

ShiningBRIGHT

a guide for the soul

VOLUME 8, ISSUE 4

SPRING 2005



**THE ACADEMY'S
FIRST
HUMANITARIAN
PROJECT**

**My Life with the
Spirit Doctors**

**Torchbearers of the
Golden Age of Light**

Discovering your true self

Space to breathe

**Understanding the power of
reaching critical mass**

GAIA

"Lest you not forget who you are and why you are here... to be love... to live the truth... to create the highest heart manifestation of all lifetimes and to heal all that does not serve you any more... Let us gather as one family of Love to experience The Divine."

We knoweth the truth... no more, no less... and we offer this to you only from the Grace of God that we serve with our hearts... May it be that you receive all that you are willing to give to yourself through your own open heart, one thousand fold again as we hold you in our hearts and all that is not love lifts from you... You are freed to feel your soul love to the brim of your being and overflow the Golden Chalice that you are."
— Lord Maitreya

Qala Sri'ama is an Emissary of Love, God Presence channel for the enlightened teachings of The Ascended Masters and a clear vessel for the awakening of humanity's holy communion in God Presence. Qala is a new World Teacher, who presently offers wisdom teachings and emissary trainings internationally, touching the hearts and minds of many thousands with her world service. Qala, as the founder of the ASCEND Foundation and Company of GAIA, dedicates her life in holy service to Mother Gaia and the divine plan for Earth.



The Christ Emissary Training in Dolphin Pod consciousness is offered by Qala Sri'ama, The Divine Mother, Sananda, Mary and The Christ Masters over 6–12 months for the activation of one's mission as a Christ Emissary of Love, anchoring one's Divine Presence and Christ Consciousness on Earth. All who train with Qala Sri'ama and The Ascended Masters in the Dolphin Pod receive a God Presence package, angelic heart connection to all others training worldwide, full moon meditation linkups, and personal contact/assistance from a mumara of the GAIA Emissary Team.

The God Presence package is created personally for you, and attuned to your God Presence frequency and the divine mission of your heart by Qala Sri'ama, The Ascended Masters and the GAIA Emissary Team. Beloved Hearts, this training offers a profound new connection to your God Presence and The Ascended Masters, and to their direct contact teachings through a uniquely designed interactive experience with your Ascension Council in the comfort of your own home.

The God Presence package includes: a 450 page interactive library of light filled with journeys and exploration and direct contact with The Ascended Masters, a divine training manual filled with a new interactive style of training with The Ascended Masters, your personalized God Presence tablet with your God Presence name and blessing, a Divine Guidance Template and 2 energy body repatterning kits, 14 Elohim Sons and Daughters codes, the Christ Tablets for healing and manifestation, sacred mantras of God Presence and profound daily assistance from The Ascended Masters.

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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.

THE SOUTHERN CROSS ACADEMY OF LIGHT is a non-profit, non-denominational organization.

The Academy's focus is to help people become spiritually aware and live consciously. Wisdoms, some thousands of years old, are being remembered and practiced by its members. These wisdoms are restoring human values and help bring back a quality of life that brings peace and joy.

The Academy helps guide and provide food for the soul during regular meetings. Like-minded people have a chance to come together, meditate and release tension and stress and listen to visiting speakers who has some particular wisdom or insight to share.

The Academy's intention for these centers is: To create a space where you are safe and where you can move forward along your Spiritual path. It is a space where you will learn to understand what your journey is about. Whatever your path is, the Academy Centres offer direction, guidance and inspiration

ACADEMY CENTRES

NEUTRAL BAY

Monday nights at: St. John's Uniting church Hall, Corner Yeo & Barry Streets, Neutral Bay (enter off Barry St.)
7.30 pm – 9.30 pm Cost: \$11.00

INNER WEST

Every 2nd & 4th Tuesday nights of the Month at: Seaview St.Hall, Seaview Street, Dulwich Hill (beside the library, opposite Dulwich Hill High School)
7.30pm – 9.30pm Cost: \$11.00

BONDI

1st & 3rd Wednesday nights of the Month at: 290 Bondi Road, Bondi (under Paul Fitzgerald pharmacy)
7.30pm – 9.30pm Cost: \$11.00

ARCADIA

Meets monthly at: The Bay Road Gallery, 15 Bay Road, Arcadia
Please contact: Danielle Allen on 9655 1674 for dates.
7.30pm – 9.30pm Cost: \$11.00

HORNSBY

Last Friday of the Month at: Alchemy of Joy, 2B Dural Street, Hornsby
7.00pm – 9.00pm Cost: \$11.00

If you are interested in presenting at any of the centers please call the Academy office on 02 9975 4905 or email: scal@a-light.org.au

Please visit our branches and meet up with your spiritual family. Nourish your soul and meet new friends.

Verna Aridon Yater PhD. Medium & Trance channel from USA

Private Trance Channeled Readings & Healing Sessions

Verna Aridon Yater channels Master Teacher, Indira Latari. This amazing being is committed from Spirit to help individuals with their personal transformation. Along with Chief White Eagle and others she brings information, healing energy and attunement to help us. When we recognize reasons for our own challenges, major leaps and bounds in our consciousness happen. Questions can be asked about career, relationships, finances and about loved ones who have crossed over and much more.



Verna Aridon Yater PhD.
Monday 21/11/05 7.30 - 9.30 pm

Introductory Evening \$11
Southern Cross Academy of Light Meeting

St John's Uniting Church Hall (Cnr Yeo and Barry Streets, Neutral Bay)

Wednesday 23/11/05 7 - 10 pm

Evening of Healing with the Spirit Doctors \$75

The Johnson Room, Crows Nest Centre, 2 Ernest Place, Crows Nest.

Thursday 24/1/05, 7.30 - 9.30

Evening of Trance Channeling \$70

Fuller Room, Crows Nest Centre, 2 Ernest Place, Crows Nest

Monday 28/11/05 7 - 9.30

Radiant Healing Energy \$65

The Johnson Room, Crows Nest Centre, 2 Ernest Place, Crows Nest.

Evenings of Trance Channeling with Dr Yater are so much more than predictions or psychic nuances. They are opportunities to receive energy, grace and peace from Spirit.

Evening of Healing with the Spirit Doctors. Some people can see the 27 spirit Doctors working, others can feel, sense or hear them, but everyone receives healing. Dr Yater is told by Dr Fritz, the team head doctor, the order in which to call people for a high charge of energy from Spirit, which is placed into their crown and heart chakra through Dr Yater.

This activates the healing energies and moves us into a very relaxed state.

WORKSHOP

Clearing the Path to the 5th Dimension

Working with the Light \$325

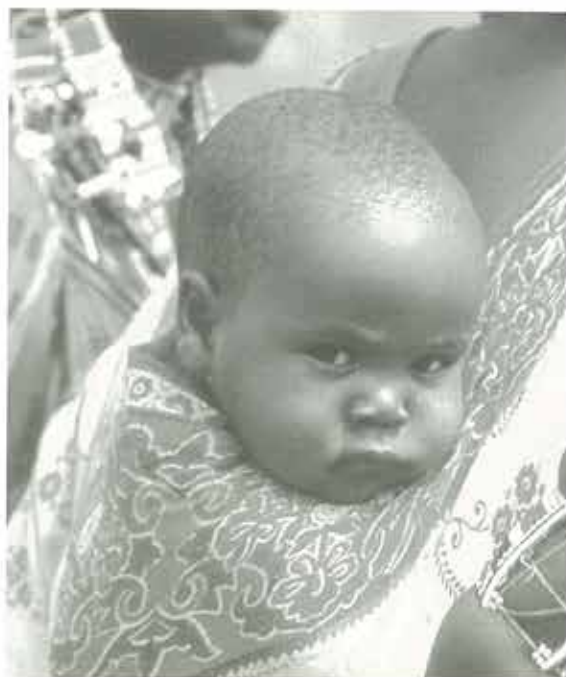
Nov: 26 & 27

Come to this workshop where you will discover transformation and healing in some of the most important areas of your life! If you need a spark or an explosion, come and receive energies to bring yourself to a higher vibration, to transform and help you with change which are real and fast! In this workshop you'll have an opportunity to heal and advance your joy.

For bookings and information please call:
THE SOUTHERN CROSS ACADEMY OF LIGHT
02 9975 4905 Email: scal@a-light.org.au

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Guest Editor
Lily de Chalain

from the EDITOR

I hope you enjoy the new-look ShiningBright. I have been working with Rosemary on the magazine for a few years now and this is the second issue where I have taken a leading role. My vision for ShiningBright is to give it a more mainstream appeal so that more people will pick it up and read it. This issue is full of inspirational stories and jam packed with practical advice. "Soul House-Keeping" will now be a regular feature as is "Around the Community".

With all the pain and fear being experienced around the world it is even more important for us to come together as a community and hold the focus of love in our hearts. The Academy meetings is a place for such a purpose and I encourage you to make a greater effort to attend, to be with like-minded friends and to hold the energy of love to counteract the on-going negativity being sent out and felt at this time.

We live in a very prosperous community, yet many of us still experience the feeling of lack. What will it take for us to be grateful for the abundance we enjoy in our lives every day? Imagine what it would be like to live without clean water, without sanitation and without fresh food. Let us be grateful for what we have and open our hearts and our wallets to contribute to bringing joy to the faces of children in need.

The Well project is very dear to our hearts and also a very practical and feasible way for you to contribute to expanding love in the greater community.

Rosemary & John have always had a vision of living in community and sharing their love with all of us. And now with the purchase of their land in Dyer's Crossing, this dream is very much becoming a reality. More than 20 of us gathered there recently, doing ceremony to thank the Aboriginal custodians of the land and also to bury crystals, and just spend time together in joy and laughter. The experience was very nurturing and the love and the respect that John and Rosemary have for the land was just so amazing to experience.

I encourage you to gather in groups as often as you can, to remain positive, to pray for peace, to enjoy your life and to trust that there is a higher power at work and although many things do not make sense to us, if we hold the focus of love anything is possible.

With love

Lily de Chalain

DAVID HOFFMEISTER TOUR OF AUSTRALIA - FEBRUARY 2006

THE VOICE FOR GOD

"EVERYONE HEARS IT AND YET RECOGNIZES IT NOT"



David Hoffmeister is a passionate and deeply committed teacher of the Truth. His life is a shining demonstration of a healed mind which is why there are always so very many people who come to his blessed gatherings of love.

During the past two years David has taught and shared with like minded people world wide. Now it is Australia's turn to experience this remarkable man and disciple of A Course in Miracles. David:

"Every encounter I have is a chance to get to know me in the truest sense. What I am always teaching is that there are no private thoughts and no private minds. I make myself available to answer questions and to facilitate the expression of the Holy Spirit, which comes through many people, not just myself. And so there is a great feeling of joy. My purpose is to experience peace. You have to be open to your own healing."

The teachings from David are inspired by the Holy Spirit and Jesus Christ. They are reflected in reading material such as the Bible, A Course in Miracles (ACIM), Christian Science, the Urantia Book, Disappearance of the Universe and other books. They offer a roadmap inward to Heaven, through forgiveness, as taught in A Course in Miracles.

*Ask and it will be given to you
Seek and you will find
Knock and the door will be opened to you*

IF ENLIGHTENMENT IS WHAT YOU ARE SEEKING - TAKE THIS OPPORTUNITY TO EXPERIENCE A MASTER.



Another
WAY of the
HEART
Journal event

Note: Evening talks DO NOT require reservation. Bookings ARE recommended for workshops. Venue details and workshop bookings available from Way of the Heart phone: 07 55630036, email: office@elohim.com or check our website: www.wayoftheheart.net

Thurs 9 Feb - Sydney
Evening talk: 7 - 9.30pm
Subject: Relationship
Cost: \$15 (or \$25 for Thurs & Fri)
Crows Nest Uniting Church,
2 Holtermann St. Crows Nest.

Fri 10 Feb - Sydney
Evening talk: 7 - 9.30pm
Subject: Manifesting Abundance
Cost: \$15 (or \$25 for Thurs & Fri)
Crows Nest Uniting Church.

Sat 11 Feb - Sydney
Interactive workshop: 10 - 4pm
Cost: \$95,
Crows Nest Uniting Church.

Mon 13 Feb - Sydney
Southern Cross Academy of Light
Neutral Bay, St John's Uniting
Church Hall, cnr. Yeo & Barry St.

Also appearing in Brisbane, Gold Coast, Byron Bay, Newcastle, Geelong and Melbourne.

Visit www.awakening-mind.org for more tour dates & venue details.

DISCOVERING YOUR TRUE SELF

by Swami Govindananda

We have all been searching for happiness since before time began. As eternal entities, we exist solely for the purpose of finding and experiencing the eternal, ever-increasing love of God. This is Sainthood, the experience of the God-realised Masters.

Before we get there, we undertake all sorts of spiritual searches. We all try to find happiness from our relationships, acquisitions and achievements. Some of us try to experience happiness through understanding other phenomena which stands outside of our mundane world. Energy, light, sound, healing, karmic destiny, the celestial regions, astral travel – all are ways to tap into a different reality from what we experience in everyday life. We may spend years, or even lifetimes, exploring these other realities.

Knowledge of these phenomena allows us to understand that we are not confined to this mundane existence, and that there exists a wealth of intelligent life outside of our own limited experience. This phenomena is as limitless as the universe itself.

But beyond all of this, there is the Divine Reality. This reality stands above all others, and upon finding it, all other searches fall away. It is only by connecting with Divinity that we will find the love and happiness we have been searching for.

Therefore, it is important to understand the difference between materiality, which relates to those phenomena which are temporary, limited and subordinate to God; and the Divine, which is eternal, unlimited and controls all other life in the universe.

Wherever there is materiality, it is subject to the unwelcome qualities of greed, anger, lust, jealousy, and selfishness, whether to a subtle or gross degree. In our habitual daily lives, we experience these qualities in a gross form. However, they are still present in a more sub-

tle form in the world of spirits, angels and material energies. This means that all of the imperfections that afflict our minds and hearts, also afflict the minds and hearts of those living in the celestial worlds. While these beings have abilities that are not available to humans, still they have not reached perfection, and therefore cannot take us to our final goal.

The Divine world, on the other hand, is a touchstone which purifies all who come into contact with it. It is perfect, eternal, and unlimited. While a material being still has some way to go to finish his or her spiritual quest, a Divine being does not. A Divine being is a power of God him/herself: they are fully complete and fully perfect. Once you connect with Divinity, your search ends. You no longer need to be concerned with different types of seeking. Why? Because only a Divine being can destroy the cycle of confusion and searching, and award you the experience of Divine Love, which stands alone as the supreme goal of the soul.

So what is Divine and what is material? How do we tell the difference?

The Vedic scriptures tell us that there is a material energy known as maya, which envelopes this world. It is responsible for the distance between us and God. Because of maya, we experience the illusion of expecting true happiness from the world, and forgetting God in our lives. Where maya is, Divinity cannot be fully revealed. And where Divinity is, maya is not present.

Maya infuses our mind itself. Because of this, our mind is incapable of experiencing true Divinity. And so we operate every day without understanding the true nature of God. In this way, maya blocks our experience of God, and induces us to have faith in our everyday, mundane experience.



It is as if we are wearing maya-tinted glasses: everything we see is filtered through the lens of our mayic mind – and therefore everything we experience is an illusion. The true reality of the world is something quite different, and this is revealed to us when we become God-realised. When we reach this final perfection, we still wear our glasses, but the lens changes. Instead of seeing everything through the lens of maya, we see everything through the lens of God. When a person fully connects with God – the experience which we call God-realisation – this maya falls away and the illusion disappears, allowing the individual to

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experience the true bliss of God and experience His love at all times and in every situation.

This maya is vast. Everything that we experience in our universe – from the room where you are reading this magazine through to the farthest sun in the farthest galaxy – is comprised of mayic energy. The Vedas tell us that this illusory power also exists in the celestial abodes – ie, the heavens and the hells. The Traitreya Upanishad gives us a very detailed description of the various celestial abodes, along with detailed descriptions of the types of consciousness found in each region. From the lowest hell to the highest heaven, all is maya.

This material energy extends right up to the highest heaven known as Brahmlok. Brahmlok is the widest possible integration of cosmic experience, the farthestmost limit of manifested being. The happiness that is experienced in Brahmlok is millions of times greater than the greatest joy to be found on Earth. Just imagine – such a height of peace, joy, and bliss!

And yet, the Vedas tell us, even this happiness is entirely within the realm of maya. Therefore, it is material, and not Divine. As such, it is limited and temporary, and cannot take us to our destination of communion with the bliss of God.

So therefore there is a great difference between the material and the Divine. If the bliss of Brahmlok is material – and therefore limited and temporary – what to speak of the experiences of our meditation when we feel a shift in energy, or a casual synchronicity? These experiences need to be put into the proper perspective. Focusing the mind on material experience – whether it be angels, celestial encounters, psychic powers, or classes of material energy – it may help you in your state of mind, but truly speaking it cannot lead to an experience of God. And therefore, it cannot lead you to experience the love you have been looking for. For that, only the Divine Love of God will do.

Divine Love is the final goal of spirituality. It is the experience of the Saints. And this experience should be our goal. In fact, it is the only thing which our soul seeks, and it has always been searching for it, in every moment, since eternity. It is not only available to each and every one of us, it is our birthright. We should not settle for anything less.


So how, then, do we reach the Divine Love of God? Who can teach us about Divine meditation? The Masters!

It should be no surprise to us that the highest goals have been reached by the greatest figures. A child achieves the goal of a child, and a giant achieves the goal of a giant. The surprising thing is that when we embark on our spiritual quest, we do not look to the giants of spirituality. Instead we satisfy ourselves with the teachings of those who have not yet reached their final goal. What is the point of this?

Therefore, bypassing all of the crowded noise of the spir-

itual marketplace, we should head straight for the Master who has reached his or her final destination. Only that person can teach – all of the rest of us are merely students at their feet.

When you seek and find a true Master, the Master takes you into his care. He gives you true spiritual knowledge, and silently watches over you. He gives you his help in all stages of your life. He personally guides you through the rough and dangerous waters of life, and sees you safely through to the other side, where disappointment, hurt, anger, loneliness, and all of the afflictions of life can no longer touch you. He asks you to love to the highest – and from the highest height, he gives you his love so that you may experience the bliss of the soul.

This royal road is available to each of us. The journey begins when you come into contact with a true Master, or one of his Swamis. When you find this, don't let it go. Treasure it and nurture it, and you will soon be on your way to experiencing the love you have been searching for. 

A subtle dance enters into your being and doors that have remained closed forever start opening. A new breeze passes through you; dust of centuries is blown away. You feel as if you have taken a bath, a spiritual bath.

Osho

www.creativebyright.com

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year to honour
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MANIFESTING INTIMATE RELATIONSHIPS

by Joy Atkin

I don't know about you but I love the energy of spring. The air is filled with magic and possibilities and all around us blessed Mother Nature is birthing new life. Love – and sex – is everywhere; a heady elixir that we can breathe in as effortlessly as our daily intake of oxygen.

This spring, the one we are currently experiencing in Australia in the year 2005, is particularly powerful. It is a time when the Goddess energy is here to support all who choose a soul mate partnership, whether that be a new relationship or the renewal of an existing partnership.

In this article I would like to share some of the information I have been given to assist you – women and men alike – in manifesting the intimate relationship that Spirit wants to give you at this time, the Divine Assignment that will support you both in being all that you can be.

It is time to release our wounded hearts and choose again. It is time for everyone of us to claim an expanded, healed heart that beats to the Divine Goddess Vibration and a fresh pair of eyes – what I call 'Real Eyes' - that can see Truth in every soul we meet.

We claim, many of us, to live in the moment, but often we have simply deluded ourselves. We continue to protect our hearts with barbed wire fences by finding our current partners 'guilty' of the sins of past lovers. To justify this we have replaced our old victim mentality with a more sophisticated language of new age spirituality and psychobabble. The Goddess is calling us now to stop this old game. Dig deep to shed ancient anger and guilt once and for all. Be free to embrace the love that is waiting. It might feel scary to be so vulnerable but it is only in that vulnerability that we find the Source of our real power.

I can hear you asking 'I want this but how do I choose it?' I offer you what I have been given, with the prayer that it will be a blessing to you.

Namaste,
Joy.



THE GODDESS INVOCATION

The Goddess energies are available to us all at any time. All we have to do is believe, ask and be open to receiving. Prepare for this ritual by ensuring you have dealt with all possible distractions or interruptions such as phones ringing. Make your space sacred and pleasing to you. Play quiet music, light candles, incense or aromatherapy oils.

Prepare your heart by digging deep into ancient wounds, anger, grief and sorrow. You might like to call upon the Goddess Pele, Hawaiian Goddess of Volcanoes and Awakenings, pictured with this article. Ask her to assist you in bringing up all that you have buried deep, knowing that it is time for it to be released. Take as long as you need with this as it is important to honour all that is there.

PRAYERFUL INTENTION: When you are ready to move on, write down your intention for the ritual. If you feel it is time, claim your Healed Heart and Real Eyes. The Divine Mother holds them for you deep within Her Heart until such time as you request them. All of Heaven rejoices when such a request is made – Goddesses and angels love a good party!

You might use these words to make your request in prayer:
Blessed Mother

Source of all wisdom and life

I release to You now my wounded heart and clouded eyes

I thank them for the perfect way they have brought me to this place in my life

I choose now my healed heart and real eyes and thank You for holding them safe for me.

This is my choice and I manifest in my life through the Infinite Creative Power of the Goddess within me.

It is done, it is done, it is done. So be it. Thank You.

Now feel a beautiful pillar of platinum-gold light filling your crown chakra and moving into your chest. This light expands, filling your heart chakra with loving energy, the like of which you have never before known. This is the vibration of the Goddess. Sit with it. Let it flow down through every cell in your body. Bathe in it. When you are ready allow the platinum-gold to turn to a deep sapphire blue. Let that wash through your body. Finally, turn the blue into a soft pink, the pink of unconditional love. Send that vibration through every cell, feeling its nurturing, healing power.

When you are ready make this request of the Divine Mother:

When you are ready make this request of the Divine Mother:

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**Be free to
embrace the
love that is
waiting**

STONE CIRCLE MAGIC!

by Alanna Moore

Towering standing stones (menhirs) and stone circles of Europe have long fired the fascination of archeologists and antiquarians. As well as megalithic stones purposefully positioned (and also found naturally) that are used as memorials to important events and people, nowadays it is recognised that ancient megaliths globally have traditional associations with sanctity, pilgrimage, eco-spiritual ceremony and Bardic assembly; Earthly and astronomical alignments; fertilizing and healing energies, healthy crops and livestock; high energy and central omphalos points in the landscape, and the homes of powerful spirits of place; weather control and rain making; altered states of consciousness, initiation into other dimensions and visionary experience; and also the granting of sovereignty, wishes, blessings or curses and the binding of oaths.

Nowadays people are experimenting with their own, much smaller versions of the ancient megaliths. These are primarily being used as landscape art and astronomical observatories, as adjuncts for farming and gardening; for sacred sites, meditation and ritual space and also in Earth healing work.

Making stone circles.

Anyone can experience the energies of a stone circle first hand, whether it is out in the garden, or in the form of pebbles arranged on a table in your home. The more energy the rock has, the better.

If you can have a pair of circles, one of paramagnetic basalt / bluestone and another of quartz, which is diamagnetic, even better. (Paramagnetic stones having a weak attraction to a magnet, diamagnetic stones are weakly repulsed.) Then you will have a yang and a yin stone circle, with opposite polarized, complementary energies. Yang energy is stimulating and yin energy is calming.

A popular type of stone to use is white quartz, lovely Smooth River washed pieces sometimes being available to buy. Quartz crystal could be a bit too powerful! But any type of stone will potentially do the job, although I would suggest sticking to one type only for each stone circle.

And if you are 'wild harvesting' stones please be respectful and ask for permission of the rock to remove it. Many will be very disturbed to be removed, but if you talk to them and explain your purpose the right rock might be very happy to achieve a higher purpose! Dowsing and intuition will give you the answers.



Micro-Circles

On a small scale, a circular plate or tray of sand can make a perfect base for a mini stone circle. If you can dowse, find a good energy spot to locate it. Otherwise anywhere will do. Using a compass to find the four directions, you can lay out an 8 or 12 pebble circle of some 300 - 600mm diameter. Place four stones, your largest or most prominent ones, at the cardinal points and then one or two in between them.

"This article was extracted from Alanna's latest book - 'The Magic of Menhirs and Circles of Stone' which is available from Python Press".



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"I ask for the highest vibration of soul mate love available to me at this time to be now revealed. Thank You, it is done." If you are currently in a relationship and you seek its renewal you might use these words or some similar:

"I ask that You will transform me to be the highest vibration of soul mate partner I can be at this time and that the Divine Potential of our connection be revealed to both of us at this time. Thank You, it is done."

May you and your partner find bliss this springtime!

Joy Atkin celebrates the Goddess through her writing, workshops, readings and rituals. Please see her website at www.writewellwritenow.com or phone 0417 821 260.

Blessed Mary, Beautiful Goddess, Prepare me now
It is the hour before the dawn, and my bridegroom approaches.

Divine Mother and Holy Lover, With Your Golden Loving Light

Wash my new Heart healed, eyes open, Ready to behold my joy.



MY LIFE WITH THE SPIRIT DOCTORS

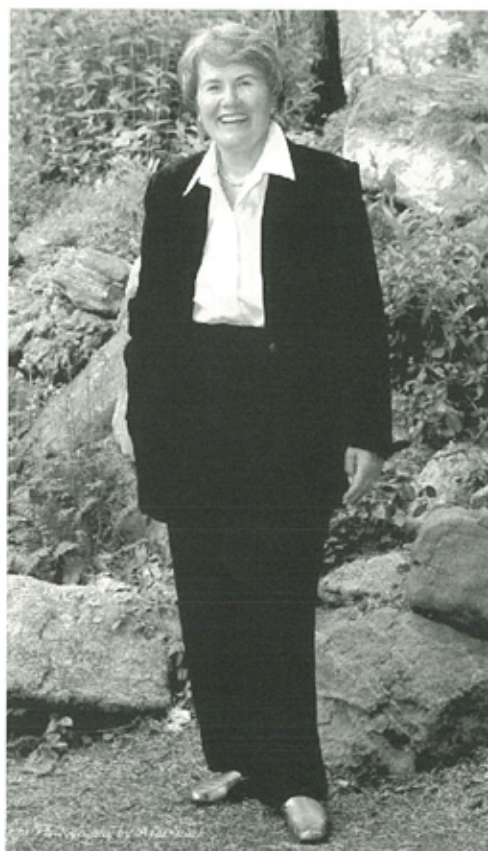
by Verna Yater

For over the last 25 years it's been my privilege to serve as a channel for a team of Spirit Doctors who have helped with the healing of thousands of people in different parts of the world. They first gently introduced themselves to me by giving me signals to work with people in a way in which I was allowing huge amounts of energy to be funneled into their crown and heart chakras. Over the first few years of working together they worked out a system with me which allowed this "tazar" energy, which is what one of the participants dubbed it, to come through me and which they explained would effectively release the physical body while they were then able to work on the subtle bodies of those coming for help.

When the team first formed there were a dozen, now there are twenty seven loving beings all of whom were trained physicians before they crossed into spirit. Once on the spirit side they received further training.

What the team does is to clear the debris from the astral plane and thus also balancing the body. Once this is done they can then work on the etheric plane and effect whatever changes are necessary to heal the body/mind and spirit. The team has a terrific sense of joy as they work on people. Some people have had them talk with them, some have seen some members of the team and some have sensed them. Whatever mode it isn't necessary to be able to see them or to hear them because they are quietly and lovingly doing their work.

The team works on many kinds of challenges including fibromylga, depression, bone deformities, vision, teeth, growths, setting bones, lengthening legs, straightening spines, doing etheric surgery, overcoming migraines, releasing old pain and debris and much more. The



most important aspect is the clearing of the astral aspects around the body so that deep healing can occur.

The following are some feedback experiences which people have shared.

"My husband and I were with you for the celebration of our 32nd anniversary. Neither of us had experienced "floating to the floor" before but it seemed very much to me like what happens on TV in evangelical Christian churches when people are "slain in the spirit." Intellectually, I'm always fascinated to find such phenomenon occurring in different contexts, called by different names.

On the floor, my husband felt work begin immediately on his sinuses, then on his knee and his hip. I felt great the next morning and a troublesome pain that has been in my right side was fading away. The stiffness in my neck softened during the session.

I experienced a wonderful visual image during the session. I was inside the blossom of a flower and my consciousness there was so small that an insect on another petal was larger than I was. I was so small I could see only some of the flower, long, arching pink and white petals, and yellow stamen. It was beautiful, but didn't last long."

Another recipient says, "I woke up this morning and for the first time in a long time I felt I wanted to live."

From yet another, "The healing energy has helped the arthritis in my right hand. The stiffness has gone sort of as if the joints received a nice little lubrication to help them move easier."

From someone who has experienced the Doctors many times, "I experienced several things that were new. While you were explaining what was about to happen, I saw around you white light that extended out 2-3 feet around your body. Another new thing was that as I was easily falling to the floor the most magnificent aroma, a mixture of rose and jasmine was experienced and it still gives me pleasure just thinking about it...so wonderful. During my healing, which was a more intense physical workout than I had experienced previously. Some of the positions were not comfortable and were difficult to hold. And it was fascinating to me that Spirit knew just how long I could tolerate it and how gently my limbs were released after

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"I was allowing huge amounts of energy to be funneled into their crown"

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each little workout. I was self-conscious at times and worried about affecting another close to me but released and followed what was given. Also the sensations were interesting ...my legs became very cold (which often happens when spirit is very close) and my arms were being stretched to the ceiling of the room. I had a knowing that high voltage energy was being infused into my body through my hands as it reached for the sky...especially my dominant, the right. When they were done I was a bit dazed and had some soreness throughout my body like a baseball bat had encountered it...but as I returned to my chair it vanished. Amazing! Although it was late when I got home and I was tired, I was directed by Spirit to take a long bath with rose and lavender before bed. That night I had a very deep sleep and some visual imagery. When I awoke the next morning I felt absolutely terrific and years younger. As I write this I still am riding high on the energy." (It's not at all unusual for the doctors to continue their work after an evening with them and for the energies to remain very high.)

Someone else reports, "on the night when you placed your hand on my head I felt a wave of nausea and fell back, it felt like my energies were separating (exactly what is happening...spirit separating from the body). But once I was laid down, the nausea went. I then felt the lightest touch around my right eye (the tired one on the side that suffered the paralysis from bells palsy and then I felt the eye being pulled and cut, definitely could feel the cutting behind the eye. There was no pain just the sensation. At the same time someone started to work on the lower right hand side of my abdomen and it felt like they were pulling my ascending colon around, giving it a really good shake and loosening something. They then moved to the middle of my chest and pulling out strands from both my lungs and my heart chakra (clearing debris). It felt like a band of pressure right across my chest and my breasts felt like they were being flattened, that is how strong the energy was. Again it was not uncomfortable just 'interesting'. I had also asked them to let me know when they were finished and when they were, I was tickled under the chin. It did indeed bring a smile to my face."

A frequent attendee says, "I have had probably 100 spirit doctor healings during the past ten years. Every one was different, depending on the 'space' I was in, and what The Team had planned. Many times I was aware of what they were doing, and sometimes I wasn't. 'Ach, Lassie, you don't know how to look after yourself,' was the first time I heard one speak to me, and another time this same Scottish accent said, 'We're here with you Lassie, we're going to get this done.' I had no idea what he was getting done, but I felt safe and total trust with what he was doing to help me physically and spiritually. My right shoulder is a healing work in

progress – they work on it, I have body work on it and do my healing on the patterns over many lifetimes that have caused the problem."

I have been so blessed to be the channel through which this wonderful team of 27 Spirit Doctors works. There is a constant stream of wonderful healings which they bring forth.

At this point we are just beginning the process of having the entire Team of spirit doctors "tested" more scientifically at one of the universities in the U.S. I have seen the energies and the miracles and near ones and yet for some people the testing and verification will be helpful. My life and the lives of so many thousands who have been touched by the doctors have already been enriched.

Verna V. Yater

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SOUL HOUSEKEEPING

compiled by Lily de Chalain

If spirituality was a sport or a hobby, how differently would you approach it? When we take up a new sport we buy different clothes, we join a club, we pay club membership fees, we buy the right equipment, we find a coach or teacher and we practice, practice, practice.

So here are some things to contemplate as you embark or continue on your spiritual path:

APPEARANCE – How would you like the world to see you? Are your garments and attire a true representation of who you really are or are you just following the trends set by someone else.

Find out what really attracts you, what colours are you passionate about? What colours are missing in your wardrobe? Do you wear too much pink and not enough blue or green? Does the colour purple make you feel safe or does it affect your energy too much? Tune in to the colours in your life, are you living your life the way you want or are you living it according to someone else's views.

COMMUNITY – Have you found a supportive community and a place where your spirituality is honored for what it is in its entirety? Are your friends supporting the direction you have chosen to take or are they judgmental and limiting your growth? Do you feel lost and need a place where you can feel safe as you explore your spiritual growth. I encourage you to be with like-minded people who will support you on your journey

and give you positive feedback and information pertinent to your growth.

TITHING – Do you pay for the privilege of being on this planet? Are you grateful for all that Mother Earth provides for you? Do you regularly tithe to a cause or donate to a worthy organization. Do you offer yourself as service to help others in need? This could be the equivalent to your membership fee. The choice is yours, but there are wonderful benefits and expansion available to us when we tithe and support others in need.

ENVIRONMENT – Do you have the right equipment around you to support your growth? Lighting a candle and dedicating the day to God is a wonderful way to open up to the higher energies. Candles, incense, sound, meditation are all great tools to assist you and your energy as you surrender, allow, dedicate and show gratitude for your day.

SPIRITUAL MENTOR – Do you need a guide, a teacher or just a friend to show you when you are not truly on your path? We often can not see our own behavior or our limiting patterns and sometimes we need someone to be a reflection to us so we can make the adjustments necessary.

Great friends encourage us to be greater than our own limited vision of ourselves. Sometimes we have the intention but not the drive and we easily give up or become lazy and despondent. At these times we can all benefit from a teacher willing to speak the truth to us with love and support. Procrastination is something we all know well.

PRACTICE – How much time do you dedicate to your spiritual practice? Is it an hour a week or less or an hour a day or more? It is vitally important to practice no matter which skill we wish to master and spiritual growth is no different. We happily go and practice tennis or golf and go to the gym but we fail miserably when it comes to our spiritual connection on a daily basis. Prayer, meditation, chanting or just being really present in our day and with the Creator, will enhance and expand our energy so we will have more light as we move further on our spiritual path. Going to church or a spiritual gathering once a week is not enough but it is better than not doing so.

PRESENCE – Being totally in your body is very important. We are here in the third dimension to work through our physical bodies, yet many of us spend so much time being out of our bodies. Connecting to higher dimensions is well and good but as long as you are also grounded and in your body at the same time, fully aware of all your senses. The most powerful way to assist your growth is to be totally present with your every moment, every thought and every action as you go from each second to second.



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Changes occur in the moment, nothing will happen while you constantly dream about the future if you do not become present enough to manifest the change in the present moment. Ironing can be the best tool of all if you become totally present with the iron connecting to the garments, if you sense the heat rising from the table and smell the freshness of the clothes as you are in the process of ironing out the wrinkles. Feeling the body as you sit in your chair and also being aware of the sounds around you are all wonderful and useful practices.



Chopping the vegetable can be a great practice of awareness. As you chop, notice the blade slicing through the vegetable, observe the colour of the fruit, see the texture and experience the smell. Bring love into the experience of cooking and know that this love will be felt by those eating the food.

Walking, a great way to spend time connecting to nature but also a wonderful tool of presence as you feel each foot connect with the ground, as you listen to your clothes rustling when you walk and as you notice the breath changing with every step be especially aware of where your eyes fall and what it is you see.

AWARENESS – Being aware of your thoughts, observing where the mind goes and constantly monitoring your emotions will help you to become more present. Wherever your mind travels, so does your energy. What ever you focus on now, will be what you will manifest in the future. Total presence of mind will show you what is limiting you, and it will reveal where your fears are and where you can make the changes necessary to allow more light to infuse your energy.

HELP – There are many in the spirit world watching over our every move and they are more than willing to help us but we need to ask for this help. Many of us try to do it all on our own and I want you to know, you are never alone and support is only a breath away. Call upon an Ascended Master and ask for assistance and healing, ask for Divine guidance and Divine protection and it will gladly be given. 

Lord Buddha (Buddhist)

*The subject on which I meditate is truth.
The practice to which I devote myself is the truth.
The topic of my conversation is truth.
My thoughts are always in truth.
For lo! myself has become the truth.*

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Phil Gruber will be in Australia this November, teaching new classes of enormous significance and simplicity. He is acclaimed and acknowledged throughout the world as one of the foremost teachers of Sacred Geometry.

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Sacred Geometry and the quest for the Holy Grail

by Phil Gruber



In his introduction to 'The Holy Grail', Malcolm Godwin remarks that the legend of the Grail, more than any other Western myth, 'has retained the vital magic which marks it as a living legend. At its core there exists a secret which has sustained its mystical appeal. Some alchemical process

appears to be triggered...transforming this...story...into an archetypal dream image of the Ultimate Quest for All and Everything. The Grail Quest is...recognized...as the greatest of all spiritual endeavors'. In questing for the Grail, we connect with the ultimate creative mystery that is both within ourselves and all things...the remembrance of who we are, where we came from, and why we continue to be.

One only has to look at the enormous success of J.K. Rowling's Harry Potter, the Lord of the Rings, and the enduring appeal of the wonderful 'Wizard of Oz', to be reminded that there still persists within the human psyche and the human heart an unquenchable thirst to recover Tolkien's primeval jewels, the Silmarrili, the radiance of pure light that we once knew ourselves to be! We long for that return to innocence, the sense of awe, wonder and mystery we held as children, where everything fit, and almost everything made sense.

The late, great myth master and storyteller Joseph Campbell reminded us that myth provides a bridge between our 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 (we are all Eternal thought-forms in the mind of God), as well as interpretive images that help bridge the gap between our local consciousness and that of the Universe.

The Study of Sacred Geometry provides us with many interpretive images that help put us in touch with what Campbell called the 'mythic moment', a field of infinite possibilities, when everything begins to make sense again, when everything fits in perfect harmony!

Geometry means the measure of the Earth...how much



less the measure of man, or woman, for that matter? In the study of Geometry is re-discovered the blueprint of creation, the architecture of the Universe, our 'pattern of perfection'. The ancients knew it all too well! The immense popularity of this subject is a testament to the enduring hold it has always swayed in our imaginations. Its fascination and magic is timeless! From the dance of sub-atomic particles to the spiraling of galaxies and yellow-brick roads; from the 'arc' in architecture to the 'ark' of the covenant, Geometry allows us to see the harmony and the order of the God-Mind made manifest. It is a meeting point of the 'seen' and the 'unseen' worlds. With a basic understanding of the Geometric principles that mirror and inform the very act of creation and the growth and evolution of all manifest forms in nature, we can participate more fully in the act of conscious co-creation, evolution, manifestation and healing. Sacred Geometry has always been used as a valuable tool for self-discovery and self-knowledge. When the sacred is seen in everything, one can more readily acknowledge the God-Force that lovingly moves through each and every one of us at every moment, our consciousness 'breaks into the world of ideas', and we become modern-day Prometheans! We can, like Wolfram's Parsival (one who pierces the veil), use Sacred Geometry as a tool to seek for the Grail. We have always carried the Grail within us. The true Grail Quest is about setting ourselves free! It is a search to reclaim our eternal souls. And when we commune with our own Inner Christos, the Ultimate Mystery, through the agency of the Grail, we re-enact a precious and holy co-creative act, recovering the Silmarrilion, and the 'light before the sun'.





Living Awareness & Isira in Africa

Beyond our own world of great privileges and comforts that surround us in our quest for peace and deeper meaning, there are many who remain less fortunate. Despite today's climate of such prolific economic and technological advance, nations such as Africa still remain in the grip of abject poverty, corruption, disease, exploitation and conflict.

In our willingness to assist resolution in such places it is absolutely essential we look to the deepest cause to find the way forward. That fundamental cause is conflict between the inner and the outer. As long as there is conflict within the individual there will be conflict within community: peace starts within. Truly our greatest calling of this century is "be the change you want to see". And the people of Africa are crying for the way, the support and the education to be able to bring this deep inner change.

In dedication to this cause, I have committed the time and work of the teachings for Living Awareness to assist this

transformation in Africa. This work is about conscious revolution. It is about bringing the models of understanding and practice to the mind and heart for true peace to be cultivated within. In August this year I met and presented to over 100 youth (young adults between the ages of 18 and 36) in Ghana, the Liberian Refugee Camp and Nigeria. The first stage of this project has succeeded in achieving an enormous impact. We have mobilised three major programs for ongoing peace building with many more requests and the passionate willingness of the youth to do all they can to spread this opportunity far and wide. And, we opened the very first Peace Centre for Nigeria.

The youth are ecstatic, overjoyed and grateful beyond measure. And me? I can only marvel, feeling so deeply humbled at the enormity of this blessing to reach out and touch others with the certainty of the power of love...to see them light up, stand tall and walk forward in their **own** power. What a different world it will be when we all reclaim our inherent divinity!

If you would like to know more about the teaching programs and humanitarian services of Living Awareness, or how you can be a part of it, please see the website www.isira.com or contact us by email: livingawareness@isira.com or tel: (02) 9975 2247.



John Collett School Belrose NSW

Rosemary Butterworth and Lily de Chalain went to visit this wonderful school to see for themselves how the children are using "Zen Tails" for their studies. We found the children to be

very confident, animated and we were amazed to see how the children discussed and related to the morals and teachings mentioned in the series of Zen Tails. Here is what the Deputy Principal had to add:

Young Minds and Ancient Wisdom

When Susan looked up from her book and asked, "So what exactly does 'renunciation' mean in this situation?" I knew that the Zen Tails books were something special. Never in my fourteen years of teaching had I come across a series which could so quickly unlock the philosopher latent within every child.



Peter Whitfield's series, Zen Tails is a unique collection of children's books aimed at ages 5 - 8. It sets out to convey to young readers some of the profound wisdom contained in traditional Eastern stories. The Zen Tails are enacted by nine animal characters who are grouped into three groups: the teachers, the students and the fools. The series is skilfully illustrated by Nancy Bavington with beautifully drawn, sharply executed watercolours.

The real genius of the series is that it touches on profound questions which lie at the heart of the human condition. These questions are simple enough to be understood by young children, yet profound enough to warrant a lifetime of study, reflection and practice. This series ignites the spark of yearning for true wisdom which lies within the breast of every child - helping the young mind to understand the most ancient wisdom.

OUR COVER

The Academy's FIRST HUMANITARIAN PROJECT



The children are our future and many are in need of the most basic needs that we all take for granted. The Well project will supply fresh drinking water to 8,610 people.

We are collecting money from the community to donate to World Vision's "Water, Health, Life" project. Maybe you can not pledge money to World Vision on a regular basis but have often wanted to. Individually it may seem overwhelming to donate a significant sum to do something worthwhile

but together we can join forces to collectively donate funds toward this wonderful project. World Vision has begun work to bring permanent solutions to some of the world's poorest people lacking clean water and basic healthcare. Every year 3.4 million people die from the lack of clean drinking water and basic sanitation.

We are focusing on a project in Tanzania to supply clean water in the Busangi area. These people are looking forward to permanent changes in their lives. In the next few months this project will provide long-term solutions to water problems in the area. This project will find the best sites to dig wells and boreholes. Opinions are sought from the women and children who bear the responsibility of collecting water for the family. The community is involved in every aspect of this project.

Many of the children suffer constant stomach pain and diarrhoea from drinking dirty water. The stomach pain, intestinal worms and vomiting makes it hard for them to even walk. Through this project the children won't have to die needlessly from preventable diseases. Families will be able to grow their crop and earn a living.

You will be helping to provide 30 protected wells, which will provide clean water and also train the community to



ensure the water in the wells is safe to use. With these basic needs the children won't have to die needlessly, parents won't have to suffer from chronic, debilitating illness. Instead they will be able to work, earn a living and send their children to school and have a decent chance in life.

If you wish to help, send in your donation made out to:
The Southern Cross Academy of Light: PO Box 1221,
Neutral Bay, 2089.





SPACE TO BREATHE

by Lily de Chatain

There was a whisper... and I dismissed it. It seemed to be coming from myself. I heard the whisper again... and listened without pausing from what I was doing. The whispers continued to come and I chose to be still and respond.

My guidance was telling me, it was time to commit to meditation on a regular basis, but as I tried to sit with myself this seemed to be a monumental task. I couldn't sit still with myself and be with my agitated mind. My myriad of thoughts was just too disturbing, too uncomfortable to witness and although my guidance was telling me that I would benefit from being still, somehow I just couldn't handle it. Experiencing the frantic vibration of my mind was not a pleasant experience.

As my inner knowing concurred with the message I heard, my thoughts reminded me of the many tasks that needed to be finished just to provide the avoidance that sheltered my fear. Fear of connecting, fear of being still, fear of seeing myself as I was at that moment, instead of the potential I imagined possible so often.

The realization that this is how my body feels all the time is a revelation, my agitated mind, erratic thoughts, energetic disturbance and the constant stream of mind chatter was all too much. When we keep ourselves so busy with our thoughts we do not feel the agitation of our physical self and in our energetic fields. It is only when we stop that we really feel this disturbance. I've spoken to many friends who can't sit still either and can't be with themselves and witness their own thoughts.

I chose to move on from the avoidance and I have created a space where I can meditate in my room. It brings joy to my being to finally sit with myself and allow my thoughts to just be. Going beyond the resistance to move and witnessing my chaotic mind is well worth the challenge. The freedom and the sense of belonging that I feel when I meditate are beyond description. My direct line to the creator has become my saving grace.

Sitting here on my beautiful cushion, I now create *space* in my life...space to breathe, space to dream, space for gratitude, space for myself to expand and space to connect with

the Omnipresence. Feeling and breathing in Divine *Space*, is my doorway to bliss.

In allowing our thoughts to dissipate, more space is created, fear drifts away and the constriction in the body releases. The mind is quiet, the energy is still and as we fall into the silence, into the peace, we feel a sense of oneness. Without the thoughts, without the conditioning and without the fear, joy is felt and revealed once more.

In truth the joy is always present, hiding beneath the false identities we have attached to ourselves, the identities that create resistance and fear. As we breathe in the space, more light radiates from our being and the shadows of fear recedes.

In creating more space in our being and in our mind, by releasing the many thoughts that we have attached ourselves to, we create more *space* to be creative and to be as brave as we dare to be, as large as God wants us to be. As our energy expands with the consciousness of more space, the joy and the experience of love is once again revealed, no longer buried beneath a mind so full of clutter and stress, a body without space and without light.

Loving and being enlightened requires space, space for the light to enter, space for compassion, space for others and space to create. As our thoughts create our reality, we need to create more space to paint a larger canvass of life. Without space there is nothing, space creates substance. The space between the musical notes is what creates the music. Space between the letters creates the words and space in your heart is where love is experienced and where love resides.

With every conscious breath of pure awareness, light enters our every cell and our being, expanding our light body, raising our vibration and filling us up with love and joy. We are spirit first and we embody a physical dimension. As we raise our vibration and increase our light quotient, it becomes easier to live in joy and to experience the freedom from the shackles of our mind.

In truth, it is only a reconnection and a remembrance of the aspects of our being that we have forgotten. It's time to create *Space*, to be closer to the Divine and to create the *Space* to expand our light as far out as we desire. I encourage you to sit with your mind, to release the veils of the past and feel the agitation in your body, see what space you can create in your day and in your being. Let your light and love grow and shine forth. Peace and Light be with you always.



Joy is always present, hiding beneath the false identities we have attached to ourselves

TORCHBEARERS OF THE GOLDEN AGE OF LIGHT

Channeled from Saint Germaine through Jill Marie

As the dawn of a new tomorrow approaches, 144,000 torches are lighting the pathways of sleeping angels everywhere who are awakening to embrace a new reality.

This is a very special time in the evolution of your world to a higher consciousness. The unfolding of the Golden Age of Light is not a new concept, nor is its reality new to this world. In truth, many of you have experienced this same unfolding as your blessed Atlantian Kingdom climbed the golden staircase of light to the fifth and higher dimensions. That which was left behind, served as a new beginning point, which led to this moment you reside within now.

In this lifetime you incarnated to assist in the grand unveiling of the illusion of duality by bearing a torch of light as your gift for all who are choosing a pathway of remembering.

You are embracing a mastery path on this realm and simultaneously on all other worlds, dimensions and times that you are incarnated within. As the judicious unfolding of the plan of the Creator awakens within you on each realm, the map of your purpose within that plan will unfurl and the seeds of knowledge that have awaited their time of expansion will germinate to foster a greater acceptance of the truth of yourself and your exact purpose.

**raise your torch to
light the way, shining
forth the promise of a
new tomorrow**

On this realm you are one of 144,000 Torchbearers of Light, incarnated on this world to assist once again in the evolution of humanity.

Your torch has lighted the way for a great number of blessed beings who, in the moment of their awakening, have scanned the fading illusion of their current reality in search of a ray of light that would guide them to a new beginning.

As the first glimpse of the light from your torch touches upon awakening beings who are drawn to your radiance, shackles of brokenness will fall to the ground and ancient mortar, which held in place the walls of forgetting, will begin to crumble; allowing doors within the prisons of their mind to swing open. The radiance of your torch has aligned with that of all Torchbearers throughout the world to create



a web of light, which signifies a perpetual beacon and symbol of hope to guide those that are choosing light onto paths of freedom.

As you and all who choose freedom from duality embrace the vibration of the New Golden Age of Light, the seeds of remembering planted within you will reach maturity. You planted the seeds; in the moment your essence entered the fetus, which became your host body. When the seeds of truth blossom they will hasten the progression of mastery that has awaited this time of expansion.

Through this process of expansion, the vibration of lightness is mounting ever higher within you. As it does, shackles from past life experiences, genetic debris and barriers built from within this incarnation will surface as part of the illusion of duality within the third and fourth dimensions. By releasing the old illusion, you will be empowered to choose a new reality and will experience greater heights of awareness than you can imagine. As you release the old paradigm of separation and embrace the truth of your magnificence, your light will shine ever brighter to illuminate the pathways of remembering for all who are awakening to their purpose within the plan of the Creator. That light will hold the vibration of the New Golden Age of Light, Serenity.

Serenity is where peace and the vibration of truth reside, anchoring all that dwells in that vibration to the flow of light contained within the Cord of Infinite Union, which weaves the thread of creation into the tapestry of the All and the Everything. Choosing serenity, as a reality within the illusion of this and all life experience, is a valuable Key to remembering the pathway back to a place you have never left,

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Divine Oneness. It is a mastery choice.

Each of the 144,000 Torchbearers of Light on this world holds within them a sacred map. The Tone of Completion, attained through elevated vibration, has stimulated the unfurling of your map and the release of encrypted information, which you scribed in your own hand before entering this life experience. You knew, despite the obstacles placed in your path in this lifetime, that you would awaken to the truth of yourself and once again raise your torch to light the way, shining forth the promise of a new tomorrow.

This message has reached your eyes but it has spoken to your heart. It will assist you in the coming days to recognize the truth of yourself and the magnificent path that lays before you. My energy is carried within the light of your flame, which shines brilliantly forward onto the pathway of the new tomorrow and radiantly rearward, to beckon sleeping angels that have forgotten the plan they made for this lifetime and the truth of their importance in the plan of the Creator.

The radiance of the torch you carry is amplified by your vibration, my beloved soldiers of light. Strive always to intensify the luminescence of your light quotient and the torch you bear will shine a beacon of love out to the world that can never be extinguished.

www.SerenityVibrationHealing.com



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Shannah Haydon

The Earth and its people have been asleep for millennia. Yes, we do need to learn to love, co-operate and be good, healthy people – but there is still something we have forgotten.

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TRANSMUTING ANGER

by Louix Dor Dempriey

Many who come to me with bodies filled with disease and decay will often say, "But I am happy. I have no worries or upsets. My life is great". Then, in the next breath, they ask me to take away their tumors, back pain, headaches, poverty, etc., without any interest or desire in addressing what gave them their pain in the first place. Seeing this condition in, literally, thousands of aspirants has compelled me to share these gifts for transmuting negativity.

All negative feelings and emotions that are repressed or suppressed cause illness in the mind and body. The emotional body rules the physical. The fact that one's issues are, perhaps, denied or truly unconscious is irrelevant. Just look at your body to know the truth. Your body is a flawless mirror and barometer for seeing and assessing the state of your consciousness. By reading the physical signs, the answer can very easily lead to the question. If your body is riddled with cancerous tumors, you have issues and something is 'eating' away at you, whether or not you agree with that diagnosis. "As within, so without". Your job is to ascertain the source and to deal with it.

I need to begin with a few basics. There is no such thing as a terminal disease. Nobody has ever died from cancer. Ever! Cancer is only an indicator from your soul that something in your consciousness needs serious adjustment. The physical plane is the densest plane of creation and the very last place anything shows up. Your soul/God/the universe was sending you signs and messages long, long before the first cancer cell ever appeared. For most, cancer is the final call to change. There are only two reasons why cancer serves as the vehicle for millions to complete their embodiments: 1) the belief (consciously or unconsciously) that cancer is terminal; and/or 2) not sufficiently addressing the self-negativity which prompted the cancer cells to appear in order to get your attention.

Your body is a completely sealed ecosystem, designed and built from the perfection of God's love and adoration as a model of God's own immortality. As such, anything less than perfect love that you experience - on any level of your being - within that sealed ecosystem, you alone, introduced into it. Therefore, you also have the power to get it out of your body, mind, aura, etc. Once you have adopted this belief system, you will have transcended the biggest illusion and will be best poised to receive all necessary assistance

available to you.

The emotional body has a tiered structure. As it begins to thaw, anger is the first emotion to be accessed. Because it is at the surface of the emotional cauldron of negativity, it is also what is overtly projected on others the most, as well as what unwittingly squirts out the seams of a heart and consciousness, frozen for years, onto other people. The very deepest level of non-loving emotions is grief. There are very few people on Earth who even finish cleansing and clearing all their anger in the course of an entire lifetime. It is for these reasons that I shall focus this discourse on how to responsibly transmute and discharge anger, although these techniques can equally be used for sadness, grief, depression, frustration, lust, and many others.

Anger is a normal part of the human evolution of consciousness. Pretending that one does not have or feel any anger does not dissolve or dismiss that anger-nor does saying, "All is love. All is wonderful" rid one of anger. Pious lips do not make a pious heart. While affirmations and mantras are most certainly powerful healing and transmuting tools, they - in and of themselves - are not enough. Anyone who thinks they are is living in a very deep state of denial.

The human soul, body, and consciousness are designed and built from pure Love. They also feed only on pure Love for their life sustenance. Furthermore, anything less than perfect, unconditional love is poison in the human ecosystems - physical, mental, emotional, and physical. Thus, any time you (as the sole creator and engineer of your life) introduce into your auric field anything less than pure Love, your soul (by Divine design) immediately takes action to expel that energy (poison) from all levels of your being. You have no 'say' in this; it is the Law and Order of Creation. Your soul is constantly expelling the negativity from your body and mind. The better you are at holding it in (or inappropriately vomiting it on others), the quicker you are killing yourself. The poison must come out AND it must not be put onto others.

The use of positive affirmations is a crucial part of a healthy heart, mind, and body. The operative word is 'part.' Form does follow thought. Where your thoughts take you is where your life follows. And since the spoken word wields the full power of Creation, whatever you speak, you create. This, naturally, applies to non-loving creations as well as loving ones.

Everything - including emotions - is energy. And energy, as most people know, can never be destroyed. It can only be altered from one form to another. It is from this fundamental scientific and spiritual truth that I am offering a set of iron-clad tools for transmuting the non-loving energy of anger into loving energy of various forms. (As I mentioned, these same tools can also be used to transmute other non-loving

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energies into pure, loving ones.)

It is very important to create a sacred space, prior to taking action, by speaking (silently or aloud) your knowingness that: a) all your negativity - though very painful - is, on the highest plane of creation, an illusion; b) all that you are feeling is of your own creation and nobody did anything 'to' you; c) you are expressing this distortion and pain, and offering it up to God to be taken from you, in sacredness and supplication so that it no longer poisons your system.

In order to be successful with these techniques, you must first be willing to adhere to the one, most important, Golden Rule: Never - but never - project your anger onto another human being, no matter how justified you feel your reasons might be. You would fare better without a tongue than to speak vulgar or mean words with the one God loaned to you. You would fare better without a hand than to raise yours against another, for any reason.

That having been said, the first method is that of direct transference. When you find the anger welling inside of you, find something upon which to 'take it out.' My recommendations include these: write all your anger on paper and then burn it; beat a cardboard box to smithereens with a stick or club; throw a kicking, thrashing fit on your bed; take an old object you no longer need and annihilate it; bury your face into a very thick pillow and scream like you have really wanted but never had the courage to; or stand, waist deep, in the ocean and scream all your pain and angst out to sea, giving it to Mother Earth. These activities act as a poultice, drawing the poison out of your body. In all of these instances, you are to continue until you arrive at a peaceful place or until the limitations of your physical body prevent you from continuing (which is another way of knowing that you are done).

The second technique is to redirect the energy of anger through physical exertion or exercise. There are two excellent vehicles you can use to achieve this. The first is to engage in one of your favorite sports or activities - jogging, swimming, weightlifting, rollerblading, etc. In this instance you are channeling the non-loving energy into a healthy and appropriate one. These activities draw the poison out of your body and transform it, ultimately, into an enjoyable (once you have moved past the anger) and physically beneficial activity.



The other vehicle in the physical exertion technique is to channel your anger into some household project: painting, construction, cleaning, or gardening. Choosing a project which is physically demanding or time-consuming, or one, that you constantly find yourself procrastinating, is the best choice for this type of transformation.

The third technique is one of my favorites, though each one may have occasions when it is best suited to your situation. This final technique is to move into service. When you find yourself 'stuck' (a convenient euphemism for 'unwilling') in your anger, choose to do something for another as the means to transmute the anger and, thereby, return yourself to a loving space. The more you need to purge, the greater you need to serve another.

The best choices for accessing those nasty little morsels of anger that 'get stuck in the cracks of your consciousness' are the activities you normally would not think of doing for another. Examples include: going to a friend's house and



cooking dinner for the whole family (and doing the dishes afterwards); pulling all the weeds and tilling the soil in another's garden; doing someone else's laundry and ironing; wash and wax your neighbor's car, and the list goes on.

All of these techniques work 100% of the time. They are foolproof. The only conditions are that you stay in the chosen activity until you have shifted and, of course, that your activity does not violate another's right to privacy, quiet, etc. Sadly, no matter with how many people I share these gifts, rarely do individuals choose to take action in order to heal the anger and move back into love. Most often, ones choose the coward's way of indulging in the negative emotion, wallowing in self-pity, and continuing to project their own refuse upon others. "It's too hard" is one more excuse for remaining a victim. Just do it. If the solution were easy and meaningless, it would not be of any value to you. Read, again, the first line in this paragraph and ask yourself what is your objective. Is it to move out of anger (sadness, hopelessness, depression, etc.) or to enjoy it a while longer? Either choice is fine, just be honest with yourself. It is your life. It is your body.

Please bear in mind that, while these methods do transmute your negativity and move you back into a loving space, they do not negate the need to find the source of your anger. What I am offering are ways to restore the balance, peace,

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UNDERSTANDING THE POWER of reaching critical mass

by Patricia Diane Cota-Robles

There is a phenomenon that is causing awakening Humanity to feel frustrated and powerless over the challenges surfacing to be healed in all of our lives at this time. When we awaken and begin to understand the power of our creative faculties of thought and feeling, we attempt to control our behavior patterns in order to improve our lives. We put forth the effort to think positively, and we strive to focus our attention on what we want to manifest in our lives instead of empowering our fears and what we do not want to create. Daily we envision the lives we would love to live, and we work to empower our visions with positive thoughts and affirmations.

But often, after what seems like a valiant effort, we continue to experience many of our old problems. This causes us to become discouraged and to lose trust in our ability to change our lives. At this point, we feel like our efforts are futile, and we usually give up on trying to improve our situations. We let go of our visions and regress back into our old, negative thinking patterns. We dwell on our fears, problems and challenges instead of empowering our goals, hopes and dreams. As a result of that relapse, things get worse, and our situations appear even more hopeless. If we understand the Universal Law governing that particular phenomenon, it will give us the courage to persevere even in the illusion of apparent failure.

Everything is comprised of energy, vibration and consciousness. When we explore a portion of the vast science of quantum physics, we learn that when something reaches critical mass, there is an unstoppable shift that takes place. For instance, when an electron is increasing in vibration, the moment it reaches critical mass, the entire electron is pulled up into the higher frequency, and nothing can stop it.

Critical mass is 51 percent. When 51 percent of an electron is vibrating at a higher frequency, the remaining 49 percent is instantly absorbed into the new vibration. So, how does this facet of quantum physics affect our ability to take charge of our own lives?

As we strive to improve our lives, the same laws of quan-

tum physics apply.

When empowering a vision or thoughtform, the moment 51 percent of our energy, vibration and consciousness is in alignment with our vision, it reaches critical mass, and nothing can stop it from manifesting. (break out)

The problem is that we never know just when we are going to reach that magical moment of critical mass. There are often no outer-world signs, and it may even look as if we are very far away from that instant of transformation.

That is when we usually feel our efforts are failing, and we give up. Sometimes we may be just a breath away from reaching critical mass, but we don't realize that, so we get discouraged and stop working to reach our goals. Then we end up never manifesting our visions.

In very practical terms, critical mass means that when we are striving to create prosperity in our lives, the moment our thoughts, words, actions and feelings are vibrating with 51 percent prosperity consciousness instead of poverty consciousness, our life circumstances will shift, and we will begin to experience prosperity. The moment 51 percent of our energy is aligned with self-esteem and love, we will magnetize positive relationships into our lives. The moment 51 percent of our energy is aligned with peace, harmony and balance, we will manifest those Divine Qualities tangibly in our life experiences.

The key to our success is that we must keep on keeping on, even in the face of adversity. It is vital for us to understand that the Light of God is infinitely more powerful than any fragmented human miscreations we may have inadvertently created. Poverty has no power over the limitless Abundance of God. Our Divine Potential is infinitely more powerful than disease, failure, dysfunctional relationships, hatred, greed, corruption, war or any of the other humanly-created maladies appearing on the screen of life.

As long as we choose the Light and consecrate our energy to empower only the positive experiences we want to create in our lives and not the negative experiences we don't want, we will manifest our visions and dreams faster than we can possibly imagine. This information is being given to us by the Beings of Light in the Realms of Illumined Truth during this critical moment on Earth to help us remember that if we don't like what is happening in our lives, we have the option to do something about it. This is true for each of us individually, and it is true for all of us collectively as a global family.

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It is important that we put things back into perspective and accept responsibility for turning our lives around. When we deliberately focus on co-creating our highest Divine Potential, our efforts are empowered by the unfathomable Light of our God Selves and the entire Company of Heaven. When we reach critical mass, our success is assured.

We don't have to believe in the various Universal Laws in order to exist on Earth, but since we are ALL subject to them, it is just common sense for us to try and accept them. We do not have to believe in the Law of Gravity, but if we jump off of a roof we are going to fall to the ground. We do not have to believe that every single thought, word, action and feeling we have will go out and affect the world and then return to us to affect our personal lives, but this is happening scientifically, to the letter, in spite of any disbelief we may have.

It does not matter whether we believe in reincarnation or whether we understand that we have an accumulation of experiences from other time frames and dimensions that are influencing our present lives; it is happening anyway. If we

Transmuting anger continued from page 20

and equanimity which enables you to then address the dissociated parts of self which drew circumstances to you that resulted in your feelings of anger.

The closer your activity can be to the moments you are feeling the anger, the better. Sometimes you simply cannot leave what you are doing to engage in this way, although it is rare that you could not excuse yourself in any given situation, for at least a few minutes, to get clear and centered once again. When that happens, promise yourself that you will address the situation in your very next available moment.

Lastly, remember that every circumstance will stay in your aura (environment) until it has completed serving you in all the myriad ways you wanted, needed, chose, and created it to do... whether or not you agree, like it, or profess to the contrary. The universe sends you that for which you ask. If you refuse your own creation, the universe (as pure Love) assumes you did not hear the message or missed the sign and, therefore, sends the gift again - this time bigger and louder. Whatever you resist not only persists, but also intensifies.

If you are willing to take full ownership of all your circumstances and environments as being your own inner self projected outside of you for the purpose of self-reflection, correction, and refinement, and if you are willing to do whatever it takes to maintain and/or return to a loving space, then you are well on your way to a life of mastery and true inner peace.

Avatar Louix Dor Dempriey (Bhagavan Sri Pranananda)

stop resisting this Truth and just accept it as a possibility, it will certainly be to our advantage. Even if we just say to ourselves, "What if it is true? What if I really can turn things around in my life by accepting the Law of the Circle and working with that principle instead of fighting against it?"

If we will each just experiment with this Universal Law and daily empower only the thoughts, words, actions and feelings we want to manifest in our lives, we will experience a positive shift immediately. When we are willing to take this first step and genuinely put forth the effort to correct our behavior, the floodgates of Heaven open to assist us in accomplishing our goals. Then if we just keep on keeping on until we reach critical mass, we will experience an unstoppable shift and our lives will be transformed.

Remember, the Light of God is ALWAYS Victorious and You are that Light!

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has come into this world in fulfillment of Prophecy and in answer to humanity's prayers. With boundless love, grace, and humor, Louix imparts His eternal wisdom in contemporary, practical teachings. He makes living in mastery and true, inner peace attainable for all—for His life models both the journey and the victory of God-realization. To be in His Divine presence is to be swept into the very embrace of The Beloved.

His Holiness, Avatar Louix Dor Dempriey will be conducting two public events in Melbourne during the month of December 2005. For further information, please contact Kharananda Mayi at:

(03) 9505-6855,

e-mail kharananda@LouixDorDempriey.com,

or visit www.LouixDorDempriey.com.



THE LIFE OF MYSTICISM

by David Hoffmeister

The life of Mysticism is one of devotion and reverence to God and therefore to all. It is a discipline of mind, of training the mind to hear and follow only the Voice for God. The goal is everlasting peace of mind and the humor, gentleness, happiness, freedom, and joy that flow from such a State of Mind.

The life of Mysticism is as spontaneous and playful as it is serene and tranquil. Alive and energized by the living moment, the need for rituals and rules and structures falls away from the mind. Mysticism learns mastery through love and compassion and kindness; everyday is like a painting full of opportunities to extend the Love of God.

Mysticism is not ruled by fear of consequences. The Law of Love reigns supreme in the Divine Mind, and there is no other. Love is without opposite, and this spiritual fact is finally approached and accepted without exception or compromise. In the Awakening it becomes clear that doubt is impossible.

Willingness to humbly accept oneself as a Child of God, created perfect in the likeness of God, grows and grows with each Holy Instant. The world of idols loses all of its former attraction as the heavenly light enfolds the heart of the mystic. When such vastness and magnitude become apparent, there is need of nothing else.

Meditation on the Divine is at first a practice, then a continuous living experience, until it finally yields to an eternally blissful and completely unalterable State of Being. Such is the State of Grace.

To move in the direction of this State of Absolute Being, the desires of the world of multiplicity must fall away.

Miracles lead the way, for the way of the true mystic is approach to God through attraction, not through avoidance or opposition. As error is seen as false and without a real cause, its foundation disappears in the light of truth. Perfect love casts out fear, for belief has been withdrawn and replaced by the Knowledge of Life in God. There is no battle to be fought, only a gentle awakening to the truth of what always was and always will be so.

All things are accepted exactly as they are, for that which is eternal is unchanged, unchanging, and unchangable. It is understood that no arrangement of circumstances (no sense of controlling persons, events, and situations) and no amount of gain or personal improvement is necessary to "attain" the peace and happiness that is available now. Only a yielding to truth, a surrender of the belief in illusions, a stepping back and putting full trust in God is required. This is no sacrifice. Can the giving up of nothing for the remembrance of Everything be a sacrifice? Joy has no cost, for Love is without an opposite.

Mysticism is finally yielding to Absolute Happiness in God and Self. Only the Mind which knows "I and the Father are One" knows Absolute Happiness.

My heart is beating in the joy of God. My mind is resting in the peace of God. My soul is invulnerable in the strength of God. Mine eye is single in the light of God.

We are One. God is One. All is One. Amen.



Our Children Matter

Karin de Vos is the founder of Kidz Alive and she is working to help the children in our community. Here is what she has to say:

When you read the headlines in the newspapers, listen to the news, watch the children and you can see that our children are in pain. And if you are like me you can feel their pain. The sickness, bullying, anger, depression, obesity, asthma, drug abuse, ignoring authority, acting out, ADHD, asthma and the list goes on.

I know we must make a difference and we can make a



difference because we are our children's guardians. Whether we are a mother, a father, an aunty, an uncle, a grandparent, a carer or a citizen.

My dream is for every child to grow up happy, healthy and balanced and so I have started "Kidz Alive". We help parents create peaceful families through our 2 hour workshops; book and tools; one on one consultations and our free E-Newsletter.

Our vision is for all children, and their carers, to be fully alive – happy, healthy and balanced!

I believe that every parent wants their child to grow up happy, healthy and balanced and every parent wants to guide, nurture and celebrate their child. They just need a little help showing them how. If you would like to receive a free e-newsletter, or find out about Kidz Alive please send me an email karin@kidzalive.com.au or go to our website www.kidzalive.com.au.





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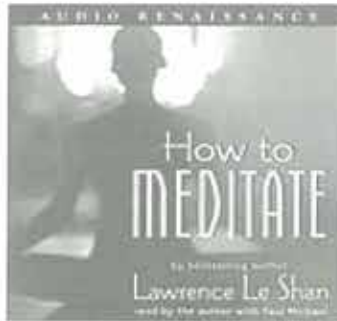
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RECOMMENDED READING

HOW TO MEDITATE by Dr. Lawrence Le Shan

In this book, Dr Le Shan explains simply and clearly why we should meditate, and what meditation does physically and psychologically. Drawing on the meditation practices of Zen, Sufism, Yoga and Jewish and Christian mysticism, he describes various exercises and programs, ranging from breath counting and simple mantras to group movement and sensory awareness. There is also a description of the use of meditation in psychotherapy and the implications of it's effect on the brain and for society as a whole.



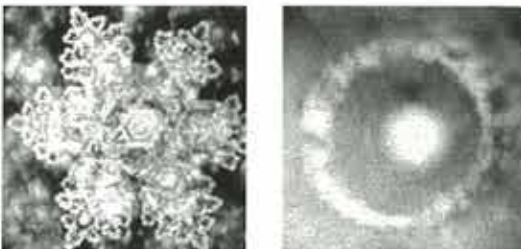
Through the use of meditation, Le Shan shows that increased concentration and confidence can increase our ability to cope with the pressures of our ordinary lives and ultimately lead to a higher peace.

THE HIDDEN MESSAGES IN WATER by Masaru Emoto

New York Times best-selling author Masaru Emoto shares the realisation he has gained by combining the latest scientific research with the knowledge he has drawn from his years of studying water in this eloquent and easy to comprehend little title. High-speed photography at the moment of water freezing has demonstrated the direct consequences of destructive thoughts and the thoughts of love and appreciation on the formation of water crystals.

We know that human life is directly connected to the quality of our water, both within and all around us. Dr. Emoto writes "Existence is vibration; written words emit a unique vibration of which water is capable of sensing and has the ability to reflect what is in peoples' souls. So how can people live happy and healthy lives? The answer is to purify the water that makes up 70% of your body".

The Hidden Messages in Water provides empowering proof that water is alive and responsive to our every emotion.

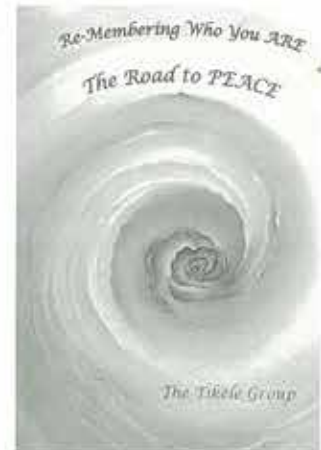


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Adapted from Dowsers Society newsletter

THE ROAD TO PEACE

Excerpt from the book "Remembering Who You Are" Channeling from the Tikele Group.

"Often, when you are in a period of struggle, either financially, in a relationship, or in regard to the work environment, there is the tendency to find yourself feeling overwhelmed by what is asked of you? In that space, the last thing that you feel you can cope with is, Spiritual demands as well, as you perceive them – all you want is comfort, and a place to hide out, or a way to release the frustration of the trapped feelings that you have – or all of the above, at once!

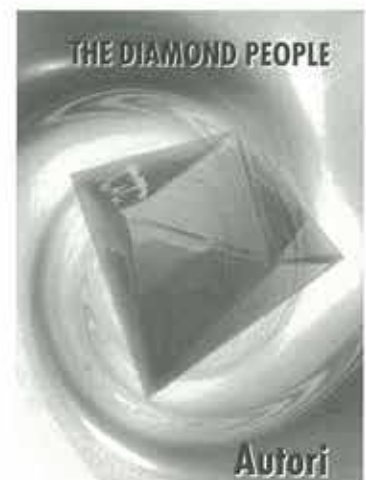


Putting your home or work environment in order in some way, to create a feeling of harmony is an excellent way to regain a sense of balance in your life, as you are working on the aspect of your life that is giving you the most difficulty."

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THE DIAMOND PEOPLE by Autori

Autori travels globally as a teacher, speaker, writer, healer and spiritual counsellor. He operates as a transmitter of universal love. He provides you with a tangible experience of who you are. This book has been brought forth by a group of Masters through Autori. This story is about a Warlord who came to Earth to manifest peace. He desired to create a peaceful civilisation based on harmony, unity, co-operation, love and integrity. This is the story of a Titan who dared to become a flag-bearer of freedom and liberty. The book discusses the Galactic Federation, the 5th dimension, surrender and much more. It is an amazing and fascinating read.



Available from SCAL

When you meet anyone remember it is a Holy encounter. As you see him, you will see yourself. As you treat him, you will treat yourself. As you think of him, you will think of yourself. Never forget this, for in him you will find yourself or lose yourself.

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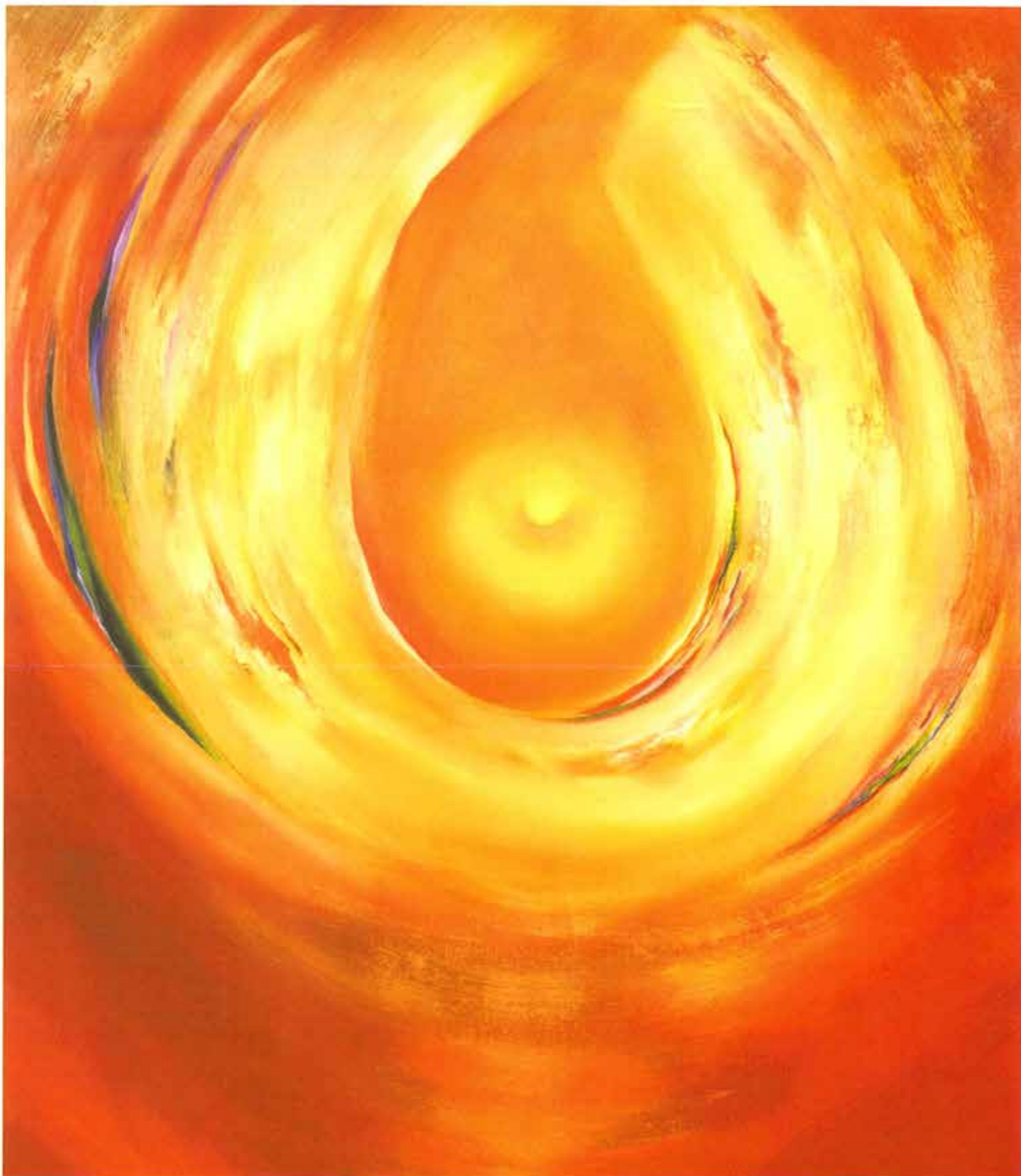
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