

ShiningBRIGHT

a guide for the soul

VOLUME 9, ISSUE 2

AUTUMN 2006

A RAY OF SUNSHINE

The journey is here

**Responsibility on
the spiritual journey**

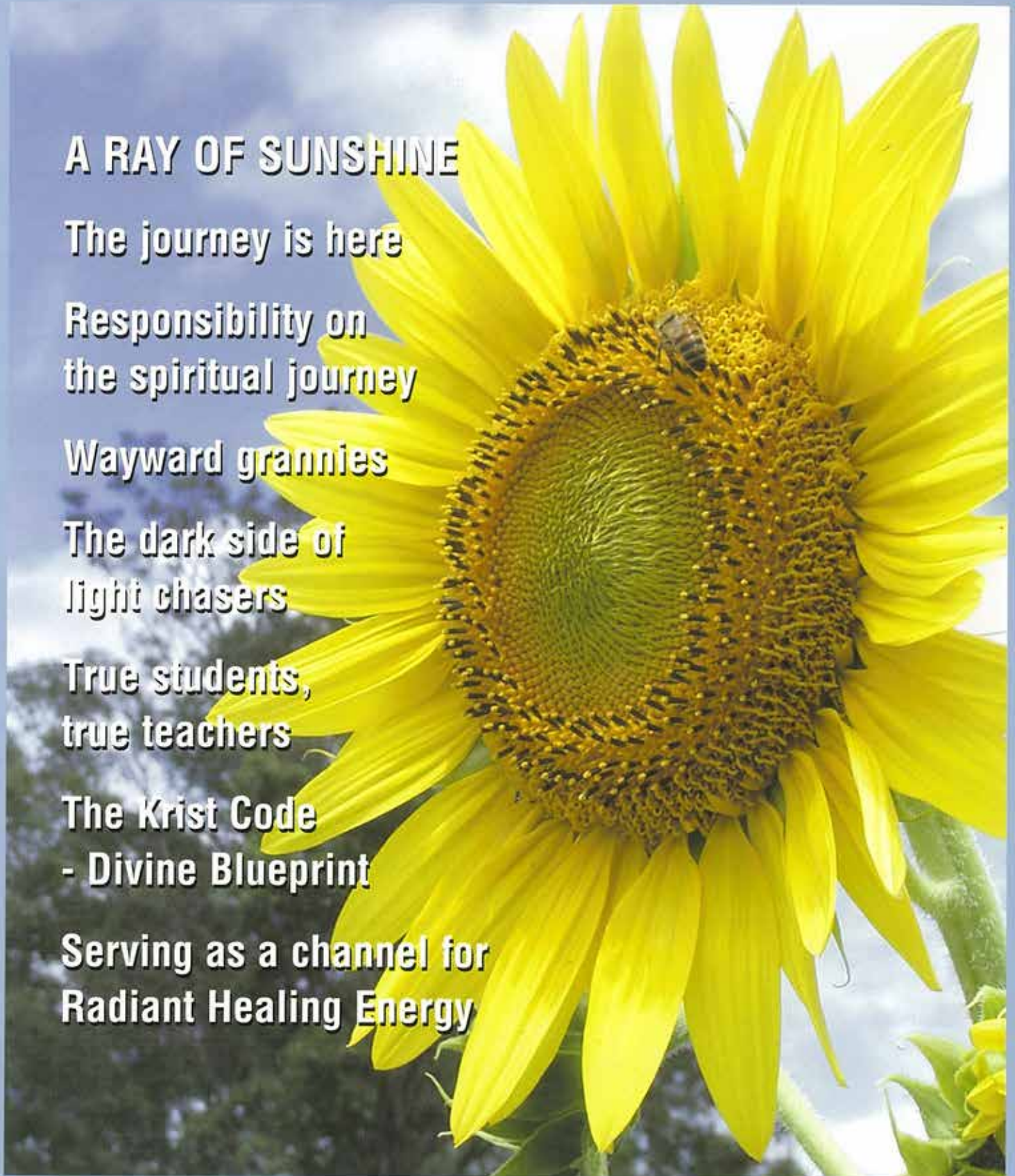
Wayward grannies

**The dark side of
light chasers**

**True students,
true teachers**

**The Krist Code
- Divine Blueprint**

**Serving as a channel for
Radiant Healing Energy**



ACADEMY HEALING CENTRE

healing sessions.... what you can expect



Gerry Bostock.

Gerry is a renowned hands-on energy & crystal healer.

Session time: 1 to 1 1/4 hours Cost \$150



Clive Lewis

Clive uses sound and works with Source Energy.

Session time: 1 1/4 hours

Cost: \$110



Rosemary Butterworth

Visionary, Clairvoyant and Spiritual Healer.

Session time: 1 hour Cost: \$80



Barbara Duck-Chong

EMF practitioner.

Session time: 1 1/2 hours

Cost: \$110



Narelle Green

Narelle is a talented Soul colour therapist.

Session time: 1 hour \$80

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

Special evenings only please check the website for details
290 Bondi Road, Bondi (under Paul Fitzgerald pharmacy)
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.

We now have a youth group for under 30's. If you are interested please see advertisement on page 13

Dr Verna Yater

Dr Verna V Yater returns to Sydney and Melbourne. Don't miss the evenings of Spirit Doctors, Radiant Healing and Workshop featuring interaction with Spirit using Sound and other technologies.

WORKSHOP - 12TH & 13TH AUGUST IN SYDNEY

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

Receive spiritual initiations and activations.

Heal emotional wounds of All-Time.

Activate subtle levels of cause and effect, to heighten joy in relationship and heal.



Dr. Verna V. Aridon Yater, internationally acclaimed healer, trance channel, workshop facilitator, author and visionary is a pioneer in humanity's ever-increasing quest to attain the highest and greatest expression of spirituality.

She comes upon the planetary stage with both the mind of a scientist and the heart of a caring, nurturing, compassionate soul.

Dr. Yater has touched the hearts of thousands of people, as she has travelled the world, facilitating massive transformations in her work with groups, and also individually.

She has spoken at a peace conference at the site of the Great Pyramid and has led healing groups to Kenya.

NEUTRAL BAY BRANCH

Monday 7 August

AN EVENING WITH THE SPIRIT DOCTORS

Wed. 9th and 18th August in Sydney.

Wed. 16th August in Melbourne

The most important work the Spirit Doctors do is to work on the finer vibrations of each person's body. They work on body/mind /soul levels and come with great joy, dedication and love.

PATTERN REMOVAL/HEALING NIGHT

Thursday 10th August

In the group situation everyone who so wishes, contributes by putting behaviors and situations on line, for healing. Then pattern removal is done for everyone in the group. .

RADIANT HEALING EVENING

Tuesday 15th August

Radiant Healing is very sacred energy. The purpose of radiant healing is to allow energies to transmute the sub-atomic cells of those individuals that are present and to raise their vibrations to a level in which they have altered experiences deep within the soul self.

PRIVATE SESSIONS

SYDNEY - 8, 9, 10, 11 & 15th August

MELBOURNE - 17th & 18th August

Master Teacher, Indira Latari is committed from Spirit to help individuals with their personal transformation. Along with Chief White Eagle and others she brings information, healing energy and attunement to help us.

For bookings and information please call:

THE SOUTHERN CROSS ACADEMY OF LIGHT

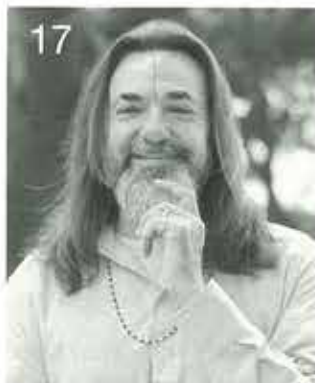
02 9975 4905 Email: scal@a-light.org.au www.a-light.org.au

CONTENTS

RESPONSIBILITY ON THE SPIRITUAL JOURNEY	5
THE JOURNEY IS HERE	7
THE DARK SIDE OF LIGHT CHASERS	9
WAYWARD GRANNIES	11
SOUL HOUSEKEEPING	13
A RAY OF SUNSHINE - HAZEL REX	14
WINTER	16
TRUE STUDENTS, TRUE TEACHERS	17
THE KRIST CODE - DIVINE BLUEPRINT	19
SERVING AS A CHANNEL FOR RADIANT HEALING ENERGY	21
AROMATHERAPY	22
ASTROLOGICAL HAPPENINGS	23
RECOMMENDED READING	26
PRACTITIONER LISTING	27



FRONT COVER



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

The publisher of ShiningBright does not endorse any of the products, advertisements or services mentioned in this publication. Opinions and statements made in the articles printed are the sole responsibility of the authors and are not necessarily the opinions of the publisher or Editors. We encourage you to make your own informed opinions as we strongly believe in freedom of expression when spoken from the heart.

www.a-light.org.au



Lily de Chalain

from the EDITOR

Dear Friends

Doesn't time fly; I can not believe it is already May. The universe is certainly speeding things up and I am sure you are all feeling it as much as we are here at the Academy. Life is so exciting and change is a wonderful

thing, embrace it and rejoice for there are more gifts around us than we realise.

So much has happened; the most significant event has been the passing of Rosemary's beloved mother Hazel. We have a beautiful tribute in the centre spread, so please take some time to read it as Hazel is an amazing Spiritual being. I had the pleasure of spending time with Hazel on several occasions and was always captured and enthralled by her joy, her energy and the many stories she had to share.

Being at Hazel's funeral really brought home the importance of living a meaningful life just as Hazel did. It was obvious that everyone in the room had a loving story to recall but the most important insight was "do not to leave it until someone has passed to really grasp who they are in all aspects of their life," not just the part that we experience with them. Spend time with your loved ones and question all areas of their life and really experience the person you are spending time with.

Life is so precious, too short to waste worrying about the little things especially when there are so many special beings walking amongst us. The more we work on ourselves, the more room we have to give to others, what a wonderful gift it is to be whole and balanced so your loved ones can really appreciate the magnificence of your energy. This path we are all on is our making and it is up to us to create a memorable journey that others will have to learn by, to remember us by and to live by.

To see and feel God shining through Hazel's eyes was truly a coming home and a knowing that we are all doing our best and all struggling to find meaning and the special ones like Hazel had it all along. Some of us know that we will find meaning at the end and others make their journey meaningful so that everyone they meet will benefit from being in their light.

With Love and Light

Lily de Chalain

Troi Leonard returns July 2006



TROI LEONARD -
*Intuitive Spiritual
Counsellor & Akashic Life
Guidance Reader, Pranic
& Esoteric Healer, Teacher
of Sound & Colour
Psychology of the Seven
Rays, Dreams & Symbols
with a Doctorate in Esoteric
Philosophy & thirty years
experience.*

As an aspiring seeker I was led to the ancient teachings of deepest magnitude, through the writings of Alice A. Bailey & of Djwhal Khul, also known as the Tibetan., an elder brother and old friend on the path. In particular I was inspired with the information relating to the Seven Rays, their sounds and colour qualities.

With over 30 years on the path, Troi brings us an ancient system of understanding our reality that was taught to a chosen few in secrecy, and is today available to all Seekers. It is both practical and grounding for daily living, working in the world, and for meditative and spiritual endeavours.

I am continually inspired to adapt the work of "toning" with imagination and intent, the pure sounds colours and life giving qualities into the lives of many, worldwide.

READINGS - for Soul Readings and insights into your gifts from other life times, private appointments are approx. 11/4 hrs. \$120 (*bring a 90 minute blank cassette*)

ACADEMY TALK - Neutral Bay Monday 3rd of July

EVENING SEMINAR - "In Preparation for Healing",
Wednesday July 5th 7.30 - 9.30pm \$30

WORKSHOP - one day "Healing and Transformation
Intensive", Saturday July 8th 10am - 5pm \$125
Venue TBA

**For more information please contact the
Southern Cross Academy of Light
on (02)- 9975 4905
or e-mail scal@a-light.org.au**

RESPONSIBILITY ON THE SPIRITUAL JOURNEY

by Isira

Nobody will do it for you!

Within the heart and mind of each of us there is a deep desire (even if held secretly!) to attain the pinnacle of our expression as a human being of peace and freedom - alive with spirit and at one with all in the Divine.

Whether we want to refer to this as Enlightenment or simply to be fully alive, it is a goal worthy of our focused attention. After all, given a choice who would keep on suffering the pitfalls of the deluded mind that slam-dances with life? Don't we all truly long for a dance of ecstatic love, sweet joy and deeply satiating quietude?

What I find incredibly exciting is (the almost unbelievable!) truth that liberation is the very nature of our being and is therefore the potential of every single one of us to be awake in this freedom. Yet most people are skeptical rather than excited about this. Why? Because we have been bred on so many falsehoods - of being unworthy, unwise, something separate from or incapable of embodying the greatness of the Divine - and they have become our deeply-held beliefs. Nonetheless, it is simply the truth: freedom, truth, love and joy, in their highest capacity, are awaiting within the heart of every being to be remembered, embraced, embodied and celebrated.

Embodying this truth seems so difficult, usually more of a struggle than an adventure, because we have become so entrenched in our disempowerment through the abdication of the inner self-power. For aeons we have been fed the lie that we are not good enough, that we are sinners, that we are separate from divinity. Having aligned our thoughts with these stories for so long it seems easier to stay stuck in our 'lesser than' life than it does to accept our 'greater than' Self. As a consequence we keep validating our brokenness, and that we have to fix our self. And because we believe we are broken we do not believe in our own inner power which is unbroken.

As a consequence we keep looking for the perfect for-

mula, the perfect teacher or the perfect path and expect that IT is going to heal us or transform us. Of course IT indeed offers us light and truth. IT's light shines through our blindness to reveal truth. Yet IT is not responsible for the commitment it takes to then realign our own thoughts, sight, and actions with the truth.

Many seekers continue reading, attending courses and sitting with teachers still expecting some sort of 'instant coffee' result. There are many delusional ideas that just sitting with an enlightened one and receiving some transference will be enough - yet eventually, without one's own application and commitment, as one goes about life, it is evident that nothing has really changed. As a consequence we reach a place of exasperation, feeling disillusioned with the spiritual path or teacher.

However it is not necessarily that a teacher or a path is futile or 'wrong'. It is most often that the true gift of the teaching has been misunderstood due to 'wrong' or very often LACK of application. Many find it easier to remain with the fantasy play of gaining IT through the blessing or salvation of another's Divine emanation. Why? Because it takes great commitment, discipline, humility and endurance to take the true course of attainment which is the direct path: communion with one's own inner being. The bottom line is: we have to do the work.

It remains our limited understanding of life that keeps us trapped in extreme polarities of the spiritual journey. Either we really believe we are totally useless and that we have got it all wrong, or we deludedly believe that we are already enlightened because we have heard 'you are that'. The first view results in us constantly seeking validation outside of our self. The second view results in an arrogant belief that we 'know' it all already and therefore we do not need to be shown anything. Yet there is partial truth and partial falseness in both of these views.

Essentially, our ego is like a seed. Within the seed is the full essence and power of the fruiting tree. Yet it still has to die as a seed and take its journey through all its stages of growth. The seed is not yet the tree. If it believes it IS a tree it will not apply true intelligence to its process because it is pretending to be a tree. That is indeed a 'wrong' thought process. Until that is admitted the seed cannot get on with its process of where it really is in its journey. And until it accepts that it is not 'wrong' to be a seed, that each stage of the journey is perfect in its own timing, it will obstruct the access to its inherent power of growth.

The HOW is always in the NOW. Yet the how is not just about the formula, it is about our own application, consistently, with responsibility, in each step of our NOW.

continued on page 6

continued from page 5

Within our egoic life, as a humans, we have within us the pure conscious Self of limitless love and power. Yet we are still identified with a limited boundary. There must be a shedding (a death) of the boundary, the ego, for us to emerge with our full embodied awareness. Enlightenment is the pinnacle of that journey, where we have shed the limitations and unshakably remembered the Self that we are. Along the way we must accept that we are not sinners just because we are still yet to fully grow into our greatest expression.

Whilst we are identified with limited views, due to our identity of separateness (duality), it is important to recognize and accept that we are still, as yet, blinded. A blind man cannot show himself the way: this is why opening to teachings or a teacher are so significant. In one who has taken off the blindfold is a living light of the seeing. It is that seeing which can point the way to truth. Yet that message is not asking you to take truth from IT. It is inspiring you to go to where it points: to know thy Self. And to know thy Self we

must first apply thy Self. This means we must be willing to enter into self-enquiry with firm dedication.

All results are directly proportionate to the degree of our application. If we only apply our conscious awareness in fleeting moments we are not going to recognize its constant eternal gift in the NOW. Of course there is a transitional process necessary to undo the habit of externalising the search, and undoubtedly certain tools are essential to the process. And it is well worth the effort: Self-gain and the experience of awaken-


ing in one's own process is something that no single circumstance or person can ever take away – and it is so great and immeasurable in its joy, love and peace. We easily forget the words or the power of another's enlightened presence. Yet we never forget when we apply those same principles in our own life and cultivate our own experience. It is only through our own experience that we come to see and remember our true Self with certainty.

It is within the authenticity of our own illuminations, born of the trials and tribulations in our own life, that we gain a depth of knowing truth that takes us beyond all doubts forever. Without this experience the doubt and question always remains. This is why there are so many seekers and so few finders, because we have been subtly (and more obviously!) taught dependency on someone else's experience. So even though we may hear or read truth over and over from a living Master and think that by their grace, if we are devoted enough, we will gain the blessing of liberation, the deep doubt and uncertainty remains and the true place-

ment of our power to awaken is misplaced. It is not the signpost of the truth that sets us free. It is our own exploration of where the signpost is pointing that leads us to experience and know the truth that sets us free.

Therefore it is greatly important to hold a deep degree of healthy discernment when seeking any guidance for your tools to Self-awakening. Unless the 'Teacher' is clearly advocating a path of direct communion - tools that cultivate a trust and deep connection with the innate wisdom, enlightenment and awareness within your own being - there is reason to have caution.

Any relationship that fosters worship or dependency upon the teacher's powers or illumination is, in part, a procrastination and distraction from your own Self-realisation. However a relationship that fosters self-enquiry through an apprenticeship and commitment of tools that leads to your own Mastery is to be cherished as an immeasurable gift. The nature of this is a journey, not a destination. As long as there is any excess focus on a destination there will again be a disengagement from the source of the awakening itself - which is the power of presence in the now being.

The HOW is always in the NOW. Yet the how is not just about the formula, it is about our own application, consistently, with responsibility, in each step of our NOW. 

Peace

Forayah - Born 30 October 2001

*The space between breath,
Her cheek nestling, soft and warm,
A glance, private, full of love,
The heart of a sunset,
A whisper, a smile,
A kiss.*

*I feel it sometimes, as I wait for life to move,
There is a quietness, a confidence, that captures my soul,
Keeps me company through the dark times,
The murmur of angels.*

*We search for change and yearn for sameness,
The human experience, so curious,
Full of hope and sadness,
Push and then pull,
When we stop we feel,
Peace.*

Karen Clarke

To 'know thy Self' we must first apply thy Self. All results are directly proportionate to the degree of our application.

THE JOURNEY IS HERE

by Lily de Chalain

I find myself on a journey that I don't remember choosing. The destination is a place I am not aware of and I yearn to know where I am going but somehow this knowledge still alludes me. My searching and desire to know is frustrating and often a great distraction that takes my focus away from walking my path. I have learned that the direction in which I am heading is not something I can deviate from for very long and certain aspects of this journey is not something I am able or willing to compromise on.

Fascinating how I can know for certain that I must continue and how I often feel a tremendous urge to move forwards, always forwards regardless of how difficult or harsh the terrain becomes. There are days when I am so consumed with the path I have already trodden that my thoughts go over and over the mistakes I have made along the way. The images in my mind that continually replay my self doubts, has revealed holes, where I have buried myself in constant disapproval and disconnection; a deep hole that has always felt as if something was constantly missing inside.

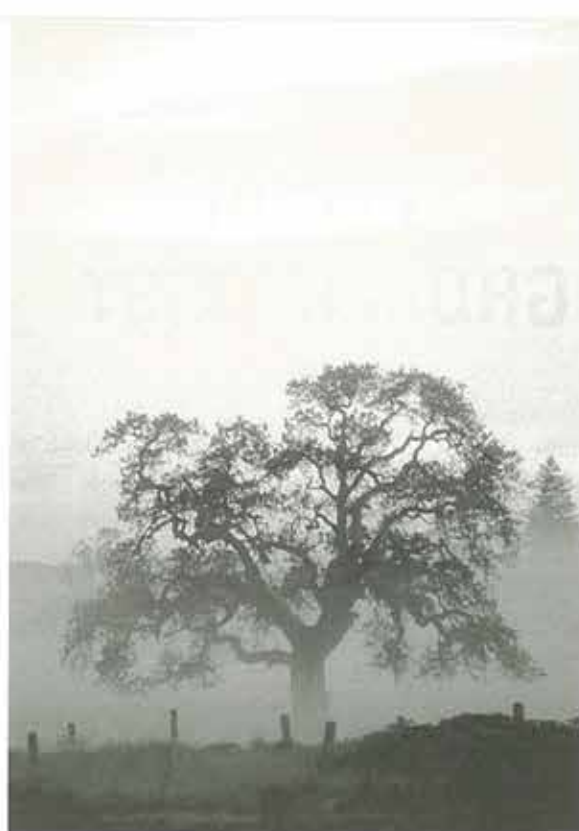
Inclement weather appears up ahead and I realize that turbulent thoughts have also appeared in my mind so many times before, causing a fog to blanket over my horizon and making my journey all the more distracting. I have trodden the same ground, moving around and around unwilling to turn away, instead choosing to feed the sensations that my confusion creates.

Unable to see clearly, the fog closing in, I indulge in the familiar chant of "I am not good enough" "I can not do this any more" and "when will this journey end" and I do not realize that this is just a mirage appearing out of a confused

sense of desire. I cling to my addictive patterns unable to pull myself out of its vortex, a mixture of pleasure and pain. I trip on a log, I cut my knee and I thank God for the distraction that has momentarily created another drama to move me away

from seeing my own deluded ego and from feeling the dissatisfaction in my soul.

Sensations in my body react to every thought, moving like a tango entwined within the dance of life that I am creating. I need to stop and take a moment to observe my thoughts, to be still and to be a witness to my life and as I do a still breeze brushes my face; comfort and peace is found



at last. Under a beautiful tree, with arms spread out to envelop my being, my thoughts begin to dissipate as I connect with the feelings within my body and I disconnect from this reverie of illusion.

My feelings alert me to the connection with my mind, and the intense, unpleasant sensations are my body's reactions as I indulge in the pleasure of my fantasy; dreaming and wishing for life to be different. The terrain I walk reflects these thoughts, difficult, intense, confused and making my journey an uphill battle. I can not see the beauty that surrounds me on my path for I have momentarily forgotten to take in the panoramic view and forgotten to breathe, filling my lungs with air and bringing me back into the moment and out of my head.

How ungrateful I am, surrounded by such beauty and yet I can not see past my own nose too busy igniting my cravings, too lazy to make a greater effort to discover the truth of who I am. I stand up tall with renewed courage and feel determined to find my destination but it is at this point that my journey presents a very difficult climb and it means gathering all my strength to endure the challenges my mind continually presents. At times my view ahead becomes quite fuzzy and dark and I can see no hope, I want to give up and yet again this quiet voice continues to urge me on.

When I need courage I sit still waiting for the voice to come and guide me, giving me comfort and strength to continue on my way. As I shift my focus, I realized the journey is what is being experienced right now; it is in this moment where I can create my destination not in the yearnings of my ego or in the desires created in my mind. My answers will be found in experiencing the reality of my thinking and the keys to my destination will be shown as I observe the distractions in my mind.

continued on page 8

**the journey is
what is being
experienced
right now**

SPECIAL GROCERY LIST

(Anon.)

Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries.

She softly explained that her husband was very ill and unable to work, they had seven children and they needed food. John Longhouse, the grocer, scoffed at her and requested that she leave his store at once.

Visualizing the family needs, she said: "Please, sir! I will bring you the money just as soon as I can." John told her he could not give her credit, since she did not have a charge account at his store.

Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family. The grocer said in a very reluctant voice, "Do you have a grocery list?"

Louise replied, "Yes sir." "O.K." he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

Louise, hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed.

The eyes of the grocer and the customer showed amazement as the scales went down and stayed down. The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it."

The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more.

The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer, which said:

"Dear Lord, you know my needs and I am leaving this in your hands." The grocer gave her the groceries that he had gathered and stood in stunned silence. Louise thanked him and left the store. The other customer handed a fifty-dollar bill to the grocer and said; "It was worth every penny of it. Only God Knows how much a prayer weighs."

THE POWER OF PRAYER: After you have read this, say a prayer. That's all you have to do.



The journey is here continued from page 7

Finding the freedom from within came with the realization that the teacher I needed was actually looking at life through my own eyes and as I observed the reality as it existed within my own body, I could feel my agitation increase and I stopped identifying with it. Moving away from reacting to my intense feelings was difficult at first but with practice I am finding it is possible to enjoy the stillness and feel the subtleties of my surroundings.

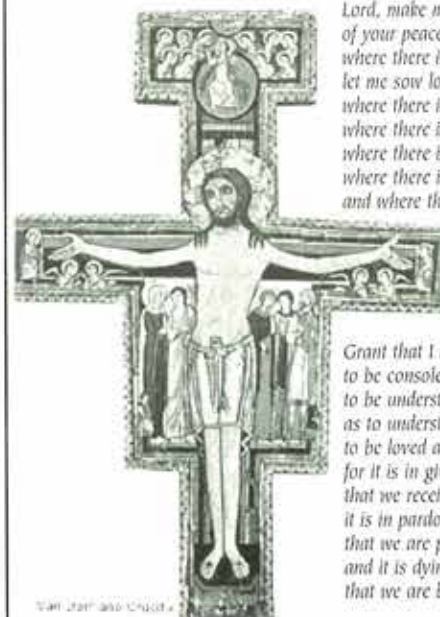
I found the journey itself is not so difficult; it is my perception that needs adjusting, the path seems long but the path has real purpose. The gift in my journey is getting to know every flower along the way, seeing every rock for its beauty and allowing the distractions of my mind to wait across my eyes as beautiful fluffy clouds and to resist creating a storm out of misidentification, desire or ignorance.

I am very aware of the road ahead and as I remember the path I have already experienced I know the journey is here, right now in this moment and I choose to connect with most of it because when I get to my destination it will mean nothing to me if I have not experienced the entire walk myself. It is my journey, my own inner Mt. Everest, difficult, beautiful and worth the effort that it requires.

A drop of rain falls from the heavens and the path is clear and beautiful. I often wished someone would walk this path with me and tell me why I am here. I wanted someone to clear the way and make my journey end so I could find out who I am, but I am here to experience myself and to clear my own path, to be who ever I choose; the lord is walking with me, the voice I hear is his, he is always with me and I spend my days looking for a connection with him through others I meet along the way.



Peace Prayer of St. Francis



*Lord, make me an instrument
of your peace;
where there is hatred
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy;*

*Grant that I may not so much seek
to be consoled as to console;
to be understood,
as to understand;
to be loved as to love;
for it is in giving
that we receive,
it is in pardoning
that we are pardoned,
and it is in dying
that we are born to eternal life.*

© 1997 by St. Francis

THE DARK SIDE OF LIGHT CHASERS

by Mark Wentworth

It is of the common opinion that if you follow a spiritual path, be it a traditional religious way, or as what now seems popular an alternative belief system of Angels, Guides and enlightened masters you are automatically purified and can only possibly offer unconditional light and love.

On this journey you must work to rid yourself of your ego, only think positive thoughts and only talk about how you are currently working on balancing your chakras. Whilst all of this has its rightful place, out of balance and out of context it can become a difficult path to follow and also one day the illusion falls away and there is for some, either a big wake up call or a sense of great disappointment.

If we try to live a life so perfect we do so at great sacrifice to our whole being, we relegate a big part of ourselves into the shadows, and it's here where we learn to hide parts of us which we do not think are acceptable to others, we create a mask, and if we learn to wear this mask for too long we become possessed by it believing this is who we are, we learn how to act accordingly yet all the time suffering deep down inside.

Outside distraction is our only way to stop us from acknowledging the emptiness inside, a new car, a new relationship, casual sex, a high powered job, drugs, alcohol, illness, and of course not forgetting a new-age belief system – the list is endless, but the results are the same, all distract you from the other side, the dark side, the part of you that you know other people would be horrified by if they knew you thought that, or ashamed to be connected with you because “you mean you really want to do THAT!”

When we have a lot invested in our outer persona, it is with great difficulty and usually somewhat screaming and shouting that we descend into the deep dark recesses of our version of a living hell. One client told me that for her to

admit that she would prefer to have women as partners, 10 years ago, would have been her version of being cast from heaven, yet after an encounter with ovarian cancer the dark was brought into the light, she now lives a very happy contented life with her female partner of 5 years.

She looked upon her illness as a wake up call to all that she was denying in herself, she brought her deepest desires which for so long had been hidden and locked away out of the shadows and into consciousness, she dared to take off the mask of what was expected of her, she dares to live her own life.



I find when I go to listen to some spiritual based talks and there is a lot of emphasis on love and light and opening up to all this, I find myself feeling like the devil incarnate and always wanting to ask but what about the shadow side, I remember listening to one such talk and the speaker suggesting that if you encounter negative people never see them again, my thought was “what if you live with them or that negative person is me”, the idea was that once you obtain the light you must at all costs keep the negative out, this is achieved by either constantly repeating mantras and wearing

only white clothing or changing your name to some exotic sounding name.

Again all of this works in the right context, but by disregarding the shadow this process will inevitably fail, which is why I personally believe there is so much disappointment around the new-age movement, there was a promise that to do this or that your problems would all be solved, in today's fast paced society people want a quick-fix result. To create balance and harmony we have to acknowledge that where there is light there will be shadow, male cannot exist without female, and yin cannot be without yang. We become disappointed when our spiritual gurus have torrid affairs with their students or disappear with all the donations, if we only identify with one part of ourselves or only choose to see one side of our teacher, the shadow will eventually pounce.

Relegating your angry thoughts or material wants into the darkness is like soul suicide, as from then on when we meet people who act or have what we desire but deny, for

outside distraction is our only way to stop us from acknowledging the emptiness inside

continued on page 10

continued from page 9

whatever reason, in ourselves we find we become critical or envious, these outside signs are just mirrors to our own dark corners. Some years ago I was invited to attend a conscious creation group, where the focus is on positive thinking to create what you desire – the ability and power of the mind has always fascinated me, so I was very much looking forward to starting this new weekly group.

One of our first exercises was to meditate or visualize a symbol which was to represent a successful life, after the meditation we went around the group telling what our symbols were and what they represented to us personally. As we went round the group people were having symbols of lotus flowers, beautiful amethyst crystals, guiding angels etc all very nice, until we came to me, my symbol of success was a silver Mercedes SLK, you would have thought I had spoken the most offensive words ever, the look on a lot of people's faces was one of shock and disbelief.

You see it was ok to have crystals, lotus flowers as symbols because they are spiritual but a car, especially one like a Mercedes SLK, it's just too material, and I ought to consider doing some work on ridding myself of my ego. My argument was that there is just as much spiritual energy in a SLK as there is in a crystal or whatever else you may have, and every time I see such a car it will act as a reminder and an affirmation to continue my pathway. Needless to say I was not invited back, and have decided to start a campaign called 'Save the Ego'

A healthy ego helps us function in life, it helps us bring to fruition all our hopes and dreams, true it can get out of control and become unbalanced, this is because before we begin any type of psychotherapy we acknowledge that the ego is made up mainly of what others tell us about who we are, to the ego we are defined by the outside where as the soul says actually you are more than just this, you are much, much bigger.

Included in this is, all that you disown, for example if someone believes they are ugly there shadow is beauty, if someone only sees lack their shadow is abundance. Jung described shadow as 'all that is unknown' when we decide to look into our soul, we realise our depth of being; and we give ourselves permission to be real rather than perfect. We no longer have to hide our portrait in the loft like Dorian Grey, fearing the day that we finally come face to face with our true selves. Dare to look into the dark side of light chasers for it is only there that you will find the true light.

"If only it were all so simple!

If only there were evil people somewhere insidiously committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them.

But the line dividing good and evil cuts through the heart of every human being.

A message from God

When you got up this morning, I observed you, and I hoped you would talk to me, no matter if they were only a few words, asking my opinion or just giving thanks for something that happened to you yesterday.

But I noticed that you were very busy looking for the appropriate clothes to wear to go to work. I continued hoping, while you were doing things in a hurry. I knew that there were still some minutes for you to stop for a moment and tell me "hello".

But you were too busy, this is why I lighted the sky for you, I filled it with colours and beautiful songs of birds to see if you would hear me, but you did not notice this. I observed you while going to work and I waited patiently the whole day.

With all your activities I suppose you were too busy to tell me something. While you were coming back I noticed your tiredness and I waited to shower upon you some water to take away your stress. I wanted to make you a favour so that you would think of me.

But you got angry and offended my name. I really wished you would talk to me...there was still enough time. Later on you turned on the television, I waited patiently while you were watching it and having your supper, but you forgot again to talk to me.

I noticed that you were tired and understood your silence, so I darkened the clarity of the sky but I did not leave you in darkness. I just changed it with small lights, it was really beautiful, but you were not interested in seeing it.

At the time of sleeping, I think you were already exhausted. After saying good night to your family you lay in your bed and fell asleep almost instantly.

I accompanied your sleep with music, my night animals did very well. No problem, because you might not realize that I am always there for you. I have more patience than you can imagine, I would like to teach you also how to be patient with others.

I Love You so much that I wait every day for a prayer. The landscape that I make is only for you.

Well, you are getting up again and I hope again, just out of my love for you. May you have a nice day!

Your friend
God

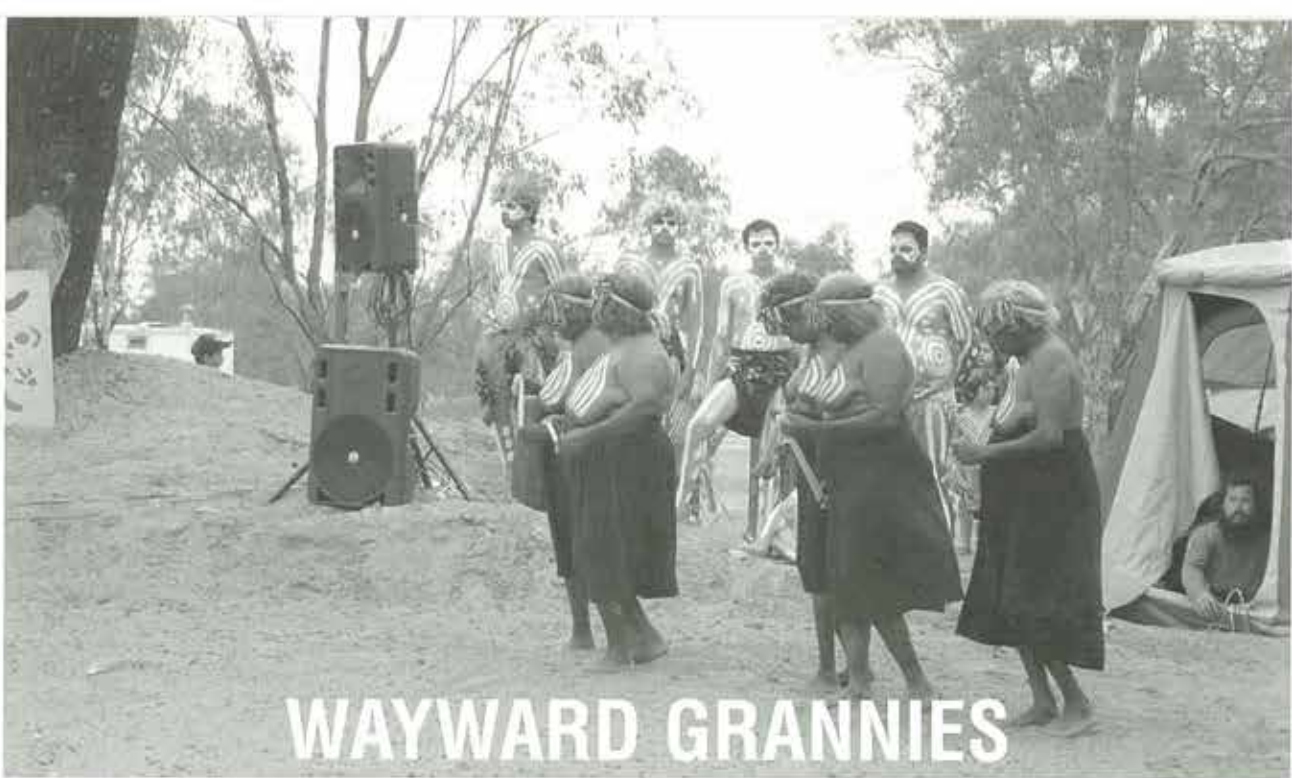


And who is willing to destroy a piece of his own heart?"
- Alexander Solzhenitsyn

Mark's website www.colourforlife.com

© Mark Wentworth 2006





by Greg Snowdon

Friday - 5pm. My mobile rings. A voice in Pitjantjatjara speaks -

'Greg its Molly here, from Kalka. Any news.'

'Sorry, Molly, thought we might have the money, but nothing. Lots of people are helping, A lot of friends are thinking of you and trying to find the money, find a bus, something, anything, sending lots of love and prayers at least'.

'Wiru, wiru - that's good. Greg we keep trying here, maybe ask that Womens Council or use some money we got saved up for one of the outstations. Oh and don't forget you are family, and we are your family. You came here as a young fella, no kids, long time ago when there was nothing much here and we made you part of our family. Then you had your daughter, and she became part of our family. And we looked after her. We remember all of that. You brought out those tourists out to us, for us to teach them things and

make some business. Tourists go to lots of other places now, because they're closer, but not here. We want to do more things like that, teach our stories, sell our craft, be alive. I've made all this craft for that Festival, baskets, artifacts, animals, music sticks, paintings. I'm ready to go - the other ladies are ready to go. We're still thinking of that trip. You're our family and we're your family., looking after each other, even if we're a long way. Don't worry, we'll keep trying.'

'OK Molly I'll give you a ring on Monday morning and see if anything has happened.'

'Palya. We'll try eh. Monday you ring me or I'll ring you. I'll ring that Womens Council first. Palya. See you.'

I stand there in the middle of the main street at Cobar, people walking past looking at me a bit strange as I say goodbye in Pitjantjatjara, wiping the tears away from my eyes. We had to be able to do something.

Twelve months ago I went out to Bourke, in the far west of NSW, for a weekend with a dozen people of good heart to see what we could do to work together with the Aboriginal community there. A community, whose principal fame was the trouble and strife that surrounded the relationship between the Aboriginal members of the community and the rest of the world.

We spoke to Phil Sullivan, the chairperson of the Aboriginal Community Working Party, with whom I had worked a few months previously to develop a community plan entitled 'Building Bridges - having fun and living well'. This group went out to see what support they could offer the Community to help realize some of their vision - against all the odds as it were.

As a result of this meeting two extraordi-

continued on page 12



narily generous members of the group, Lara and Nancy offered to stay in Bourke and work with the Community to help create a cultural festival that might enact the principles and vision articulated in the plan.

They stayed on right then and there, and the three of us camped on the River Darling for a couple of months through summer heat and flies. They ended up staying on for twelve months and worked with Phil, a core group of young people from the town, the 'troublemakers', and a group of committed town leaders, both black and white, to create an amazing and unique event, the Yaamma (Welcome) Festival.

As part of this festival I was asked to invite a group of Pitjantjatjara elders over to bring their songs, their stories and their dances over to the Festival. I contacted a group of women from Kalka, in the far northwest of South Australia, women who took me into their family when I first began working with Aboriginal people at Pipalyatjara in 1979, and women who are most often forgotten because they are in

pressure etc. etc), their national treasure status (still holding strong and in an unbroken line the knowledge and traditions of the oldest culture on the planet) and the smallness of the amount in the midst of one of the most affluent societies on the planet - but still we couldn't get that much. Generous people amongst the ones contacted offered about three to four thousand - nowhere near enough to cover the charter bus we were looking at.

So last Thursday, as I was about to drive from Geelong to Cobar, I pulled the pin on the Magnificent Attempt - only to get a message two hours later that maybe at the last minute an anonymous philanthropic organization might be able to find ten thousand to save the day. Ah cruel fate. Three more hours the advice came that the money had disappeared again. We were apparently finished.

But that was when Molly rang and somehow we did it. With the help of many friends who generously donated time and money. We used the money to buy the women tickets on the Greyhound bus from Marla to Port Augusta. They organized to get themselves five hundred kilometers over rough dirt roads to get on the bus. A mate and I hired a mini bus from Adelaide and drove the women from there over to Bourke for the Festival.

We arrived just in time for them to sing at the Opening Ceremony. We camped there for five days, performing amazing dances to open the cultural dance event, singing songs, teaching, telling stories, laughing, selling artifacts, making friends, sharing country.

We hired a mini bus and drove the women from there over to Bourke and then on down to Melbourne to sing at my Dad's 80th Birthday party, to dance in the Boardroom of one of the major law firms in the country and visit AFL headquarters at AFL House. We then drove back to Adelaide combing the op shops along the way for bargains to take home; an extraordinary tour of Wayward Grannies, bringing laughter, joy, songs, dances and the Dreaming.

And the Festival was an extraordinary gathering of musicians, dancers. Local townspeople, visitors from around the region - camping together for eight days on the banks of the Darling River, huddled out of the extraordinary rain that blessed the event, listening to music, sharing stories and cups of tea, being made welcome in this great land that we all have to join together to look after and care for the future, for our children and their children and their children.

The Yaamma Festival is planned to happen again this September, and we are looking to have another Wayward Grannies Tour coming your way as well. So watch out.

(www.yaammafestival.org).



such a remote community. They enthusiastically agreed to come along, but would need help to get there. Thus began the quest.

Initially the Festival organizers hoped they could secure funding to be able to charter a bus to bring the women over from Marla on the Stuart Highway, about halfway between Alice Springs and Port Augusta (the women would still have to get the 500 kms over rough dirt roads from Kalka to Marla in a community bus of dubious ability- but they felt that was the easy part for them) and it looked very positive. But about three weeks ago the funding fell through and it looked like we couldn't get them to the Festival.

That was when I put out a call to many friends and family, those who had experienced the richness and depth of spending time with the Pitjantjatjara. Anyone who would listen and maybe lend a compassionate ear - looking for \$10-20,000 in three weeks to get these women 5000 kms - in a charter bus so they would have a reasonably comfortable trip. Given their age (mostly over 55 or 60), their health (the obviously well documented diabetes, heart and blood

SOUL HOUSEKEEPING

compiled by Lily de Chalain

FRIENDS

Choose your friends wisely; we often continue long friendships way past their use by date. What that means is as we move along our spiritual path we begin to shift our energy and our awareness but often do not contemplate the effectiveness of those closest to us. Friends are very important but authentic friendships are harder to come by, so, are you sustaining friendships out of loneliness or are these friends really still serving you. Do they encourage your journey or are they hindering your growth. It is good to question the motivation around such friendships and seeing if by chance they

are still in our inner circle purely out of habit and because they have been in our life for such a long time. I do not mean for you to cut out your friends but to discern the level of friend-

ship and whether you could benefit from adjusting the time you spend with some.

HABITS

Are you aware of the habits that control you? Do you grab a wine when you get home from work just because you've always done that or can you honestly tell the difference from desire and need? Habits become rituals that we rely on to get us through the day, often not realising the effects it is really having on our energy as we conduct a tug of war between our knowing state and our unconscious state. Next time you grab a cigarette or a drink ask yourself, do I really want this or am I so caught up in my denial of this habit that I really have lost touch with what my body is really crying out for. When drugs and alcohol numb your feelings it is hard to connect to feelings of love. Habitual patterns are just something we continue to do over and over again and it is also something we can choose to change. With awareness we will begin to recognise the truth in each moment and discern whether we are acting out of habit or of genuine desire. Change is as close as the next thought.

PRAYER

The power of prayer is an amazing healing tool. It has been proven that if you pray over plants, then those plants will grow faster than others. If you wish to help someone



with an addiction or something they find challenging in their life then try praying for them, the energy of prayer really does work. Try it out for yourself, not only will you benefit from feeling calm but your loved ones will benefit. They do not need to know you are praying for them, but know that your intention to help them will certainly have a lasting effect on their energy.

COMFORT

What do you grab when you need to be comforted? Is it a special garment, an object or do you numb the pain some other way? Music and writing can be a wonderful tool to use at times of stress. Moving your energy through exercise can really shift your perspective and move your energy into a space where you are better able to handle stress. Breathing into the emotion requires great effort and stillness but is an amazing way of connecting to the real cause of your fear in that moment. Meditation can be especially hard when we experience moments that are challenging but reciting a mantra or a prayer is easier and can be a real comfort in times of pain and stress.



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.

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

Bring a cushion

co-ordinator
Anna Fisher

Time: 8.00pm – 9.00pm

Cost \$5.00

**If you would like to know more about it
phone SCAL 9975 44905**



A RAY OF SUNSHINE

I leaned over the side of the hospice bed and picked up her hand and held it in mine as she slept. Death was just inches away.

Her extreme loss of weight meant that the bones in her hand were very prominent but it still felt soft and warm. She had called her hands, 'good and faithful servants' because of their obedience to her needs. They had, in the past, been forever active. I gazed lovingly at the limp hand in mine and thought back of the thousands of tasks this hand had performed in service to me.

It had bathed me, held me tight, stroked me, soothed my pain by bringing through healing energies, cooked, sewed, knitted, crocheted, grew vegetables and flowers, smacked me when I was disobedient to teach me to obey 'Thy Will' and be able to let go my will. This hand held onto me tightly when I needed to feel safe.

She used this hand wisely and well to express a Mother's love. For over 60 years this hand, in so many ways had shown me how loved I was.

After her death she came to me. What was amazing for me was that she no longer thought of herself as human. Humans were now different to her. She was very surprised at the fact that they were not creating a much-needed environment for the Earth to ascend. Here are some of her words.....

"The earth is going through great changes now. There are tens of thousands angelic beings working to hold the focus for this change. It is a very big change, like nothing that has happened before in the earth's lifetime.

The earth changes affect everything. A bit like someone in your house gets married and it changes the whole household. It affects everyone in the house from the youngest to the oldest. Remember, everyone brings a present to the bride for the start of her new life. So the Earth is stepping out into her new life cycle and everyone needs to bring a present – something that she will use in her new surroundings. Just think of it – what will she need – LOVE – AND IN WHAT FORM WILL THAT LOVE TAKE? These are the questions that need to be both understood and reflected upon.

HUMANS CAN DO THIS. They have the capacity to express love in whatever form that is needed. If a plant is thirsty the expression of love that is needed is water. (Being a gardener she was always expressing concern that it is up to humans to water the plants for only a human can do this.) If a plant is moved out of its soil,

(being transplanted), then the expression of love that is needed is to prepare the new environment, have it ready for it to put its roots into. How can the Earth anchor her beautiful roots when the new environment is not available? It is up to humans to create this environment for her. They are the mid-wives (gardeners) – WHY HAVE THEY NOT REALISED THIS?

This is her ascension and she will take you all through with her for she loves you all just the way you are in your imperfect state of manifestation. You don't have to wait until you 'get it right' to create a state of unification for her. Do it now! She needs you now. Get together and think how you can create this new environment for her to send her roots down into."

Hazel Rex passed over on the 17th April, 2006 in her 92nd year. She was a wonderful dowser, loved angels and worked with earth elements. Her focus was on making the world beautiful, a better place to live in.

Two blocks away from where she lived was a divided street. It had a high side and a low side and between the



Hazel's home and garden

NE - HAZEL REX



two was a 12ft median strip full of weeds. She often drove down this street and would look at the weeds and think what an eyesore. So she decided to do something about it. She was in her 70's at the time.

She loaded her car with a bucket, spade and mattock and drove to the street. Bucket in one hand and mattock and spade in the other she walked over to the first telegraph pole buried deep in the ground at the beginning of the median strip and started to chip away at the mixture of bitumen, gravel and weeds.

It took four years to make a beautiful garden there. Four years of back-breaking digging, carrying buckets of water and mixing up concrete on the road to create the edges.

During those four years many things happened up there. The Council insisted she wear a Council jacket so she could be seen by the passing cars. She pressured the water board to connect a special tap so she could get water easily to the plants. (After she had fallen and broken her hip carrying water – but she was back at the site some 6 weeks later). Yates Seeds donated 2,000 daffodil bulbs; cars would slow down to see what she was doing and some would thrust \$20 into her hand so she could buy flowering trees, which she planted. The garden started to bloom and the residents who lived nearby were delighted as you can imagine.

Directly opposite the median strip was a public school. At lunch time curious children used to hang over the fence wondering what this old lady was doing, more so, why was she doing it?

One brave boy called out to her – Do you get paid for doing this?

No, she replied. "Then why are you doing it"?

"Why do you think", she answered. "To make Australia beautiful" asked the boy?

"You guessed right", she laughed back at him. She was always happy.

When the digging got too tough for her, she went down to corrective services and asked for some help. They supplied her with two able-bodied men who were doing community hours. They came every Saturday and she had to

sign them in and oversee them. She was nervous as she had never had this responsibility before. She not only earned their respect but also took them home and fed them at lunch time.

The mother of one of the young men was very grateful as she felt that Hazel's guidance during this time had changed the course of his life.

So, Hazel thank you for praying for a child before I was conceived creating a beautiful vibra-

tion for me to enter this embodiment; thank you for being my first teacher and opening my mind to sacred mysteries.

She taught us many things and she leaves us this reminder – "Goodness is not what you do but is what you are". "Be Happy!"

Dearest Mother.....

I can't find words to thank you for all the wonderful things you did.

You were kind and thoughtful and always there when we needed you.

We didn't mean to be selfish when we called upon you twenty-four hours a day.

For you no job was too small, no job was too big;

It was just – "I'm in my car. I'll be there in a jiff."

You would write a letter, pick up my son, and paint a ceiling,

Buy a plant; make a dress, skirt and pinafore too.

Then there was always a catch:

"Mum can I have a cardigan to match"?

And you didn't say –

"Leave me alone, you're fully grown and not a child anymore.

My eyes are sore and my back is aching, my bed it waiting And I'm tired of running after you."

You said, "Yes dear, one cardigan or two?"

You were always there when we called 'MUM'

Now nature has played on me the same kind trick,

And I'm a mother too.

But never in a million years could I be

A Mother as wonderful as you.

*Your loving daughter,
Rosemary*



The garden Hazel created in the median strip



WINTER

by Susan Becchio

"The downward movement of the roots reminds us of the hidden search for nourishment"

The impulse to retreat and reflect upon the invisible foundations in our lives is part of the winter journey. Hidden beneath the surface we are anchored by the path of unconscious yearnings. It is during the cold weather we can align with our interior, contemplative aspect and come to understand these unconscious drives and urges. Nature's cycles reveal wisdom that can be applied to our everyday lives.

In winter, Nature is reminding us of the need to regenerate and restrict our outward activity. When we allow ourselves time to recuperate and review the effects of our life choices, our ability to make new choices becomes possible.

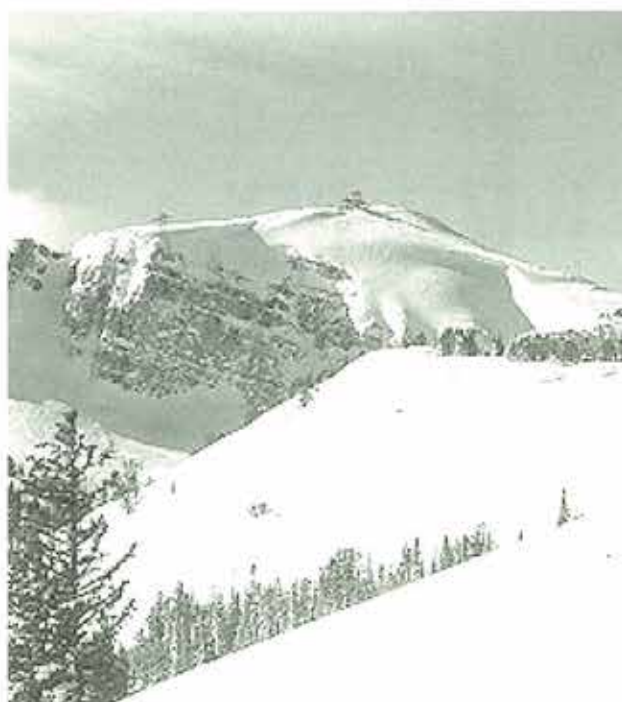
During this time of sharp, cold, tonifying weather we can review the structures and support systems we depend upon, and determine whether they are still serving our needs or require modification. The nadir of winter is on the Winter Solstice, this is the shortest day in the yearly cycle. This moment is the turning point before the days start to lengthen and the slow upward movement towards spring begins. During the weeks preceding and following Winter Solstice we have the possibility of seeing more clearly the darkest parts of our own psyche and feelings. Though self-acceptance and self-forgiveness we gather parts of our identity buried in denial and from this point we will move into the new beginnings of spring with freedom.

"Within the seed lies all potential: once committed to earth, water, air and warmth, the emerging needs will dictate the direction in which fulfilment is realised"

A seed can live in potential for many years if it is not planted into earth. Once the seed is planted and germinates, its needs will have to be met for it to survive. This is the time of year when we can search our minds and hearts for areas in our own lives where we have failed to commit because of fears that our needs won't be met.

These fears often come from our past experiences, when we have tried to initiate the desires of our hearts and been repeatedly invalidated or diminished. Gradually we may come to realise that we have the power to choose how, when, where and with whom we initiate new relationships and ventures. This ability to discriminate is a huge step in personal responsibility and will be easier once we can be honest with ourselves regarding our motives, intentions, and value systems.

This phase in nature when output is diminished allows



for deep regeneration to take place. The wisdom available in nature at this time will help us gain insight into our own ability to receive and feel comfortable with solitude and stillness.

When the season of spring arrives we aspire to be full of enthusiasm and resilience, having gathered enough nourishment to carry us into new endeavours.



"The body is the temple of God; in every body, God is installed whether the owner of the body recognises it or not. It is God that inspires you to good acts, and that warns you against the bad. Listen to that voice. Obey that voice, and you will not come to any harm."

Sathya Sai Baba

SACRED HOT & COLD STONE MASSAGE

UNA SEGAL

A celebration of therapies for
your face, body and soul



KA HUNA temple style massage.
Heartworks Lomi Lomi Hawaiian massage.
Aromatherapy. Reflexology. Pranic healing.
Shirodhara (Ayurvedic treatment)
Indian Head massage. Reiki Master.
Angel readings. Holistic facials.
Pure Oxygen Skin Therapy. Electrolysis & Waxing.

Tel 02 9452 5451

TRUE STUDENTS, TRUE TEACHERS

by Swami Govindananda

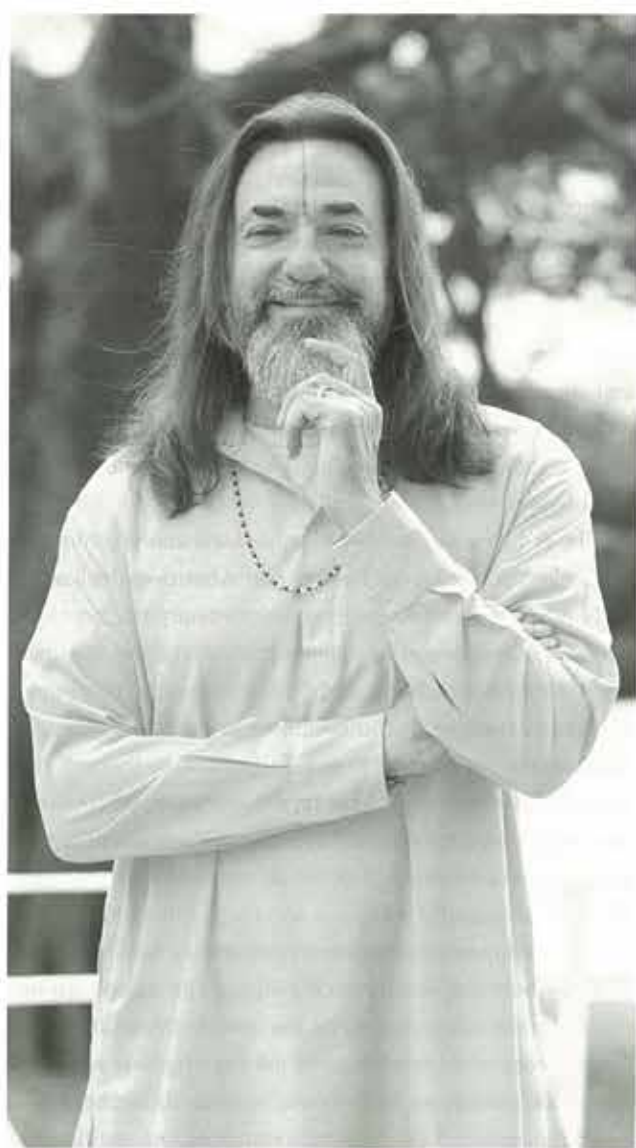
Since the beginning, and until the end of time, there have been students and teachers. The student's job is to listen to and absorb the teachings, and the teacher's job is to pass on knowledge in a way that the student can understand.

The question is, what kind of knowledge do we want? And what kind of teacher can give us the knowledge that we want?

I explained in my article in the last edition of *Shining Bright* that each of us has eternally been searching for unlimited bliss, happiness and love. This is our inherent nature – there is nothing we can do about it. We will be compelled to search for this love, through various lifetimes, various forms of human, celestial being and animal, until we find it. Whether we acknowledge it or not, the knowledge we want is that knowledge which will bring us unlimited happiness and love.

Now, what kind of teacher can give us this knowledge? Only that teacher who himself or herself has experienced this happiness for themselves. If you want to know how to play cricket, you must learn from a person who has played cricket. It's no use asking a person who has only seen cricket on television, or only read about the game of cricket, how to play. They may be able to give you an idea about cricket, but they cannot properly teach you how to play. For that, you must go to an experienced player.

The great Swami Vivekananda, one of the very first Indian teachers to bring yoga to the West, found his teacher, the wonderful Saint Ramakrishna Paramahansa, in exactly this way. Vivekananda was a young man by the name of Narendra. Having developed an interest in spirituality, he searched around his district for a qualified teacher. He approached various babas and sadhus who were taking students, and to each one, he would ask them, "Sir, have you seen God?". Startled by the directness of Narendra's approach, each would avoid the question, or give an obscure response. When he came to Ramakrishna, he asked the same question. Ramakrishna responded "Yes, I can see him just as I see you, only far more clearly!" Narendra was astonished at the clarity and certainty of Ramakrishna's spiritual testimony. In time, he became Swami Vivekananda, Ramakrishna's greatest disciple, and took Ramakrishna's message of the value of true spirituality to the USA, Europe and throughout India. He once said of Ramakrishna "He



was not learned, but he was learning personified". Ramakrishna was practically illiterate, and yet he was one of India's greatest spiritual teachers. Such is the power of direct experience.

We know of lots of teachers who have had experience in spiritual matters. Almost all of us have had some experience of altered states, higher consciousness and so on. But who have you ever met who experiences unlimited, eternal, ever-increasing love? The love that never ends, is totally selfless, and sits at the very pinnacle of spiritual achievement?

Only very rare Masters have ever experienced such a height. These Masters are known as Rasik Saints: that is, those who continuously experience the ras – meaning "nectar" – of God.

In my life, I have had the extreme fortune to be taught by such a Master. This personality, whose name is Jagadguru Shri Kripalu Maharaj, is only the 5th Master in the last 2,500 years to be given the title of "Jagadguru", which means "world teacher". The last one to receive this title lived 700 years ago. Such personalities descend on Earth purely for the purposes of teaching the highest and richest philosophy. They Grace the entire world with their knowledge, love and insight.

It is very important to understand that there is a great dif-

continued on page 18

MIDTERM EXAM

author unknown

The following is an actual question given on a University of Washington chemistry mid-term. The answer, by one student was so "profound", that the professor shared it with colleagues, via the Internet - which is, of course, why we now have the pleasure of enjoying it as well.

Bonus Question: Is Hell exothermic (gives off heat) or endothermic (absorbs heat)?

Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools when it expands and heats when it is compressed) or some variant.

One student Charles, however, wrote the following:

First, we need to know how mass of Hell is changing in time. So we need to know the rate at which souls are moving into Hell and the rate at which they are leaving.

As for how many souls are entering Hell, let's look at the different religions that exist in the world today. Most of these religions state that if you are not a member of their religion, you will go to Hell. Since there is more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell. Atheists are

going anyway, so they are included.

With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially. Now, we look at the rate of change of the volume of Hell because Boyle's Law states that in order for the temperature and pressure of Hell to stay the same, the volume of Hell has to expand proportionately as souls are added.

This gives two possibilities:

1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.
2. If Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So which is it?

If we accept the postulate given to me by Teresa, during my Freshman year, that, "It will be a cold day in Hell before I sleep with you", and, take into account the fact that I slept with her last night, then number 2 must be true, Thus I am sure that Hell is exothermic and has already frozen over.

The corollary of this theory is that since Hell has frozen over, it follows that it is not accepting any more souls and is therefore, extinct...leaving only Heaven. Thereby proving the existence of a divine being which explains why, last night, Teresa kept shouting "Oh my God".

This student received the only "A".



PRACTITIONER HEALER TRAINING Level 1 Ka-tha-ra



Former Essence
Minister
Shannah Haydon

Integration into the
Krist Divine Blueprint

Introduction to
Ascension Mechanics

Creations Physics –
Keylonta

Introduction to *Living*
on Living Light

Introduction to exercise
system

For details please go to
www.shashannah.com
and click on kithara

The Krist Code continued from page 19

additional information and a much bigger picture which gives you the option to make a choice. The destiny of this now fallen planet may not be leading where we have been led to believe it to be going.

Information is being provided free on;
www.shashannah.com



*Your daily life is your temple and your religion.
Whenever you enter into it,
take with you your all.*

Kahlil Gibran

*"In the stillness of your presence, you can feel
your own formless and timeless reality as the
unmanifested life that animates your physical
form. You can then feel the same life deep within
every other human and every other creature. You
look beyond the veil of form and separation. This
is the realization of oneness. This is love."*

by Eckhart Tolle

SERVING AS A CHANNEL FOR RADIANT HEALING ENERGY

by Dr Verna Yater

Almost as soon as I've said a prayer and opened myself, the energies start bolting through me with an intensity that brings weight to my arms, but in which I can see the energy radiating throughout the whole room. Colours are greatly magnified and sometimes the perfume of Spirit is very much with us. The purpose of radiant healing is to allow energies to transmute the sub atomic cells of those individuals that are present and to raise their vibrations to a level in which they have altered experiences deep within the soul self.

"Let me share with you how my husband and I felt the first time we met you," Toni from Santa Barbara said, "You were personally greeting each person as they came to the door for your Radiant Healing Evening in Santa Barbara. Love, joy and energy radiated from your face, your form and the very air around you. The energy you channeled to eighty people that evening was unlike anything we had experienced in the energy field before. We have never met a teacher as emotionally accessible and wonderfully "normal" as you!"

I find the radiant healing very sacred. One night at the Blue Mountain Center, near Colorado Springs, I walked into our large geodesic dome and said to those assembled, "Holy, Holy, Holy." In spite of the fact that I feel the energy is so special and sacred, it was still something I wouldn't ordinarily say. The night air was sparkling with star light and within the dome, we could look out into the beautiful trees surrounding us. As we completed our prayers the energy became very high and lifted all of us there into the higher realms. During the healing one of the attendees was taken into the higher realms and saw his brothers who had crossed over standing on the other side of the shore. They were waving to him and said, "come on over" ... but there was a large body of water separating them and he did not know how to get to them,. They said, "Jump in and come over," and still he could not see how he could cross such a distance. ... But finally he just decided that he would jump and when he did he was instantly taken to the other shore. There his brothers



took him on a tour of the Spirit side. The colours were magnificent, the energies wonderful, beautiful aromas filled the air. They took him to see many places but at one point they came to some water which was so sacred that as it reached the shores, the water said, "Holy, Holy, Holy."

Another participant at an evening of the Radiant Healing shared; "I had the privilege of experiencing your love and light at the Radiant Healing process. To see and breathe in the Beingness of Light has created encouragement to move me towards my highest potential and honor my dreams. During the Radiant Healing I had a very tall, Golden Being stand in front of me, IT was an androgynous Being of exquisite beauty and energy. The Being asked permission to enter my body. Even though it was of great stature it entered and aligned perfectly.

I was shown a completed Akashic Records book; my story, my journey. They closed the book and presented me with another journal which they opened at the first page. This was clear of all writings. It was pure white and radiantly inviting. I was encouraged to start writing my own journey at this time. Before I was to begin my next chapter I was told to bring many things in my life to completion. I then followed their instructions to do the next chapter in my life."

Suffice it to say, that whether someone has beautiful visions such as the ones above or simply is aware of the energies so much is transmuted in one of the radiant healing times! At times the energies feel so intense as they were coming directly from the hand of God.



AROMATHERAPY

by Sylvia Jacka

Myrrh – Used to strengthen the base chakra. It helps one to be still and centered while being inspired. For those who feel stuck emotionally or spiritually and wish to move forward.

Ginger – For the emotionally cold-hearted. Helps with stamina and procrastination. It provides hidden reserves of energy to draw on.

SACRAL CHAKRA

Geranium – Re-balances the extremes of life. Great for workaholics and perfectionists. It balances the adrenal cortex (stress) and regulates the hormonal system (sexual organs)

Jasmine – This oil releases feelings of depression, fear vulnerability and allows one to feel supported and passionate about life. With jasmine we are helped to understand that there is no division between physical and Divine love.

SOLAR PLEXUS CHAKRA

Lemon – This oil lifts the spirits especially during times of mental fatigue. It is stimulating and clears the mind and allows the release of self-doubt.

Juniper – This oil helps one to prepare for emotional, physical and spiritual challenges. It aids in removing self-doubt and guilt. If you feel that other people's energies have been intrusive

then juniper will help to clear your energy.

HEART CHAKRA

Rose – Rose is the flower of love, both human and divine. It is a supreme oil of the heart chakra, the center of love. It brings healing to the heart and helps it to open again when grief has caused it to close down. When this chakra is already open, rose strengthens its energy, enabling love to flow out.

Melissa - Melissa has an affinity with both the solar plexus and the heart. It helps us to align our will with Divine will and to expand our feelings of love from individual and personal, towards acceptance and unconditional love. It is a great comfort to those who are dying. It helps to dispel fear and regret and brings acceptance and

understanding as the time of death approaches.

THROAT CHAKRA

Blue Chamomile – This oil imparts calm strength, and enables the truth to be spoken without anger. It assists one to stop being critical of oneself and others. If you wish to break negative patterns and break old habits then this oil is for you.

Roman Chamomile – This is a pale, more ethereal blue in colour. This oil can help individuals to express their highest spiritual truth. The throat chakra relates to spiritual teachings.

THIRD EYE/BROW CHAKRA

Rosemary – In physical aromatherapy Rosemary is a cephalic oil, one which stimulates the brain and mental activity. At a subtle level Rosemary is associated with qualities of clear thought and clear sightedness and may be helpful when there is a need for clarity. It may help the development of clairvoyance and is a psychic protector.

Helichryum (Everlasting) – this oil activates the right (intuitive) side of the brain, so is helpful in meditation,

visualization and creative ideas. It induces a feeling of compassion by putting us in touch with that part of ourselves by uniting the head and the heart.

CROWN CHAKRA

Sandalwood – This oil has been used as an incense and meditation aid for thousands of years. It quiets the mind of mental chatter and allows one to move into a deeper state for meditation. Its greatest virtue lies in linking the Base with the Crown.

Rosewood – In the right circumstances this oil allows the crown to open. However this will only happen if the person is ready for this to take place. It allows the outpouring of radiant light from the Crown chakra and the acceptance of Divine light into the self. Rosewood is used in meditations for the healing of the forests and our whole planet

There are several oils which resonate with the Crown Chakra and have affinities with other chakras too.

Jasmine & Rose - Sacral, Heart and Crown

Sandalwood - Base, Heart, Throat & Crown

Lavender - All chakras especially Solar Plexus & Crown

Rosewood - Base & Crown

Frankincense - Base & Crown

Care should be taken when using aromatherapy and we recommend that you work with a qualified therapist like Sylvia Jacka.

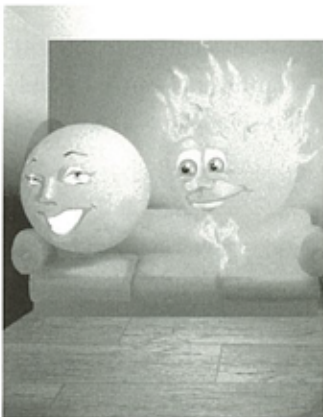


ILLUMINATIONS OF THE MOTHER MOON

by Heidi Pigott-irwin

This ShiningBRIGHT issue I wanted to cast some light on our great Mother Moon's lunar cycles, and the effects these might have on our emotional body and deeper inner psyche. Looking at the full Moon phase, and the new Moon etc.

The full Moon cycle happens when the Moon is exactly opposite the Sun, and the Moon is then fully illuminated by the Sun's light. The Sun can be described as a great Yang Male vibration of conscious force and will, an outward expression, opposite to the Moon as she is a Yin vibration, and is an unconscious internalization and manifestation of mind, feeling and inner psyche.



Although the Moon appears to change from our perspective on Earth, it is of course not actually the moon changing at all, it is rather her relationship with the Sun, the Soli - Lunar relationship that changes, the Moon purely reflects this ever changing relationship.

The Moon is huge, round and pregnant at this time, the deities associated with her in this phase are the fertility Goddesses. Isis is the Great Mother Moon Goddess and is closely identified with the Mythological goddess Demeter. It is said that woman ovulate on a full Moon and bleed on a New Moon and if a woman sleeps under the light of the Moon her cycle will come on line with the Moon's cycle.

The Moon represents water and is therefore indicative of our Soul; unlike the Sun which is the conscious fire force representing Spirit. It is well known that the psychiatric wards and the police are always much busier on the night of a full Moon, these affected people causing havoc in the communities, have in our history been known as (touched by the Moon) and were called Lunar-tics, (any wonder why)! Scientifically speaking we know that the human body is largely made up of a big percentage of water, and we know that the Moon controls the ocean's tides, so of course it is not so surprising that we are all affected by the Moon and

her cycles, some more than others depending on your own personal Astrological chart.

The Full Moon can effect us on many different levels, psychologically, physiologically and of course emotionally and ethereally. Some people find it incredibly hard to sleep under the night of a full Moon; her ghostly light can keep you awake in a different state of awareness for hours, reflecting, or cooking up new ideas. If one has trouble sleeping on a full Moon, instead of trying to force yourself to sleep, it is a perfect time to pay attention to your inner workings and honour these quiet moments under her delicate ethereal rays. You could try meditation, yoga or painting, maybe you might fancy dancing feverishly under her rays, whatever takes your fancy. *I think it is so important to go outside and appreciate these special moments we have - to observe the night sky from our Earth, especially on a full Moon. It is the perfect time to bring your dreams/visions from spirit and psyche from the very inner core into the manifest to work on.*

Our beautiful big full Moon can bring out incredible excitement from within your self or it can also manifest in absolute conflict, As this opposition can reflect (depending on the individual) as a discord or clash between the conscious will and desire (Sun) and the unconscious mind and feeling (Moon).

Moon is when the Sun and the Moon come together 14 days after the full Moon, completing her cycle to start over again in this constant cosmological lunar game of waxing (expanding) and waning (declining). This can be seen as the Yin & Yang/ and unconscious/conscious, mother/father forces merging together for a moment in renewal and replenishment, a meeting of the two great Luminaries in present (Sun)/past(Moon) and wants verses needs.

It is the darkest night of the month as there is no mother Moon in the sky that can be seen, she is resting in the arms of her lover, nurturing him and he is rejuvenating her, it is like a rebirthing of the psyche, a moment that illuminates the

Full Moon Dates / Times

May: Full Moon: Saturday 13th at 22x23zof Scorpio at 4.50pm.
(This Full moon is full of emotional intensity) – The New Moon is on Saturday 27th at 3.25pm at 5x48" Gemini.

June: Full Moon: Monday the 12th at 20x41" Sagittarius at 4.04am – The New Moon is on the Monday on the 26th at 2.05am at 03x.58" Cancer.

July: Full Moon: Tuesday the 11th at 18x42 (Capricorn) at 1.02pm.
The New Moon is on Tuesday the 25th at 2.30pm at 2x07" Leo

continued on page 24

continued from page 23



past into consciousness. Representing a pause, a breath taken in the silence and stillness, a collaboration of the two luminaries, which are powerful polar opposites, drawn together, in unison, and harmony for a marriage of consciousness and psyche. A marriage that only lasts a moment in time, but which is cycli-

cal as they do this same close dance over and over, drawn together, returning again and again once a month for this rebirthing of consciousness.

THE EIGHT CYCLES OF THE MOON

New Moon – the beginning of the cycle, some key words are emergence, it shows unconscious desires, seeds are sown now in all forms of the word.

Crescent Moon = Assertion, new beginnings, new ideas



coming to the fore, growth from the seeds of the new Moon. A time for the very beginning of manifestation, ideas take root and bring together the direction

you need to take.

1st Quarter = Action, an egoic time of looking to the future for the physical manifestation of things to come, personal achievement, rapid growth.

Gibbous = The last stage before the Full Moon representing expression, working with the energy and understanding it, integrating it into our lives, the fruit is ripening what ever you have been preparing for is nearly in reach, confidence or panic depending on what you have been sowing.

Full Moon = Fulfillment, the apex has been reached at last and so reaping what you have sown, giving birth in all forms of the word.

Disseminating = This is the 1st waning phase of the Moon it represents synthesis, re evaluation, change, internalization and reflection.

3rd Quarter = Re orientation, reviewing your life state of affairs, looking to the past for wisdom learned, the maturing state.

Balsamic = Is the last stage before the New Moon and is another dark Moon period, these times are associated with the Crone or the Sorceress, and it is said it is a time when women are most psychic. This phase is associated with gestation and release, if something needs to leave your life now let it go, and it space will be filled with the seeding of the

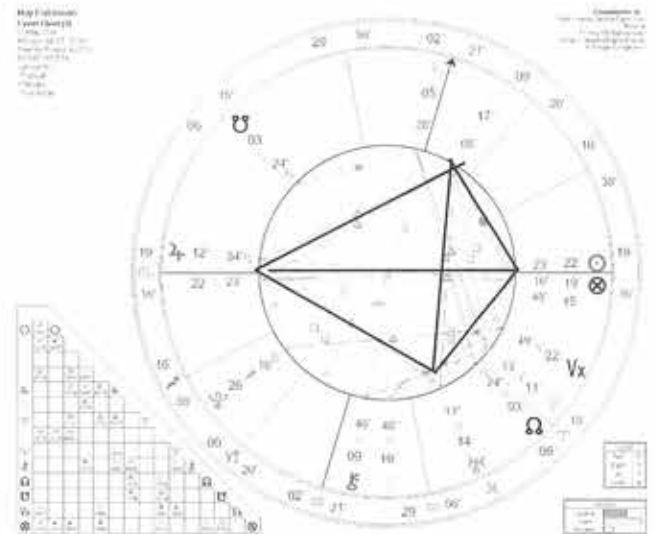
new Moon. Eliminate unwanted baggage in all forms from your life in this period a death through transformation is called for. Even cleaning out the closets would be a good thing to do during this time, it is all about clearing out a space to make way for the new.

Astrological Happenings of our Mother Moon in the coming months!

Over the next 3 months at the full Moon timing, there is an underlying astrological pattern made between the planets called a Kite. A Kite formation is a Tetradic formation, expanded outwards in 3D it would look like a pyramid or a diamond. They are extremely significant it combines a Grand Trine which represents sensitivity, creativity and ease of flow (can be too easy) an opposition (which gives the concentrated direction and awareness) and the tip of the Kite being the focal point.

It may mean that this night's full Moon brings us to a space where the heart is opened; we may feel more empathy and compassion to those who are less fortunate. This might represent a time for benevolence and healing, an opening of the heart chakra and the Solar plexus. It would be a good night for ritual and blessings using the elements, Water and Earth.

I thought I would introduce Sabian Symbols to this article as they are so fascinating. Sabian Symbols are incredibly precise and intuitive tool which was brought into manifesta-



tion in a single day in 1925 by a Elsie Wheeler, who was an incredibly gifted clairvoyant able to see symbols. So they are relatively new to astrology, but astrologers the world over use them. There is a Sabian Symbol for every degree of the zodiacs' 360deg wheel. Lynda Hill's book "The Sabian Symbols as an Oracle" is a fabulous book on the subject.

The Sabian Symbols for May's full moon period are very interesting, they are as follows:

This full Moon: a bunny metamorphosed into a fairy.

The Sun: A jewelry shop filled with the most magnificent jewels.

On May's Full Moon this Kite formation brings together the 3 water elements and Taurus the Earth element. The Kite is facing Jupiter in Scorpio "the focal point", rising in the 12th house (house of dreams and hidden depths). This feels like the soothsayer the Archangel messenger reaching into the great, vast, dark and yawning hidden caverns of the Psyche. So watch what you dream this night, you may find something special in your dreams, something you had forgotten or even expressed that needs your attention and healing now. Therefore, put a pen and paper by your bed and before you do anything in the morning, write it down quickly, as there may be an important message for you.

Moon period:

- Moon** = A child and a dog with borrowed eyeglasses
- For Jupiter** = A fellowship supper reawakens unforgettable inner ties.
- Part of Fortune** = Telephone linemen at work.
- Venus** = An old man attempting vainly to reveal the mysteries.
- Chiron** = A popularity that proves ephemeral (short lived)



up for some months now and the influence is getting stronger at this point in time and strengthens whilst the months roll on. This is largely due to the fact that over July

The Part of Fortune: Wisps of clouds, like wings, are streaming across the sky.

Mercury: An old man attempting vainly to reveal the mysteries.

Neptune: A big white dove, a message bearer.

The Moon's cycles

This full Moon is conjunct "next to" Pluto they are both in Sagittarius which is ruled by Jupiter and they are both sitting in the 8th house the house ruled by Pluto the house of life, death, transformation, psyche and psychic abilities. It is a fabulous time for the elders to come together with their children for they both will have something to learn and something to teach each other. A time for the sharing of life experience, being patient here may be the key, let them speak and let them be heard as there maybe impatience and emotional outbursts with the aspects tonight. So calm oceans, with waters that run deep is the bigger picture.

The Sabian Symbols for June's full

- The Vertex** = The human soul receptive to growth and understanding.
- Neptune** = A big white dove, a message bearer
- The Sun** = A labor demonstration.

July's full Moon is much more potent, this Kite formation has it's Grand Trine in the three fire signs Leo, Sagittarius and Aries, and the Kite's focal point is now Pluto with the opposition in the air sign Gemini. Scorpio is on the horizon so Pluto is a big part of this picture as she rules Scorpio. There has been energy building

and through the coming months are a sequence of a Grand Fixed Cross and others along with a series of continual T Squares all waxing and waning which does not seem to ease until around November.

With this you can feel rather boxed in or tipped over the edge at times, of course there is always the light and the shadow side to everything.

The other side to this is that you may also feel incredibly passionate about something and this may give you the necessary push to bring it into manifestation, as it maybe something that you have been sitting on for a while. But don't forget that Mercury is in it's Retrograde motion from the 4th July until the 30th of July so wait until Mercury goes forward before you start anything new, (read last months article on Mercury retrograde for further information although it has changed signs now so the flavour will be different.

The Moon is in Capricorn and the Sun is in Cancer, so remember "family first" and try to put some heart into it, with Capricorn it can be difficult, maybe a laugh or two might ease the burden, Capricorn does have a good dry sense of humour?

In stressful times it is a wonderful thing to have a centre in which to go to, whether it is the center of yourself or a center with people whom are like minded in which you can gather greater spiritual understanding, as it gives you an eagles view to what is happening. Rather than being in the core of the stress it allows you to play a spectators role or take an objective view to what is happening all around you. As we do understand if we know better we do better. This may represent a time where we might want to be there for each other, be loving, be kind, be patient, be understanding and just be is the key.

Of course there is a lot more happening over this period, but unfortunately I only have this page.

*Namaste to all, with great Love and Light.
Heidi Pigott-Irwin. Astrologer and Angel artist.
For Astro appointments phone 02 - 9451 2828.*

In June the Kite formation at full Moon exhibits the same elements being water signs, and earth but this time having Venus rising in Taurus over the horizon it brings into play the energy of the young feminine goddess like Persephone making an opposition to Jupiter and the Part of Fortune both in Scorpio this being the focal point and representing the crone or wise old woman like the Goddess Demeter. So this full Moon may effect the psyche of our daughters they maybe unruly or have something they wish to share with their mothers, it could be something out of the ordinary. It would be a good time to be close with your children and lend them an ear as they might need to be heard or be in need of a shoulder to lean on.



RECOMMENDED READING

SPIRITUAL SURGERY

The miracle of laying on of hands

by Raj & Suzanne



This CD and booklet explains the process of Spiritual Surgery. What it is and how to get your own spiritual surgeon to work with you. Raj & Suzanne share their journey and how they came to do this work, it is a really interesting story. The actual healing modality is explained in an easy to follow manner and shows how simple it is to use this technique to heal family and friends. If you have a desire to heal and wish to help your loved ones then this pack is a valuable tool to help you and get you started in healing.

THE CAMINO

by Shirley MacLaine



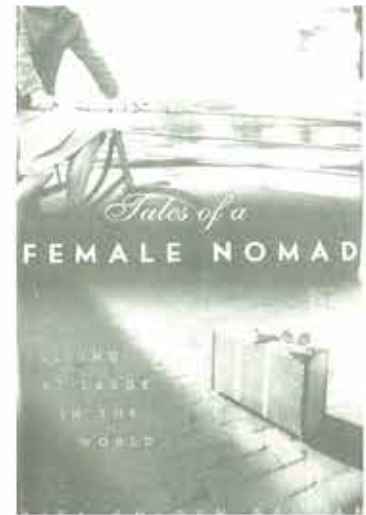
This is the story of Shirley MacLaine's journey along the Santiago de Compostela in Spain. This 500 mile trek across cities, towns, mountains and valleys is a pilgrimage of intense physical and spiritual challenges. If you feel the desire to experience someone else's journey

then read this fascinating book. There are many spiritual gifts in this story as Shirley describes her often harrowing experiences and the spiritual insights realized along the way. She shares her amazing inner visions and many revelations as we are led on a sacred adventure. She touches on the subject of the human spirit and ancient civilizations as well as how she believes we came to exist in the first place.

TALES OF A FEMALE NOMAD

by Rita Golden Gelman

This is recount of the author's journey as she decides to follow her heart and she travels to many distant lands to live her dream, to travel and experience the world on her own. It is an incredible journey of discovery, living from day to day on a limited budget. Rita shares her journey of transformation as she escapes the trappings of

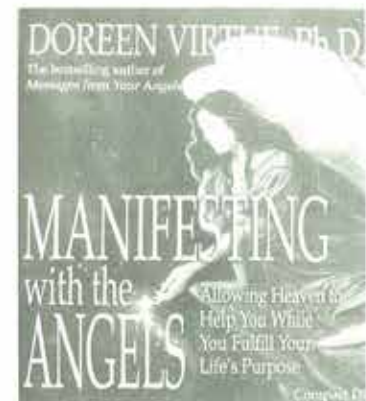


everyday life as we know it and dares to stretch herself and discovers who she really is. It is a book of courage, inspiration and makes you feel as if you are traveling with her. Experience the terrains of Irian Jaya, Nicaragua, the forests of Borneo and the Galapagos Islands just to name a few. Discover how exciting and rewarding life can be when you dare to live your dream and to follow your heart.

MANIFESTING WITH THE ANGELS

by Doreen Virtue, Ph.D.

This great little CD is a joy to experience. A useful meditation and discussion CD that takes you forward into your path and supports you as you manifest your future. Doreen describes the steps necessary to purposeful manifestation. She discusses the things that blocks us from achieving our desires and tells you how to avoid the pitfalls. A most enjoyable experience with positive results.



PRACTITIONER LISTING

AMORE ALTERNATIVES

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

AWARENESS EMPOWERMENT

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

BODY TRANSFORMATION

KERRY LAIZANS - Releasing the past and transforming the future with deep tissue bodywork and the healing power of the breath. Intuitive readings also available. Phone (02) 9557 8443 or 0411 488 291

BRANDON BAYS JOURNEY THERAPIST

DARRYL(DEE) SLOSHBERG works combining the powerful emotional healing of Journey Therapy with deep auric and chakra cleansing of PRANIC healing. Ph 0402 049 426 (02) 9440 2146
email darryl@sabratravel.com.au

CLAIRVOYANT INSIGHTS



DEAN COLLIER - Readings or alternative counselling for upliftment. Dean puts you in touch with the source of your intuition. For a recorded phone session or a personal sitting in Neutral Bay, book your appointment on 9904 3341

CRYSTAL & SPIRITUAL HEALING

LILY DE CHALAIN - Enjoy the power of crystals, connect with their beautiful energy as they heal and adjust your energetic field. Chakra balancing & cleansing. Aura scanning & hands on healing. Pranic healing and colour therapy. 0411 107 069 Northern Beaches area. NSW

EMF BALANCING TECHNIQUE®



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

ENERGY HEALING

SYLVIA JACKA - Well trained in Metaphysics and Holistic Healing, Sylvia gives composite healings made up of many modalities; i.e. Aromatherapy, Australian Bush Flower Essences and Energy Healing. Ear candling and Numerology Charts are available also. For those who love crystal healing she does beautiful crystal layouts for energy healing of the chakras. Are you looking for harmony, peace, inner well-being and connecting to your true self? Individual sessions of meditation help to provide knowledge of how to reconnect you to your journey in this life. (Cherrybrook area)- (02) 94843169. Email: Sylviajacka@aapt.net.au

ENERGY BODY WORK, ENERGY PRODUCTS AND GEOMANCY

TIM STRACHAN - Energy solutions for the self and for the home/office. I provide real working solutions to geopathic stress/electro-stress/emf for your home or office and for personal use which may revolutionize your energy, health and spiritual work. Anyone sensitive to energies can feel the difference. These environmental problems result in many health and energy problems these days. I also have an affiliate program for those practitioners who wish to incorporate these unique products. Practitioners should know that any health treatment can be seriously undermined if the client suffers from these environmental stresses in the

home and/or office. See the products on www.energstore.biz, see the energy work I do and my background at www.energy-body-work.com. See also the Aquacharge Energized Water system, low-cost but powerful, on www.energizewater.com. For more information call me on 02 93889994 or 0428 189289 or on Skype (strackone).

ENJOY LIVING YOUR TRUE SELF

TRISH MILLER - Connect with yourself at the deepest level, beneath all the 'shoulds' and external expectations. Discover/re-discover what truly inspires, energizes, gives you purpose and energy in all areas of your life - and enjoy developing this in your life. Drawing on her experience as an NLP Practitioner and Coach, Life-passion Map Facilitator and Journey worker, Trish will partner you in the joy of seeing your life develop in its fullest expression. Phone 02 9884 7507, trish.miller@tpg.com.au

HOLISTIC PULSING & MASSAGE

Holistic Pulsing is a profound system of healing and self-discovery. Relieves stress and quickly relaxes the nervous system through the ongoing rhythm. Restores youth and mobility to all joints. Addresses physical and emotional blockages. Heals the rifts between Body & Mind. For an appointment, call Ella Warchol on 0424-952-925

HUMAN DESIGN SYSTEM

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

NLP THERAPY

JUDY MITCHELL - Unlock your Unconscious Mind to release the blocks to fulfilling your true potential. NLP can be used to transform all areas of your life - physical, mental and spiritual - and to achieve your true goals easily and effectively. Ph. 9557 1310 0422 152 258

PRANA VIDYA HEALING

VICTORIA KEYS - Master and Teacher - Prana Vidya is a highly effective system of energy healing which has re-interpreted classical, Asian energy medicine for the needs of our modern, Western society. It combines Daoist and Tantric Buddhist energy skills and theory, Sanskrit mantras and holistic counseling. Prana Vidya is able to remove negative energy, limiting attitudes and emotional blocks, enabling you to understand the potential of who you are as a powerful and mature being. Contact Victoria at Infinite Bliss, Shop 9a, 7-9 The Corso, Manly, NSW 2095
Tel: 02 9977 8981

REIKI JIN KEI DO MASTER & SPIRITUAL MENTOR



JEANNETTE SHARPE - Reiki Jin Kei Do, Enersense-Buddho, Sacred Alchemy & Pranic healings for appointment ring
0414 896 637 or 9969 14877

SELF MASTERY

SALLY GIBB-CUMMING presents and teaches a unique process involving a transformational tool called Self Mastery. It is a board game which takes you into the realms of new possibilities. The process brings insights, breakthroughs and solutions to life's mysteries. For individual or group bookings contact Sally: 0414 966 796
sally@selfmasterysource.com www.selfmasterysource.com

continued on page 28

ShiningBRIGHT ADVERTISING RATES 2005 (SA)

COLOUR

BACK PAGE	\$375	297 x 210 + 3mm bleed or 277 x 190mm
INSIDE BACK PAGE	\$300	277 x 190mm (or full bleed)
INSIDE FRONT PAGE	\$425	277 x 190mm (or full bleed)
MONO		
FULL PAGE	\$250	257 x 170mm
HALF PAGE VERT.	\$155	257 x 82.5mm
QUARTER PAGE	\$85	127 x 82.5mm
SIXTH PAGE	\$65	80 x 82.5mm
BUSINESS CARD SIZE	\$50	63 x 82.5mm <i>All prices include GST</i>

10% DISCOUNTS FOR ALL PRE PAID ADVERTISEMENTS

PRACTITIONER LISTING

\$75 for 4 issues \$90 with photo. Maximum 30 words including phone number, any extra 30c per word.

SPECIFICATIONS

Artwork and font compatibility must be checked with Pat Latta, our Graphic Designer. Please send photos scanned at 300dpi minimum and in jpeg format. PDF files Acrobat 4 compatible.

Email: patgraphics@pacific.net.au Ph: (02) 4576 3330.

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

DEADLINE DATES:

20th February (Autumn Edition) 20th May (Winter Edition)
20th August (Spring Edition) 20th November (Summer Edition)

Type setting and design available on request at a small cost.

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

Ph: Head Office (02) 9975 4905

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



THE SOUTHERN CROSS ACADEMY OF LIGHT

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

PEACE BE WITH YOU

PRACTITIONER LISTING

SERENITY VIBRATION HEALING



SANDY MAYOR – Restore the essence of You. People who experience Serenity are amazed at the speed and simplicity of the healing process in transforming their lives. Sessions can be by telephone or in person. Please call (02) 9476 8864 and visit www.ageofmiracles.com.au to find out how I can assist you. Also wonderful group events for healing, channeling and learning! channeling and learning!

SHIATSU MASSAGE



LUCY OSBORN - (Dip. Shiatsu & Oriental Therapies) - Traditional healing art that treats holistically by balancing the flow of energy in the body, relieving symptoms and improving strength and vitality. Especially good for stress, fatigue, digestive or menstrual problems, headaches, neck or back pain. For appointments phone 0405 126 704

THE JOURNEY

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

TIME TO MAKE SOME PROFOUND CHANGES IN YOUR LIFE



LINDA DIXON - I can show you how to access love, peace and happiness through energy healing. Also Reiki Master, Crystal Healing, Orion Healing, Transference Healing®, EMF Balancing®, TFT, Linda Dixon, 0405 005 360.

*One has to be oneself. The moment you accept
yourself as you are, all burdens simply disappear.
Then life is sheer joy, a festival of lights*

Bhagwan Shree Rajneesh

SUBSCRIPTIONS FOR SHINING BRIGHT

For 4 issues (incl. postage) AUD\$35.00

Name (in block letters).....

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

..... Postcode.....

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

Enclose cheque/money order for \$ date

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

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

CHANGE OF DETAILS

My postal address has changed to:

Name

Postal address

..... Postcode

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

Debit my credit card - Bankcard - Mastercard - Visa

No. / / Expires..... Signature

Thank you for your continued support

Painting From the Soul

a transformational experience

discover your infinite creative potential within...
discover painting as a powerful healing tool...

Discover the healing power of painting with this **two day workshop**. You will be guided to put the mind aside and paint from a state of connection with your feelings, your essence and your soul. Painting then becomes a magical tool for expressing energy from within your Being outwardly onto the canvas.

Combining the use of meditation, vibrational essences and energetic healing with this process has resulted in profound healing experiences for participants.

Facilitators: Energetic Healers, Frank Boffa & Nicole Rigato

Sydney dates: 3rd & 4th June, 2006
5th & 6th August, 2006

Cost: \$350 (incl. 10% GST and all materials, oil paints & canvases)

Workshops are run on a regular basis. Contact us for upcoming dates.

No painting experience required!

Testimonials...

"This workshop totally surpassed my expectations and I am already looking at my diary and wondering when I can schedule in to do it again. It was one of the most well thought out and executed workshops I've ever attended (and I've done a lot of workshops...). It was wonderful to reconnect with feeling that pure creative spark within me that I had kind of forgotten about. Nicole and Frank are such natural teachers and really walk their talk. Their passion and belief in painting as a creative healing tool really shone through and my partner and I felt inspired by their genuine enthusiasm and sincerity. A huge weight lifted off me and onto the canvas over the course of the two days; a real purification process. A wonderful investment in myself and my
Michelle McGrath, Energetic Healer & Aromatherapist - Sacred

"I was not sure what to expect from this workshop, but I certainly did not expect the results that I had. Not only did I come out of it with some great artwork, I explored certain parts of my life and my self that I had not been in contact with for some time. At times it was a very powerful and moving experience and at others, I released feelings of freedom and joy. I thoroughly enjoyed the workshop, I thought it was extremely well organised and both Nicole and Frank were wonderful teachers and both beautiful people. I would, without hesitation recommend this to anyone."

**Brett Hawgood, National Sales Manager, Fundcorp
Macquarie Bank, Consumer Lending**



For registration & enquiries phone Nicole or Frank p/f +61 2 9332 3238 e frank_boffa@optusnet.com.au

SPIRITUAL SURGERY

LEARN HOW TO BRING
THIS REMARKABLE
HEALING MODALITY
INTO YOUR LIFE

"This new CD introduces an exciting healing modality that we have been using successfully for nine years and one which we can teach anyone to use – almost as good as having a doctor in the bathroom cabinet. If you have the desire to help others and be of service to humanity then you will enjoy and greatly benefit from this "How to do it" CD.

Find out what this amazing healing modality is. How we came to discover it and how you can use it to provide relief and healing for family or friends or to enhance your professional healing practice.

This modality opens up your physic ability and connects you to the deeper wisdom of your God self to come to the higher understanding of the mystery of illness, why we create it, what the benefits are and how and when it might be healed. These skills are imperative for those who would be the Presence of Love that heals but more importantly they can be the keys to each individual's personal journey of Awakening for it is all about being of service.

"Through the CD and accompanying booklet, Suzanne and I have sought to provide all that you need to know about this modality and how to use it yourself. No training required, no certification, no understanding of the body or illness, just simple trust and the placing of hands without judgement or attachment to any outcome."

Raj and Suzanne

"Healing through Spiritual Surgery" with Raj & Suzanne

80 minute training CD with manual.

Australia AU\$35 (incl. p&h & GST) International US\$30 (incl. airmail p&h)

TO ORDER YOUR COPY:

Tel: 07 5563 0036 | Email: office@elohim.com | www.wayoftheheart.net

