

ShiningBRIGHT



VOLUME 8, ISSUE 5

a guide for the soul

WINTER 2005

My mind and me

Beyond body and mind

The blue heaven

Time of the Goddess

Your mission

**Expanding your light quotient
and vibration**

Colour - shades for the soul

The time is now

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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 & 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. It has been operating for nearly 10 years. It has been creating a network of Light centres for Spiritual Growth and renewal.

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 life that brings peace and joy.

Simple practices of honouring and respecting life and expressing gratitude for what is given, become a daily blessing.

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 quiet, the meditation, the talk, have all become food for the Soul.

The void, or lack that some people find in their life, is often filled by the Academy. A sense of purpose, or sometimes the assistance to find the answer to the age-old questions: "Who Am I? Why am I here at this time on earth? What is my purpose?" The Academy helps people 'grow' their Light – to become the beautiful being that each one of us truly is.

The Academy believes that most of the voyages travel along one of three paths:

1. Learning how to go beyond mind & gaining mastery of the mind (Path of the Mind)
2. Releasing past hurts and wounds from the heart (Path



of the Heart)

3. Care of the soul (Path of the Soul)

These three paths, although separate, are still connected and often meet.

The Academy's intention for these centers are: To create a space where you are safe and where you can move forward along your Spiritual path.

A place where you can meet like-minded people and make new friends and be supported.

It is a space where you will learn to understand what your journey is about. That your journey is not about fixing you, rather through observation being able to release and let go all the things that bring pain and misery in ones life.

Whatever your path is, the Academy Centres offer direction, guidance and inspiration. You are welcome to come along and share your journey, your experiences with us.

Perhaps the Academy can be likened to a 'school' where both teacher and students come; this time not to learn however, but to re-member what they already know.

Below are listed Centres of the Academy and the days and time of operation. The Coordinators who run the centers all hold the values of the Academy in their heart.

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

The Patron of The Southern Cross Academy of Light is Archangel Michael. More information about the history of the Academy can be found on the web site www.a-light.org.au



ACADEMY BRANCHES

NEUTRAL BAY

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

INNER WEST

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

BONDI – Meets 1st & 3rd Wednesday nights of the Month at: 290 Bondi Road, Bondi (under Paul Fitzgerald pharmacy)

All evenings start promptly 7.30pm – 9.30pm Cost: \$11.00 (includes refreshments)



ARCADIA

Meets monthly at: The Bay Road Gallery, 15 Bay Road, Arcadia Please contact: Danielle Allen on 9655 1674 for dates.

All evenings start promptly 7.30pm – 9.30pm

Cost: \$11.00 (includes refreshments)

HORNSBY

Meets last Friday of the Month at: Alchemy of Joy, 2B Dural Street, Hornsby

All evenings start promptly 7.00pm – 9.00pm

Cost: \$11.00 (includes refreshments)

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

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www.a-light.org.au



Rosemary Buttenworth

from the EDITOR

Our Souls need feeding.

The Angels have asked to use ShiningBRIGHT to answer people's prayers. Simple prayers like – How do I cope with my life? – I am always so tired, what is the point of it all? – Am I

on the right path? Who Am I?

They have asked that ShiningBRIGHT become a Guide for the Soul. And so it has!

Our soul (Lightbody) lives and grows on Light and Love. If our Soul is fed, then we experience joy and happiness.

What are our souls' needs? What is food for the soul? Have we fallen so asleep that we have forgotten? What have become our priorities?.

In this day and age there is very little food for the soul in every day living. For example, years ago there was nothing open at all on Sundays. No shops open, no theatres open; nothing at all. It was a day that could be spent doing nothing! A day of rest! A family day perhaps; a time of reflection and release from the pressure of doing and being on the go. But with both partners working, the needs of the society was that Sunday needed to be a 'workday' too.

Now the pressure of everyday living has risen to such an extent that there is little time for prayer and meditation. There is little time for a home cooked meal. Everything has become 'instant' and 'take-away'. If there is no Light or love in our food or what we do, it is dead. There is no energy or nourishment in it for the soul. If the Light of the soul is depleted, then we feel exhausted and depleted. We feel depressed and overwhelmed.

Frozen food, packaged food is dead food – (try growing a frozen pea). Reheated food, microwaved food – has lost its Light quotient but sunshine and fresh food recently picked; food with the seed in itself i.e. pear, apple, orange etc., because each seed is still carrying the life force in it, is full of Light and feeds us well. Mozart, Vivaldi (good music) fine art, good books – all feed the soul.

The Angels have asked us to publish true stories of people's journeys and self discoveries. ShiningBRIGHT is full of stories that will uplift, inspire and encourage you to take simple steps that will restore the Light quotient in your life and fill your days with joy and understanding.

Rosemary

Love, Light and Blessings,

Rosemary

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My mind and Me

by Rosemary Butterworth

This article is dedicated to the Angels that have walked beside me my whole life. Also my human Angel friends who have supported me, listened to my story and wiped away my tears. All have shown me that Life is Beautiful no matter what it looks like on the outside.

So many people would like to be psychic, clairvoyant (inner vision) and clairaudient (able to hear voices, channel) or a medium like John Edward, author of 'Crossing Over'. I have a feeling that they think to have these gifts would make life a breeze.

They would be able to make all the 'right' choices and eliminate pain and suffering.

I was born with these gifts (am very grateful) but I don't know a psychic who can foretell his/her own future. Although these gifts have brought unusual and extraordinary events into my life it hasn't excluded me experiencing the ups and downs, the highs and lows, the mountaintops and crevasses.

"Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me", (Psalms 23) still has to be experienced because it provides time for spiritual growth and possible awakening.

After climbing many mountains and falling into many crevasses, I have come to realize that my mind creates my reality.

I have realized this, not from what I have read, or heard spoken by New Age gurus hundreds of times, but from what I have understood from observing my mind constantly. This has become my knowing and has taken me closer to God (Source).

I remember a time when I quit smoking. I realized it was a battle with the thoughts produced by the addiction and the withdrawal of nicotine. And knowing this it helped me so much to actually quit smoking. I was a 20-30 cigarettes a day girl, depending on how long the day was.

I had been off work one day with the flu. On returning the next morning, I boasted to a colleague that I hadn't smoked for 24 hours (this was in the days when you could smoke at work). As I picked up my box of cigarettes, my colleague reached over and took them from my hand. "If you haven't smoked for 24 hours, see if you can go another _ an hour," she said retiring to her office with my cigarettes. Of course I can, I thought, still a bit flabbergasted, and didn't pursue her.

Every time I went to her office to collect my cigarettes,

she asked for another _ an hour until I thought I was ready to punch her. By 5.00pm, I was angry, frustrated and felt like hell. I had now been without a cigarette for nearly two days. It had been an awful day and I didn't want to waste the effort I had made so far. I decided that I was never going to go through the pain of withdrawal again. I would break with the addiction once and for all. I developed the shakes, violent headaches and nightmares. My hands hurt where I dug my nails in when the craving got very bad; my tongue was sore from sucking many boiled lollies. I continued and found that the master battle was with my thoughts.

A drug in the body such as nicotine creates thought patterns of their own when it needs to be fed.

The nicotine said to me; 'One cigarette won't matter' 'You deserve just one.' 'You have worked hard today, have just one.' 'You don't drink or spend money on going out, you can afford to smoke.' All the time the nicotine knew that if I had 'just one'

I would be hooked again.

It was a battle of mastery over these thoughts. With my body shaking, I said to these thoughts (which were very loud in my head), "You are a parasite in my body and I am not going to listen to you. I want my power back. I am going to have mastery over you."

And I did. It was huge for me to become a master over this addiction. I felt that if I could conquer nicotine then I could conquer anything. But this was just one battle. There were many more along the path still to be discovered.

I have found most addictions bring with them a feeling of shame, as well as a feeling of being weak. This was true for me with OCD (Obsessive Compulsive Disorder).

OCD takes many forms. It could be excessive washing of the hands and checking on things, is the door locked, is the stove off; things must be in a certain order; you don't feel safe. An example of being in its grip was when I was a single Mum. At the time, my youngest was 7. I had worked 9.00a.m. - 9.00pm in a Boutique and now was standing on the platform waiting for the 9.25p.m. train to come.

Tired, and eager to get home to the children who needed me, the thought suddenly come in - Did I lock the main door to the shop? Of course, I did, I thought but still couldn't overcome the feeling of panic and anxiety that had arisen in my body. I felt totally powerless and helpless as I left the train station and retraced my steps back to the shop knowing that I would miss the train and the next one wasn't until 9.55pm. But I had to go back to check. I would have obsessed all night otherwise.

I felt such shame, such a sense of failure as a parent but

**The nicotine said to me;
'One cigarette
won't matter'.
'You deserve just one'.**

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knew the panic wouldn't leave me until I had checked the door. Tears of shame at not being able to dismiss these thoughts rolled down my face. Of course, the door was locked.

OCD has taken me on such a journey of Self-discovery. It has been and still is my journey to God. I chose not to have medication because to do so would have suppressed the feelings of not being safe and I needed to observe them. How else could I gain mastery, and get my power back? How else could I really be free and large. I knew these thoughts fed on my energy and kept me weak and powerless even if they were, at times, dormant in my mind. In observing my mind I have learnt so much about myself. I have become aware of much of the illusion that mind creates. I have learnt:

- 1 That I have a fear of not being liked.
- 2 That I have a fear of responsibility and of doing the 'wrong' thing.
- 3 I have a fear of being large and being attacked.

These fears, I feel are the basis of my OCD.

I have observed that these fears produce thoughts that bring about physical pain in my body. They can produce illness. They produce stress and keep me in bondage.

I woke up around 3.00a.m one morning recently in a state of terror. There was nothing logical about it – no logical reason could explain it, but as I lay there, allowing the terror to be there, I noticed that I had a pain at the base of my neck. Then a picture flashed through my mind of being be-headed. I asked the angels – was I remembering a time when I was be-headed and feeling the terror of it and they confirmed it for me. Slowly the terror abated from my body and I realized that the terror had been there for possibly lifetimes and now I was free of it.

This is this lifetime and I have no need to fear death.

Kim Fraser once said, "You swim in a sea of thoughts all day" and it is true. It is just that they are not your thoughts. They don't belong to you. You invite them into your body unconsciously and they take residence. They feed on your consciousness and keep you small. While ever you believe that they are your thoughts, they win.

I give thanks to The School of Philosophy for giving me the tools to observe the mind. These tools I now practice and teach.

My greatest joy in life is walking the Path to God. My second greatest joy is being able to use the talents that God has given me to assist others to walk their Path in peace, love and joy.

Rosemary Butterworth works as a teacher and practitioner of Spiritual Healing and Self Realisation. She is known for the Angel messages she brings through. To contact her Ph: (02) 9453 9094.



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BEYOND BODY AND MIND

by Dr Pee Tek Chanby

To reach beyond, one should first return. It is about returning to the basics, the obvious, which we often overlook because it is simplistic, bordering on boring. The obvious may be "in our face" and yet we bypass it, often out of impatience, to look for the esoteric. We may have listened to many spiritual teachers, read many books and spent years in spiritual practices. We may have had experiences of subtle or profound breakthroughs, yet we may then come to a block, or a place of stuckness with our old habits. We may have difficulty in being aware or remaining present, as we are constantly being shoved by life's waves of challenges or swamped by self-doubt, fears and hopes.

Our struggle with meditative practices is a struggle with our mind and body. Most of us wish to bridge the gap between formal meditative practices and being in meditation while engaged in daily life activities. To stay present requires us to be "out of our mind". And yet we need to engage the mind in daily activities. The mind is in constant movement and agitation, constantly reflecting our past history and projecting into future possibilities. It is like a whirlpool or a restless ocean of waves, rarely still enough to see the bottom of the ocean.

Avoiding or minimising experiences to achieve peace or stillness, is an escape from living life. Instead of controlling our outer or inner environment to achieve stillness, peace or one-pointedness, we could recognise that the very tools we

need to stay present are our body and mind. This is the delight of a surfer on a wild restless ocean of waves, for he/she has captured the power of the ocean through surrendering to its waves. This is achieving stillness through movement, letting go and allowing the waves of challenges to carry the surfer into stillness.

Our "surfboard" is our body. To be "out of our mind" is to be in our body. In this manner we drop effortlessly into our embodiment of beingness. Our intellect, our mind then becomes the director of intention, and also the broadcaster for truth that is arising from our depths of being. Thus our body and mind becomes a useful tool for expressing the sacred truth.

This is love expressing as truth in movement, stillness in motion. Our bodily sensations become a constant anchor for our mind, just as the surfboard is an anchor for the surfer. We can allow this intimacy to merge body and mind into one sacred gateway, dropping us into a dimension beyond body and mind.



work, clean ourselves, make love and so on.

In daily activities, we can become the sacred surfer moving rapidly through each moment of the day. We can stay on the surfboard of the present moment, while we eat, talk, walk,

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**To be
"out of our mind"
is to be
in our body.**

THE MAYONNAISE JAR AND COFFEE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar ... and the coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

The golf balls are the important things - your God, family, your children, your health, your friends, and your favorite passions - things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else - the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18.

There will always be time to clean the house and fix the disposal.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what



the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Please share this with someone you care about. I just did!



God's gift to us is the Present

When you meet anyone remember it is a holy encounter. 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.

A course in Miracles.

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Staying present with our limited body awareness can open the doorway to the unlimited Universal Truth. So stay closer to the doorway, for you never know when the door may open and you may find yourself falling through into the arms of the Laughing Buddha.

Dr Pee Tek Chan is the author of the book "SACRED SURFER, ETERNAL WAVE: A PATH TO TRUTH LOVE AND FREEDOM, available in September 2005 from bookshops, or through the publisher at www.michelleandersonpublishing.com. A CD on Meditation Practices presented in the book, can be obtained from the author by emailing sacred-surfereternalwave@bigpond.com Dr Chan is a Medical Practitioner, Acupuncturist, Chinese Herbalist, Counsellor, Healer and Meditation teacher who works in Brisbane, Queensland, Australia.



BREAKFAST AT MCDONALD'S

Story sent in from Brother ram Chugani

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called "Smile." The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special play-time with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did as well. I did not move an inch... an overwhelming feeling of fear welled up inside of me as I turned to see why they had all moved away.

As I turned around I smelled a horrible smell, and there standing behind me were two poor homeless men. As I looked down at the short gentleman close to me I noticed he was smiling. His beautiful sky blue eyes were full of God's Light as he searched for acceptance. He said, "Good day" as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation. I held my tears as I stood there alone with them.


The young lady at the counter asked him what they wanted. He said, "Coffee is all, Miss" because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm). Then I really felt it. The compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand. He looked up at me, with tears in his eyes, and said, "Thank you." I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope."



I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, "That is why God gave you to me, Honey, to give me hope." We held hands for a moment and at that time, we knew that only because of the Grace that we had been given were we able to give. We are not church goers, but we are believers. That day showed me the pure Light of God's sweet love.

I returned to college on the last evening of class, with this story in hand. I turned in "my project" and the instructor read it. Then she looked up at me and said, "Can I share this?" I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed. In my own way just as I had been touched by the two homeless gentlemen, that the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student, had also been touched.

I graduated with one of the biggest lessons I would ever learn: UNCONDITIONAL LOVE AND ACCEPTANCE!. Much love and compassion is sent to each and every person who may read this and learn how to LOVE PEOPLE AND USE THINGS - NOT LOVE THINGS AND USE PEOPLE.

An Angel wrote: Many people will walk in and out of your life, but only true friends will leave footprints in your heart. To handle yourself, use your head. To handle others, use your heart. God Gives every bird its food, but He does not throw it into its nest. 

"Somebody has well said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord", and there are those who wake up in the morning and say, "Good Lord, it's morning".

If you really knew the truth about 'reality' would life be a mystery, a dream, a fairytale or something quite unexpected



Shannah Haydon

The ancient Essenes flourished in the major countries of the world at the time of Jesus. They kept records which tell us their history stretches back before the time of the Great Flood, and that they once knew the secret of "overcoming death". Jesus himself was "Essene".

They taught the ancient science of spirituality, Ascension within the Tree of Eternal Life - a mathematical structure of creation physics for the Christiac Eternal Blueprint, based on Love, gentleness and enlightenment.

But there can be no real understanding of the reasons and practices the Essene Jesus taught, without investigating our greatly distorted history. How did we lose what we once had? What was the real 'Tree of Life'?

- a.. In the days of "Atlantis", was Earth successfully invaded by "fallen angelics?"
- b.. Are we the product of a global memory wipe?
- c.. Is Ascension the only possibility or could we 'fall' again?
- d.. Did we once have a biology that supported eternal life?
- e.. What happened to our missing 10 strands of DNA?

Some authentic Essene scrolls, found in the secret archives of the Vatican, remained hidden from world history for 2000 years. They claim there were many other inhabited planets and that we were visited by "fallen angelics" called Saraphim and Nephilim, who bred with the previously immortal humans! They taught of crystalline arcs of living light and an intricate azure, emerald, violet gold and silvery Christos blueprint.

The Essenes offered a glimpse of the "Garden", Ascension Practices, and a teaching for creating a better world called the "Sevenfold Peace". This is a practical approach for happier, more spiritually love-

centered living, written by "Green Essene" Teacher **Shannah Haydon**.

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The Blue Heaven

by Shannah Haydon

In October 2002 my mum's house in country Queensland was caught in an horrific bushfire. Firefighters briefly called by to let my widowed, pensioner mum know the fire was heading her way, but they had to go, to help elsewhere! Moments later, the adjoining property went up in smoke, and the path of the fire was rapidly approaching our once ideally situated home. With no help in sight, the areas surrounding the house were quickly engulfed in smoke, while flames began precariously licking at the pergola aiming for the guttering, which only the week before had been scheduled for a clean out that the maintenance man had been too busy to do. Across the ridge, another house went up in flames, killing the young housewife who had gone back in, to save her handbag.

Although hardly a strong person, my mother found enough physical energy to help beat off the encroaching flames, knowing full well that if they reached the guttering the house would be gone. By some miracle the flames that had by then reached the roof, suddenly died out all on their own. The house survived, but the area was left a complete wasteland. It all happened so quickly.

At that time I was stuck in my job in Sydney, along with the attendant loans and mounting credit card debts. It was looking like I would be trapped there for the rest of my life, simply because of these debts, and it wasn't until 5am the next morning that I heard the message on my Voicemail. 5am was the ungodly hour I used to get home from a job I hated. That new day was the first of the days off that made up what little free time of my life that wasn't somehow run by my job. I immediately drove the 10 hour trip to Queensland, to help cope with the absolute mess that had once been our pretty, country home.

Several months later mum began experiencing heart trouble. At first she didn't pay too much attention to it, yet realised that she was still dealing with shock and smoke inhalation from the fire. My miserable work life continued in Sydney. I was coping with the usual hassles of night shift, had received "counselling" for taking the time off work which management considered questionable, my car had just been broken into, and I had had a depressing night at work. I arrived home at 5am to find another Voicemail message to tell me mum had had a heart attack and was in hospital. I again rushed to my car and drove the long trip to Queensland. This became an event that was about to change my life.

Mum had begun a series of ever worsening heart attacks. It became urgent to sell the house at a giveaway price, which

we did, so she could move to a rented place nearer the hospital. Then came yet another phone call to tell me mum had again had a heart attack. As before, I drove home to be with her. In reality, our situation was that there were just the two of us in this country having come here from England, and then gone through the sudden passing of dad, and now with me trapped in an unacceptable job in another State. Who was going to look after her?

The situation was bad enough, just to see mum in this heart-breaking condition. She was so frail and it was clear that she was dying. The doctor looked glum, and he told me to prepare for the worst. It was agony leaving the hospital each evening, not knowing what may happen during the night.

Then late one evening the hospital phoned to say mum was worsening and would I like to come down to the hospital. Totally shocked and distraught by the seemingly unfair set of circumstances that had led to this situation, I fought back the tears and rushed to the hospital, where I was allowed to stay the night seated at mum's bedside.

I dared not sleep in case something happened; and in the early hours of the morning, something did. Mum was awake and her breathing had changed. She was in the zone between wakefulness and sleeping, yet totally aware and functioning with lucid consciousness. She started to speak, and began to describe a scene that could only be considered a miracle.

An extraordinary event unfolded that was simultaneously taking place in two different dimensions, and both were entirely real. She was in a place that was a beautiful, pale, azure blue, and two very tall beings were standing over a table reviewing some notes which were clearly to do with her situation. The "discussion" went on for about half an hour in our time, with an ongoing commentary to me as to what was taking place. These beings were marking the "papers" with a pen. Eventually one drew a line through the paperwork and said "this is not right" and the papers flew up in the air. At that point mum felt a jolt and the azure blue scene began to fade away. She found herself solely back in this reality. I was beside her and had witnessed the entire event too! There was a definite difference between the two realities of separate dimensions.

Several days later, mum was able to leave the hospital. I never returned to my job in Sydney, instead I became her "carer" and we both happily struggled on, living on mum's age pension. I began to prepare sprouted grains and seeds for a healthy "biogenic" diet and we followed a very definite natural health program which at first the medical doctors thought amusing. I began to learn more about the reality of the beautiful, pale azure blue realm which corresponded to the permanent "seed atom "throne" in the higher heart, and

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OUR COVER

PAINTING OF ARCHANGEL MICHAEL

by Narelle Green.



Narelle Green is a gifted spiritual artist who is able to bring through in art the energy of the 5th dimension. in colour and form.

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

Colour is part of the underlying order of the world.

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a very real and beautifully coloured, spiritual "way" of the crystal, emerald, "Christos" blueprint inherent in the inner teachings of the "Tree of Eternal Life". This colourful silvery, golden, emerald, azure reality worked for my own indigo heritage! I wondered how our current world had ever forgotten or lost the connection to this beautiful innocence which today only exists here, in our inner memories. Mum continued to improve and amaze the doctors and the hospital staff, where on the worst of nights a nurse actually said to my dear mum "you are probably going to die tonight". Well, she didn't!

Colour is coded with Divine Wisdom and Divine truth affecting us on all levels of our being, the subtle and the gross levels of our physical, emotional, mental, psychological and spiritual being. It holds the memory of your soul's lineage and journey from the beginning of time.

The image of Archangel Michael was given to her to paint. He requested that His Light be taken to the people.

This is His response to humanity's needs as they ask for assistance to move out of a life of stress, pain and suffering and move forward to a dimension of Love. He has requested people to meditate on his image and breathe in his Light depicted through the colours in this painting. Breathe in the Yellow through the throat and the Blue through the heart.

INVOCATION:

Archangel Michael, I Am open to your Light.

May it bring clarity in my intellect

And expansion in my heart.

May it help me understand the Light that I Am.

MEDITATION:

Breathe the Light into the Pituitary Gland (third eye) to expand it and have it function to its fullest capacity - every cell healthy and well. (For a few minutes)

Breathe in the Yellow Rays of Michael to the throat; let it vibrate through every cell to bring clarity. The Yellow Ray clears the Intellect for Thy Will to be done. Be still and Know You Are God. Focus on his image and see Michael standing before you clearly, His beautiful radiance of Light. Breathe in His Blue Ray into your heart - feel his essence coming into you. Feel the expansion in your heart until it is One with everything and you are One with Archangel Michael in every cell of your body.

Spend a few minutes focussing on this state of purity of perfection. Take Michael into your heart and make him your friend and constant companion, ready to guide and assist you in whatever you need.

Check Narelle's web site www.soulcolour.com.au for other images to meditate upon and more information about colour. Prints of these images can be purchased. Enquiries (02) 9939 3796



This morning she awoke after another interesting night which was mostly in the "zone" - where another being came to her and promised that "everything will be alright". She was well informed enough to challenge the being and ask who "it" was. The reply was "I am an emissary of God".

As I now stand on the balcony of our modest home overlooking a park and creek full of happy ducks and sun glistened waters, I can only express gratitude and wonder at how beautiful life can truly be, when the living presence of God is clearly right there with you!

Shannah Haydon <http://www.shannah.com/>



SOUL HOUSEKEEPING

essential rituals along the path

MEDITATION

Find a quiet place, close your eyes, take a few deep breaths and relax. Release the tensions of your day and give thanks for this moment. Pay attention to your breath and concentrate on the breath as it enters the nostrils and feel the breath as it leaves the nostrils. Continue to focus on the breath, as you do this the distractions in your mind will ease. Notice any distractions that arise and just observe them without feeling the need to do anything with them. Allow these thoughts to drift across your mind like clouds wafting across the sky. Try to do at least 10 minutes per day and aim to do at least 20 minutes.

INVOCATION

It is important to invoke the higher energies, calling upon the Archangels and your guides for assistance during your day.

DEDICATION

A great way to start the day is to dedicate every action, every thought and every word to the Divine. Ask that any negativity be transmuted into light and state that everything that you do is done with the intention of growing your own light.



PROTECTION

It's a good idea to protect your aura from unwanted energies, especially when in crowded places i.e., supermarkets, shopping malls, public transport.

Breathe quietly for a few moments and relax. Focus on your heart chakra and see a bright light emanating from there. As you breathe the light expands until it surrounds your entire body and aura. This bubble of light is your protection and can be coated any colour you wish. Purple is good as is gold. Play with it and see which colour works for you. You may also ask your Archangel to guard this bubble for you.

EXERCISE

It is really important to keep your physical body strong. This is where you hold the light and receive the higher vibrations and you can not do this if you do not have a sound foundation. A wonderful way to start the day is with yoga -Sun Salutations. But any form of exercise is great. Aim for at least 20 minutes five times a week.

BLESSING YOUR FOOD

Giving thanks for the abundance that we receive each day, whether it is food, love, friendships or money. Blessing your meal raises the vibration of the food and makes it easier to assimilate into our body. It's also a great way to remind us that we are not alone and we are surrounded by devas and angels and that many energies have come together to bring us the food we are about to receive.

Connect with the angels of Earth and all the forces and powers of the elements present. Blessing the food allows the subtle bodies to receive their nourishment.

HOME ALTAR

Creating an altar or sacred space at home is a wonderful way to connect to spirit on a daily basis. Placing statues or photos of God, your Arch Angels, Ascended Masters or



something representing the elements is one way of creating an altar.

The elements:

Fire: Transformation – light a candle

Water: Purification and upliftment. Use a glass of water.

Air: Breath of life - Use incense or use your breath to breathe in colour & light.

Earth: Acknowledging all that is provided from the Earth. Use a flower or plant.

But be intuitive and creative, see what feels right for you. Lighting a candle each day, burning incense or just simply

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praying at your altar is a way of setting your intention and connecting to the higher realms. The intention of the altar is to create satvic qualities (purity, peace & perfection).

SPACE CLEANSING

Keeping the energies in your environment high is very important. Any clutter or dust lowers the vibration of your home or office space. Using a smudge stick of sage and cleansing your space will remove any unwanted psychic energies. Walk around your home or office with the burning sage and fill the space with smoke. This will dissolve the negative energies. Then open all doors and windows and allow fresh air to fill the space. Indoor plants also are wonderful for providing more oxygen, consuming the carbon dioxide we breathe out, and absorbing some of the electromagnetic radiation from computers and televisions.

Burning oils or incense is another way of keeping the energy high. Bells and sound is very effective as well. Be mindful of what sounds are being created in your home. Are they loving or hurtful? It is especially important to cleanse the space following an argument.

WATER

Water is an angelic vibration. Our body is made up of approx 70% water as is our planet. If we are dehydrated we cannot easily connect to our true nature because water holds the angelic vibration.

Drink at least 8 glasses of pure water per day whilst blessing the angel of water (tea, coffee and other beverages are not counted).

BATTERY RECHARGE

To keep your spirits uplifted and your energy high (very good for depression and anxiety) spend 10 minutes in the sun and consciously, with full focus bring the sunlight into every organ and cell. Breathe in the gold and feel yourself recharging.



We are but a strand in the web of life.

What we do to the web, we do to ourselves.

All things are connected.

by Chief Seattle



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TIME OF THE GODDESS: Reclaiming the Crone

by Joy Atkin

A few years ago a friend asked me to conduct a Goddess ceremony to celebrate her sixtieth birthday. She said it could take whatever form I felt was appropriate. However, there was one proviso. She stipulated that I was not to use the word 'Crone.' I created a beautiful ceremony to mark her passing into the Third Age, the Age of Wisdom, but I felt sad for her that she did not understand the symbolism and importance of the Crone. At that time, in 2004, the planet was once again experiencing levels of feminine energy through astrological occurrences such as the recent eclipses not known for many centuries. It was, and continues to be, time for women – and men – everywhere to embrace their own Goddess attributes and, in particular, those of the Crone, or wise woman.

In our youth-obsessed culture, the word 'Crone' with its connotations of an ugly old hag with wrinkled face and arthritic-bent body, is one that many women shun. However, they are missing the point. The Crone has an inner radiance, a beauty and wisdom that can only be earned through living. The Crone speaks to us of inner knowing, authenticity and being in tune with the earth and the Divine. She is the grandmother who still knows how to play. She is the Mother who can listen as well as offer wise counsel. She is the sexual woman who knows how to give and receive pleasure, she is the friend who can grieve at the pain of another. She is the activist who gets angry at injustice.

The Crone, unlike her other Goddess aspects of Maiden and Mother, is a fully mature woman. Whilst the Maiden speaks to us of possibility, of youthful enthusiasm and dreams as yet unfulfilled, the Crone has known both success and failure and as a result, she is realistic about her capabilities and her shortcomings. The Maiden is juicy in her youthfulness, optimistic about the future and open to adventure. She is a mere girl, just feeling the first stirrings of her sexuality, a flower bud not yet opened, with all her beauty and talents still tantalising hints to a world that waits with bated breath for her blossoming. However, there is something naive about the Maiden and her energies are often scattered. She doesn't yet know who she is. The Crone, on the other

hand, knows exactly what she is about.

Like the Maiden, the Mother is not yet fully in her power. She is creative because she has now given birth and she has felt pain. However, the Mother must, of necessity, sacrifice herself to her child, putting her own needs last. The Crone, on the other hand, no longer sacrifices herself because she has learnt that she must be whole in order to have rich relationships with others. She has walked the earth and seen it all, both good and bad. Along with accepting the shadow side of life, she accepts her own dark aspects. She knows that life offers grief and anger in equal measure to love and joy, that, just as the earth has seasons, so every life will have times of gestation, growth and death. In her own life, she has birthed her children and nurtured them to adulthood and then let them go, in the natural way of things.

In 2001 I encountered the Goddess Pele on the 'Big Island' of Hawaii, home of two active volcanoes. Revered for her awesome power, Pele is the Goddess of the Volcano. In Hawaiian legend, Pele appears either as a beautiful Maiden or a wizened old Crone. She comes to warn of impending eruptions and woe betide anyone who ignores her message because she then unleashes the full force of her wrath on them. In the many legends of Pele, it is interesting to note that when she appears as the Maiden, she is often ignored, whereas the authority with which the Crone speaks is usually heeded.

When she appeared to me, she came as a Crone. Her face shone with a radiant light and her smile was hypnotic. Far from being scary and ugly, she was magnificent in her bearing and dignity.

She spoke to me of the power and energy within, the same Goddess-given power I had been running from for years. She continues to teach me to be authentic and to shun superficiality – a bit of a stretch for someone who was taught as a child to be 'nice' and in latter years worked in advertising! She gives me courage to delve in the murky depths to find what needs to be healed there. She also teaches me that anger and grief, when acknowledged, can be a source of great power and creativity.

Our times cry out for this wisdom and finally it is here. It is time to reclaim the Crone.

Joy runs regular workshops on the Goddess and is also available for private readings, celebrations and rituals. Please see her website at www.writewellwritenow.com or call 0417 821 260.



*"I know where people go when they die",
she blurted out, miss 4 year old.
"Where do they go, princess?"
"They go back to normal".*

YOUR MISSION

by Shirley Humphreys Battie

I have come to talk about your mission. Well, our mission really. But it's a bit vague to say 'mission'. I will try to expand on what your mission might be. You could say 'I've come to make a better and brighter world.' Fine, but how? Some of you already know how and have spirit guidance on this. You are the lucky ones. At least you know how to go about things and have a plan. Others, though equally sincere, know they are here for a purpose but don't know clearly what that purpose is and ask 'Am I on the right path?' I tell you there are no wrong paths. There is nothing that you can do to spoil things. When you feel you are on the wrong path because events are not turning out as you would like them to, know that this is even more the correct path, because this is where the greatest learning and experience is taking place. The steps you are taking are the gifts, for in overcoming the challenges, your Soul is growing at an amazing rate. Keep your objectives in mind and you will surely succeed in fulfilling your goals.

It is no accident that you are here on the Earth at this time. It is no accident that you are grouped together here or there. You are here to assist one another in realising your collective and personal missions. Many of you believe you are 'Walk-Ins'. Does it matter? Yes and no. The soul that you are, here and now in physical form is the culmination of what you have been. Use to the full what you are capable of now. Many of you here have come as part of an immense spiritual wave sent to Earth, to share and inform those who do not understand, that we are entering a brighter and greater dimension. We come from many planets. We are infinite souls and cannot be erased from existence. This is a period of evolution for us as a species.

**DO – BE in
each moment the
best you can.**

You can only work from where you are now. You are here now on this planet. Work from each moment. Don't put things off and say – I will. DO – BE in each moment the best you can. Don't let the brilliant and wonderful ideas and dreams float away with the minutes. Decide in actioning them NOW. If you have a skill – use it. If you do not, then BE the best, the most loving person that you can be, whatever environment you are in.

If you do not feel you have a particular skill or gift or would have difficulty learning something that would help others, yet you desire to help, don't despair. Just BE the best that you can be and do not do anything you would dislike



yourself for. This way you will not only love others but you will love yourself too which is just as important.

It may be your mission to bring more love to the planet, and to create a world that revolves around loving acts. You are pioneers with a job to do. You might say: "How can you love someone who does vile deeds or love one who hurts you personally?" It is not easy but it is possible. If you can see past the physical person, imagine you are looking at the soul. See it as a suffering unhappy soul, one that needs help. Look at it with compassion. Those who do soul rescue work will find this easier. Ask for the help to be given and send loving thoughts. But you have to feel it. It is no good saying: "I ought to love mine enemies because it says so in the Bible." It helps to feel it – through compassion. Compassion is akin to love. LOVE IS RECOGNISED.

ELIMINATE FEAR

Before love can be effective we need to eliminate fear. Fear comes from the unknown. It makes good sense to bring the unknown into the known and familiar. Do not be afraid to open your mouths and speak about death and what it really means. Speak about how glorious it is. So many on this planet fear death. Those of you who are clairvoyant can bring proof that loved ones are still very much around and enjoying themselves after so-called 'death'. Talk about past lives and bring them to some understanding when appropriate. If there have been past lives, then there must be a continuation. It is logical. Nobody feels the pain of death. You have all heard of people who

**Compassion
is akin to love**

have had accidents and close-shaves with death. The person never remembers what happened at point of impact or the moments before losing consciousness. They wake up in a hospital bed, if they are lucky, without having felt the moment of injury itself.

The soul leaves the physical before the final stages. This was proved by Edgar Cayce, an astounding medium. He was accustomed to seeing auras around everybody. Everybody

has an aura, it being a reflection of the life force of the individual. He was waiting to go into a lift but when it arrived he saw that the people already in the lift had no auras. This puzzled him, so he decided to wait for the next one. The full lift crashed killing all inside. The souls knew and the life force left before the impact.

We have heard of the saying 'I jumped out of my skin.' or 'I was beside myself.' With strong emotions or fright we can and usually do leave our bodies to lessen the experience.

Why do so many fear what they have had no experience of? The one thing that cannot be taken into a higher dimension is fear. This is where you come in. The majority of you reading this are here to assist others who share this planet with you. Aside from the healing arts, the creative arts, the therapeutic arts and all the other arts that you engage your-



selves in to assist; your role is to eradicate fear from others. It is the unknown they fear. There is much media coverage nowadays of global warming, climatic changes, future flooding, rising sea levels etc. All this brings questions such as: "How will it affect my family, are we in the right place, should we move etc.?" There is fear of leaving behind some members of the family, of not reuniting again on the other side. There is fear of losing what they have

worked so hard to gain in this lifetime. You could demonstrate through your own knowledge and experience that there is no end to existence. Change is simply an end of the old way and a birth into a new way. The new way is indeed wonderful. When there is understanding of the continuation of things, then what happens in this current life takes on a new perspective and ceases to be fearful.

POWER OF PRAYER WITH DESIRE

Whatever your skills, you can create. Ask and you shall receive. We do not often believe that we get what we ask for or that our thoughts actually form a reality. Help others to recognise the response to their prayers. We do not always see that our prayers have been answered and continue to ask. In the Aramaic Bible, before it was translated into the King James' version it says: **'All things that you ask straightly, that which you desire from within you will be given. Ask without hidden motive and be surrounded by your answer. Be enveloped by what you desire, that your gladness be for.'**

© 2004 Shirley Humphreys Battie www.little-owl.org



When you feel another's pain try to relieve it. When you feel another's despair, try to give hope. When you see the anguish on another's face, try to comfort. When there is confusion, bring clarity.

We could go on. You do not have to look very far to see how you can be of help in your world. Many of you say: I want to be this or that. I want to be a healer, I want to be a teacher, I want to be clairvoyant etc. We say, look around you. There is much that you can do to alleviate the sufferings of the mind, body and spirit of those who do not know how to help themselves. When you can do this you will find that your spiritual progress has advanced as a result and you are closer to the ideal than you ever thought possible. When you couple your service to development of your psychic senses then may you say 'I am a Medium for good'.

God bless you.

The Little Owl Cards message from spirit



MEDITATE AND CONTACT YOUR SOUL

The greatest help you can get is from your soul. The easiest way to communicate is through meditation. Think of your soul as a separate being, one you can have a discussion with and ask questions of. It will not fool or deceive you. It only has your interests at heart. It will tell you what your mission is, if you ask. You become that which you meditate upon. What you think and feel you bring into form. Where your thought is, there you are, for you are your consciousness.

White Brotherhood.

From The Little Owl Cards



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EXPANDING YOUR LIGHT QUOTIENT AND VIBRATION

by Jill Marie

You made an unequivocal choice to remember your mastery in this lifetime. This divine choice and the purpose you planned with the Creator for this journey of expansion has activated divine profiles that will assist you to achieve every level of mastery you choose.

At the moment the essence of you entered the foetus, which became your host body, many seeds of mastery were planted into the fields of discovery within you. A great number of those seeds have lain dormant the whole of your life, waiting for you to evolve to a vibration and light quotient calibrated to awaken them.

When seeds of mastery become active upon your fields, masters, angels and guides instantly support further awakening by illuminating pathways that have the greatest potential to lead you gracefully to numerous events of profound discovery. Through this progression as your vibration rises, you will begin to experience heightened states of awareness, which will allow the seeds of archived knowledge to be fostered and blossom. Each new discovery holds infinite possibilities and is a marker for the unfolding of many levels of mastery that your soul anticipated you would attain in this lifetime.

Sacred triggers within every sentient being have been calibrated to activate archived knowledge, gifts and mastery profiles based on their vibration and light quotient. One's access to each level of sacred knowledge that awaits discovery and remembering is also determined by that same luminosity. This failsafe is there to ensure that the evolution of each sentient being will always unfold within the parameters of their own divine timing, allowing for the greatest level of discovery to be

achieved as their ability to grasp and accept the universal concepts is attained.

Your luminosity is not measured by the level of lightness you are capable of drawing into your sacred self, but instead, your vibration and light quotient are measured by the quantity of Divine Light that you radiate out to the world.

Embracing the illusion of time as a reality allows for a linear view of the succession of events on this world, which aids all sentient beings to follow the entwining patterns of development within their timeline. As a sentient being in a human body you bear a chain of genetic profiling that houses the scripts of your ancestors' evolution or the lack of same. This embedded profiling is especially significant to you now, because of your desire for clarity.

The intensity of one's radiance can be lessened or suppressed by activated imprints of lower vibration genetic and current life formatting, which have the potential to create imbalance and lessen the ability to maintain clarity and focus. In addition to limiting beliefs and perceptions that have established their seeds or foundations in genetic and current life profiling, one may also be dramatically influenced by data held in a perpetually- shifting archive, which reflects experiences that are simultaneously unfolding within the lives of the incarnations of their soul lineage.

Know this my beloved, your evolution is assured. You are a great master; a master in remembering. As the maps you planted within the fields of knowledge further unfurl you will recognize more of the ancient patterns that have directed our world's previous evolution to higher consciousness. This will aid you to reach confidently into the New Golden Age of Light.

Blessedly, as you shine more of your truth out to the world, you will awaken a song of freedom within the wholeness of you; freedom from all that would limit your sovereignty and autonomy. The amplification of your glorious song will be measured by the radiance of your blessed vibration and its corresponding love and light quotient. The song of your soul will restore the truth of your magnificence and illuminate your pathways to vanquish the illusion that shall nevermore cast a shadow upon the truth of your radiance.

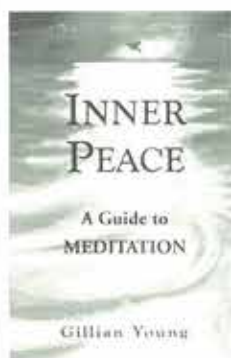
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your vibration and light quotient are measured by the quantity of Divine Light that you radiate out to the world



"Inner Peace"- A Guide to Meditation

by Gillian Young



Want to meditate?
Then this book is for you.
Designed as a self-teaching workbook, "Inner Peace" gives the basic steps of relaxation and meditation, with exercises to help you practice. The succinct style makes it easy reading.

Common questions about meditation are answered

Relaxation	Self-Esteem
Breath awareness	Health Problems
Focus	Creative Imagination
Detachment	Self observation

Gillian was inspired to write the book because she knows from first hand experience the wonderful peace of mind meditation brings as well as inner strength in times of distress. If you are looking for ways to help you deal with life with ease and grace then this book is a useful tool.

Inner Peace - A Guide to Meditation

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Dr. HUZAN S. DAVER

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Huzan has worked as a counsellor in the public health system and now has a private practice. Huzan has training in different modalities of spiritual healing and yoga and meditation. She has over 20 years of experience in this field.

COLOUR

Shades for The Soul

If you are aware of your children's favourite colours, you can help them to feel balanced in other areas of their lives

by Anjel O'Bryant

Have you noticed what colours your children are using in their paintings lately? Do you know what colour their favourite clothes are? The answers can tell you what colours your children need to feel balanced and happy. Ancient writing and recent research in Europe, America and Australia indicate that the subconscious clearly directs us to choose colours that vibrate at the correct wavelength for your individual needs. These colours and vibrations lift our energy to rebalance us physically, mentally and emotionally. We call these colours our favourites and think it's simply a matter of personal taste. But really it is our subconscious offering a message which, if we follow it, will lead to greater health and mental well-being.

So you can see how important it is for parents to listen to the subconscious messages of their children. If a child is drawn to certain colours, you might consider using those in the child's environment. Or you can turn the whole thing into a fun game. Get out the colour pencils and ask them to choose the colours they like to make 'happy' pictures. Then ask them to choose the colours to make 'yuk' or sad pictures.

One distressed mother asked me for help because her seven-year-old daughter had started bed-wetting. I inquired whether she had changed any colours in her daughter's bedroom. She proudly showed me the recent re-decoration of her daughter's room - all bright yellow with black jagged stripes on the bedspread and curtains. I explained how these colours together, especially in the sharp-angled design, cause agitation. The mother put back all the old furnishings of soft round designs in pinks, blues, aquas and lavender and the child stopped wetting her bed.

The latest fashions of bright 'high-tech' angled designs are fine for adults. For children, try round designs with soft, calming colours. Pink is particularly relaxing.

Recent advances in biological physics show our subconscious directs us to choose colours with vibrational wave-



Brights might look fun, but will your child sleep well?

lengths to support us if we listen, lifting our energies where we need it most. So trust your own instincts and get the input of your family.

Women usually have more opportunity to make colour choices than men but men's colour needs and input are essential for a balanced family environment. Children also have very clear colour preferences and needs even from 2 years on. Their carefully guided choices for their own rooms are valuable to their personal growth and learning capacities and even their behavioural balance as their bedroom is their own special sanctuary.

Some examples of what colours to use that are beneficial for the whole family are:-

Kitchen:

The kitchen is a place where there's lots of family activity, creativity and communication. Using colours like aqua and green cools the body, while lemon colours help in communication and mental stimulation helps family unity and harmony.

Master Bedroom:

In the master bedroom, you will want an atmosphere that's loving and relaxing and your sanctuary for meditation perhaps soft lavenders are perfect. Soft, warm colours with a balance of blues and green relax the mind and muscles.

Entry/Foyer:

The entry or foyer to your home should feel warm and
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welcoming and make a first impression that reflects your family personality.

Bathrooms:

Bathrooms, where the day begins, should be refreshing and cleansing colours i.e. fresh greens, blues and neutral tones. Bright, lighter shades extend small rooms.

Living Rooms:

In large rooms, deeper tones give a more intimate feeling. What about temperature? Rooms with a northerly aspect, the warmer side of the house, will feel more comfortable if the colours are cooler and deeper. If the aspect is to the south, try lighter, warmer tones.

Make your final paint decision, and then add accents to satisfy everyone's colour needs. This colour-selection process takes time but it's more cost-effective to get it right the first time than to pay for a repaint a few months later.

Family harmony is paramount in this process so taking care to get it right is vital. Enjoy and have fun with it, brings the family closer together.

www.coloraction.com.au

Anjell OBryant



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THE TIME IS NOW!

by Lily de Chalain

As my second marriage ended, I found myself falling deeply into the reality of despair, feelings of abandonment resurfacing once more and feeling that the light had let me down again.

I have come to learn that my feelings are only a reflection of my state of mind and I have wondered where my despair, abandonment and anger are really coming from. As my present experience of pain is only a fraction of the depth of my being, why is it that this is who I believe I am right now, pain. The past has much to teach me if I have the courage to sweep clean the old limitations and feel the disconnection that occurred in the past. Where was I holding the residue of this pain in my physical body?

If I have created this existence to learn something of myself, where is it that I have detached from the truth of who I am? What aspects of myself am I not willing to acknowledge either out of fear or out of shame?

To be truly on the path of self-realization is to really feel every moment, every bump along the journey. To be with the present no matter how painful or how unjust we feel it is. As I sat with my tears, tasting the salt and the moisture on my skin, I connected with my pain and felt every molecule crying with me and I realized that I am here once more. How many times have I been here and how many more times will it take before I choose to release this pain.

I chose to stay with the discomfort within my body. I embraced the challenge to just sit and denied the urge to move away from the physical and emotional pain of it. I was brought to my knees in total surrender reaching out to the only one who knows me. "Lord, Creator, God/Goddess, I cannot do this on my own. I reach out to you, take my hand".

And the lessons and the truth revealed itself in that moment. The pain and the fear that I identified with was only a shadow within my mind: **the past cannot exist outside the mind.** I now realize that entertaining and indulging my delusions of what the future may hold only creates more pain and separation. The future never comes, only the present comes, again and again, it is in the present where we truly find ourselves. The truth of who I am, I find in the moments of pure stillness where the only movement is the breath.

In the space between two thoughts, within the softness of my breath is a place I call the gap. Here there is no form, no thoughts, no feelings - only space and it is here in peace

that I have come to know the truth that we are one. My challenge is to increase the moments of oneness I connect to in this space, in the gap. My deepest desire is to feel the breath of the Creator upon my face, to connect with source and with God.

After all these years of wanting, I had to laugh when I realized that it was not just my psychic powers that I longed to find, it wasn't just hearing my guides that I desired, it was much more than that. I wanted to go to the top and that is straight to God. I wish to go home, to re-connect and to be one again.

To really connect with the source of love, I needed to connect with the love within myself and the love I seek cannot be found outside of myself. It is not up to my soulmate to solve my desire for love: the responsibility and the secret to that lies with me. If my heart is not open I cannot receive in order to give and I will not know love until I am love.

I have asked myself many times, who am I? Why am I here on this planet at this time? My ego often responds with the idea that I am different, special and that I am here to achieve some great service. I have searched for my special gift and although my egoic self would love to be special, to stand out and to achieve greatness, I now know that I am just a reflection of you, a spark of the Divine.

I have been waiting for someone to tell me when my time had come, waiting for someone to give me a sign. Who was I waiting for? Who is this person that I believed had the power to tell me what to do? In the end, I would still have to choose whether to believe them or not. So in reality, I am my own master that I have been waiting for, it is my own truth where that answer lies and only I can decree who I will be and when. The same applies for everyone. The sign was always there hidden behind the fear.

Like you, I have read many books, I have listened to enlightened teachers and I have attended numerous workshops but without my own experience of these teachings, I realized I had learned nothing. I have chosen therefore to trust that the Creator knows what I need to experience to make me whole again. I accept now all that is sent to me and see it as a gathering of my tools that I will use on the path ahead.

I trust that my life is as it is meant to be. I am present with every bump along the road. I have learned to sit with my tears, to laugh at myself and still be grateful for the things I do not understand. Each experience is clearing the cobwebs and allowing in more light. The outpouring of love is quite incredible.

I no longer feel the need to be special and the greatest challenge now is to just be, by observing and accepting

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Each experience is clearing the cobwebs and allowing in more light.

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every aspect of myself. Through self-observation and meditation I have seen the power of my mind. The consciousness of the ego knows exactly which buttons to push to distract me from knowing my true self. If I continue to identify with the past and remain trapped in my views of the future, I am missing the beauty and the infinite possibilities offered in the moment. This is where creation begins and trust leads the way.

For me, to live each moment as it passes now and to feel every bump on the road is what it's all about. It isn't so much the ending that matters to me now, it's getting there wherever that is. The ending is nothing without the story. So I am determined to create a fabulous story.

I feel as though I have been experiencing and observing my own death and the person I thought I was is no longer here. Who will emerge is still a mystery, trust is the word I hear. As the cobwebs are lifted, I see the light is with me brighter than ever.

Yes, the Creator knows who I am and when I align my thoughts and my actions with that of my soul's destiny, I believe I will experience walking as one with my creator. My path is already chosen, and the only free will I have is to choose when I will begin to truly walk that path. Will it be today or will procrastination win once more? The moment has come: now is the time to put love into action. My commitment to the light is made!

Through Vipassana Meditation and teaching "Way Of The Heart", I have learned to see through the illusion and to walk each and every moment knowing I am creating my future. Every breath, every thought, every word and every action I take, I now know I am not alone.

The truth is already here, in the gap, in the stillness and in every single moment. What are you waiting for? You are ready and yes, you are the Master you have been searching for. It is time to create a life worth living.

The time is now!



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RECOMMENDED READING

**The Diamond in Your Pocket –
Discovering Your True Radiance** by Gangaji
Gangaji's newest book

A master thief waited his whole life to acquire the most beautiful diamond in the world. When he heard it had been purchased, he spent three days trying to steal the rare jewel. He failed. Finally, the thief walked right up to the owner and asked, "How did you hide this precious jewel from me?" To which the owner replied, "I placed it where I knew you would never look - in your own pocket!"

This insightful tale opens the first major book release from Gangaji, an American-born teacher who has influenced the lives of thousands of people through her public events. In her new book, *The Diamond in Your Pocket*, she describes our never-ending search as human beings to find fulfillment, which, paradoxically, already exists if only we will stop long enough to experience it within ourselves. Join Gangaji to learn more about:

- How you hold on to the illusion of control, and how you can consciously choose where to put your attention.
- Opening your mind to meet the unknown, discovering the truth at the heart of every emotion, and how it is possible to live freely and innocently from the depths of life's mystery.

Written as a series of short contemplations, *The Diamond in Your Pocket* shows how it is effortlessly possible, regardless of circumstance, to stop the endless activity of your mind and directly experience the perfect radiance of who you really are.

From the book's Foreword, written by Eckhart Tolle:

"This book is meant for the rapidly growing number of spiritual seekers who are approaching the end of their seeking and who are ready for the undiluted truth". As Gangaji puts it: "At this point in our human history, what was once reserved for the most rare beings is available to ordinary people."

"Discover directly, for yourself, this jewel that is alive within you."

Gangaji

The Diamond in Your Pocket. Available at Adyar Bookshop, 230 Clarence St, Sydney, on June 2005 Tel: 02 9267 8509

"Hear Ye, hear ye. Arise and claim that which is your divinity, your integrity. Forsake thyself no longer. Lay down the arms of loathing, anxiety and despair. For you are not without great power. Remember you were born out of light. And it is the divine destiny of humanity to return to that light." from the book "The Diamond People" by Autori available from scal. 02 9975 4905

**A Guide to Spiritual Enlightenment
The Power of Now** by Eckhart Tolle

The Power of Now has been widely recognized as one of the most influential spiritual books of our time. A #1 New York Times bestseller, it has been translated into over 30 languages. The book has helped countless people around the globe awaken to the spiritual dimension in their lives, find inner peace, increased joy and more harmonious relationships.

To make the journey into *The Power of Now* we will need to leave our analytical mind and its false created self, the ego, behind. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. The words themselves are the signposts.

For many of us there are new discoveries to be made along the way: we are not our mind; we can find our way out of psychological pain; authentic human power is found by surrendering to the Now. We also find out that the body is actually one of the keys to entry into a state of inner peace, as are the silence and space all around us.

If we are able to be fully present and take each step in the Now; if we are able to feel the reality of such things as the inner-body, surrender, forgiveness, and the Unmanifested, we will be opening ourselves to the transforming experience of *The Power of Now*.

Practicing The Power of Now by Eckhart Tolle

Meditations, Exercises, and Core Teachings from The Power of Now

This book extracts the essence from his teachings in *The Power of Now*, showing us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." Praise for *The Power of Now*: "A reminder to be truly present in our own lives and liberated from our past and future. It can transform your thinking. The result? More joy, right now!"



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THE SOUTHERN CROSS ACADEMY OF LIGHT

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Dear Friends,

Thanks to the love and support from the Community, ShiningBright is back with us.. It is felt that the community has heard the request of the Angels who want to use ShiningBright as a vehicle to answer the prayers of the people i.e. Who Am I; What is my purpose/mission; How do I cope with my Life, etc.

I have been in constant communication with a group of Angels who worked with us on this issue. They chose the articles and as a result ShiningBright has taken a new focus...A GUIDE FOR THE SOUL. It is full of tips and tools for the soul's journey and true stories.

This issue offers suggestions that may be pertinent to you as you journey along your Spiritual path. Our intention for ShiningBright is that it will always be useful and used as an on-going tool, something to keep forever.

It is a delightful issue with stories that will touch your soul on many levels.

We are doing a subscription drive to finance future issues and ensure the on-going success of ShiningBright. Your support is valued and your contribution helps ShiningBright to grow and reach many who may not have

another means of reaching a Spiritual community. To grow and anchor the Light into the greater community, we need your help.

Love and Blessings,

Rosemary Butterworth,
Co-Founder.

No one outside ourselves can rule us inwardly, when we know this we become free.

by The Buddha



FRIENDS OF THE ACADEMY



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

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"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.



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GAIA Emissary Team



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Kerrynna

Sananda

Illumina

Zakkaïan

Isarna

Aranya

Ishtar