

ShiningBRIGHT

a guide for the soul

VOLUME 9, ISSUE 1

SUMMER 2006

'JACARANDA HAVEN'

**The Academy's home
on the land**

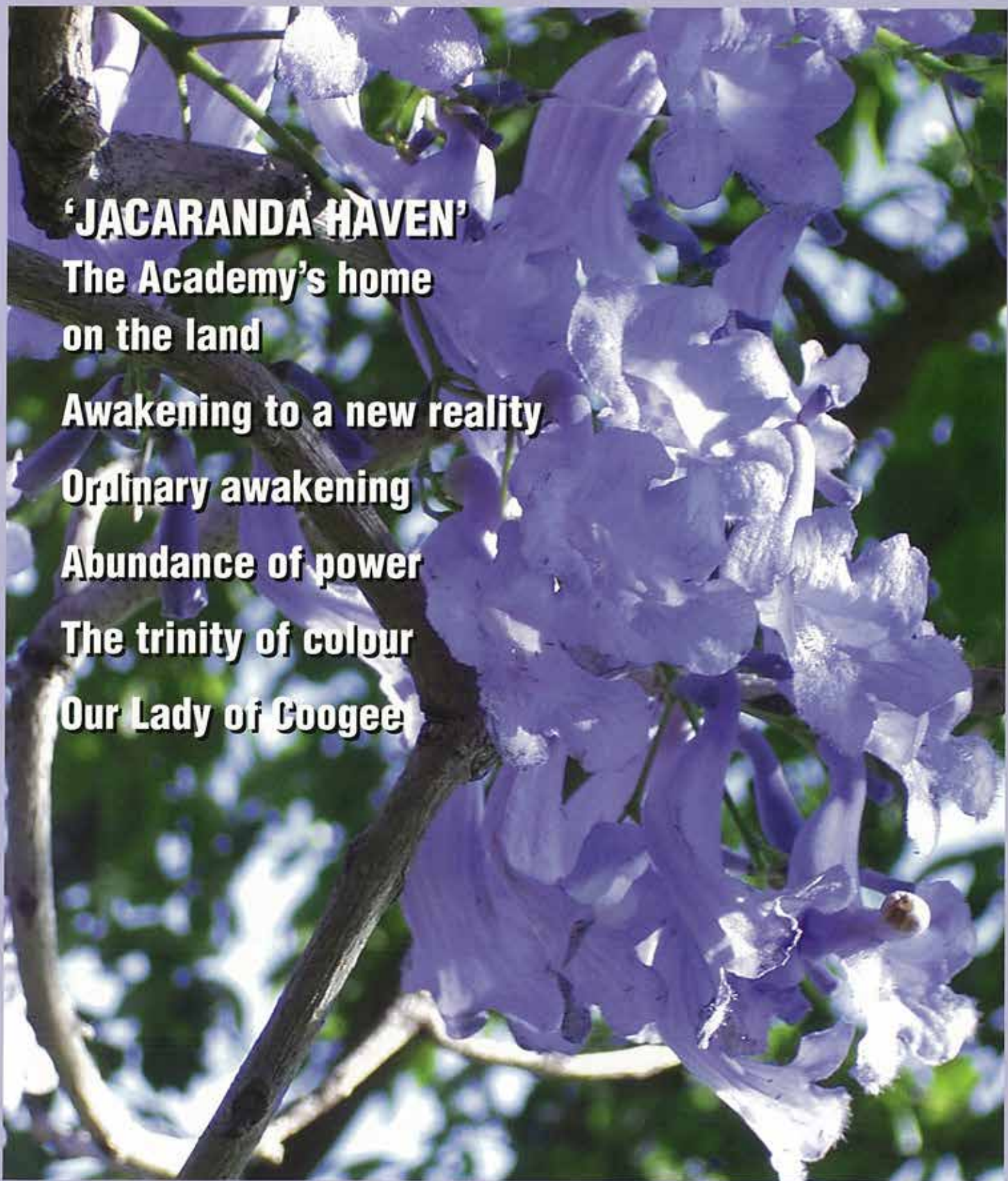
Awakening to a new reality

Ordinary awakening

Abundance of power

The trinity of colour

Our Lady of Coogee



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healing sessions.... what you can expect



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Bookings: Academy Office (02) 9975 4905

Email scal@a-light.org.au



THE SOUTHERN CROSS ACADEMY OF LIGHT

VISION & VALUES

The Southern Cross Academy of Light is creating a network of Light Centres for Spiritual Growth and renewal radiating out across Australia and the whole world.

ONE SPIRIT – DIVERSE VOICES

We are all of one Spirit
with infinite variety of expression.

UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

We are parts of the whole of creation and welcome everyone as an expression of the whole.

UNCONDITIONAL LOVE

Loving each other without conditions.

THE ONLY AUTHORITY IS ONE'S HEART

To act according to one's own conscience.

MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and
without judgment.

PERSONAL RESPONSIBILITY

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

CO-OPERATION NOT COMPETITION

Working together, supporting each other.

ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and
responsibility for the planet.

PEACEFUL LIVING

Living together in peace, harmony and truth.

AWARENESS AND LOVE OF THE SELF

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

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

We regularly practice meditation along with wonderful rituals to heal Mother Earth and our physical body. Join us for an evening of enlightenment and upliftment. Renew your commitment to yourself and your Spiritual growth.

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

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.



NEW DIAMOND

now is the time

AUTORI

Are You Ready?



"THE DANCE OF LIGHT" 4th & 5th March 2006

Autori operates as a transmitter of universal love. He provides you with a tangible experience of who you are and how magnificent you are. His seminars and his counselling direct you towards self mastery and self empowerment so that you may experience your own master essence.

Autori's work is not for those who wish to remain in any form of denial.

**Public Talk: St John's Uniting Church Hall, Cnr Yeo & Barry Sts., Neutral Bay
Monday night February 27 at 7.30pm \$ 11.00**

These talks and workshops are for those who are seriously committed to breaking free from the last remnants of control by their "Egoic Being" as Autori sees directly to the core of your Ego's game playing. Join us if you are truly ready for major growth on your Spiritual Path and committed to fully stepping into your own Master Essence. The teachings, guidance and processes that are downloaded from the Council of Elders are direct, to the point and more powerful than anything you will have experienced. Nothing is sugar-coated in this workshop, but all comes from Divine Love.

AUTORI'S NEXT WORKSHOP IN SYDNEY - 4th & 5th March 2006

**9.30 – 5.00pm Uniting Church Hall, Holterman Street, Crows Nest
COST: \$275.00 (Early Bird \$250.00 Paid by Feb.15 2006)**

"The Dance of Light"

"During this workshop the essence will be to focus on the movement of Light from Spirit-to the Cell-to the body thus enhancing your ability to hold light within the whole self at very high levels in a fashion that is grounded and simple. There will also be emphasis placed on the development of Abundance in particular your inner abundance.

To be sure now is the time to manifest the dream within. So be it." Autori.

PRIVATE SESSION - Private sessions are available during February. If you wish to know what the light is asking of you and what gifts you have brought into this lifetime then sit with Autori and be guided towards the next step of your journey. The information given is direct and does not cater to those who wish to procrastinate further. If you are truly willing to move forward then this is the opportunity you have been waiting for.

For bookings and information please call:

THE SOUTHERN CROSS ACADEMY OF LIGHT

02 9975 4905 Email: scal@a-light.org.au www.a-light.org.au

CONTENTS

THROUGH THE LIGHT	5
IN THE PRESENCE OF LOVE	7
AWAKENING TO A NEW REALITY	9
ORDINARY AWAKENING	11
SOUL HOUSEKEEPING	12
ABUNDANCE OF POWER	13
THE ACADEMY'S FIRST HUMANITARIAN PROJECT	14
THE ACADEMY'S HOME ON THE LAND	15
THE TRINITY OF COLOUR	16
FAR, FAR BEYOND MAGNIFICENCE	17
OUR LADY OF COOGEE	19
KA-THA-RA ASCENSION MECHANICS	20
THE PARABLE OF THE PRINCESS AND MR JONES	23
RECOMMENDED READING	24
ASTROLOGICAL HAPPENINGS	25
PRACTITIONER LISTING	27



FRONT COVER
Story page 15



ShiningBRIGHT

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

Editor: Lily de Chalain **Designer:** Patricia Latta **Printed by:** Emerald Press

Front cover: photo by John Butterworth

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

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www.a-light.org.au



Lily de Chalain

from the EDITOR

I hope you have all had a wonderful Christmas and New Year. As we begin the journey into 2006 together, I pray that we all find the courage to make the necessary changes in our lives to propel us on our way to a better and

more prosperous life.

We are presented with a new beginning and one where we can create anything we choose. Maybe it is your desire to embark on a health regime or maybe it is your earnest wishes to fully embrace your Spiritual life, whichever direction you wish to take please know that The Academy is here to support you in any way we can.

We now have a Healing Centre at Academy house where we provide amazing healers and counselors to assist you on your journey to better health of mind, body and spirit

As I spent glorious summer days lounging by the pool and seaside I became very aware of how little we appreciate this amazing experience called life.

We strive for unconditional love but what about living an unconditional life. I encourage you to accept every moment and every day exactly as it is presented, appreciating the blessing of life itself and not just waiting until the universe provides us with exactly the formula we expect before we show gratitude for this time in our evolution. This is the year to create, to live our life, fully embracing the power of choice that we have been so graciously given.

As you contemplate your life this year and the areas you wish to address, see whether the things you intend to change are not already perfect as they are and maybe finding stillness of mind is what would benefit us all the most. It is the perfect time to awaken to our highest values, to choose to live according to those values and to awaken to the energies that guide us daily choosing to hear the messages being sent.

With Love and Light

Lily de Chalain

Healing and Sanctuary on the Greek Islands

A Sacred Sites Tour

with Geraldine Taylor-Wood and Richard De Welles

May 2006



We are delighted to inform you of our Sacred Sites Tour to the beautiful Greek Islands in May. This is our 14th Tour to Sacred Sites.

From the Goddess Athena's temple in Athens, to Apollo's oracle at Delphi and his birthplace on the Isle of Rhodes, we travel by boat and plane. Delos, Mykonos and other stunning islands are also on our

agenda. These sun-drenched islands abound in healing sanctuaries and dreaming temples and throughout time, pilgrims, poets and romantics have sought the light and the inspiration 'of the gods and goddesses'.

WHITE MOUNTAIN RETREAT CENTRE on the Island of Crete

Founded by the grand-daughter of Edward Bach of the British Bach Flower Essences, this beautiful Retreat offers wonderful organic food and a taste of local Greek life. We will be staying here for 7 days and offering you a program of daily yoga, meditation, astrology and healing.

From here we shall also travel to the incredible Palace of Knossos with it's famous Labyrinth, to monasteries and ancient churches to marvel their beautiful icons and to laze on fabulous beaches and indulge in local food, dancing and arts.

Come join us on this quest to an ancient land - to heal - to dream - to renew.

SACRED SITES TOUR TO FRANCE:

Mary Magdalene sites, Cathar and Knights Templar castles, Black Madonnas etc. May 2007. Please enquire.

GRAIL HAVEN SACRED WATER is available delivered to your door in the Brisbane and Sydney regions for \$50 per box of 24 x 600ml bottles (www.grailhaven.com)

Please contact Geraldine or Richard for full details of these wonderful tours or to order your water.

Blest 'Be

Geraldine Taylor-Wood and Richard De Welles

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Email: gerrytaylorwood@powerup.com.au

Website: www.grailhaven.com

THROUGH THE LIGHT

by Mellen-Thomes Benedict

Mellen-Thomas Benedict is an artist who survived a near-death experience in 1982. Dr. Kenneth Ring has said, "His story is one of the most remarkable I have encountered in my extensive research on near-death experiences."

THE ROAD TO DEATH

In 1982 I died from terminal cancer. My condition was non-operable. I chose not to have chemotherapy. I was given six to eight months to live. Before this time, I had become increasingly despondent over the nuclear crisis, the ecology crisis, and so forth. I came to believe that nature had made a mistake - that we were probably a cancerous organism on the planet. And that is what eventually killed me. Before my death, I tried all sorts of alternative healing methods. None helped. So I determined that this was between me and God.

I had never really considered God. Neither was I into any kind of spirituality, but my approaching death sent me on a quest for more information about spirituality and alternative healing. I read various religions and philosophies. They gave hope that there was something on the other side. I had no medical insurance, so my life savings went overnight on tests. Unwilling to drag my family into this, I determined to handle this myself. I ended up in hospice care and was blessed with an angel for my hospice caretaker, whom I will call "Anne." She stayed with me through all that was to follow. It lasted about eighteen months.

THE LIGHT OF GOD

I woke up about 4:30 am and I knew that this was it. I was going to die. I called a few friends and said good-bye. I woke up Anne and made her promise that my dead body would remain undisturbed for six hours, since I had read that all kinds of interesting things happen when you die. I went back to sleep.

The next thing I remember, I was fully aware and standing up. Yet my body was lying in the bed. I seemed to be surrounded by darkness, yet I could see every room in the house, and the roof, and even under the house. A Light shone; I turned toward it, and was aware of its similarity to what others have described in near-death experiences. It was magnificent and tangible, alluring. I wanted to go towards that Light like I might want to go into my ideal mother's or father's arms. As I moved towards the Light, I knew that if I went into the Light, I would be dead. So I said/felt, "Please wait. I would like to talk to you before I go."

The entire experience halted. I discovered that I was in control of the entire experience. My request was honored. I had conversations with the Light. That's the best way I can describe it. The Light changed into different figures, like Jesus, Buddha, Krishna, mandalas, archetypal images and signs. I asked in a kind of telepathy, "What is going on here?" The information transmitted was that our beliefs shape the kind of feedback we receive: If you are a Buddhist or Catholic or Fundamentalist, you get a feedback loop of your own images. I became aware of a Higher Self matrix, a conduit to the Source. We all have a Higher Self, or an over soul part of our being, a conduit. All Higher Selves are connected as one being; all humans are connected as one being. We are literally the same being.

It was the most beautiful thing I have ever seen. It was like all the love you've ever wanted, and it was the kind of love that cures, heals, regenerates. I was ready to go at that time. I said "I am ready, take me." Then the Light turned into the most beautiful thing that I have ever seen: a mandala of human souls on this planet. I saw that we are the most beautiful creations - elegant, exotic . . . everything. I just cannot say enough about how it changed my opinion of human beings in an instant. I said/thought/felt, "Oh, God, I didn't realize."

I was astonished to find that there was no evil in any soul. People may do terrible things out of ignorance and lack, but no soul is evil. What all people seek, what sustains them, is love, the Light told me. What distorts people is a lack of love. The revelations went on and on. I asked, "Does this mean that humankind will be saved?" Like a trumpet blast with a shower of spiraling lights, the Light "spoke," saying, "You save, redeem and heal yourself. You always have and always will. You were created with the power to do so from before the beginning of the world."

In that instant I realized that WE HAVE ALREADY BEEN SAVED; this is what the "Second Coming" is about. I thanked the Light of God with all my heart. The best thing I could come up with was: "Oh dear God, dear Universe, dear Great Self, I love my Life. The Light seemed to breathe me in even more deeply, absorbing me. I entered into another realm more profound than the last, and was aware of an enormous stream of Light, vast and full, deep. I asked what it was. The Light answered, "This is the RIVER OF LIFE. Drink of this manna water to your heart's content." I drank deeply, in ecstasy.

THE VOID OF NOTHINGNESS

Suddenly I seemed to be rocketing away from the planet on this stream of Life. I saw the earth fly away. The solar system whizzed by and disappeared. I flew through the center

**You save,
redeem and
heal yourself.
You always
have and
always will.**

continued on page 6

continued from page 5

of the galaxy, absorbing more knowledge as I went. I learned that this galaxy, and the entire Universe, is bursting with many different varieties of life. I saw many worlds. We are not alone in this Universe. It seemed as if all the creations in the Universe soared past me and vanished in a speck of Light. Almost immediately, a second Light appeared. As I passed into the second Light, I could perceive forever, beyond Infinity. I was in the Void, pre-Creation, the beginning of time, the first Word or vibration. I rested in the Eye of Creation and it seemed that I touched the Face of God. It was not a religious feeling. I was simply at One with Absolute Life and Consciousness. It would take me years to assimilate the Void experience. It was less than nothing yet greater than anything. Creation is God exploring God's self through every way imaginable. Through every piece of hair on your head, through every leaf on every tree, through every atom, God is exploring God's Self. I saw everything as the Self of all. God is here. That's what it is all about. Everything is made of light; everything is alive.

THE LIGHT OF LOVE

I rode the stream directly into the center of the Light. I felt embraced by the Light as it took me in with its breath again. And the truth was obvious that there is no death; that nothing is born and nothing dies that we are immortal beings, part of a natural living system that recycles itself endlessly.

I was never told that I had to come back. I just knew that I would. It was only natural, from what I had seen. As I began my return to the life cycle, it never crossed my mind, nor was I told that I would return to the same body. It did not matter. I had complete trust in the Light and the Life process. As the stream merged with the great Light, I asked never to forget the revelations and the feelings of what I had learned on the other side. I thought of myself as a human again and I was happy to be that. From what I have seen, I would be happy to be an atom in this universe. An atom! So to be the human part of God ... this is the most fantastic blessing. It is a blessing beyond our wildest estimation of what blessing can be. For each and every one of us to be the human part of this experience is awesome, and magnificent. Each and every one of us, no matter where we are, screwed up or not, is a blessing to the planet, right where we are.

So I went through the reincarnation process expecting to be a baby somewhere. But I reincarnated back into this body. I was so surprised when I opened my eyes, to be back in this body, back in my room with someone looking over me, crying her eyes out. It was "Anne," my hospice caretaker. She had found me dead thirty minutes before. We do not know how long I was dead, only that she found me thirty minutes earlier. She had honored my wish to have my newly dead body left alone. She can verify that I really was dead.

It was not a near-death experience. I believe I probably experienced death itself for at least an hour and a half. When I awakened and saw the light outside, confused, I tried to get up to go to it, but I fell out of the bed. She heard a loud "clunk", ran in and found me on the floor. When I recovered, I was surprised and awed about what had happened; I had no memory at first of the experience. I kept slipping out of this world and kept asking, "Am I alive?" This world seemed more like a dream than that one.

Within three days, I was feeling normal again, clearer, yet different than ever before. My memories of the journey came back later. But from my return I could find nothing wrong with any human being I had ever seen. Previous to my death I was judgmental, believing that people were really screwed up, everyone but me. About three months later a friend said I should get tested for the cancer, so I got the scans and so forth. I felt healthy. I still remember the doctor at the clinic looking at the "before" and "after" scans. He said, "I can find no sign of cancer now." A miracle I asked, "No," he answered. These things happen . . . it's called spontaneous remission." He seemed unimpressed. But I was impressed, and knew it was a miracle.

LESSONS LEARNED

The Great Mystery of life has little to do with intelligence. The universe is not an intellectual process. The intellect is helpful; but our hearts are the wiser part of us. Since my return I have experienced the Light spontaneously, and I have learned how to get to that space almost any time in my meditation. You can also do this. You do not have to die first. You are wired for it already. The body is the most magnificent Light being there is. The body is a universe of incredible Light. Spirit is not pushing us to dissolve this body. We don't need to commune with God; God is communing with us in every moment. I asked God: "What is the best religion on the planet? Which one is right?" God said with great love: "I don't care." What an incredible grace.

It does not matter what religion we are. Religions come and they go, they change. Buddhism has not been here forever, Catholicism has not been here forever, and they are all about to become more enlightened. More light is coming into all systems now. Many will resist and fight about it, one religion against the next, believing that only they are right. When Godhead said, "I don't care," I understood that it is for us to care about, because we are the caring beings. The Source does not care if you are Protestant, Buddhist, or Jew. Each is a reflection, a facet of the whole. I wish that all religions would realize it and let each other be. It is not the end of separate religions, but "live and let live". Each has a different view. And it all adds up to the big picture.

Earth is in the process of domesticating itself and we are cells on that Body. Population increase is getting very close

continued on page 8

IN THE PRESENCE OF LOVE

by Lorene (Leelani) Barin

I have been searching the mind body spirit arena for many years; I had tasted and been with the unconditional love that lies within, before I met Isira Sananda. When someone suggested that I be in her presence, I said, "I have no need of a teacher, I can do it all by myself." And for some unknown reason I went to "check her out", and have continued to be in her presence ever since.

Isira has spent most of her life sharing and living love and truth, in places such as Australia, Tibet, Bali and India. In her presence I feel a sustaining, ever present unconditional love; a love like no other; a love where I feel whole, complete, "at home"...

At times the Love and Truth which emanate from her being have been so overwhelming for my mind to comprehend and my body to feel that I have felt like running away. And yet in her presence; as she utters words and insights, which have been said for aeons, my heart is pierced by the Truth of who I Am, the universal Truth of the One existence, the One Life, the One Love. And so I stay...

Notwithstanding the love that I feel, there have also been times when my ego has asked, what am I doing? Am I being manipulated or brainwashed? Why do I need anyone to help me to remember who I am...after all, this is about self-empowerment, isn't it?

I find that my ego usually asks these questions when I'm/it's feeling threatened, confused or angry that something's wrong... And when I still my busy mind by pa using and breathing deeply, and go into my heart, the answers come, the knowing comes...

The stillness and silence, the knowingness within, tells me that self-empowerment is not necessarily about doing something without assistance. Self-empowerment is about remembering the power of That which I Am, so that I may live this life fully alive, living the potential of the Love that I Am.

My heart is pierced by the Truth of who I Am.

And how I become self-empowered is up to me, my discernment, my choice, my commitments, and my application.

Empowerment is about becoming my potential. It is living this life, as it is; as the most present and aware consciousness, as I am able. Empowerment is serving Life, others, myself as the Love that I Am, and empowering others to



be their potential. It is this potential and purpose which Isira reminds me of and inspires in me. It's about my taking responsibility for my thoughts, words, actions, life. It's about coming from a place of true heart and love which follows the universal laws of Life.

And I am grateful for the clear and contemporary words and insights from Isira. Her words are simple, yet direct signposts. My mind could wander for a long time in conditioned fear and distractedness, without some sort of guidance. And really the message is not the words, not the insights. The true message is found in the experiencing, in the presence, in the spaces between the words. From that space, from that stillness, from that silence within, comes the knowingness, the wisdom and Truth of who I am – I am beyond this body, this mind, this personality, this identity, this life story – I Am that which is eternal consciousness, a unity of Love which knows no bounds.

I feel her unconditional love emanating out to all beings equally, no matter what they have done, their beliefs or creed. Isira is beyond any particular dogma. She shares her presence, her experience of being at One with All, the One consciousness, the Love and joy and celebration of Life. She sits with me and others, as an offering of Love in service to my being, knowing there is a possibility, an opportunity for each of us to experience the Love and joy and celebration of Life in our own unique way.

And as I apply the practices which Isira and others have shared; as I commit myself to the Love and Truth which I Am; I find myself becoming lighter, clearer, more at ease and more accepting. And as I deepen in the experiencing of the Love that I Am, I feel such gratitude and love and am more able to see "others" as the same love, the same childlike innocence. So I am inspired to serve and nurture and love

continued on page 8

Silvana La Pegna is a
Medical Intuitive,
 who specialises in 'seeing' and communicating
 with the human body to restore wellbeing.



Each person's body provides information about processes that might be contributing to a physical, mental or emotional condition.

Silvana sets to work guided by the body's own 'Divine Intelligence' applying healing intervention, and encouraging the body to come back into alignment with its own harmonic resonance.

Sessions can transform physical, mental & emotional conditions - harmonise & revitalise body, mind & spirit
 - provide in-sight into challenging health issues -
 develop intuitive potential

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Eastern Suburbs Appointments

The Intuitive Well
 1st Floor, 70 Bronte Road - Bondi Junction - (02) 9387 8777

Visit: sacredlight.com.au - mobile 0408 2468 42

NEW ACADEMY YOUTH GROUP for the under 30's

The idea of the youth group is to practice meditation in a group and also giving our youth the opportunity to meet up with like minded friends.

The meeting will take place twice per month on a Wednesday evening.

The next meeting will be February 15 at:
 The Uniting Church Hall,
 Holterman Street,
 Crows Nest

There will be opportunities for you to lead a meditation from time to time if you wish.

Bring a cushion

co-ordinators

Anna Fisher and Christopher Parker

Time: 8.00pm - 9.00pm

Cost \$5.00

**If you would like to know more about it
 phone Chris on 0411 95 66 55.**



Through the Light continued from page 6
 to the optimal range of energy to cause a shift in consciousness. That shift in consciousness will change politics, money, and energy.

What happens when we dream? We are multi-dimensional beings. We can access that through lucid dreaming. In fact, this universe is God's dream. One of the things that I saw is that we humans are a speck on a planet that is a speck in a galaxy that is a speck. Those are giant systems out there, and we are in an average system. But human beings are already legendary throughout the cosmos of consciousness. The little bitty human being of Earth/Gaia is legendary. One of the things that we are legendary for is dreaming. We are legendary dreamers. In fact, the whole cosmos has been looking for the meaning of life, the meaning of it all. And it was the little dreamer who came up with the best answer ever. We dreamed it up. So dreams are important.

After dying and coming back, I really respect life and death. In our DNA experiments we may have opened the door to a great secret. Soon we will be able to live as long as we want to live in this body. After living 150 years or so, there will be an intuitive soul sense that you will want to change channels. Living forever in one body is not as creative as reincarnation, as transferring energy in this fantastic vortex of energy that we are in. We are actually going to see the wisdom of life and death, and enjoy it. As it is now, we have already been alive forever.

Here's to life! Here's to death! Here's to it all!



"Surrender is a penetration into the depth and the core of experience to see that which already exists, pure and unchallenged, with no need of defense, of protection, or even maintenance. That which is your own self."

Gangaji

In the Precence continued from page 7

the family of Earth in communion and unity...and the flow of Life has become, is becoming, a celebration.

So to my ego and to those who have asked me why I sit in the presence of one such as Isira, my heartfelt response is, Why not? There is nothing to lose, and everything to gain, as I am guided in my own process to becoming more aware, more present and more knowing of Truth, the potential of who I Am. This is true empowerment and this is something that I truly want for all beings.

"Life is always...all ways.

Why limit being?" Isira

lorenebarin@hotmail.net.au www.isira.com



AWAKENING TO A NEW REALITY

by Lily de Chalain

Have you ever noticed how every thought, every need and every decision is essentially about ourselves, we are the center of our own thinking always? But do we truly know who we are in every moment? Our reality is determined by our thinking. The mind is like a missile in constant motion traveling towards the target of choice. But what does the mind truly represent, who is doing the thinking in each moment? The answer lies in that part of us who identifies with the body, the emotions or the endless mental dialogue. Often we never see the complete person, we rarely connect to the energy of the soul and we merely entertain a deluge of incessant thoughts. We are who we choose to be.

Every morning, we wake up a new person with new



potentials and unlimited possibilities. Who we were yesterday is but a memory constantly brought to life by our inability to let go of the past, the person we were last year has now passed. Every cell in our body replaced, every hair replaced, and the blood replaced, so why is it that we continue to identify with past memories and with experiences that have already been experienced.

Unwilling to let go of the past, in fear of not knowing whom it is we will be today.

We have become so accustomed to living our life according to other peoples beliefs and to someone else's idea of what is acceptable for us and we rarely hear our own knowing and, if we do, we don't have the courage to follow our truth, walk **our** journey. Who is really living our life in this moment, how do we experience ourselves if we are living each moment by somebody else's standards?

The personality that we often identify ourselves with is not who **we** are, we are much more than that tiny aspect of self that we see with our limited thinking. We are not just our physical body and we are not our emotional, teary angry needy self nor are we the polluted thoughts that occupy our every moment, but we are everything in totality and much more. We are complete beyond measure.

False identification and fear of being judged is keeping us fragmented, enabling us to only see a fraction of who we

really are and keeping us separated from our true selves. Most often we need to know the destination before we begin the journey; Fear of failure will keep us stranded by the cacophony echoing in our mind. Maybe it is time to identify with trust, knowing that God knows what is best for us, and truly living our own experience and giving ourselves the license to live our life the way we choose, to experience that which **we** choose to experience.



False identification with anything, such as bills, romance or the ego, creates stress in the body and if we allow these errant thoughts to dominate our day, we take on identities of **"worry"**, **"lust"** and **"grandeur"**. We stress over how we are perceived; we judge others in relation to how we see ourselves unaware that we constantly shift in our choice of identity from day to day, moment to moment depending on where we choose to focus our attention. We believe that others judge us in the same way. And in the moment that we allow any form of doubt or fear to envelop our being, we have surrendered our higher knowing of self to a limiting idea that is but a fraction of who we really are.

If, as we walk down the street, we concern ourselves with how others are seeing us, we become identified with **fear**, fear of being judged, and fear of being different. We do not trust ourselves as we truly are or we can not see ourselves for what we are and we are then fully creating the process of manifesting the reality of our fear – believing we are not ok as we are. This gives weight to the belief that we have no trust that God will provide for us and that we are as God created us to be.

In that very moment of fear, we do not love ourselves nor are we accepting ourselves to be perfect in that moment.

Perfection and imperfection, is only our perception of reality because everything is as it should be. Fear is a disconnection from love. Love, as extended from the heart and mind of God. As we are aspects of the Divine, we have actually disconnected from knowing ourselves as divine beings, as true authentic beings when we identify with our fear.

If we choose to become identified with everyone else's judgment and their idea of what is acceptable for us, then, we are allowing ourselves to be less than **"I am"**. Why are we looking outside of ourselves for validation, for love and for confirmation of who we believe we are? As we give our power away to someone else to judge us, we become vulnerable and we become a victim of our own creation. We

We exist way beyond this veil of false perception.

continued on page 10

continued from page 9

believe that we do not know and we believe we need someone to give us permission to be. In reality we have disregarded our inner wisdom, our truth and the knowing that only we can determine how we really feel inside.

We are not these limiting identities; we exist way beyond this veil of false perception. The need for us to know is so huge that it is creating a barrier keeping us away from our own knowing. By needing to know if we are loved, needing to know what others think, and needing to know our future we are participating in an exercise of futility and feeding our lack of trust.

Will this doubting stop when we create the space to be still in mind and body? Yes, the thinking is then given permission to move on. Then we can live our life one step at a time trusting that the stepping stones will appear when needed. Trusting that we are the best judge of what is appropriate for us. Space is our bridge to the oneness, as we step out into the unknown we are trusting in God to provide the path before us.

How do I know this? I believe it and this makes it my truth. As I think so it is for me. You may have heard many times "change your thoughts and you change your reality". We are the creator of our life; we are empowered to create a worthwhile existence, a life that is meaningful for us. We can experience that which we need or desire to experience. Make it your intention to live your life by your inner knowing and not by someone else's vision of who you should be.

We are empowered to choose our own reality, let's not close the door before we have even had the courage to open our eyes and see the limitless potential of who we wish to create in this lifetime.

Will you trust yourself enough to step into the unknown and shine your light on this Earth knowing you are fully supported from above?



Archangel Michael

Michael

*Heavenly Lord of Angels
Light of brilliant blue with golden hue
Wielding sword of truth, of honour
Always by my side, my companion, my guide
Your gentle love enfolds me
Pure love you are
Your warmth surrounds me
Lend me your strength
Protect me, keep me safe
Please guide me all my days
God's right hand you are
Legions of angels adore you
Always you have loved me
In innocence I trust you
Keep me on the path...of love
Bathe me in your presence
Surround me in your wings
Your light brings me home*

Gai Hubbard

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ORDINARY AWAKENING

by Gangaji

At this point in our human history, what was once reserved for the most rare beings is available to ordinary people. Because we have considered ourselves ordinary, we have kept a certain door closed within our brains and within our hearts to the truth at the core of it all; but now there is a crack in our conditioning. This is a time of the ordinary awakening. This means you—not only those born under the brightest stars, but the ordinary person as well.

It is my assumption that if you are reading this, you must have some deep intention to be free, some intention to awaken. It is this intention that calls you home. What is said here is in support of the return of your individual consciousness to its source, the ocean of consciousness. They are never, in reality, separate from one another.

My intention is not to fix anyone or teach anything. Regarding the simple, absolute truth of who you are, nothing needs to be learned. The truth of who you are is closer than what can be learned.

The original sin, the original mistake, is the belief that separation from the source, from consciousness, from God, is even possible. Since separation is our experience, we believe it to be reality. This mistaken perception is the root of all suffering.

If you have been aware of perception for any length of time, you know that it is subject to change. If you gain just this fundamental understanding, which is quite profound in its simplicity, you have the opportunity to recognize that anything you can perceive is bound to be limited by the conditioning of your species, your culture or subculture, your family, your simple likes and dislikes.

The world is not as you think it is. You are not who you think you are. I am not who you think me to be. Your thoughts about the world, yourself, or me are based on perceptions. Whether they are inner or outer perceptions, they are limited. Recognize that, and you hear the invitation into the truth of yourself, which cannot be perceived or imagined, and yet permeates everything.

When all mental activity around who you think you are or what you need for happiness is stopped, there is a crack in the authority of perception, in the structure of the mind. I invite you to enter through that crack. Come in through that opening. When you do, the mind is no longer filled with its latest self-definition. In that moment, there is only silence.



And in that silence, it is possible to recognize absolute fulfillment: the truth of who you are.

The truth of who you are cannot be thought, because it is the source of all thoughts. The truth of who you are cannot be named or

defined. Words like soul, light, God, truth, self, consciousness, universal intelligence, or divinity, while capable of evoking the bliss of the truth, are grossly inadequate as a description of the immensity of who you truly are.

To open your mind to the silence that is the source of your mind is to open to your true self. Conscious silence is already open. You are already open. Allow your mind to stop gathering information, to stop imagining the future, and to stop strategizing for survival. Let your mind simply be held by its source.

I am often asked why it is we misidentify and cover our true face in the first place. There are many spiritual and metaphysical theories as to why, but the one that makes the most sense to me is that the extraordinary delight of uncovering the true face is made possible only by the extraordinary suffering of covering the face. Perhaps you can remember the thrill of playing "hide and seek" as a child. You can remember the thrill of hiding until, after a while, the thrill wears off—and then a desire arises for the thrill of being found.

In your life, if the desire to be found has arisen, then it is time to be found. It is time to stop hiding from the concept of nothingness and return to the truth of nothingness. It is time to rest in that. Then you will see that the habits of misidentification, the strategies of control and hiding, the conditioned beliefs in the necessity to hide, will all be exposed, leaving you free to simply be.

That truth is always here, closer than your thoughts, closer than your heartbeat, and closer than your breath. My invitation is to stop all movement of your mind away from truth so that you can discover directly, for yourself, this jewel that is alive within you.

*Gangaji has traveled the world since 1990, offering thousands of people a simple yet profound invitation: to immediately and directly experience the true peace and lasting fulfillment that are our essential nature, now and always. Her latest book, *The Diamond in your Pocket*, was released in May of last year. www.gangaji.org.*



SOUL HOUSEKEEPING

compiled by Lily de Chalain

With the New Year now in full swing it is a wonderful time to rethink our spiritual/Life practices. If you have been reconsidering your Life path and wanting to do some deeper work, there is no time like the present to make some positive changes.

INTENTION

What is your intention for your life path? What imprint do you want to leave on this Earth? Have you even thought about the beliefs that matter to you and how you may be able to influence the people around you to shift even more into the light? How you can be more committed to make your life more joyful and find happiness in all you do.

Contemplation and self observation is always beneficial and worthwhile to add to your daily or week to week practice. By observing the mind chatter and sitting in quiet meditation, you will discover what truly lies beyond your mind and you will be able to integrate more closely to your soul's desire and step beyond the veil of illusion.

SELF LOVE

Now might be a good time to begin a fast. As many of us have been indulging in the good life over the holidays, our bodies might benefit from a deep cleanse. If our system is clogged or operating under par, it will be drawing much needed energy away from the areas that need it the most. Many of us talk about saving the planet and yet we trash our own body without realizing that it is our own amazing universe. How can we possibly make lasting changes to the environment when we do not even appreciate how fantastic our own physical being is? Co-existing cells are communicating and supporting each other and each atom to operate together and to give us the experience of living here on earth, each organ and each system working together as one. Now is the time to begin to work on ourselves and to encourage each other to work towards optimal health of body, mind and spirit and to live a more fruitful and abundant life.


SELF BELIEF

We are empowered to choose the events, friends and experiences that we have. Outside influences will always have an effect on us but we are the only ones who can make ourselves happy. Trusting our inner knowing and trusting who we are is the place to begin to make necessary changes towards a happier existence. How we see ourselves will make the difference between dissatisfaction and pure contentment. We choose how we view our life and whether we wish to see the positive or the negative in all things.

No matter what you know or what you have experienced


in the past, each moment is a new beginning. Each second is a different space to anything you have ever encountered before. This time space is pure with no memories and only the potential to create new choices and new realities and it does not bring the past with it. That is our doing.

SELF IMAGE

We have invested so much time and energy creating an image to present to the world but does it resonate with how we truly feel inside. We often work so hard creating this image that we do not even realize that it is masking our fear and insecurities. We create two separate lives, our inner life and our outer life. Maybe this year we can work towards integrating both selves so we will not be so fragmented and we might find the courage to expose our inner feelings without the thought of shame or shyness entering our mind. In finding the courage to share these aspects of ourselves to the world, we might be pleasantly surprised to find that we have endeared ourselves more to our friends and families. And as we find the courage to be and to live our truth we are unconsciously giving others permission to do the same. 

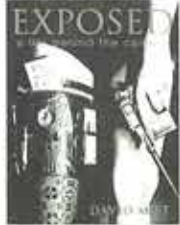
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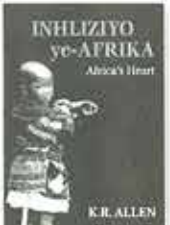
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David Mist

A delightful romp through the world of fashion photography as seen from behind the lens of fashion photographer, David Mist



Raindance
A C Flanagan

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THE ABUNDANCE OF POWER



by Autori

It has been said that Jesus, being the type of guy he was, often made life uncomfortable for the disciples and people in general, for His Love was absolute and thus there was with Him never any question of not following the truth, and allowing further truth to unfold during the rise and rise of his ministry. Even now today we see that many of His teachings are still too confronting for many.

So it is that I have not written this essay to appease your current position nor is this presented to please you. On the contrary it is my desire here and now to in some way move the emotion within you, to push you a little. Certainly as you would no doubt agree this is not the time for complacency, lest we grow obese from the trappings of power.

Indeed the haste for knowledge and power is now rampant upon this Earth-plane, and many are involved in the business of accumulating wealth, both material and spiritual. Witness your sister or brother with their house full of gold and their eyes laden with knowledge spewing forth like a powerful fountain of water. Yes, spiritual knowledge has been coveted by those attached to the Light guild, seeking yet still more knowledge to lay upon what is already a mountain of power.

What, may I ask you, is the value of great knowledge if one knows not the source of all knowingness? What may happen if we are outside of the Light whilst gathering the power? Will we find ourselves in heaven, or shall we find ourselves back at the beginning? You can have all the knowledge that you want and indeed all the power you want, as it is freely available. The mystery school of life abounds in knowledge/power. But will that knowledge so carefully stored and cultivated bargain your freedom, or will it be an open loving heart which provides entry to the higher dimensions of life?

I have listened to the conversations in the so-called hotspots of spiritual power and knowledge. I have travelled to the red desert of Arizona listening with tears to the stories of power emanating from those souls residing in the great vortex of power there, and still they know not they are pure light.

I have listened to the wise and powerful shamans of South America and those who walk upon terra firma high in the Andes with the Mother outpouring her love and compassion. Indeed I have listened to those entities as they perform their rituals and dance the sacred dance, absorbing

even more power from the Mother, from the sun and the ancient stone, and still they know not they are pure light.

I have listened while sitting quietly on fresh grass within the walls of the Abbey, with a spring sun as my guide. I have listened to the outpourings of the Mother's tears as she informs me that all those who come to visit, all they want is the power. They come to take not to give. Yes, this your Glastonbury was once a powerful transformative centre of sacred divine energy. Well not any longer, for she has nothing left to give, and still all those who visit her and lay their hands upon her breast know not that they are pure light.

Difficult to imagine, to suppose this could be so. The Earth Mother bereft of love to give those who walk upon her sacred surface. Well that is how it is. The pillaging of her essence has not been confined to the corporations of the world. Those belonging to various spiritual corporations on this planet have also availed themselves of her power. You can see it in their eyes and hear it in the tones as they speak forth the knowledge.

We remember that power which is not shared becomes a heavy burden for the soul to keep. We remember that wealth not shared becomes a difficult stone to carry. We remember that knowledge without wide-eyed innocence and wonder is a vessel destined for despair.

Powerlust is a very strong energy now, so tread with some deliberation as you move through the forest of life, as knowledge can be part of the game to prevent you from achieving your true freedom. Recently while teaching some people about power animals there came a question from a lady who was not content with her animal which was a deer. Indeed a beautiful young deer. Her question was 'my animal is not powerful'. Well I have heard that before too. So then we discussed the innocence, the harmlessness, the quietness of her animal. How soft and gentle, tender was her deer, and that is real power is it not!

It will be Love for all that you are which will allow you to manifest heaven on Earth. It will be knowing that you are Light which shall manifest your freedom. Remembering as we walk that to be in an ascended state is to be like a child, full of innocence, love and peace, as you will not find any serious adults in heaven.

Well so be it, you have options here. You can choose Light/Love to be your companions on the journey to heaven, to higher states of being, or you can choose Power/Knowledge to be your companions on this journey, however be sure and know only one of these options can provide you with the real freedom you passion for.

So be it, may the Light of God rain down, covering you in blessings of Love.



We remember that power which is not shared becomes a heavy burden for the soul to keep.

LOVE IN ACTION

THE ACADEMY'S HUMANITARIAN PROJECTS

The Academy has been collecting items of clothing, toys and food to aid a family in our community and we would like to extend our sincere thanks to all those whose generosity and love have made Christmas 2005 a memorable and joyous occasion for this family. Through your support you have shown how God is always walking with us and watching over us. He sends his love through members in the community who are in touch with the energies of the light. Please find a recount of our recent trip written by Rosemary.

When Peter Tong came to the Academy our hearts went out to him and his family. Peter, his wife.....and their two sons fled from the Sudan where 7 of his brothers and his mother and father had been killed, to Egypt. There they lived while they waited for a country to accept them.

Finally, after some help from Spirit, their application for refugee status and emigration to Australia was accepted.

They feel blessed to have been given a tiny Housing

Commission flat in Riverwood and be safe. However, their possessions are meager and life is a constant struggle to make ends meet especially as his wife is expecting their third child. Peter is a school teacher but

hasn't sufficient funds to attend Tafe to get his qualifications



to teach in Australia. He also has lost the use of his left arm so it has been impossible at this stage for him to find employment.

We delivered the box hamper filled with food, toys and many other goodies to the family on Thursday morning before Christmas. Members of the Academy had donated wonderful things. Gosh there was a lot, even a computer. You should have seen the children's faces. Peter became overwhelmed by everyone's generosity and wiped the tears from his eyes.

Peter is going to pass on some things to other Sudanese families in need.

The boys just loved the little blue bike.



THE WELL PROJECT

In the last issue of ShiningBRIGHT we told the story of the Academy's first humanitarian project – a well in Tanzania. The members of the Academy have lovingly supported this project.

Recently World Vision sent us a wonderful letter of gratitude for the \$700 cheque we sent them. The donation trickle is becoming a stream thanks to the love and generosity of our members and another cheque for \$1,300 is being sent to

World Vision

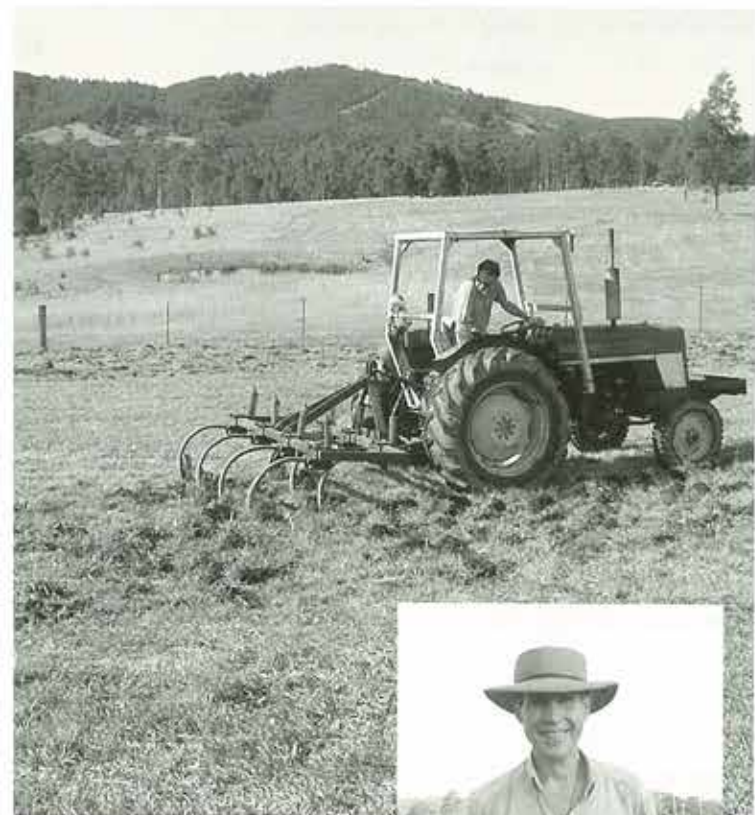
This project is to be kept ongoing until we raise \$3,000. So each week there will be a little box marked Well Project at Academy meetings for you to put your tithing in. Every bit helps. Everyone in the world deserves to have clean drinking water. Clean water, like clean air should be available to every living creature. These are God's gifts to all.

*Donations can also be sent by mail to
The Southern Cross Academy of Light,
P.O. Box 1221 Neutral Bay 2089*

Or phone the office on 9975 4905 and you can use your credit card to make a donation to the well.



'JACARANDA HAVEN' THE ACADEMY'S HOME ON THE LAND



From the outset of the founding of The Academy in 1995, the intent has always been to establish a number of country-based retreats where people may come for physical, mental and emotional healing and for self-development, education and transformation. Jacaranda Haven is to be the first of these retreat centres.

WHERE IS IT?

Jacaranda Haven is 84 acres/33 ha of gently-undulating land with inspirational views just 40 kms south of Taree and west of Forster. The centre will offer a sensible, sensitive and caring way of living that encompasses every aspect of our

physical, mental, emotional and spiritual needs, about how to relate to each other and all of Creation.

THE MAIN BUILDING

Currently the design of the Main Building is being finalized by Greg O'Donnell of Architecture of Spirit (who specializes in buildings incorporating sacred geometric proportions). Once complete, this building will provide Bed and Breakfast-style accommodation for up to 10 visitors at a time (along with your permanent resident hosts, Rosemary and John Butterworth). There will be expansive open-decks, lounge and dining facilities with open fire-place, library, country kitchen, a seminar room, office, healing and sanctuary space, laundry and some under-cover parking.

The building will be positioned so as to afford wonderful views of the surrounding countryside and the proposed expansive gardens with their water-features, walk-ways and sitting areas.

Solar energy will provide both electricity and hot-water, with cool breezes naturally-ventilating all the building's interiors in summer.

PROGRESS TO DATE.

Since settlement on the property in March 2005, two water bores have been sunk with a potential yield of 240 gallons per hour. Also two large tanks installed for rainwater harvesting and gravity-fed trickle irrigation. The first 45 Panama Gold Passionfruit Vines have grown so large that they are being trained onto trellises.

The bio-dynamic farming and gardening (as initiated by Rudolf Steiner in the early 1900's) constitutes a major component of the Jacaranda Haven Project. As an integral part of this Retreat Centre concept, fruit and vegetables are being grown in increasing quantities utilizing the application of Homeopathic preparations both to improve soil structure and plant vitality and also other preparations (called 'peppers') to deter kangaroo and rabbits from cultivated areas.

The early planting out of the half kilometre avenue of Jacaranda Trees leading up to the proposed house gave birth to the registered business name of 'Jacaranda Haven'.

A Blessing Ceremony held in 2005 was attended by 25 people who had a fabulous weekend together.

Underpinning all this, is the living, eating, breathing of the Values of the Academy.

Visitors and volunteers are very welcome. (Phone John: 0417 66 88 41).



THE TRINITY OF COLOUR

by Narelle Green *Colour Therapist*

The Trinity of Colour is a formula for creation.

The colours of the Trinity Blue, Yellow and Red are more than just colours. They are pathways to worlds, vibrations of intelligence and conscious levels of development in man. The three colours of the trinity in various combinations produce the full spectrum of light. They affect every aspect of man's life from when time began to the present moment.

As we know we are a body of light our world is made up of gross and subtle forms of light. Colour is a science the study of light, scientist tells us we receive all knowledge and information of the world through the vibrations of light.

The ancient's wise ones knew the secrets of the Trinity of Colour. They worshiped them in the phases of the sun, honored them in rituals, invoked their powers for direction and guidance to build their empires and called upon them to enriched their lives.

The first phase of creation is to be found in Blue. We can see this in the ancient Egyptian scripts and their relationship to the Trinity of Colour.

In the beginning was Blue, God the Father the creator of the world is symbolized by the dawn, the beginning of all. His colour is Blue, for the Light of the Sun rising in the morning is veiled in blue mist as it creates the new day.

Blue vibrates to the inner world of spirit. Spirit is the beginning of creation giving man the conscious seeds to grow God's plan on earth. When man openly seeks and accepts the role Spirit plays in the creation of life, he finds the doorway to this inner world revealing its age old secrets and powers.

This inner world gives guidance and direction to the entire universe all knowledge of how to access its resources through higher mind functions, a higher vibration of intelligence and consciousness that connects man to the infinite possibilities of the unknown mysteries of life.

The Blue world is a vibration of absolute love, where infinite possibilities exist, where miracles occur; where we can commune with the Genius of our Soul for the purest

guidance and direction to co-create our life. The root of man's soul is to be found in the Blue for it is here that the essence of his being is replenished and nourished.

If the Blue vibration (the intelligence of spirit) is not understood and left out of the formula to create God's plan for life on earth pain, destruction and suffering result. Man then believes he is alone and has to do it all by himself. This is the story of separation from the Divine, from people, places and things and above all joy.

Developing a conscious relationship with the inner world of spirit produces for man the seeds for his Divine plan on earth, co-creating with God the Father the creator of the worlds bearing witness to His glories of creation is man's rightful inheritance bringing him untold joy, fulfillment and bliss.

The second phase of creation is the Yellow world.

God the Son, the illuminating One sent to bear witness of His Father before all worlds is the celestial globe at noon day, radiant and magnificent, the Golden-Haired Savior of the World.

Yellow is his colour and his Power is without end.

The vibration of Yellow represents the light of God in the outer world. The second stage of creation develops in mans intellect, as the seeds of spirit grow in the light of his conscious mind.

The light is our source of life and power by which all things grow. The Yellow aspect of the light assists man through his intellect and mental body to assimilate and digest life. Develops for him the ability to reason and think for himself. Enabling him to detach from destructive thinking in the collective mind, to seek new knowledge and information that will empower him to find his own path in reaching his souls potential, hence sharing the gifts of spirit that flow through him to enhance humanity and contribute to constructive thinking in the collective mind.

Creation does not start in man's mind it starts in his conscious relationship to spirit. Opening a pathway of illumination and purity in his thinking brings wisdom and divine inspirations enabling him to bring God's divine plan to the material world with man playing the role of the Golden-Haired Savior of the World whose powers are without end. Mans outer world is a direct reflection of his relationship with his inner world.

Red the last phase of creation.

The Red of God, the Holy Spirit permeates all creation and is the sunset phase when the end of the day is robed in flaming red rests for a moment upon the horizon line and

continued on page 18



FAR, FAR BEYOND MAGNIFICENCE

by Wendy Athorn

There is probably no need to introduce the Beings from Arcturus, but I do feel privileged to pass on this important information, as the setting is right here in our own backyard, so to speak. Three years ago, a local lady, Jan Watson from Tuggerahwong, NSW read a book I had leant her, namely "We, The Arcturians" and was so enthused that she followed her heart and searched the internet for further information. Surprisingly, she found that there were groups of people all around the world who volunteered to work with these wonderful Beings of great intelligence whose aim was to help us move to the Fifth Dimension the easiest and best way possible. In spite of the unusual subject, Jan got together 40 people from both NSW and Victoria and we started our commitment to meditate once a month at the same time as all the other groups. This meditation is organized to coincide with a direct channel through the organizer of all the groups by a spokesperson from Arcturus named Juliano and we are able to listen in to an open telephone connection and hear the transmission directly as it happens. Juliano talks of our consciousness and the necessary universal physics of this magnificent planetary movement that is to come.

In order to establish stronger communication between the Planets, the Arcturians wanted to embed an etheric crystal into the earth of Australia and we were asked to suggest an area, which would be conducive to this connection. We agreed that the Grosse Valley in the Blue Mountains would be ideal and the time was set up for the group and helpers to 'meditate' it into the area. So, on a lovely spring morning, feeling very proud of our country and excited to be able to help, fifty four people gathered together in synchronized time with the rest of the groups from around the world and welcomed the crystal into the valley. None of the group saw anything beyond the normal and unexpectedly, we had the area to ourselves to enjoy the experience. However, it didn't end there. Many photographs were taken and to our great surprise one snapshot showed an unmistakable crystal against the backdrop of the thick forest of trees.

Naturally, this was serious and meaningful and we all pledged our support in a more dedicated fashion. Juliano explains this crystal as one of four which communicate with each other, with the collective unconscious and with all the crystals lying dormant waiting for the time to come once



again when they will light up our Planet.

Through these transmissions, we are able to help diffuse some of the hurricanes that have been happening and so save lives if possible. Juliano calls this exercise Biorelativity and explains the method that is most effective for each particular crisis. Then the network works overtime, sizzling the phone wires to get the message to all who understand and are willing to help.

My story now takes a more personal turn in a direction which at the time had no relevance to the Arcturians. Around two years ago, through a local channeler, Mother Mary asked me to attend a seminar in Cairns which was run by Patrica Cota-Robles. I was hesitant at first because, as I looked at the material that was to be covered, I felt it was above my normal thought pattern and I would miss the point. However, I did what I was asked and went along.

The whole seminar was mind-boggling, far beyond any expectations I may have had. Unexpectedly, the result was that Mother Mary requested me to write a book using the information I had been given.

The connection with the Arcturians has only just emerged as I have been given the picture of our move to the Fifth Dimension and the means by which it will be achieved. As I described my scene to the illustrator of my book, Peter Harvoe, he was also given the picture of our 'energetic earth history' with the script to explain our role and responsibility. Peter's illustration is an amazing story in itself and is very large, as you can imagine. Because I wanted to pass this simple but very important message to others, I had posters printed to send to those who expressed interest.

continued on page 18

Peace Be Still

*It is important from time to time to slow down,
To go away by yourself
And simply Be.
But not always feel you must be doing something,
That unless you are,
You are wasting time.*

*It is so important to find your own rhythm
And never try to keep up with anyone else's rhythm,
That is where so many things go wrong,
Everyone is trying to keep up with everyone else.
The pace gets faster and faster,
And life becomes impossible.
Find your own pace
And if it happens to be slower,
It does not matter one iota.*

*Remember the fable of the hare and tortoise.
The tortoise was much slower,
But he was steady
And he reached the goal in the end without exerting himself.*

*Peace of heart and mind is so vitally important,
Seek it at all times,
It is never a waste of time.
And when you have found it,
You will be able to do everything in the right spirit
And therefore the outcome will be perfect.
The goal is not the main object,
But the way it is reached is vitally important as well.
Get your values right
And put first things first,
Then everything will slip into place.*

*Ponder on all this
And do something about it,
Then watch a deep change in your life and living come about.
Be yourself,
Be guided by Me
And let your life be a song of praise, glory and thanksgiving.
Know that all is very, very well,
Working out according to My perfect plan.*

Peace, be still.

Anon

The Trinity of Colour continued from page 16

then vanishes into the darkness of the night to wonder the lower worlds and later rise again triumphant from the darkness.

Man can rise again triumphant from the darkness in the material and physical aspect of his life by consciously putting the secrets of the Trinity into action to bring heaven to earth.

For the Red phase of the Trinity represents the material physical world of energy and action where man can see and feel the fruits of his relationship to the other two worlds. His willingness to consciously cultivate a pure and honest relationship with these aspects of himself will result in co-creation of untold peace, abundance and joy in the material world for himself and all mankind.

Man can change his outer world if he chooses by abiding in the laws of the Trinity. All three steps of the formula of creation must be followed to create his hearts desires and fulfill the Divine plan. The first phase; is to take his needs to the inner world of spirit, for direction and guidance from his soul. This in turn will give him the second phase, new knowledge illuminated thinking. Resulting in the third, right action for him to go forward with confidence and support in the powerful wisdom of all three worlds to manifest his hearts desires with ease, grace and dignity.



Far, far beyond magnificence continued from page 17

The proceeds of the sale of these posters are going to an American lady, Kaye O'Bara who has been looking after her daughter for over thirty five years while she has been in a diabetic coma. The story is written up in a book, "A Promise is a Promise" written by Wayne Dyer and, being a mum like most of us, I felt moved to help in some small way.

The posters and book are available and can be ordered by email athorn@idl.net.au



*"To see a world in a grain of sand, And Heaven in a wild flower,
Hold infinity in the palm of your hand,
And Eternity in an hour."*

William Blake

'OUR LADY OF COOGEE'

by Alanna Moore

Since the media stories began in late January 2003, many people have heard about the 'sightings' of 'Mother Mary', on the northern headland of Coogee Beach.

Along a white fence line at a certain time in the afternoon on sunny days - a white, veiled figure would appear. The play of fence angles and shadows are the source of the image, which had never been noticed before.

People began flocking to the site to witness the 'apparition' and to pray there. Other types of visions began to occur around the place, spirit voices were heard, and spiritual epiphanies and healing miracles ensued for some of the pilgrims.

HISTORY OF EVENTS

Just weeks before the apparitions began, on 12th October 2002, Kuta Beach in Bali saw the horrific bombing with hundreds killed, including 22 from the Coogee area. At some point in the following months it was proposed to create a memorial to the dead on the northern headland of the beach.

Saturday, April 12th 2003, saw the dedication of Coogee's memorial, at a ceremony where thousands of mourners vented their grief. In the form of an elegant metal sculpture, it became a sacred place, where annual remembrance ceremonies are held. So it was not surprising that healing energies have been manifesting there.

I was first told about 'Our Lady of the Fence posts' in October 2003. Being a geomancer meant that I would expect to find some interesting energies there, so I immediately went over for a brief investigation with my pendulum.

If there had been special energies there, they were not apparent to me on my first two short visits in 03 and 04. But I did discover an energy portal at the fence post and thought "that must be where Mary makes her entrance." (Portals are inter-dimensional doorways.) "That's why she doesn't manifest up at the memorial, she visits via the nearest suitable energy vortex point."

I next visited with Billy Arnold, who can actually see the nature spirits/devas when he tunes in to them. It was 16th October 2004 - just four days after the second anniversary of the Kuta bombing, and many wreaths lay fading in the sunlight.

This time we both looked for devic activity and were most happy to discover a huge green and blue deva that

dominated the headland. The giant energy field of devic consciousness was peacefully stationed there, full of compassion and healing qualities, and hosting a range of other spirits in its wings - an old Earth spirit and several ancestral Aboriginal spirits. There were also two big sea spirits, as well as lively resident Banksias and other tree spirits in the vicinity that Billy was able to see.

"This spherical blue-green devic being is at peace working for the benefit of living humans and the dead" Billy reported.

"The being likes to be looked at and responds by directing energy to us and to other people nearby. It is difficult to perceive the whole spirit when in a meditative state at the fence post because you are actually standing in it"

Our next visit together was a year later, on Friday 22 October 2005, and were blown away by the increased energy of the site. Again, it was not long after an annual commemoration ceremony had occurred.

The whole place had a vibrancy we had never felt before. Plants and trees were flourishing, glistening even, and flocks of birds flitted around happily.

Billy saw the same huge spherical being, and it was much larger than the year before, and a more sophisticated and multi-dimensional being.

We returned again on the Monday afterwards and I undertook an intense dowsing session, a question and answer interview with the great deva there, trying to discover some more about this amazing place.

From this dowsing, assuming my questions were not too flawed, I learnt that the big (female) deva is basically a sea spirit, a bit like a mermaid, whose 'tail' connects down via the fence shrine and into the waters of Coogee Bay (into an energy centre there).

I asked the deva, on a hunch, if she had once been stationed at Wedding Cake Island, not far off shore. Yes, indeed. She prefers the atmosphere of the headland now and has taken on healing work under the tutelage of the Great Mother Mary, who visits occasionally, due to popular demand. (Some people consider Mary to be the greatest of all the water spirits.)

After my dowsing session, Billy was amazed to perceive the spherical spirit so much more powerful than on the Friday before, with brighter colours and energy radiating in every direction.

"Not only were its blue and green colours brighter, it
continued on page 20



KA-THA-RA ASCENSION MECHANICS

by Shannah Haydon



Imagine you have just discovered the famous, legendary Hall of Records, claimed to exist by the noted psychic Edgar Cayce. You find yourself in an amazing place that clearly has not been used for maybe hundreds of thousands of years, yet is untouched by dust or other signs of decay so perfectly has it been sealed. You gaze in wonder at the strange hieroglyphics, and eerily futuristic layout. Reaching forward you tentatively touch what looks to be a dial of some kind. Immediately a buzzing sensation fills the air, and soft lighting flickers onto previously unseen screens and hidden recesses in the walls and ceiling. The hall begins to come alive and ready for action – just as if it was the present moment taking place hundreds of thousands of years ago.

Touching another dial sets off a laser light show and in the center of the immediate area, a holographic imaging device appears like in the Star Wars movie. A story begins to unfold through a message left on a DVD type of disk, only this message reveals a forbidden history of humanity and how hundreds of thousands of years ago, a covert and surreptitious invasion of Earth was begun by beings called Illuminati and Annunaki, questing to body snatch human DNA, use up the energy of the Earth, and rule the world while they did it.

Amazed to learn of this history, stored for so long in the Hall of Records, you momentarily stumble backwards in disbelief, accidentally hitting another switch. Lights swirl and more holographic pictures form. A list of invading enemy offenders crosses the screen of what seems to be a plasma TV somehow operating in English. Names you recognize! These ancient identities had survived into common consciousness because they had engineered it that way long ago, and humans have short memories. Now they were our heroes of legend. The pictures and forms taking shape through holographic projection reveal the ancient, full and vast anatomy of human DNA as a galactic microcosm of a very specific macrocosm. The forming patterns reveal clear-

ly what the human microcosm should align with and how to restore a lost, self regenerating blueprint. Somehow these ancient ones had known this very moment in time would come to be. They had known that those remaining humans who still retained enough of the original coding, would need knowledge of how to rebuild their circuitry, and have exit strategies made available in preparation for a possible destiny timeline which they called "Code Red Pulse".

The futuristic instructions they left describe the body of "Ra" in its Ka and Tha configuration of light and sound, which make up a spiraling photocell DNA time – space vehicle, once used to get to Earth millions of years ago after Earth fell from a higher dimension world called Tara / Teira in the Pleiades. Their sophisticated science of Creation and Alignment Physics was Keylonta. Some of their records passed to Christic Mystery Schools. Few survived in fact.

Stunned by your discoveries in the famed Hall of Records, and believing that the incredible has already happened, you turn to find yet another surprise. You are no longer alone in the Hall. A tall human man has appeared beside you. He introduces himself as a member of the "Gardener Green Alliance" a Guardian forefather of the human race which came to this planet from Tara. Green is the colour of the heart chakra and love, from our lost "Garden of the Infinite". His name is Ra –Ma'a. He smiles warmly as he looks into your eyes, and in a form of telepathic communication says "welcome back". In an instant you realize the technological sophistication and fullness of the highly intelligent and fully presented detail that this source has made available to those who now wish to learn the forbidden secrets of revelations, the healing and rebuilding structure of Kathara, and the ancient, future science of religare, once known as Keylonta, the science of reconnecting to Source. These teachings have been taught again since 2000 A.D.

www.shannah.com/keylonta.htm



Our Lady of Coogee continued from page 19

now had flashes of gold and white, like lightning bolts, inside it's field" he said.

"I thought the spirit must be evolving rapidly from the sentiment and emotion of people attending the site on the weekend before, perhaps."

Or perhaps it had been stimulated by our interview?

We walked on up through the old Banksia trees and over to the Bali memorial. The powerful devic field there was quite palpable and exhilarating to experience....

Here, in the midst of suburbia - a blessed place. An evolving sacred site, a timeless Landscape Temple.

Enquiries - email: info@geomantica.com www.geomantica.com



MEDITATION

what is it good for?

by Lily de Chalain

For many of us the reality is that our minds are so cluttered with thoughts that we have forgotten what real peace is and for most of us we do not know how to begin to be still. We often experience feelings of lack and the need to acquire more and it is these feelings which drive us to keep busier, working harder and living faster paced lives.

We are disillusioned with life and do not know how to stop our fast pace of living. We have great difficulty in sitting still. We are so busy searching and wanting more that we often feel that there must be more out there. The reality is that there is more, much more but it is here in our stillness where we will find our answers, it is in our mindfulness where we will experience the true feelings of peace. We are on a quest to find out who we are and

what we are meant to be doing with our life. The clutter in our mind is what is keeping us from realising our own inner peace. This is where meditation can help.

Depression is a huge problem in society today and is well on its way to being one of society's biggest killers. The tension, anxiety and disharmony in our society are becoming more evident every day.

Stress is very real and affects our adrenals. It can cause ulcers, increase our cortisol levels; affect our muscle tension, blood pressure and our heart rate.

Through meditation, being still and focusing on our breath we are able to connect to our inner world, our truth and to the divine consciousness. In the practice of meditation we are observing our mental clutter and allowing these thoughts to be released. We are given an opportunity to resolve and release emotional issues, regulate our pain and experience the wonderful stillness of mind.

The mechanics of normal stress response involve the synchronized action of three endocrine glands: the hypothalamus, pituitary and the adrenals. When the body needs to react in an emergency, these glands secrete more adrenaline into the bloodstream, giving our muscles more strength to meet any emergency.

Emotions such as fear and anger also stimulate the

adrenals to produce more adrenaline. In times of stress the heart rate increases, blood pressure increases, digestive capabilities are decreased and there is an increase in arousal and alertness and an overall shifting towards fight or flight.

The autonomic nervous system (which consists of the sympathetic and parasympathetic nervous systems) shifts out of balance when we are under stress. For proper health we need both these parts to remain in balance.

The hypothalamus controls the body functions of temperature, hunger and thirst. It also controls the pituitary gland which is the seat of our emotions (fear & anger). The pituitary gland, known as the master gland is greatly affected during meditation. The pituitary gland controls the activity of the other glands in the body; it makes and releases hormones that stimulate the sex glands, thyroid and adrenals.

The yogic types of meditation have been shown to give greater control of the autonomic nervous system. Pranayama, the alternate nostril breathing technique gives a good balance between the sympathetic and parasympathetic nervous system. This is a great anti-stress measure as it will help with the adrenaline overload that we may have created with our busy lifestyle. Pranayama should be practiced under supervision.

Transcendental meditation has been thoroughly studied for its anti-stress effects. Scientists at the Maharishi European Research University have shown that long-term meditators demonstrated greater coherence of the brain wave activity between the left and right cerebral hemispheres resulting in greater creativity and flexibility of thought.

Tai-chi has also been studied and has been proven to clearly drop levels of salivary cortisol, lowering blood pressure and generally showing improved mood swings. Yogis have demonstrated their ability to selectively regulate heart activity, change skin temperature and adjust blood flow. Studies have also proven that meditation is beneficial to asthma patients resulting in less shortness of breath and greater control over their breathing.

Meditation is utilized today to treat many illnesses such as cancer, AIDS, insomnia, chronic pain and much more. It is also used in prisons as anger management and for general well being.

There are many benefits for taking up meditation, it teaches us to be more human, creates a positive feelings and enthusiasm in every area of our life. Our illnesses can be a result of our internal emotional unrest. Our subtle energetic system, including the chakras and meridians reflect our emotional and spiritual state. Meditation can be used to rebalance our multi-dimensional body and to re-energise our being contributing to lasting good health.

Meditation is a great way to reunite the personality or the ego with the higher self strengthening the energetic connection between mind, body and spirit.



The Science of Immortality

Our planet is currently 23.5 degrees off its axis with a wobble and a wandering magnetic north, creating an unnatural emf flow described as the “poison apple”. It is also known as Newton’s apple of distorted gravitation, the “Blue Apples” of Sumerian Babylon, and often described as Earth enfolded in angel wings which is how the *angles* of electromagnetic fields (emf) flow into arcs giving the appearance of the arc-angle wing pattern.

The Poison Apple

This split apple or wing-like circulation since the times of Atlantis, has progressively mutated our DNA, our consciousness, and our ability to access the higher overtones of frequency, also pulling the planet into a “fall” disconnection from its *Living Source*. It is further reduced by the digital matrix now blanketing and broadcasting into the planet.

This all equates to the hi-jack of our original DNA and Earth itself, thereafter operating on a current reversal progression from living energy in a mirror reversed live into evil once written as d’evil. From the days of Atlantis and before, Earth progressively began to fall asleep, hypnotized under the **Earthspell**.

Our original knowledge of Source, creation science, and history was replaced with the new reversed live emf angles of a new cosmic and emf order, and its resultant “dead light” etheric/spiritual and physical realms of false realities.

Our current emf flows for the planet and body, are based on the planet’s magnetosphere which was reversed during inter-planetary wars in Atlantis.



The Four Leaf Clover

is a representation of the original *natural* flow circulation of the once non-wobbling, true north aligned emf patterns for Earth and human DNA prior to magnetic distortions and the final “poison apple” emf adjustments of this time frame.



In natural systems, it flows in four directions and when operational in a still living planet, the planet appears in a living light field which looks like a star.

This knowledge is part of a lost science called Creation Physics which reveals the full Divine Blueprint and true nature and name of “Spirituality”, and teaches how to escape the “Wheel of Life and Death” on which Earth is currently trapped.

www.shashannah.com

THE PARABLE OF THE PRINCESS AND MR JONES

by Les Dyer



Once upon a time a beautiful princess was trapped in a fortress tower. Mr Jones, a most honourable man, came along and offered to help her escape. He scaled the walls to the very top of the tower; and here he professionally attached a strong rope and pulley.

He then attached a sturdy platform to the rope. Being rather light, just 60 kilos, he then easily returned to the ground via the rope where he let out enough of it to lower the platform to her bedroom window. Then calling to her, he invited her to escape, via his platform.

The princess had spent many a lonely month in her prison, bemoaning the loss of her prince and with nothing to do.....except eat. And this she had done voraciously – until, unbeknown to Mr Jones, she weighed in at a little over 140 kilos.

It seemed to her that all her problems were almost over: she climbed through the window and gleefully jumped onto the platform. Quickly descending she met a rather bewildered Mr Jones, still clutching the rope, around fifty feet from the ground. There was a resounding crunch as his shoulder connected with the platform before he was whisked high into the air above her.

Moments later she herself landed with an indecorous crash, smashing the platform into two still rather large and sturdy pieces, one of which was immediately jerked upwards. It met Mr Jones, travelling in the opposite direction, at the same place as before, albeit connecting this time firstly with his foot and then, due to his wild and irrational gyrating, with his chin.

Looking upward to discern the source of all the groaning, a look of horror crossed the face of the princess moments before the backside of Mr Jones slammed into it, knocking her unconscious.

Luckily, it seemed, Mr Jones retained some semblance of consciousness, enough at least to finally let go of the rope. A serene smile passed over his face for a moment, quickly

replaced with a questioning thought and then, as he glanced skyward, with a look of absolute despair as he observed the effects of gravity on a rather large chunk of platform hurtling earthwards in freefall from the top of the fortress tower.....

No-one can ever truly rescue another.

No-one can successfully help another to escape the fortress of their thoughts.

We each simply come to realise that the prison we **think** we're trapped within is simply that: **the trap of thinking**.

The **trap of thinking** is that we associate with our thoughts.

We think we're trapped by them.

In fact, we believe we **are** our thoughts – and so we believe them (after all, who can you believe in if not your supposed self?!).

If our thoughts tell us we're useless or a failure we believe them.

If they tell us we'll always have trouble with money, we believe them.

If they tell us we'll never find the right partner, we believe them.

Even if our thoughts tell us that the doctor knows best and we're probably going to die (although we really don't want to) we'll almost certainly believe them.

And believing tragically (and often needlessly) makes it so. (When the bone was pointed in many native cultures it was **believed** it meant death within days: believing made it so).

Of course, not believing permits self-escape from the fortress of our thoughts.

We realise instead that our thoughts are tools to use – not judgements to live by.

We realise that we are **different** from our thoughts, even **different** from the Thinker that has those thoughts!

We're the immortal and infinite life-force, the godlight, **behind** both the Thinker and the thoughts.

Call it Soul if you wish.

Call it God if you have that awareness.

Call it Spirit if that suits better (the terms we use are unimportant).

The important thing is to find that blissful **stillness** and awesomely empowering **silent perfection** which you are, which is the universal **'I AM'**.

When we find that universal **'I AM'** then our thoughts of failure and uselessness, lack of abundance and lack of love are seen as nonsense fabrications.

They are simply the illusions from the memory of our small and imperfect human "I am".

We accept our greatness, our lovingness, our joyfulness and the fullness of life.

We find the path to wholeness; and the end to all sad-

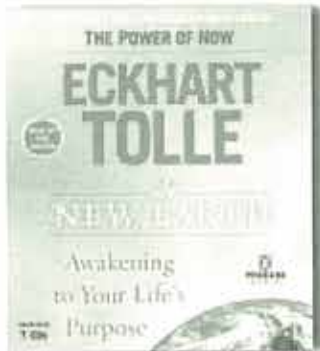
continued on page 24

RECOMMENDED READING

A NEW EARTH

by EKHART TOLLE

A New Earth is Eckhart Tolle's first full length novel in 8 years.



To quote Eckhart.....

"This book's main purpose is not to add new information or beliefs to your mind or try to convince you of anything, but to bring about a shift in consciousness, that is to say, to awaken."

The book is sobering in its description of the 'collective manifestation of the insanity that lies in the heart of the human condition which constitutes the greater part of human history', i.e. ten million people killed in the first World War and over 100 million people were killed in the 20th century. All this, he says, is the madness of ego.

Yet the book is inspiring as he helps the reader recognize the arising new consciousness admits this madness.

His description of the ego is expressed with such clarity that the reader can easily recognize him or herself and is assisted in a transformational process to enjoy the flowering that is taking place in human consciousness.

He explains why the ego was able to grow and dominate the male more than the female; to demote and devalue the female. His knowledge of the pain body and how it works is fascinating.

*You are one with the most distant star
and the least little blade of grass.
You shine as dew on the petal of a rose,
you swing from star to star.
You are part and parcel of all
this manifestation.*

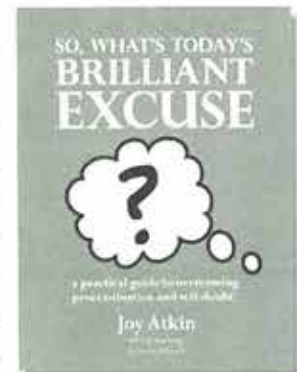
Sathya Sai Baba

A must read.....highly recommended

SO, WHAT'S TODAY'S BRILLIANT EXCUSE?

by JOY ATKIN

The perfect book to start your New Year and to stop procrastinating! If you desire to make some changes in your life, then this is a great way to start. This is the book to read if you have ever wanted to write and somehow couldn't get going. It is a self-coaching manual with great tools for transformation. A wonderful workbook for letting go of the things and the beliefs that hold us back from achieving what we desire in life. The processes in this book can be applied to many aspects of life not just to writing. I found it helpful with great exercises to free ourselves of restrictions and to allow creativity to flow. It has interesting tips on how to plan for your goals and witty stories that I found really interesting. This book will support you in overcoming your self-doubt and fear with great coaching techniques, exercises and a bonus Writers' Tool Kit. The book also tells the story of Lucy, an imaginary client who is writing her first book and describes some of the hilarious things she encounters as she attempts to finish her first book. Well worth reading and working through. I found it easy to read and loved working through it.



The parable of the princess and Mr Jones continued from page 23

ness and dis-ease.

No-one can ever again successfully point any bone in our direction.

We realise who we truly are – and that we are therefore already whole and abundant.

This is **self-realisation**.

Of course there is an alternative: Mr Jones.

He should be out of hospital – and ready to attempt another rescue - any month now.....

Much love to you all.

Les is beloved as a Teacher of Love and Healing by thousands across the world. He runs New Veda (as a Spiritual Healing and anti-stress fully accommodated Retreat) in the sunshine coast hinterland with his wife, Trudi. Les also runs workshops on request for the Academy. He is the popular author of 'The Return Of The Master' and other classics. Tel: 07 54 866 602. Website: www.lesdyer.com



ASTROLOGICAL HAPPENINGS!

by Heidi Pigott-Erwin

The next 8 weeks are very interesting and unusual times astrologically.

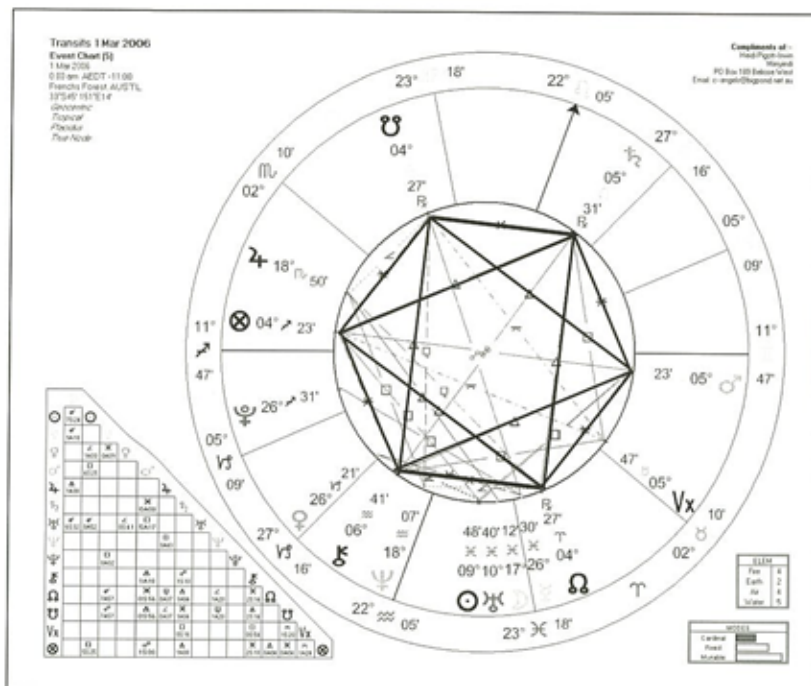
It is a very dynamic phase as there are so many unique astrological aspects/patterns forming.

Over this period the key influences are that for each month February, March and April there is a Mystical Rectangle formation as the underlying pattern, as well as T Squares. There has not been a lot written about the Mystical Rectangle but I feel it is a fast flow and ease of energy, a

rodite being represented by the two interlaced triangles, the upward pointing as male, fire and the heavens, and the downward pointing as female, water and the Earth.

In a three dimensional form from Sacred Geometry it looks like the Merkaba, (meaning Light, Spirit, Body) spirals of energy, which transport Spirit/Body from one dimension to another.

With this Grand Sextile all of the points are crowned in the Male - Fire & Air signs, air feeding the flames so reaching higher insight in mind and spirit. Also in the chart for this upcoming period there is a very pronounced Stellium or group of 4 Planets made up of: both Luminaries the Sun and the Moon, as well as Mercury – the Messenger God, rules both male & Female traits so is hermaphrodite, conduit between Sun & Moon – Spirit & Soul and Uranus the God of electricity and genius: key words are sudden change, illumi-



By 1st March starting at midnight exactly and lasting for only 10 minutes the Mystical Rectangle will have culminated into a Grand Sextile.

This formation is pretty rare and is formed by two Grand Trines, again in Air and Fire signs – very dynamic. When viewing a chart it looks just like the "6 pointed Star of David" with all the tips of the star joined/crowned together by Sextiles, think of the famous Leonardo Da Vinci's "Perfect Man" and you have it.

greater connection and understanding of Spirit and Christ Consciousness.

The four points of this Mystical Rectangle are formed by the Moon's North and South Nodes, bringing past and present Karmic influences into the fore. Saturn ruler of Karma, fate and lessons learnt amongst a few, and Chiron the Ancient Healer/teacher, with the Sun in this case, which is the Light of God and Vitality to name only a few. These four points are all in Yang/ Male, Fire & Air, Cardinal & Fixed Signs giving them even more energy and potency.

The significance of T Squares can be described as energies opposing and pulling, and a balancing act between the energies of these planets. I feel there is a good deal of energy building up that is getting ready for release, which I believe will come in early March.

Six also symbolizes the union of polarity, the hermaph-

rodite, brilliance, and freedom to name a few, are all in Pisces the Water, Yin/feminine deeply Spiritual and intuitive sign, with the ancient ruler being Jupiter Planet of Truth, the soothsayer, God/Christ Consciousness. I feel this is representing a unification of the two polarities the Father Sky, God Creation to The Great Mother the underlying principle of life, a window to the 5th, a vortex of energy, a shift in consciousness, and even a balancing out for the planet.

With this you can expect something completely out of the blue, left of field, it could be connected with our water underground or even the ocean that surrounds us. You could have a sudden and clear breakthrough, it could be explosive, revolutionary, something becomes slippery and gives way, transformation in any sense of the word, spiritual, even our surroundings etc, a Divine visitation, Christ

continued on page 26

continued from page 25

Consciousness and Spiritual gatherings. It should be a great time for Spiritual Mediums as the conduit to the other realms is intensified, deeper relationship with the Archangels as the Spiritual connection with expanded awareness is pronounced. This intensity of energy lasts for the whole 1st week of March, there is a build up 3 weeks before and emanates out over the 3 weeks after so watch this space.

Another key feature of March is Mercury moving into a Retrograde motion in Pisces on the 2nd of March this last until the 25th of March. This happens in different signs about three times a year, and it means for these retrograde periods we should be especially aware of anything that we use to communicate with, ie: computers, letters, E-mails, any kind of transaction or purchase etc. Don't start anything new under a retrograde period, re-do, re-look, read over any fine print, pay more attention and to details, triple check everything. Especially

Full Moon and Eclipse

Dates/Times:

Feb: Full Moon: Monday the 13th, at 24x 20z Leo at 3.45pm – New Moon 9x Pisces.

March: Full Moon:

Wednesday the 15th at 24x Virgo at 10.35am - and just minuets after this is a Lunar Eclipse (can be emotionally tiring or obscure).

Total Solar Eclipse: 29th

March at 9.15 pm at the same time as the New Moon in 8x Aries so turning the ego consciousness inwards.

April: Full Moon: Friday the 14th at 23 x 37z (Libra) at 3.40am

The New Moon at 7x Taurus

in unpredictable Pisces as things go missing, important information you send out doesn't turn up, or turns up with things missing, or you think you completed something but you find you missed out on the main points. Misunderstandings and frustration can be rife as things are not clear and seem to slip through the cracks. So dot the i's and cross the t's in everything that you do. Don't purchase anything important unless you absolutely have to and do your research thoroughly as items you buy may not work properly and you will have to take them back. Computer viruses may be prevalent so watch your emails. Note: (Things that go missing in Retrograde times usually turn up again!)

During this time you may also be more intuitively connected as thoughts turn inwards (in Pisces) you may produce you best artwork or poetry etc.

Namaste to all with Light and Love.

For astro appointments

PH: 02 9451 2828

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Conscious Colour Seminar

a conscious new approach to colour

presented by Narelle Green with Rosemary Butterworth

- Colour is alive and intelligent. It is a living conscious energy to be used.
- What is the Colour of your Soul's Ray that you come into this life on?
- What is the colour that balances your Soul's Ray – thereby bringing positive change.
- Be introduced to the 'Golden Angel', a gift to the world. Access your full potential.
- What is the Trinity of colour and its powers of manifestation?
- Using colour in a way.

Saturday Morning - 11th February 06 9.30 – 1.30 Cost \$90

Crows Nest Community Centre 2 Ernest Place, Crows Nest

Saturday Morning 8th April (Venue TBA)

BOOKINGS:

The Southern Cross Academy of Light

Ph 02 9975 4905

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

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continued on page 28

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