, she is a pure and highly evolved and responsible channel, has mastered Advanced Bio-Spiritual Kinesiology, Quantum Alchemical and Light Energy Healing. She is the founder of Metagetics System Healing, Meta'Light Healing, Creation Matrix Healing, and the Grid Masters Collective." [Introduction by Phil Gruber, USA]

28 Oct 2004

Narelle Green
Solar Plexus Chakra

Enjoy a deep meditation with Narelle Green as we explore the Solar Plexus. Art is a great way to express yourself. Explore your creativity without fear. Let your intuitive mind take over as Narelle encourages, nurtures and supports you to be empowered through art.

04 Nov 2004

Mark Wentworth, Portugal www.colourforlife.com
Voices of the Ancestors

All that we have been, and all those who have gone before us, play a part in making us who we are today. Many of our energy problems, obsessive issues and persistent complexes often turn out to be ancestral spirit energies trying in vain to speak or act through us to resolve unfinished issues not of our, but their making. When we honour, and listen to those distant voices from the past, we create stronger roots, securer foundations and experience a joy of living in the present, together with an excitement for creating the future.

11 Nov 2004

Yasha Lavie www.yashalavie.com

Healing Methods of the Essenses

The Essenes were powerful healers, healing the body and the mind. Because of their strong connection with the essence of life they were able to see the bigger picture, resulting in healing methods that were simple and holistic. Tonight Yasha Lavie will introduce and demonstrate some of the Essene healing methods.

18 Nov 2004

Harold McCoy, USA www.ozarkresearch.org

Dowsing for Health and Prosperity

Harold McCoy was president of the American Society of Dowsers for four years and a Trustee for eight years. Tonight Harold will discuss how dowsing can open the mind to the limitless possibilities of the universe. This lecture will cover power of the focused mind as it pertains to water vein diversion, healing, both distant and hands on, map dowsing, prosperity and other mind phenomena. Harold will share his experiences as a healer and will talk about several documented successes. He will explain his conviction that everyone has the ability to heal, divert water veins, map dowsing and create prosperity, and will give techniques to access this higher power.

25 Nov 2004

Heart Chakra Connection

Tonight you will connect to your heart space and see what limitations you have to receiving love. How do you honour yourself and what are your beliefs around love. We will do a small process to connect to our patterns and beliefs around unconditional love. Are you ready to know and are you ready to open your heart.

02 Dec 2004

Autori, Oceania & Europe www.newdiamond.org

Manifesting the Fantasy, the Dream of the Soul

During this evening, we focus and bring forth the pattern of thought and vibration required for the Miracle to be born in your Life, whatever you want you may Have.....Simply.....You know, some Fantasies do indeed originate from the Soul of you - from your heart - often they may seem so outrageous you dismiss the Fantasy, the Dream. Now is the time to manifest all that you want. HAVE IT -The Dream, Own the Planet, for have you not heard it was created for you in the first Instance?

09 Dec 2004

Rosemary Butterworth

Angel Connections – & Market Night

As we approach the end of the year, it's great to reflect and see how far we have journeyed. Come along and receive a message from your Angel. If you have anything you wish to sell bring them along or just join us to farewell another amazing year together.



DIARY of events - INNER WEST

October, November, December 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 SCAL office (02) 9975 4905 Email: scal@a-light.org.au

5 October

Wisdom Night

A new initiative from the Academy

This is a night to explore our inner wisdom and share our own healing journeys. The first Tuesday of every month will be our night 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 us to connect with each other at the heart level. So many of us are going through incredible and sometimes painful change at the moment that it is more important than ever to reach out and feel part of a supportive community. All welcome.

12 October

Dian Booth, Alice Springs www.soundhealing.com

Sound & Colour Healing

Dian is an Australian Master Sound Healer who uses ancient knowledge in the tradition of healers, particularly interested in linking Aboriginal and Egyptian past cultures. You will find she produces unique sounds for each individual as she assists you in journeying into the Fifth Dimensional world.

19 October

Julienne Richardson

An Experience with the Essence of Colour

Would you like to experience the vibration of colour through all your senses? Let Julienne Richardson take you through an experiential journey combining sound with the coloured essences of the Aura-Soma Butterfly and Sea Essences. Julienne will talk on the relationship of these essences to the Aura-Soma colour system and how they may be used as a tool for self awareness.

26 October

Christine Bannigan

"Journeying into the 5th Dimension with Conscious Clarity."

Christine will share her journey into expanded realities and provide keys to the treasure chest of the mind. She will engage you in a lively discussion about metaphysical phenomena, finding 5th dimensional havens, soul exchanges, seeing into parallel universes, manifesting objects from another dimension, manipulating space to bilocate and expanding and contracting time – just to name a few. Come along and be expanded.

02 November

Wisdom Night

A new initiative from the Academy

This is a night to explore our inner wisdom and share our own healing journeys. The first Tuesday of every month will be our night 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 us to connect with each other at the heart level. So many of us are going through incredible and sometimes painful change at the moment that it is more important than ever to reach out and feel part of a supportive community. All welcome.

continued on page 28

continued from page 28

09 November

Yasha Lavie www.yashalavie.com

The Essene Connection

The seven bodies of a human is a system whereby the Essenes developed and experienced during their lives in the caves. Yasha Lavie will introduce you to each of the seven bodies and will show you how they interact with each other and how they influence you during your life journey.

16 November

Autori www.newdiamond.org

Ancient Egypt "The Re-union"

All the Players from the left Field and all the Players from the right field are back you know, some upholding the Light, some resisting the Light. In Ancient Egypt during the time of your Queen Nerfertiti, many wonderful and Powerful accomplishments were achieved through the anchoring of Light, and the opening of Portals-5TH dimensional portals. During this evening we shall discuss Ancient Egypt - and Meditate on the Re-Union that is now, of all who were there and are here now. That includes you. So be it.

23 November

Harold Mc Coy, USA www.ozarkresearch.org

Using the Mind to Heal the Body

Harold's research organization conducts scientific research into the power of thought (absent and hands-on healing) as it pertains to spontaneous remission or miraculous healing of chronic or life threatening diseases. In his easy-going and down-to-earth manner Harold will share his experiences as a healer and his participation in a US research project.

30 November

Tiannamai

Over the last three years Tiannamai has brought through 144 etheric DNA filaments. Tonight Tiannamai will be sharing that knowledge and activation. The Ascended Masters of the Inner Planes will be offering a channelled transmission from Alcyone, in explanation of activation and anchoring of 144 etheric DNA filaments so that our God Presence body will be birthed on the Earth plane, in this life time. You will be offered a direct connection to the star stream of Alcyone.

07 December

Wisdom Night

A new initiative from the Academy

This is a night to explore our inner wisdom and share our own healing journeys. The first Tuesday of every month will be our night 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 us to connect with each other at the heart level. So many of us are going through incredible and sometimes painful change at the moment that it is more important than ever to reach out and feel part of a supportive community. All welcome.

14 December

Party Night

Bring a plate of finger food, a favourite CD and your beautiful presence. Together we'll celebrate the solstice and Christmas with a special meditation and allow the joy of the season to resonate in our hearts. For the meditation bring one thing that symbolises summer for you.

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



DIARY of events - BONDI BRANCH

October, November, December 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 SCAL office (02) 9975 4905 email scal@a-light.org.au

06 October

Sally Gibb-Cumming

The Self Mastery Game

Sally has created an amazing tool for self-knowledge and self development - an extraordinary board game called SELF MASTERY. What is it that challenges you in mastering an aspect of your life? Bring your questions with you and a journal or pad and pencil. Each person will receive insights to assist them on their path while engaging in an entertaining board game.

For more info check out www.selfmasterysource.com

20 October

Yasha Lavie

Wisdom from the Essenes

Yasha is a healer and medium with an extraordinary past life connection with the Essenes, the most famous of whom was Jesus. This evening he will channel the consciousness of the Essenes. They will answer any questions you may have, as well as telling stories about their life in the

1st and the 21st century. You will be fascinated, moved and entertained by the amazing timelessness of their wisdom.

03 November

Gail Anderson-

Transformational Kinesiology

A soul centered process which recognises that within each individual there is a source of wisdom and truth. Come along and find out more.

17 November

Phil Gruber, USA

MARY Magdalene & the Indigo Children

Mary Magdalene herself is considered by many to be the Grail, the womb through which a sacred bloodline, or bloodlines, ensued. Are these bloodlines here today as the Indigos, or the Children of the Blue Ray, as the Indigos were once called? In this lecture, you will be given insight into great detail about how Mary Magdalene is thought to be connected to the Indigos, what the Indigos really are, and why they have once again incarnated here to help facilitate the Earth's Ascension.

01 December

Tiannamai

Tiannamai and the Inner Planes Ascended, will offer a channelled transmission from the Pleiades in relation to understanding the star seed Etheric DNA Activation. Tiannamai will offer a reconnection to this star stream via the opening of the Pleidian star bridge, that is part of your body. Tiannamai's mission is to reconnect us to the God Presence starry heritage, of being joyful Earth Star beings, in full mastery.



DIARY of events - ARCADIA BRANCH (Galston Area)

October, November, December 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 SCAL 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

6 October

Dian Booth

Sound & Colour Healing

Dian is an Australian Master Sound Healer who uses ancient knowledge in the tradition of healers, particularly interested in linking Aboriginal and Egyptian past cultures. You will find she produces unique sounds for each individual as she assists you in journeying into the Fifth Dimensional world.

20 October

Marina Knight

The Storyteller

Marina is an experienced storyteller, spending time in the ACT at the Art Museum, and visiting venues to spread her passion to all. Come and be entranced with hearing what is a very ancient but always new method of passing on information.

03 November

Yasha Lavie

Essene Wisdom

Tonight Yasha Lavie channels the Essenes to give you some insights in the Seven Bridges of Christ Consciousness, an all-embracing system showing you ways to connect with truth, trust and compassion in your life. You are very welcome to ask them anything you like.
www.yshalavie.com

17 November

Sandy Mayor

Serenity in Your Heart

Sandy is a Master Practitioner and Teacher of Serenity Vibration Healing. Come and enjoy an evening exploring with her how to find clarity and tap into your inner knowing and guidance.

1 December

Teresa Amore

Alternative Healing for Children

Share time, thoughts and laughter with Teresa as she tells of her personal experiences going through the 'gauntlet' finding ways to help her own children and for special needs. Teresa now has her own practice educating parenting health and educational spheres.

15 December

Robyn Simon Bring the Bush Angels into Your Kitchen and Bathroom

Join us in a fun hands-on experience looking at the use of products as pure and organic as possible (bio-active). Create some creams with oils and plant essences blends. Recipes available to give out. Hear about the connection between angels and devas to plants.

\$11 10.30am - 12pm Bring a plate to share for lunch

THE ARCADIA BRANCH WILL BE CLOSED
FOR THE MONTH OF JANUARY



DIARY of events - HORNSBY

October, November, December 2004

Last Friday of the month
Alchemy Of Joy, 2B Dural Street, Hornsby
All evenings start 7.00pm

Cost: \$11.00 (includes refreshments)

If you are interested in presenting please contact Alchemy of Joy
Phone: (02) 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"

29 October

Yasha Lavie www.yshalavie.com

Essenes: The 12 Levels of Acceptance

In 1997 a series of events in Yasha's life made him aware of his extraordinary past life connection with the Essenes. It was the start of a process that continues until this day and he knows that the time has come to share this Essene Connection with others.

Tonight Yasha will introduce you to one of the main systems which the Essene people developed in the Caves. Through visions and direct knowledge they developed the incredible understanding of what they called the 12 levels of acceptance. This material will be channelled.

26 November

Harold Mc Coy, USA www.ozarkresearch.org

Healing with Love, Compassion & the Power of the Focused Mind

An introduction to the techniques of healing with love, compassion and the Power of the Focused Mind. Harold will share his experiences as a healer, talk about several documented successes and describe his meditation/ visualization techniques. He will tell of his conviction that everyone has the ability to heal, when the work is done through selfless love and compassion and of his quest to teach as many people as possible to use the Power of the Focused Mind so they too, can help others. Harold will also be doing private healing sessions during the day Friday 26th November at Alchemy of Joy. Call 9975 4905 to book a private session. See www.a-light.org.au for details of Harold's healing work.

DIRECTORY OF WHOLISTIC HEALTH SERVICES

ACUPUNCTURE & CHINESE HERBAL MEDICINE

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

AMORE Alternatives

TERESA AMORE - Assisting those in the parenting, health and educational fields. Nurturing the individual needs of children 0409 464 587 tamore@bigpond.net.au

AURA-SOMA & SINGING CRYSTAL BOWLS

 Experience the grounded and refreshingly pure, full-spectrum colour and sound therapies offered by Michele Macgregor Dip EH, MEHA ASIACT. For an appointment call 02 9967 4664 during business hours; email Michele@heartandsoulatwork.com or visit www.heartandsoulatwork.com

AWARENESS EMPOWERMENT

Shine Your True Colours with: Angels, Healing Courses, Spiritual Consultancy & Coaching Services. Ph.: Michael 0407-268773 or Patricia 0417-028 430. www.rainbowspirit.com.au email: sc@rainbowspirit.com.au

BE IN ONE PEACE COURSES

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

BODY 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@sabratravel.com.au

BREATHWORK

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

CENTRAL COAST REIKI & SPIRITUAL AWARENESS CENTRE

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

CLAIRVOYANT INSIGHTS



DEAN COLLIER - Readings or alternative counselling for upliftment. Dean puts you in touch with the source of your intuition. For a recorded phone session or a personal sitting in Neutral Bay, book your appointment on 9904 334

CREATIVE COACHING



JOY ATKIN - Achieve long cherished creative dreams, push through blocks and sabotaging belief systems to release all that you truly are. Very high success rate. Ph. 02 9564 6808 or email joy@writewellwritenow.com

CRYSTAL HEALING

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

DESTINY ALCHEMIST

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

EMF BALANCING TECHNIQUE®



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

ENERGY HEALER

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

ENERGY BODY WORK, ENERGY PRODUCTS AND GEOMANCY

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

GALLERY FOR HIGHER SPIRITS

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

HEART CENTERED HEALING

PETER RIGBY - Helping you to solve your problems by removing the blockages that hold you back. I am guided to work with the energy/vibrations of love and forgiveness. Ph. (02) 4757 4886 (Blue Mountains area)

HUMAN DESIGN SYSTEM

GLENDA ANDERSON - VIRGINIA PAGE. - The ultimate combination of mysticism and science allows you to truly know yourself. Enquiries and FREE CHARTS office@humandesiginaustralia.com. Ph (02) 9436 0660 www.humandesiginaustralia.com

"INFINITE BLISS"

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

MASSAGE & PRANIC HEALING

MARIA MITCHELL - Combining the empowering and transformative benefits of Aromatherapy, Massage and Pranic healing - Maria uses her intuitive skills with Pranic Healing to clear your energy field through bodywork or energetic healing. Artarmon. Ph: 0414 362 742. Email: maria@bloomingenergies.com.au Web site: www.bloomingenergies.com.au

MEDICAL INTUITIVE



KAREN SWAIN - What is the purpose of your Life? Soul retrieval, revealing lives between lives. Awaken to your Souls' Purpose. Reveal your challenges on the physical, emotional,

DIRECTORY OF WHOLISTIC HEALTH SERVICES

mental and Spiritual levels of your being. Rebalance on all levels and regain your Vitality, Health and Love of Life ... Call 0414 321 432 or 9975 4905 Mon - Wed. The Academy Clinic Beacon Hill

PRANIC HEALING

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

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

RADICAL FORGIVENESS

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

REIKI

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

REIKI JIN KEI DO



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

SACRED SPACE

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

SERENITY VIBRATION HEALING



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

SOUND THERAPY



JOHN BUTTERWORTH - Personal sound therapy using the healing powers of voice and exotic musical instruments incl. large gongs. Vocal harmonics tuition. Ph: (02) 9453 9094

SONIC AND CRYSTAL THERAPIES

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

SPIRIT CONNECTIONS

Spirit connections to here & beyond with Lilliana - Readings & spiritual healings. Priv. session \$80.00 or credit card \$2.20 per min. Tel: 9314 2521

SPIRITUAL KINESIOLOGY

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

SPIRITUAL SURGERY

JEANNETTE COLLEY - A gentle hands on healing therapy assisting cancer, arthritis and many other health and wellbeing issues. 02 9402 0737

THE JOURNEY

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

TRANSFERENCE HEALING

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

TRANSFORMATIONAL READINGS BY TIKELE



Bringing through the wisdom of the higher angelic realms in answer to your questions about your life's journey and its challenges, without limits. Balmain Ph 0417 941 905
tikele@ozemail.com.au

TRANSFORMATIONAL ENERGY HEALING BY TIKELE

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

TRANSFORM YOUR LIFE WITH NLP

JUDY FISHER-MITCHELL - Disconnect with your beliefs, habits, phobias, panic attacks etc. Reconnect to your real power with powerful tools for creating your desired reality. Judy Mitchell NLP Counsellor Ph. 9557 1310 0422 152 258

VEDIC ASTROLOGY



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



THE SOUTHERN CROSS ACADEMY OF LIGHT

is holding the focus of Peace, Love and Compassion
for all the people who are suffering at this time.

PEACE BE WITH YOU

ShiningBRIGHT ADVERTISING RATES 2004

COLOUR

BACK PAGE	\$375	297 x 210 + 3mm bleed or 277 x 190mm
INSIDE BACK PAGE	\$300	277 x 190mm (or full bleed)
INSIDE FRONT PAGE	\$425	277 x 190mm (or full bleed)

MONO

FULL PAGE	\$250	257 x 170mm
HALF PAGE VERT.	\$150	257 x 82.5mm
QUARTER PAGE	\$75	127 x 82.5mm
BUSINESS CARD SIZE	\$40	63 x 82.5mm

All prices include GST.

10% DISCOUNTS FOR ALL PRE PAID ADVERTISEMENTS

WHOLISTIC DIRECTORY

\$75 for 4 issues. Maximum 25 words including phone number.

SPECIFICATIONS

Artwork and font compatibility must be checked with Pat Latta, our
Graphic Designer. Please send photos scanned at 300dpi and in jpeg
format. Email: patgraphics@pacific.net.au Ph: (02) 4576 3330.

Text to be supplied on CD or via email in a basic text or Word
format and send to The Southern Cross Academy of Light.

DEADLINE DATES:

16th February (Autumn Edition out 1st April)

16th May (Winter Edition out 1st July)

16th August (Spring Edition out 1st October)

16th November (Summer Edition out 1st January)

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

Ph: Head Office (02) 9975 4905 (02) 9453 9094

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

Summer 4 Kids

SUNDAY NOVEMBER 28 1-5pm
5-12 year olds

In conjunction with –
The Southern Cross Academy of Light

The Bay Road Gallery 15 Bay Rd. Arcadia & The
Wannabee Foundation, Sydney.
www.a-light.org.au or www.wannabee.org.au

Watch your kids enjoy a magical fun-filled Spring
Afternoon in a peaceful setting where they can
express their creativity.

- An interactive puppet show
- Puppet making
- Movement, Drama & Story
- Working with colour
- Planting a vegetable garden
- Live music
- Healthy snacks

Skilled facilitators for kids playshops and qualified
teachers to chat with adults.

*All activities are designed to assist with learning,
improve health and build imagination.*

Cost \$55.00 per child

Parents and carers FREE. Bookings essential

Tel: Danielle 02 9655 1674 or Melinda 02 9653 1815

*Love can be the rock of stability in your life, we well
as the inspiration for it. The deeper your knowledge
of love, the more frequently you practise the
awareness of love, the greater your feeling of inner
stability.*

from Stephanie Dowrick's book Daily Acts of Love

SUBSCRIPTIONS FOR SHINING BRIGHT

For 4 issues (incl. postage) AUD\$25.00

Name (in block letters).....

Postal address (in block letters).....

Postcode.....

Phone () Mob: () Email:.....

Enclose cheque/money order for \$ being for date

Please post and make payable to:
(NB Please write name in full
otherwise bank will not accept cheque.)

The Southern Cross Academy of Light
P. O. Box 1221 Neutral Bay NSW 2089 Australia

CHANGE OF DETAILS

My postal address has changed to:

Name

Postal address

Postcode

Phone () Mob: () Email:.....

Thank you for your continued support

SPIRIT OF COLOUR

DIRECT FROM THE U.K.
& PORTUGAL



Mark Wentworth
Colour Specialist

Mark has been featured on many U.K. radio & television programmes and is considered an expert in the area of colour, personality and spirituality.

The Spirit of Colour workshop takes you on a colourful journey to discover how we block ourselves from achieving and recognising our greatness. On this course, we will be using practical exercises to experience how each of the colours of the rainbow live and exist within us; discovering our own colour pathway and experiencing how it can give us access to the past, present and future.

Colour can heal us, but it can also make us sick or hold us

back. We will also look into the shadows to see what colours lay hidden in the darker recesses of our psyche, for it is very often these hidden colours which, when given the chance, shine brightly and hold the treasure of latent gifts and talents. Bring the colours to life on this fun, experiential course and let the Spirit of Colour shine forth from within!

During his visit to Australia Mark will be conducting private colour consultation sessions and lectures for the public and for industry on the effects of colour – for a complete list of his speaking engagements see www.a-light.org.au For more information on Mark's work see www.colourforlife.com

Public Talks

BRISBANE 26th October SYDNEY 17th October

Colour Yourself Slim Evening Workshop

BRISBANE 27th October SYDNEY 20th October

Spirit of Colour – 2 Day Workshop

BRISBANE 30/31st October SYDNEY 23/24th October



THE POWER OF THE FOCUSED MIND

focus your mind for powerful self healing and absent healing

Harold McCoy

of the Ozark Research Institute, USA

Australian Tour October – November 2004



Harold McCoy's research organization (ORI) conducts scientific research in power of thought (absent and energetic healing) as it pertains to spontaneous remission or miraculous healing of chronic or life threatening diseases.

Harold 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 focused mind.

A variety of Workshops and Lectures will be offered:

- Introductory lecture for the General Public
- Lecture for Medical Practitioners & Mind Researchers
- Evening Workshop for Energy Healers
- Private Healing Sessions
- 2 Day Workshop "Using the Mind to Heal the Body"



Harold's National Tour will include Sydney, Brisbane, Melbourne and Perth. In November Harold is a featured speaker at both the Perth Conscious Living Expo and the Sydney Mind Body Spirit Festival. Harold's website is www.ozarkresearch.org

FAMILY of the HEART INAUGURAL GATHERING

NOOSA QLD November 13-20 2004

The Christ Mind movement in Australia has been growing steadily over the past few years and Australia has revealed itself to be a **potential world centre** for the teachings.

There are now remarkable plans in place to start the most comprehensive and empowering teachings of the Christ that have ever been offered. Designed to refine and empower teachers of God, offering them the best opportunity ever for their own soul growth and evolution into the "Seamless Life". A life where their growth, relationships, evolution, work and play, are all one continuous expression, dedicated to God.

Jayem, Les, Suzanne and Raj invite you to an opportunity to "come to the table", come together - teachers and students alike - to this family gathering to explore and create the future possibilities and direction for extending the concept of Christ Mind to our brothers and sisters.



Jayem



Les



Suzanne



Raj

"And in a holy instant grace is said by everyone together, as they join in gentleness before the table of communion. And I will join you there, as long ago I promised and promise still. For in your new relationship am I made welcome. And where I am made welcome, there I am."

Jeshua - A Course in Miracles

Almost ten years ago Jeshua revealed explicit instructions for a Pathway. This Pathway is to be laid down now and offered to the Family, but more importantly be created at this particular point in time as Jeshua's very specific gift to future generations of humanity. Our deep knowing is that there are many who will come together to help create this pathway, and it is time for us to step forward to fulfill our part of the plan to be birthed at this Gathering.

The future of your life's work might well be revealed here!

We will come together as a very special spiritual family, our days spent sharing, learning, in contemplation and growth, visioning a new future - a "Seamless Life" for ourselves and others.

IVORY PALMS RESORT, NOOSA
7 DAYS \$1100

Just \$1100 per person (including GST) includes all activities, presentations, workshops and forums with private accommodation in town house style units located at the Ivory Palms Resorts - one of Noosa's favourite holiday places!

visit our new interactive website: www.familyoftheheart.com

BOOKINGS ESSENTIAL! Ph: 07 5563 0036
registrations and info online at www.wayoftheheart.net