

# ShiningBRIGHT

*a guide for the soul*

VOLUME 9, ISSUE 3

SPRING 2006

## **THE SOUTHERN CROSS ACADEMY OF LIGHT**

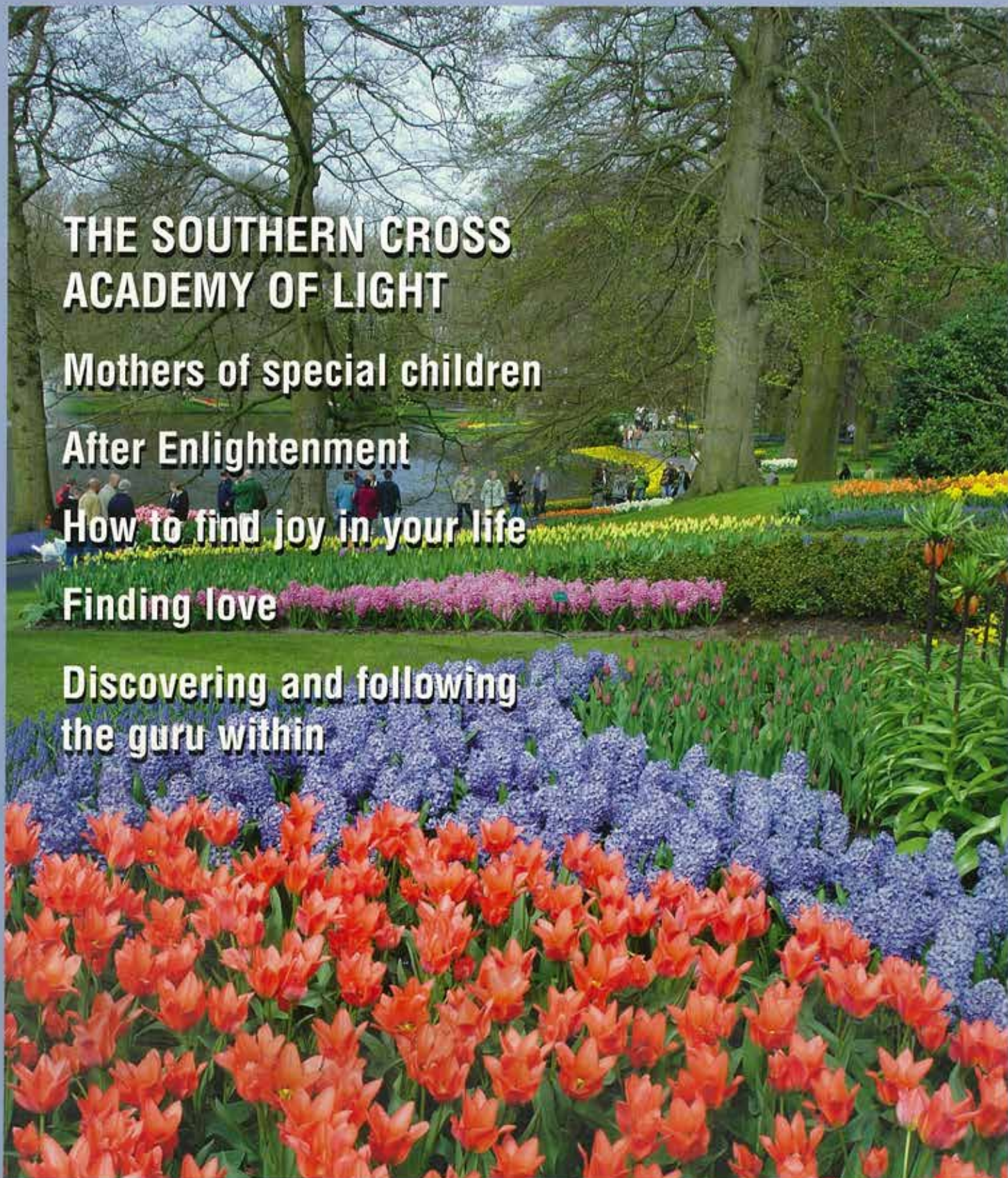
**Mothers of special children**

**After Enlightenment**

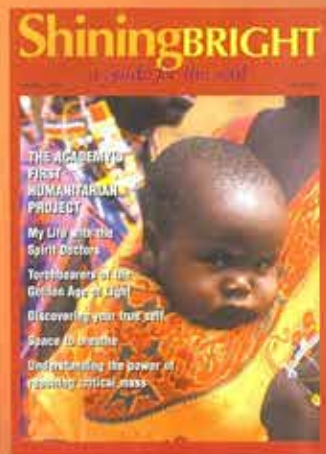
**How to find joy in your life**

**Finding love**

**Discovering and following  
the guru within**



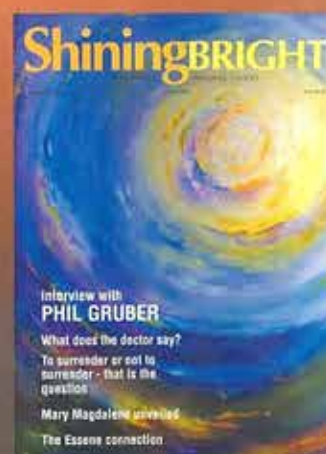
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## THE SOUTHERN CROSS ACADEMY OF LIGHT

### 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 practised 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 centres 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 practise 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 centres please call the Academy office on 02 9975 4905 or email: [scal@a-light.org.au](mailto: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 27.

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## *An Invocation for Peace on Earth for all Humanity*

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\$20 - Tickets at the door

*Bring a mat & cushion to sit / lie on (chairs are available) and peace in your heart !!!!*

**for further information: phone (02) 9975 4905**

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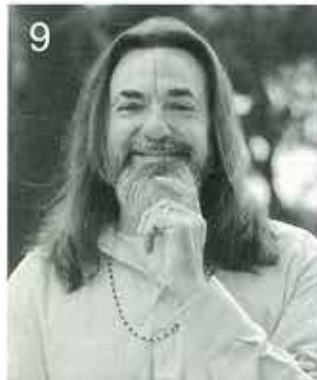
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FRONT COVER



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P.O. Box 1221, Neutral Bay, NSW, 2089 Australia

Email: [scal@a-light.org.au](mailto:scal@a-light.org.au) [www.a-light.org.au](http://www.a-light.org.au)

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[www.a-light.org.au](http://www.a-light.org.au)



## from the **EDITOR**

Dear Friends

**W**hat an amazing time we've had. This issue we celebrate the last ten years of The Academy and what a journey it has been. I am continually amazed at the level of commitment and love that Rosemary puts into The Academy.

*Lily de Chalain*

Over the years so many wonderful people have been supported, promoted and genuinely helped by the love and space offered here. I am forever grateful to Rosemary for her love and support and I have watched as many have walked in and out of these doors. The Academy has continued for all these years because of the vision that Rosemary and John have held so closely in their hearts.

As we come into spring, I am so grateful for the beauty that surrounds us everywhere. We are especially grateful to all the wonderful people that are sent to us such a Verna Yater, Abdy and many others. This past month the energies that they have brought through for us to heal and release old patterns has been incredible and many have reported big shifts and a wonderful sense of clarity that has helped them move forward on their journey.

This issue we address finding joy, finding love and most importantly, finding a way to enlightenment. Children are especially important to us and we bring you news about indigo children and a lovely story of children learning through action.

As we grow energetically and spiritually it is important that we hold the vision of peace and love as we embrace the things that are good in our life and not be bogged down with the little things that are continually sent to challenge us. Life is full of hurdles but also full of abundance and joy, all it takes is our willingness to see with clear vision and a full and generous heart. Put a spring in your step and sing.

Rejoice as the flowers begin to bloom and allow your heart to open as well.

With Love and Light

*Lily de Chalain*

*Lily de Chalain*

Lily de Chalain



## **“Sacred Sound Concert for the Whales and Humanity”**

*including lighting of sacred peace flame  
and focus for Whales, Dolphins  
and Humanity*

*Amazing whale and dolphin footage*

Saturday 9th September  
7pm - 9.30pm Intuitive Well,  
Level 1, 70 Bronte Road. Bondi  
Junction  
Cost \$20.00

Ed and Angela - *Sacred Sound  
including gongs, bowls, and mantra*

Dr. Didge and Shamana Tara - *didge  
and chant*

Amna - *chant and tamera*

Jennifer - *chant and gongs*

Patricia Athena - *gongs and bowls*

Arjuna - *sacred dance and song*

Bring pillow and blanket for sound bath

There will be a sacred ceremony at  
10am Sunday 10th at the whale sacred  
site at south Bondi (all welcome)

This will link to global peace focus at  
the Whale and Dolphin conference -

Byron Bay 22-24th September

[www.dolphinwave.info](http://www.dolphinwave.info)

Contact:

Ed and Angela - Sydney 0416231647

Patricia Athena 0411559188

*Please register*

# MOTHERS OF SPECIAL CHILDREN

by Shirley Humphreys Battie

The first I knew of the special children being sent to Earth was through a meditation in 1992. I should explain that meditation for me is a real living experience and that I have been shown by spirit how to record the events as they happen. This has led to channelling. I had not heard of the Indigo Children at that time or given it much thought.

This is my experience as it happened: I see a lot of young girls in school uniforms running down a hill. They are running fast. One or two slip, fall and slide down the hill. They pick themselves up and carry on running. They are not frightened but are in a great hurry. I don't know what this means.

A voice speaks: "They are running to listen to a speaker and are anxious not to miss the beginning, and want to find themselves a place that is favourable for them to hear every word. The word is for these future mothers, those who will nurture the new ones who are to be the leaders of your planet, those who have been chosen to help humanity through difficult times. There will be much importance attached to the mothers of these little ones, who will become great in stature and will be of great value to all. The words these future mothers are to hear are of vital importance. Those

who instruct the mothers must choose the words wisely, must choose the words so that they remain within the conscious mind and are not forgotten and buried."

I have another picture of nationalities from all over the world, young girls in giggly groups of all races, each in their own geographical areas gathering to listen to speakers chosen for them. They are but giggling youngsters at this moment, but the words will reach their hearts and they will appreciate the importance of the future role that they are to play.

I have yet another picture of somebody going around and looking at great gatherings of children, pointing a finger and saying "that one and oh yes, that one, this one" and choosing from among the gathering those most fitted and most suited for this role of encouraging, nurturing and instructing their infants.

**Encourage them and allow them to follow their individual skills.**



It is clear that the role of mothers at this time and in the coming years is of vital importance. Much emphasis has been given to what these children can do and while this is proper and correct, we must not forget the parents. These special children do not need to be as difficult as many fear. I have been led to several of these special ones by my spirit communication and have found them to be extremely gentle at all ages, talented and showing a maturity beyond their years.

The souls who are arriving are not unmindful of their role if one reading I gave in Washington DC is anything to go by. A young girl in her teens arrived having driven some considerable distance to have a reading with me. She was not sure why she had come and did not seem really interested. However what came through was startling. A beautiful male glowing figure arrived who said he was going to be her child. He told her what his name was to be. He said that he was going to be very strong in character and that if she didn't exercise control over him, he could become a little tyrant. He went on to explain that she could ruin his mission if she did not exercise authority while he was in his early years. This was the reason why he had taken the opportunity to come and tell her this. He would not know his mission until he was seven, he said.

There is another child I met – just 6 weeks old. This baby whilst in hospital has already been elevating objects and healing others, much to the astonishment of the nurses. Another boy I was told to see is gentle beyond his years. From three years of age he has cared for his friends with

continued on page 6

continued from page 5

maturity beyond his years and is a brilliant violinist at 14.

There are so many all over the planet and very few will cause their parents concern. With the quality and history of their souls, we should not be worrying about how they will cope or how they will be accepted. Do you not think that this has all been thought of beforehand and arrangements made so that they might fulfil their tasks? The very difficulties that might seem to us to be hindering them could well be experiences that they need to give them understanding for their roles later on. Greatness so often comes out of difficult experiences.



Encourage them and allow them to follow their individual skills and interests, even if it seems strange or not a good career choice. They will have a calm and tranquillity about them in most cases. If you expect them to be difficult, they will fulfil that expectation. Treat them as mature responsible individuals in spite of their tender years and they will respond well.

In a later inner picture I received, children appear to be studying a map of the world and seem to be concentrating their energies on the world in general and as I realise this, I see for the first time standing behind them are what I can only describe as Light Beings. They stand behind each child, forming a circle of light around them, enclosing them, watching over them and quite probably influencing their thoughts as well. So they are getting help I think to myself. Now a strange thing, from a far corner comes streams of animals and birds and creatures. They pour out and lots of them are coming. They too are surrounding this circle and arranging themselves around the circle of children and Light Beings, settling themselves in a ring around them as if to say, we are involved as well. All sorts of animals and creatures here, it reminds me of a Walt Disney film with all the animals—getting on with each other. The children are clapping their hands in delight.

I think this shows that the Spiritual Realm is really and truly caring for these special children and we need not fear for them. What they do need, in the early years in particular, is the security of a ceiling of loving authority. They will test that authority but will listen to reasoning. Do not tell them they are better than other children for it will be easy for them to develop a feeling of being superior. Treat them as normal

for they will not know they are special until they are at least seven years old and perhaps even later. Being of strong character if they do not have that authority ceiling, they could run amok and make themselves unsociable and unlikeable. This would be a definite handicap in their later work. Stimulate their minds and give them something to stretch their abilities. More uncomfortably for some, they will always see through a lie.

Be assured if you are a parent and feel your child is one of those chosen to assist Earth at this time of change, then all is in order and pre-planned. You too will have been chosen for the work so trust in the wise judgement of those High Beings who have allocated your role to you.

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Web: [www.little-owl.org](http://www.little-owl.org)



*"What we are today comes from our thoughts  
of yesterday,  
and our present thoughts build our life of  
tomorrow.  
Our life is the creation of our mind"*

The Buddha

## SAL RACHELE from USA VISITS AUSTRALIA



*"I am not aware of ANY condition that cannot be changed. We were created in the image and likeness of our Creator and that means we were created to be powerful, creative, unlimited beings, capable of creating entire universes. We were created in the perfect image and likeness of God. Sickness is therefore an illusion, and all illusions can be changed" ..Sal*

### INTRODUCTORY EVENING TALK

8th September 7.00pm

Covering – a description of what is  
Timeline Healing & Healing is a sacred science. \$20

### ONE DAY INTENSIVES

9th SEPT. (Sat.) The Six Levels of Healing  
Healing is a sacred science - \$95.00 9.30am - 5.00pm

10th SEPT. (Sun.) Time-Line Healing - \$95.00  
9.30 - 5.00pm

Venue: Holterman Street, Uniting Hall, Crows Nest

### PRIVATE SESSIONS (bookings necessary)

• Short - 45 mins - \$85 • Long - 90 mins - \$150  
Deep inner clearing and releases are done in these sessions

for enquiries, or bookings phone  
The Southern Cross Academy of Light  
(02) 9975 4905, or Barbara (02) 9456 3547



# AFTER ENLIGHTENMENT

by David Martin

*I recently returned from India, where I participated in a 21-day Oneness Deeksa process at the Golden City near Chennai. Deeksha enables the necessary restructuring of the brain, which in turn facilitates the direct experience of Awakening to Oneness. Deeksha is a neuro-biological restructuring of the brain.*

*Deeksha is offered through the divine grace of Avatars (Incarnations of Divinity) Sri Bhagavan and Sri Amma, whose mission is to accelerate humanity's mass Awakening to Oneness.*



I wish to share with you my research, my thoughts and my experience of the Awakening process. Sri Bhagavan has suggested that the term 'enlightenment' be avoided, simply because everyone has a different idea about what it means – some think that you become saintly, and full of knowledge, while others think that it is like some permanent psychedelic drug trip.

According to Sri Bhagavan, of the 6.5 billion humans on the planet, each will experience his or her own unique Awakening. Therefore, there will be 6.5 billion ways to describe the process, and the end result. For this reason, I mostly use the term awakening to Oneness, which I think comes closer to explaining what it's really about.

Perhaps what is most important about Awakening is that the idea of a 'me' that is separate to a 'you' is an illusion. Sri Bhagavan has said that Awakening is simply recognising that the fixed, separate self is merely a concept. "Once we realise that our concept of the self is an illusion, we become capable of experiencing ourselves as a flow of consciousness that is no longer subject to the limits and conditioning of the mind."

In his book, *Fire from Heaven*, psychotherapist and spiritual teacher, Kiara Windrider, explains his own process of Awakening, and what happens afterwards. He also talks to others who have been through the Oneness Deeksha process.

He explains that Awakening is not the end of the journey, but the beginning. Awakening can be seen as the 'de-clutching' of the mind, which does not disappear, contrary to some expectations. Nor does one begin to have only



Kiara Windrider

'good' thoughts.

Instead, thoughts and sensations are simply observed, without attachment, aversion or identification.



Sri Bhagavan



Sri Amma

"I think of what it was

like to engage in human drama, and I just can't seem to be able to go there," he says.

"But just because I am not identified with self does not mean I am some blob of consciousness floating about without an identity. I am still Kiara, the same memories, the same blend of personalities, except Kiara is no longer caught up in a treadmill of mental chatter and noise...

"...I am no longer struggling...it is rather an effortless way of life, based on the recognition that I am not in charge anymore, that there is a divine perfection at play that is far bigger than my capacity to understand or control it..."

He and others that he interviewed speak of a 'deep silence', an ability to switch off from emotional reactivity, combined with feelings of Oneness and bliss.

The world looks the same after awakening, but the attachment to it disappears.

Most of you will have heard the old Zen saying, 'before enlightenment, chop wood, carry water; after enlightenment, chop wood, carry water'...

Before Awakening, we may be proud to be the best chopper and carrier we can be. Or we may beat ourselves up for being incompetent, and take endless courses to improve ourselves, or complain that we always have to chop this (expletive deleted) wood.

Perhaps Awakening is simply realising the always present indescribable bliss that you are Life, chopping and carrying Life.

There is a story about two men who had long since awoken to Oneness, enjoying a day at the races in India. They decided that they would hold an 'Enlightened Persons' Convention'.

If anybody showed up to register, they would be immediately disqualified.

**I am no longer  
struggling...  
It is rather an  
effortless way  
of Life**

## Bibliography

*Fire From Heaven: Dawn of Golden Age*, by Kiara Windrider, published in 2005 by Sai Towers Publishing.  
[www.divineRelease.com](http://www.divineRelease.com) [www.onenessuniversity.com.au](http://www.onenessuniversity.com.au)



# IF I HAD MY LIFE TO LIVE OVER

by Emma Bombeck

(Written after she found out she was dying from cancer)

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over for dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the good living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching TV and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would have never said, "Later. Now go get washed for dinner".

There would have been more "I love you's". More "I'm sorry's". But mostly, given another shot of life, I would seize every minute.... Look at it and really see it... live it...and never give it back.

Stop sweating the small stuff. Don't worry about who doesn't like you, who has more, or who's doing what. Instead, let's cherish the relationships we have those who do love us. Let's think about what God has blessed us with.

And what we are doing each day to promote ourselves mentally, physically, as well as spiritually. Life is too short to let it pass you by.

We only have one shot at this and then it's gone. I hope you have a blessed day.

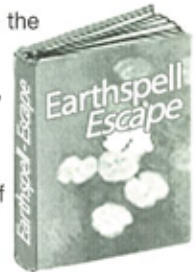


Learn why it has been Impossible to Ascend and escape the Wheel of Rebirth, or achieve Spiritual Liberation.

An ancient, hidden, Spiritual Library in the Himalaya, details an Atomic Science upon which our EMF reality manifests, and which Christ did once teach.

The Dead Sea Scrolls from Jesus's teaching base in Galilee, also tell us of this same 'ascension pathway science'. The Ascension Spiral Portal

Alignments have been misaligned with the Earth Grid for millennia, keeping us trapped here even at death.



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Cheques payable to: S MacLean

## THOUGHT FOR THE DAY

*Saturate every breath of yours with love.*

*Love knows no fear. Fear drags man into falsehood, injustice and evil.*

*Love does not crave for praise.*

*Only those who have no Love in them itch for reward and reputation. Love is its own reward.*

*When you are eager to place offerings before the Lord, let it be love instead of mere material objects.*

*Love is no merchandise; do not bargain about its cost.*

*Let it flow clear from the heart, as a stream of Truth, a river of wisdom.*

*Let it not emanate from the head, nor from the tongue.*

*Let it emerge, full and free, from the heart.*

SAI BABA

*But it is necessary to empty out the old to make room for the new to enter*

EILEEN CADDY  
*Footprints on the Path*

# HOW TO FIND JOY IN YOUR LIFE

by Swami Govindananda

**T**he pursuit of joy is, has always been, and always will be the sole pursuit of mankind. Not only human beings, but all living entities have one goal and one goal only – the experience of unqualified, unconditional happiness.

Is it any wonder, then, that from time to time we ask ourselves the question "How can I find joy in my life?"

This search motivates our every action. Whether consciously or unconsciously, we are constantly assessing our circumstances to figure out whether, and how, we can extract happiness and joy from a given situation. If we cannot immediately find joy, we manipulate the situation to try to find it. If the happiness still doesn't come, we abandon that environment and seek fresher pastures where we think joy will be more likely to be found. This is our nature: it has always been this way, and always will.

So, what is the nature of this joy we are seeking?

The Scriptures of India speak of two types of love and happiness: conditional, and unconditional. Conditional love is the type we experience every day – that is, our love for others and our internal happiness depend on the circumstances. If our husband does not do what we want, our love diminishes. If he betrays or hurts us, our love can turn to hatred. When our love is strong, we feel great. When we are

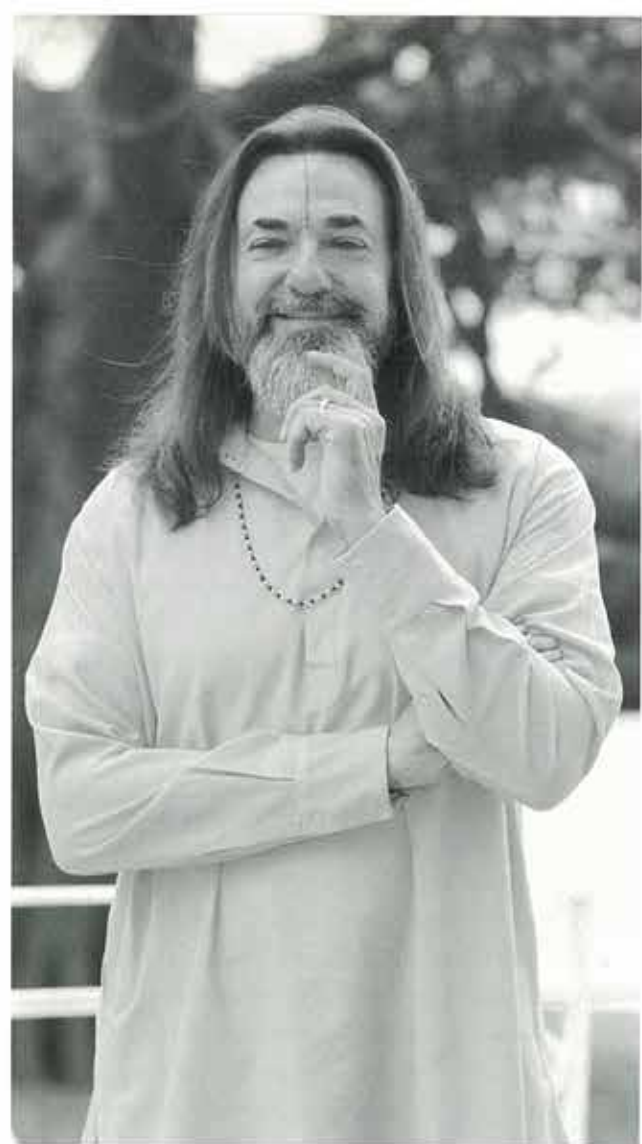
hurt, we feel awful. All of these ups and downs depend on circumstances which we cannot fully control. Therefore, our love and happiness depend on life's events, and our experience of life cannot be separated from the pain of disap-

**The soul is searching for unlimited bliss.**

pointment and the struggle to become happy.

And unconditional love? This is the province of the Saints. This love is exemplified by Christ on the cross: even in the most miserable state, in the midst of the greatest pain, betrayal and humiliation, his thoughts were on the spiritual welfare of those who were inflicting this misery on him. Such a high state! Such love is independent of the circumstances of life. It rises above all situations and is not limited by the actions of others. The experience of this love is mankind's highest attainment: such bliss and joy is experienced that no pain, no hurt – not even death – can touch it.

What makes the difference? To know this, we must go



back to the philosophy of life as gifted to us by the Saints.

The Saints tell us that the human personality is made up of the physical body and the divine soul. The body is temporary – it begins at the time of conception, within the womb, and we leave it behind at the time of death. But the soul is eternal – it exists before the time of conception, and continues to exist after the body has been left behind.

This soul is our true self. Everything else in our personality – our mind, our body, our habits, our likes and dislikes – change over the course of time as we react to life's events. Our entire personalities change many times over the course of various lifetimes as we travel through this field of maya. Only our soul remains the same.

And what is the nature of this soul, our true self? It is love, happiness, joy. This is our true nature, which we are struggling to reveal and express through all of our interactions in life.

The Vedas tell us of three natures that are inherent to our soul: sat, meaning existence; chit, meaning consciousness; and anand, meaning bliss and joy. The main nature of the soul, however, is anand – love. Existence and consciousness merge into love, and describe the nature of love. Love is the summum bonum of our existence, the ultimate goal towards which everything is directed.

continued on page 10

# DO YOU BELIEVE IN GOD?

by Ken Gaub

**D**o you believe that God not only loves you, but knows where you are and what you're doing every minute of the day? I certainly do after an amazing experience I had several years ago. At the time I was driving near Dayton, Ohio, with my wife and children. My wife and children went to the restaurant. I suddenly felt the need to stretch my legs. So waved them off ahead saying I'd join them later.

I bought a soft drink, and as I walked towards a Dairy Queen, feelings of self pity enshrouded my mind. I loved the Lord and my ministry, but I felt drained and burdened. My cup was empty.

Suddenly the impatient ringing of a telephone nearby jarred me out of my doldrums. It was coming from a phone booth at a service station on the corner. Wasn't anyone going to answer the phone? Noise from the traffic flowing through the busy intersection must have drowned out the

sound because the service station attendant continued looking after his customers, oblivious to the incessant ringing. "Why doesn't somebody answer the ringing phone?" I muttered. I began reasoning. "It may be important. What if it's an emergency?" Curiosity overcame my indifference. I stepped inside the

booth and picked up the phone. "Hello", I said casually and took a big sip of my drink.

The operator said: "Long distant call for Ken Gaub?" My eyes widened and I almost chocked on a chunk of ice. Swallowing hard, I said "You're crazy!" Then realizing I shouldn't speak to an operator like that, I added, "This can't be! I was walking down the road, not bothering anyone, and the phone was ringing..."

"Is Ken Gaub there?" the operator interrupted, "I have a long distant call for him." It took a moment to gain control of my babbling, but I finally replied. "Yes, he is here." Searching for a possible explanation, I wondered if I could possibly be on Candid Camera! Still shaken, perplexed, I asked, "How in the world did you reach me here? I was walking down the road, the payphone started ringing, and I just answered it on a chance. You can't mean me."



How to find joy in your life continued from page 9

Interestingly, these very same adjectives also describe God. Our nature is sat, chit and anand, and God's nature is also sat, chit and anand. The only difference is that we possess these qualities in minute form, and God possesses them in unlimited form.

Therefore, God is synonymous with love. God is love. We are a tiny part of the unlimited bliss and love of God. We are his children, and we are forever trying to come home and merge with this unlimited bliss and love.

While we live in this world and experience the ups and downs of life, we are naturally motivated by one thing only: to experience love and happiness. Therefore, we are naturally selfish in the sense that we seek our own happiness. As we travel through life, we seek this ultimate experience for ourselves. But we are never permanently satisfied with any experience. Everything comes up short – either immediately, or after some time. Over time, our soul teaches us that nothing in this world can fully satisfy us. Why? Because the soul is looking to experience its own homecoming. This is not found in the world. The soul is searching for unlimited bliss – and God is the only place to find it.

Therefore, when we find and realise God, our happiness is fulfilled, and there is no need to search any longer. When we reach this state, we are no longer selfish. In this ultimate state of God-realisation, we are satisfied. In this state, we can emulate Christ, as the circumstances of life can no longer affect our internal state of happiness and love.

This is the real meaning of joy. A joy that never ends, that cannot be diminished by the ups and downs of life, and can overcome all obstacles. This is the joy of the Saints, the true happiness that is our heritage and our destination.

How do we find this joy in our lives? First, we need to understand that we are a soul, whose nature is love and joy. Then we need to accept that the nature of God is unlimited love and joy.

Once we accept the relationship between ourselves and God, we simply need to deepen it and allow it to be fully expressed. The nature of this relationship is mutual love and service: we naturally love and serve God, and God naturally loves and serves us. This relationship is the jewel of life. The closer it becomes, the more we will experience true joy, true love, and true happiness.

The gateway to this experience is the Spiritual Master – the Guru, the Saint. Accepting the teachings of a true Saint, you can quickly realise the true, eternal, profound joy of the Self and experience the love you have been searching for since time began. Start today and see for yourself!



Panic comes from not being able to trust yourself.

# SOUL HOUSEKEEPING healthy nutrition

by Penelope Mc Kenna

*"Let food be your medicine and medicine be your food"  
Hippocrates (350BC)*

**N**utrition refers to the nutrients in the food and drink we consume each day. Are we what we eat? The short answer is yes! Our general health, energy levels, body weight, shows in our complexion, and our healing ability. However, there are many other factors that influence our health regarding food. Some have allergies or intolerances to certain foods. This is because of sensitivities in the digestive system which the body reacts to and shows as a form of disorder, infection or a health problem.

Nutrients in foods come from a combination of protein, fruits, vegetables, water, fats and oils, seeds and nuts.

How do we get these essential nutrients into 3 meals every day? Sometimes it is challenging to be really good about our diets, due to work, travel, holidays, and others things that are always happening in our busy lives. The rule of thumb is 80:20 or if seriously on a diet, 90:10. The majority of the time eat well and then you can enjoy the occasional 20% or 10% treats.

## THE DO'S

- Enjoy herbal teas or green tea, or a delicious coffee.
- Read labels on packaged foods. What are all those chemicals and additives?
- Reduce sugar intake, especially in tea and coffee and packaged foods.
- Choose healthy snacks, fruit (eg. an apple) or maybe a slice of wholemeal bread with cheese, honey, or vegemite. Maybe a few nuts and seeds for energy, and taste.

## THE DON'T'S

- Don't eat sweetened yogurts, choose plain wholesome yogurts (reduce the sugar)
- Reduce bought pies, pastries, or shop cakes and biscuits.
- Reduce fried, fatty oily foods; take away, pizzas, fish and chips, fast foods.
- Reduce fizzy drinks and no coke or pepsi.
- Don't over-eat, too much is not good for you and then gets stored as fat.

If you are experiencing a recurring health disorder, infection, or congestion, it may come from food sensitivities. The digestive system is having problems digesting certain foods.

Your Practitioner will assist with dietary advice and improve digestive function to reduce the problem.

## Healthy Hints

Colds and flu come from viruses that are circulating in our bodies all the time. It is when we become tired, run-down, fatigued or stressed that our bodies become susceptible, and these invading germs then multiply and cause us to become sick.

These Healthy Hints may help you to stay well this year.

**Warmth:** Keep the body warm, wear singlets, camisoles, wool jumpers, hats, scarves, gloves, coats. Warmth is beneficial for staying well and assists in healing.

**Nutrition:** Hot foods and drink, eg. Home made soups, casseroles, or lentil vegetarian. Nutritional and herbal support is recommended, vitamins A&C, Echinacea, garlic.

**Hot Tea:** Ginger tea is really warming, put 4-6 slices of fresh ginger into a teapot, add boiling water, steep for 10 minutes. Ginger tea is warming, stimulates the circulation, a cleansing and relaxing tea. Try a hot lemon drink with honey.

**Exercise:** Walking is really good. Also the gym, pilates, yoga, etc. Get the blood circulation pumping, feel the warmth tingling in and your hands and feet.

**Rest and Relaxation:** Both are important for good health and well-being. These practices along with meditation will enhance natural immunity and improve sleep.

## Fats and Oils

Healthy fats and oils are needed by the body for healthy skin, mind and memory, all body cells, metabolism, for our joints, general good health and digestion process.

**Monounsaturated oils** are the best vegetable oils for cooking. The most recommended being the virgin olive oil.

**Polyunsaturated oils** are important for balanced good health; they are the Omega 3, 6.

**Omega 3** group (linoleic acid) comes from the linseed, canola, walnut, pumpkin seed, fish, (sardines, salmon, tuna) and dark green vegetables, spinach, cos lettuce.

**Omega 6** group (linolenic acid) is found in seeds, safflower, soya bean, sunflower, sesame, olive, corn, and grape seed oil.

**Salmon and Flaxseed Oils** are the recommended oils for essential fatty acids. Flaxseed Oil is for those who are allergic to seafood.

Saturated fats are in meat; beef, lamb, pork, chicken, turkey, whole dairy products, processed deli meats, sausages, fried foods, chips, processed foods, most cakes, biscuits. These are not so good for you, and cause health problems when eaten often or in excess. Please avoid or reduce these in your diet.

**Essential Fatty Acids (EFA'S)** include Flaxseed, Salmon and Evening Primrose Oils

The key is moderation for healthy eating.



**T**he water feature was always going to be part of the school, right from the first days. Why it didn't get built then I don't know. Maybe it wasn't the right time or other things had priority.

Anyway mid way through 2005 Lynn approached me to see if I would help organise and build a water feature outside the kindergarten.

John had a rough idea of three ponds cascading down the hill. Lynn wanted to change the energy of an area that was a little lifeless and to introduce some movement and sound into the area.

If you are working with one of the elements (earth, air fire or water) then you need to reflect on their nature. In this case we were working with water.

What is water? What does it like to do? To find out the best thing to do is simply sit by some water and observe. If you sit by a creek you can notice the following about the nature of water: -

Water changes. Sometimes it likes to be still.

It also likes to move, to flow, to go around, under and over objects.

It never goes straight. It wriggles, eddies, even turns back on itself and does figure of eight patterns. It tumbles and foams. It likes to leap over waterfalls and hide in caves.

Water likes making noise. It roars, gurgles, tinkles and wooshes.

Water plays with light. It sparkles, reflects and glistens.

I always like to work with the site rather than try to change it. One of the first things we needed to do was solve a storm water problem that was flooding the front veranda in heavy rain and causing erosion problems. Hence we built a drain down the hill through what was going to be the water feature.

If you have a drain naturally you need a bridge to cross the drain. Sounds simple? Just two planks? Well that didn't look right. It didn't feel right for the site.

Maybe we could make it arched? While contemplating that idea Lynn comes up and quietly whispers "could we have a curved bridge to follow the curve in the pathway"? Only when it was almost finished did we realise we were making a Japanese bridge. Oh well the school was a Japanese OKI Yoga centre before Kindlehill school started. Maybe there is some Japanese energy left here.

#### THE BRIDGE

I also work with the spirits of the land. For those not familiar with these spirits there are many different types and they go by many different names.

Devas are the elemental spirits, the spirits of the earth, water, air and fire. They are called by different names depending on the culture that people have come from. For instance a water deva could be called a water sprite, a sprite or a water fairy. The Aborigines had their own names for

# KINDLEHILL SCHOOL WATER FEATURE

## Wentworth Falls NSW

by Peter Rigby

these spirits that varied from tribe to tribe.

In this case there is a water fairy (her description) on the site. She lives above an underground stream that flows past the western side of the building.

The bottom pond of the water feature has been built, at her request, where she lives. If you want to get in touch with her or feel her presence then stand in the centre of the bottom pond. Everybody who has tried that has felt her presence.

She lives in (or maybe she is?) a downward flowing energy vortex. The bottom pond was built to mirror that energy with the water swirling around and disappearing down a hole. The same effect you typically see in emptying the bathtub.

Working with spirit is a very slow intuitive process. You seldom get all the answers at once and they come in many different ways.

Some come as sudden flashes of intuitive insight, when you suddenly know exactly what to do.

Some come as things your attention is drawn to. In this case I was seeing vortexes everywhere I looked.

They also come in dreams. A few days after I made contact with the water fairy I have a vivid dream of flying in space. What had space flight to do with water spirits? Well I found myself viewing a spiral galaxy with a black hole at its centre. That is the design of the bottom pond. (Bottom pond showing spiral vortex)

Another dream, of the water spirit dancing, in a field of flowers, her flowing skirt flying and flinging off water revealed the design for the fountain in the top pond.

What flowers? Back on site I was standing back to get an overview when I tripped over the bed of sunflowers.

As I turned to get up I came face to face with the classic spiral pattern in the centre of a sunflower. Yes! That is it. That is the pattern we used. A few of us nearly went mad trying to make that pattern with river pebbles set in wet concrete, but we did it. (Top pond. Water fairy dancing and sun flower spirals)

Spirals are interesting. They occur in many places in nature and nearly always the shape is a specific shape called a Fibonacci or Golden Mean spiral. You can see them every-



*The bridge*



where, eg. Sea shells, flowers, dust devils, cyclones, spiral galaxies, etc.

A Fibonacci spiral starts at a point and a golden mean spiral starts farther out, otherwise they are the same. They both have a radius that varies as the sum of the previous two numbers. Eg for a golden mean spiral starting at a radius of 1 the numbers are; 1, 1, 2, 3, 5, 8, 13, 21 etc.

All of the spirals I used in the water feature are as far as possible Golden Mean spirals.

While meditating on the path from the top to the middle pond I found myself working with an aboriginal Rainbow Serpent.

feature.

Hence the Star of David pattern in the middle pond. The Star of David is one of those pieces of sacred geometry that just happens. If you have a compass and draw a circle, Then you are tempted to keep going and a Star of David is the simplest form that just happens.

John's class made the pattern from glass beads and pebbles set in the wet concrete. (Making the Star of David)

Flow forms cascading down the hill.

The nature of water defined a lot of the features.

Water bubbles up out of the fountain, rains and drips and sparkles off it into the still pond then overflows into the rainbow Serpent.



*Bottom pond showing spiral vortex*



*Top pond. Water fairy dancing and sun flower spirals*



*Making the Star of David*



*Rainbow Serpent in the spiral path from top to middle pond*

Rainbow Serpent is the aboriginal creation spirit that in their mythology created the land by moving down from the mountains. Hence creating all the valleys, rivers, creeks, lakes etc.

The Rainbow Serpent wanted to be part of the water feature. Hence the Rainbow Serpent ended up in the spiral path from the top pond to the middle pond.

Lynn and Pippita's classes made the Rainbow serpent out of coloured pebbles set in earth coloured concrete. This pathway is also designed so the children can walk down the path in the water. (Rainbow Serpent in the spiral path from top to middle pond)

John's class was doing a lesson in sacred geometry and my intuition was telling me to include that in the water

It ripples over the pebbles down the path to the waterfall to leap into the middle pond.

It sneaks down a hole in the middle pond into a secret cave to reappear, gurgling and cavorting down the flow forms to swirl into the bottom pond.

There it eddies in a large bath plug vortex to disappear down a back hole into the tank below.

Water is also playful it likes to do fun things.

Like all good projects it is never finished. It just grows with time. There is as yet an element missing. The water wants to do more leaping and dropping, so I am working on letting some of the water drop down a series of bamboo pipes into the bottom pond.

Does the water feature work? Well the best answer to that is to ask the children or just watch them play. Or you could just sit and watch for a while and see how it makes you feel.

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## 1995 – THE ACADEMY IS BORN

After an amazing encounter with Archangel Michael in the rainforest of Hana, Maui, Rosemary Butterworth (then Whitfield) was guided to hold a space where like-minded people interested in spirituality could gather. She teamed up with John Butterworth who was very interested in community and sustainability. Rosemary and John were married on 23rd November, 1998. (A date chosen to be near Sai Baba's birthday.)

Together with the help of 3 others, they started The Southern Cross Academy of Light – an Academy of Light under the Southern Cross. How the name was given to them is another magical story as they learnt the importance of the Southern Cross and why Canberra has been laid out on its pattern.

Archangel Michael became the Academy's patron and loving guide. Each assembly of the Academy always begins with an invocation and invitation to Archangel Michael to fill the space with Light and bring his loving Presence and Protection.

## 1996 – THE FIRST ANNUAL GENERAL MEETING



It was amazing how many people were attracted by that small notice in the paper. People were drawn from all parts and some traveled up to seven hours driving time to be there. The inaugural 'Meeting' over a whole weekend in Canberra, the vision and values of The Southern Cross Academy of Light were born from the hearts of those that were 'called' to attend.



The logo came from a vision given to Rosemary. The triangle represents the Holy Trinity, the Law of Three which governs this world. The circle represents creation of which this world is a part. The flame is the eternal Light of creation.

### ShiningBRIGHT

July, 1996 saw the birth of a Newsletter. ShiningBRIGHT, the voice of the Academy was born and it grew and became the magazine which you have today.

The magazine is full of inspiration for you, to lift you, to shift your ideas and fill you with hope and joy. It is positive feedback to let you know that you are doing well in your



# THE SOUTHERN CROSS



journey and to encourage you to keep practicing the things you know you should be focused on. It is a reminder that the negatives are not real, just an illusion and with focus and effort you can release those patterns of self-sabotage and destruction. by Rosemary

It reminds us that we don't have to learn how to love because we are already that – just have covered it with things that are not true. It reminds us that we are Divine.

The editor of ShiningBRIGHT is Lily de Chalcin.

## ACADEMY BRANCHES

In its 10 year history, many branches of the Academy have sprung up, the first being Neutral Bay in Sydney and which is lovingly called 'a sacred home base'. Others, like flowers, bloomed for a short period then closed due to different individual circumstances. But the essence remained.

A beautiful woman, Wendy Shotton endeavoured to open a branch in the countryside in England on her own. She invested much time and energy in trying to produce an English version of ShiningBRIGHT but it was a difficult task on her own and with poor health she had at that time. But she seeded the idea – may the idea sprout and produce healthy fruit in time.





# S ACADEMY OF LIGHT



## Butterworth THE WORK OF THE ACADEMY

THE SOUTHERN CROSS ACADEMY OF LIGHT CAME INTO BEING TO PROVIDE A SAFE HAVEN DURING THE EARTH CHANGES AND THE SHIFT IN CONSCIOUSNESS THAT IS TAKING PLACE ON THE PLANET.

As we approach 2012, the cosmic forces that are coming to the planet are increasing and are creating turbulence within us so that we may shift our beliefs.

Whatever patterns within us that don't align with Truth, Love, Peace and Joy are being brought to the surface for us to take the responsibility of clearing them.

It is an uncomfortable, sad and painful time for many, many people as they deal with illnesses like cancer, AIDS,

Malaria, TB, MS., etc. Mental illnesses are increasing with depression and suicide becoming more frequent. Divorce rate is spiraling as now one in 3 marriages end in divorce. There are more and more stories of wars and conflicts through the world. These are all patterns and thought forms that need to be released from the Ancient Mind.

This is the shift in consciousness that is needed – the shift from the focus of what is wrong with the world to one of the love and joy that is always there but kept buried under the multitude of negatives.



So while people are going through these painful tribulations, the Academy is here to assist and support them.

This support will take many forms. It may be direction to a person within the Academy that has the ability to reduce physical pain, or life threatening dis-eases. It may be direction to a teacher/healer who can help you connect to the knowing of how to heal yourself. Higher energy may be needed to lift one out of depression - or parental advice on dealing with children - advice on coping and eliminating addictions. It may be emotional counseling to help you through a relationship crisis. The Academy is a Universal - City: within it are people with incredible skills and gifts ready to assist the movement into an age of living in Peace, Joy, Love and Laughter.

Within the Academy is being bred an alternative living style. One of a different focus - the focus being - what is right with myself and the world. It is a loving place for all to share.

Each gathering or meeting is a hand to help you along the way – help you discover new ways of living in peace by connecting to your own inner self.

But later you will discover the wealth and depth of knowledge, wisdom and love that is within the Academy. You will discover how to phone in and ask for help with your journey.

You will discover that you are not alone in your pain. Love, help and assistance is always there within the Academy – all you have to do is to ask. Just simply ring the office and express your need and you will be directed to the one the Academy knows that can assist you at that time.

### TEACHERS/HEALERS

Over the years, the Academy has attracted to itself many teachers of self-development and healing modalities. These dedicated people all feel that their mission is to help people understand what they are going through and how to release it and heal. Somehow these people find the Academy and ask to present to people their discoveries and share what they have found to be true for them and how it has helped them.

When they contact the Academy, whether they are coming from overseas or within Australia, the Academy arranges for them to speak at a meeting or it arranges workshops and seminars for them and networks their work.

In this way, the Academy feels that it brings to each per-



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son a multitude of choices of ways to shift in consciousness and release old patterns that allow them to heal. The Academy believes that everybody's journey is unique to them and therefore will need 'different transport' although the ultimate goal/destination is the same.

#### 2003

In July, 2003 a Blessing Ceremony for the Academy was held at Peace Park, Oxford Falls near Sydney, to connect the Light of the Academy to Heaven and Earth and Unity Consciousness on all Levels. Many people came and supported this blessing with their Divine presence. Anne Castle was the celebrant.

#### 2005

An exciting year for the Academy. John and Rosemary Butterworth purchased 84 acres on land with 360 degree views of green hills in the New South Wales countryside. This purchase is part of a vision quest to build a spiritual retreat for the Academy. A place where you may come to rest, heal and do inner work. The Academy will be asking teachers/healers



to come as well and give seminars there.

To date, much work has been done preparing the land and commencing biodynamic farming. A small mixed orchard has been planted and 100 metre long beds for vegetables have been prepared. Jacaranda trees have been planted



to line the 750 metre long drive to the proposed house. (Hence the property is being called Jacaranda Haven). Plans for the house have



been drawn and are ready to go to Council for the Development Application approval. Solar panels will be the source of electricity and sewage will be treated with reed bed irrigation. The house is designed using sacred geometry and the gardens will contain a Labyrinth and seating for small in-house concerts. People are welcome to come and see or be a part of the process. It is planned to hold an annual Jacaranda Haven Festival and Open Day in November each year when the Jacarandas are flowering with visual and performing arts and seminars.

In September 2005, a gathering of people performed a dedication ceremony with Aboriginal Healer, Gerry Bostock leading the Invocation, acknowledging the Aboriginal Custodians of the land, the forces of Nature, Devas and all the Hierachy, the Angelic Kingdom, Ascended Masters and of course Gods, Goddesses and Avatars. Crystals were buried and sacred water from many sacred water sites from around the world was poured onto the land to bless it. It was a wonderful, powerful experience.

**This year on the 23rd and 24th September everyone is invited to attend an opening of a vortex on the land. Gerry Bostock has been invited to lead the ceremony. For more information and details phone the office 9975 4905.**

#### 2006

With each passing year the aim of the Academy becomes clearer and more concrete.

In acknowledging the truth in all religions, the divinity of all that is, the Academy is Loving All/Serving All.



# TIMELINE HEALING

by Sal Rachele

## WHAT IS TIMELINE HEALING?



The following is a description of an exciting holistic technology known as "timeline healing." Timeline healing is similar to the psychological technique known as "reframing" and the spiritual technique called "past life regression." While it combines elements of these therapies, it also includes a unique set of processes originally taught by my spirit guides, the Arcturians. The Arcturians are benevolent guides residing in what I call the 7th, 8th and 9th densities.

The Arcturians have a very different view of time than that of most souls on Earth. From their perspective, time is mostly an illusion, important only in the lower densities of Creation. We have within us the ability to change past, present and future at will, and we can expand and contract time as well. This is how beings from higher dimensions are able to assist hundreds of souls at the same time. Timeline healing enables us to be the masters of time.

Timeline healing is backed by modern science. In recent physics research, there is a principle called "quantum entanglement." Particles in a laboratory are manipulated in such a way as to draw a startling conclusion: They can be changed in the future and it will register in the past. Essentially what this means is that a change made anywhere along the particle's timeline affects every other point on that particle's timeline.

## WHAT DOES THIS MEAN FOR HUMANS?

Very simply, it proves that time as we know it is an illusion. My guides the Arcturians explained that there are an infinite number of possible and probable timelines, and each timeline contains an infinite number of "selves", one for each eternal moment, and there are an infinite number of eternal moments. In fact, there is one occurring right now. We are capable of visiting any one or more of our infinite past selves, whether from this life or our many past, parallel and higher dimensional lives.

In timeline healing, the therapist takes the client back in time to a period of great trauma, turmoil or negative programming. This can be an abusive experience from early childhood, birth trauma, a violent death in a past life, or a prolonged period of suffering in the distant past that is still "imprinting" itself in the etheric body.

Instead of merely working with the emotions that occurred during that trauma as in traditional psychotherapy, a timeline healer creates a meditative process whereby the client can actually interact with his or her past self. Not only does the person interact with the past self, but that self is given specific healing techniques and processes to help heal the trauma. Once the trauma is healed, the person's entire timeline is changed.



You might be wondering how you can change history when it is "written in stone." Here's what really happens. When you change your past self, you effectively "jump" into a new timeline. The old timeline still exists and is recorded in the Akashic Records. However, YOU are no longer in that timeline. You have a different past, one that includes the healing your past self received. Your new timeline also includes the changes that resulted from the healing. Unlike reframing, where you convince yourself emotionally that the trauma never happened, timeline healing actually changes the energetic patterning, imprints and implants that reside in the etheric blueprint of the soul.

The negative energetic patterns that once existed in your past no longer exist in your new timeline. The crystallized traumas and negative programming no longer exist. Some of the effects of those programs may temporarily still be present in your life, especially if those patterns have been creating poverty, suffering and disease for many lifetimes, but now that the causative factor has been removed, those circumstances will quickly change to reflect your new state of consciousness.

## WHAT KINDS OF MALADIES CAN BE HEALED WITH TIMELINE HEALING?

I am not aware of ANY condition that cannot be changed. We were created in the image and likeness of our Creator and that means we were created to be powerful, creative, unlimited beings, capable of creating entire universes. We were created in the perfect image and likeness of God. Sickness is therefore an illusion, and all illusions can be changed.

We are essentially masters of time, and by healing the traumas of childhood and past lives through timeline healing, we rapidly begin to reclaim our natural heritage. I'm sure you have heard the expression, "Faith can move mountains." Through timeline healing and other holistic processes, we can create the life we were meant to have – one free from illness, aging and conflict. We can live in perfect health

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# WHAT IS SPIRITUALITY AND HOW DO WE LIVE IT?

by Kathy Murphy

**S**pirituality is everything. There isn't anybody who isn't spiritual. Anything other than that would be a judgement, and from where would one judge it? If God, the Source (or call it what you wish) is the absolute, then what isn't God?

Everything we encounter or experience is filtered through the mind. And it is through the mind that the grand illusion of life has been set up in the first place. So which part of this dream do we think is real?

In a dream, the only thing we can find, fix or participate in, is more dreaming. This is all part of the illusion the mind plays out to keep us more separated and forever searching for more answers. The only thing we can ultimately do in a dream is to "wake up".

Underneath all the apparent differences between people, each and every one of us has been asked to live the same basic life lesson. This is to dissolve our perceptions of personal identity, or individual "separateness".

Piece by piece, every aspect of our life identity (which we have formulated through the mind) will be dissolved. Many people are currently experiencing this in some form and it is our resistance to this process that is equal to any pain encountered.

If you are not sure what your identity is, just have someone challenge any aspect of what you believe in and watch your reaction. Do you immediately go into the defensive to a greater or lesser degree?. Exactly what are you defending? It is the illusion of what you are identifying with.

The key to living our spirituality is honesty. Only through real honesty can we come to touch our core essence, and live our real truth. Through this we will also encounter that part of ourselves that attempts to protect who or what we "think" we are.

With honesty, we get more real about our intent and why we do the things we do. Ultimately, everything we do is done for ourselves! Only through a willingness to be vulnerable can we really expose the parts of ourselves we feed in order to maintain our "identity".

This is also known as the "ego-self" and is what keeps us feeling we are somebody unique, special and separate. This sense of "somebody" maintains itself through constantly feeding our wants and needs, and is always wanting to pro-

tect our identity from anything that resembles discomfort or pain. Unbridled, this constant activity of the mind keeps us from experiencing and living in our natural state of awareness.

It is our mind that judges everything in life as being better or worse, or even as being real. If the world that we live in is a dream, what does it matter what happens in a dream? What if we be became a "no-body"? Who would we be then?

Waking up can be painful, but it is real. "Love" can no longer be used to feed our emotions or be experienced as a feeling. Love is not an emotion or a feeling, but a state of harmony. Without the mind, we are naturally that state. This is not something to be understood; it is a pure state of Being beyond words and any comprehension of the mind.

Living our spirituality is essentially about a commitment to inner honesty, no matter what the personal "cost" or how it looks to others. If we are willing to embrace any opportunity to awaken from the "dream" of life, we will become aware of exactly what is required of us in each moment.

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## Timeline Healing continued from page 17

indefinitely, for as long as we choose to have a physical body. We can have beautiful, loving relationships that are co-creative instead of karmic. It matters not how much karma you have accrued or how many lifetimes you have suffered. Due partly to the Divine Dispensation given recently to humanity, along with new technologies such as timeline healing, there is nobody that must suffer due to past life karma. All karma can be dissolved through forgiveness and self-acceptance.

As we heal our past selves, we develop a greater appreciation for the magnificent beings that we are. This in turn makes it easier to forgive ourselves and others for the inevitable issues that arise in this third dimensional life. Living a life free of karmic lessons is a joy to behold!

### HOW IS A TIMELINE HEALING SESSION STRUCTURED?

Usually a client will come for a one-hour session. Occasionally more than one session may be needed, depending on the willingness of the person to go into deep meditation and do the inner work.

I also conduct a one day Intensive on Timeline Healing and, although we are not able to go deeply into personal issues in a group setting, every participant experiences some actual timeline healing and gains a greater perspective into the path of the soul. I invite you to join me and take part in this exciting journey!



*Sal Rachele will be in Sydney September 2006.  
See ad on page 9*

# MULTI - DIMENSIONAL CONSCIOUSNESS

by Kim Fraser

*The development of multi-dimensional consciousness will increase the range of things that you can know, understand, and make use of in your life. The bigger your awareness becomes, the more tools you will have at your disposal so that you can lead a life more filled with ease and grace.*

If we look only at the physical world, only part of life can make sense. By seeing beyond the world of form and into the worlds of energy, we can recognize great patterns and states of being that make clear what spiritual teachers of all traditions have been telling people for eons. There really is a God who loves us. We are Divine beings with immortal souls. Doing good things and forgiving others is actually good for you. There is human law which, even to a lawyer, does not always make sense. There is also God's law, which is completely fair and embracing, loving and enabling.

The physical world of people, places, things, events and time, take place at what could be described as the pointy end of a great unseen supporting structure. This structure includes many levels, and exists through different dimensions.

Many old spiritual books talk about the outer world of form (the physical dimension) and the inner world of the spirit. However, the inner world is not just a big space with stuff floating around in it. It is separated into different dimensions, and each dimension has different fundamental functions and structures.

There are five dimensions that humanity, at this point in our evolution, is heavily engaged with [1]. What is more, we each have five bodies corresponding to the five dimensions. These dimensions (and bodies) are:

1. The Physical dimension
2. The Etheric dimension
3. The Astral dimension
4. The Soul dimension
5. The Divine dimension

The Etheric dimension is our energy anatomy, our aura, chakras and the meridians that join it all together.

The astral dimension contains all of our thoughts, beliefs, memories, and the collective conscious and unconscious of the entire population of humans. Most of the time we are



either thinking thoughts or feeling feelings, so we are astrally engaged nearly all of the time. In fact, quite often we are astrally conscious rather than fully present in the physical world. Just remember the last time you were on a long drive somewhere, how much of your time was spent focussed on scenery and how much of it were you remembering things you had done before or planning something for the future?

Each dimension operates differently and has a different set of rules. These are hidden, natural laws. You cannot hammer a nail into an (astral) idea, nor think your way through a (physical) solid wall. In the physical world we have the law of gravity and the concept of time. Neither of these things exists in any other dimension. In the astral world there is the law of polarity, which means that there is an opposite potential for all things. Instead of 'happy' we can have 'sad'. Instead of 'inspired' we can have 'dejected', and so on. Polarity also exists in the physical dimension where we can have 'overweight' and 'thin', 'up' and 'down'. Polarity is not present in the etheric, soul and Divine dimensions.

The laws above affect us here below in the physical dimension so we might as well learn how to work with them. By recognizing and using the different dimensional realities, we gain some insight into how we can shape our lives. It then becomes easier to achieve what we want to achieve, to have a more conscious connection with our creator, and thus a much better life.

As you can see, the physical part might be the pointy end, but it is actually the smallest part of who we are. The physical dimension is the densest body that we have, and it includes our physical body and physical things in our universe.

[1] It is a mistake to believe that things beyond the physical realm are finite. There are endless dimensions, but they are so far removed from our everyday life that there is little point in talking about them. To say there are 5 dimensions is to provide a simplification of something vastly complex, so that it is understandable at this stage.

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The etheric body is very close to it, less dense but still able to be felt with the hands if you know how. It includes our aura, our chakras and the meridians that join everything together. This subject is covered in detail in my book, *Ignite Your Spirit*.

The astral dimension is less dense again, and is the dimension in which all of our thoughts, beliefs, memories, dreams and emotions occur. As a human your consciousness is engaged in this dimension most of the time. It contains the familiar stuff (for better or worse) that fills your mind.

The astral dimension has no light source of its own, and relies on us to bring that light in from the soul and Divine dimensions. It can be a very confusing zone, where things are not always as they seem. The astral dimension is the biggest stumbling block to clarity and Divine oneness, so we need to spend quite a bit of time looking at how it works and how to master it.

The mind power movement of the last 50 years has contributed greatly to our consciousness of positive thinking and our ability to remove negative, fear-based beliefs. This shift in the astral dimension has brought positive changes and empowerment to many people. There is still a long way to go, and one of the limitations is that it is still focuses on the mind, and how to use and control it. Making changes in our lives is even more effective if we work in the soul and etheric dimensions, as well as the important astral dimension.

The soul dimension is home, where we live when we are not physically and astrally embodied. It is eternal and huge, and is far less dense than the astral, etheric or physical parts of us.

Each person has a soul which never dies. Each soul is in the process of evolution, gaining wisdom and experience, different kinds of skills, and ever expanding consciousness. The journey of the soul is to become a perfected being of love, light, power and wisdom. The physical thing we think of as 'me' is just a part of the soul, in the same way that our finger is part of our hand.

Soul consciousness is very expansive compared to our usual mind consciousness. Through contact with our soul, it is possible to know things we have not actually learned before. Soul consciousness does not come through mind training, goal setting and logic, but through our intuition. Developing your intuition is therefore quite important. The fastest way to activate your intuition and gain Divine awareness is through development of your etheric body, particularly the heart chakra. Meditation is a great tool for this purpose as well.

The Divine dimension is the ultimate everything. It is the Heart and Mind of God through which all things originate. It is like a void because it contains absolutely no matter. It is

pure consciousness, the lightest and finest of the dimensions. It is from here that God gave birth to our souls. The quantum field may be one and the same thing as the Divine dimension.

We have a Divine spark within us called our monad. Monadic consciousness is really rare on Earth, however people like Jesus, Krishna, Mohammed, Sai Baba, Amachi, the Dalai Llama and others, have developed themselves to such a degree that they can merge with God and survive. Not only can they hold this universal Christed energy, but they can assist others to do so through an energy transferal process which comes with vast spiritual development. Eventually every one of us will reach the level of development of these Great Souls in this life or another. The Divine plan says so.

As children of God all we have to do is ask for whatever we want or need, and our loving divine parent instantly sends the energy of that which we asked for to us. It comes into the top of our "V" of multi dimensional being-ness, and has to make its way down through each dimension to the physical one, where we hope to enjoy whatever we have asked for. Along the way there are various possibilities of blockage and resistance to living with ease and grace.

When we open to the way in which these different dimensions operate and affect each other, we can attain greater understanding of ourselves, why things happen the way they do, and how to make effective conscious change in our lives. We can actually realize that we are children of a very loving, benevolent God, and that we interact with Her constantly. We can become conscious of this interaction, and have real communion with the Divine mind and heart any time we want to. We can also find out how it is that we block ourselves from the very things that our hearts desire.

*It is not wrong to tell the Lord that we want something, but it shows greater faith if we simply say: "Heavenly Father, I know that thou dost anticipate my every need. Sustain me according to Thy Will.*

Sri Sri Paramahansa  
Yogananda

*This article is an excerpt from Kim's new book *Child of God*. *Child of God* contains lots of simple and practical 'how to' concepts that will help you align through the different dimensions of your being, and find peace and happiness inside yourself. You can achieve your own magnificence!*

*Kim Fraser is a spiritual teacher and former barrister, who has helped thousands of people to ignite their spirit and find their own Divine essence. "Child of God" and her first book "Ignite Your Spirit" are available through Brumby Books, SCAL, good book stores or you can purchase them through Kim's website. [www.kimfraser.com](http://www.kimfraser.com)*



# FINDING LOVE

by Lily de Chalain

**W**e often wonder why love is so hard to find. By this I am referring to true love, absolute & unconditional love. But is there really such a possibility of receiving from another something as desired as unconditional love? If we are all doing and reacting for our own ultimate benefit then how can there really be unconditional love. The whole concept of finding your soul mate has really created much more pain and confusion as you search and wait for the perfect love to arrive. So are you wasting your time looking for perfect love through the perfect partner or should you just get on with loving yourselves and what is.



Soul mates are not magical love beings sent to you for an easy ride, quite the contrary. Soul mates are not always lovers, they are often family and friends. A relationship with a soul mate brings with it many lessons and often challenging times as well as a deep sense of belonging. Most of us come from a place of having experienced pain and we are looking for love through a wounded heart. Many of the people we are attracted to are also wounded and this makes it hard for us and for them to love freely without barriers. How often have you held back just a portion of yourself until you are sure this new love is worthy of your heart. Yet we expect the other party to love us freely, fully and unconditionally.

Many times we bring into this life painful memories from other lifetimes and we do not understand that these memories carry a lot of weight that influence our behaviours and the decisions we make in this life. There are many facts from

your past that you can not remember and are not conscious of and these issues are still affecting you. Something that has happened in the past or in a past life is often still so real in your subconscious that you can not fully appreciate what is in front of you as the lessons and memories of the past have not yet been released. Waiting for the perfect love is like finding a needle in a hay stack, definitely worth the search but how much energy do you want to waste while you are waiting for this miracle to occur.

Why not just get on with life and enjoy what ever experience is brought to you knowing that it is sent with love from the one who knows your needs the most. And just maybe the experience and the person standing in front of you now will unlock some of your deepest fears whilst bringing you closer to loving freely without reservation. When you can love yourself and have an intimate relationship with yourself you will find that you are worthy of receiving

and this will allow you to let go of the fear of being loved as the person you truly are right now.

When you look for love in higher places, in higher dimensions such as your connection to your angels, your guides or to God, then, you will understand that this is where true unconditional love abides. Here, there is no judgement and no demands put upon you and no expectation; here you are able to fall into the love that is always there for all of us, a love that is born out of pure light.

Yes, human love can also offer us unconditional love but this usually happens in the moment, and it is often disrupted by the day to day grind of living in this world we call Earth, full of stress and expectations. The love we are looking for often presents itself in a way that we are not expecting nor really satisfied with. The picture of love we conjure up is not something another person can know how to pro-

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duce or replicate unless we communicate exactly as we desire it to be.

We need to understand that love has many dimensions and many layers and they are not all nice all of the time. You would do yourself a great service if only you could accept the unconditional and the conditional as part of the whole and as part of the ebb and flow of love. Just as the sun is hidden by the moon and the light becomes dark, and as the summer is shared with the winters so is love capable of giving and withholding.

This does not mean you are no longer loved and yes, it does require great understanding and adjustment on your part but love is here to stretch you and intrigue you as well as making you feel accepted and desired. If you can imagine your heart like a balloon, filling up with air and expanding with every breath, and then needing to pause and to release as well, this is what is required to love freely. If you are so full of pain your lungs are like the lungs of an asthmatic, unable to breathe out, totally constricted through memories of the past and therefore unable to breathe in the new

If there is no space in your heart then how can you accommodate more into your life? Most of us find it difficult to breathe deeply into our lungs but we are always able to breathe out fully. We can always say what we are not happy with, but how much space do we make to accommodate another's pain and how much understanding do we give to our partner's difficulty in pleasing us whilst they too desire to be loved unconditionally.

Allowing love into your life has been difficult for many of you but you do not realise you are the cause of this, you have so many wounds that still require healing that you are unable to love and to receive love the way you desire to be loved. Healing in itself is a journey, a journey of discovery like seeing yourself naked for the first time after a long illness. Sometimes it's a shock to realise how much we have suffered, to remember the full extend of the experience and the pain and to choose to let go and to heal and move forward. Healing is your doorway to having the love you want to find because without the courage to take responsibility for your pain there will always be parts that remain bolted shut.

Begin now by looking at what is really holding you back. The pain resides deep in your cells but it is the pain that has been stored in your minds that cause you the most stress and fear. Unwilling to be vulnerable once more, unable so it seems to endure more pain and unsure whether you want to open that door yet again. But if you are not willing to be hurt



and you are not willing to take a chance then continue to breathe your shallow breath and continue to observe your unfulfilled heart but know that you have the power to change your life and your circumstance and float with the ebb and flow of a new wave of love.

First love yourself, find your connection to the higher realms and feel yourself suspended in the arms of true unconditional love. Then challenge your thinking around relationship and be willing to be vulnerable, take another leap forward and embrace your capacity to give and to receive love. Are you willing to stand naked in front of another and truly trust that you will be accepted and loved as you are?

Allow yourself to stretch and to be patient in your love knowing that your partner also has wounds and sometimes needs to pause and to retreat. Love is presented to us in many forms and it is up to us to recognise it. If, you experience pain once more

then be willing to get up and be vulnerable again, be willing to get up and be hurt again for without your willingness to participate you can not play the game or learn how to move forward. Work through your issues and differences and embrace another as you would want another to embrace and nurture you.

Love requires the ability to see and to experience pain as well as joy, without the pain how would you recognise the bliss of a full and overflowing heart. The pain that you allow yourself to feel is also the opposite of the heights you are able to reach in the bliss of new love. Absolute love is your legacy, when will you be willing to take a good look at yourself because love is here and waiting for you to breathe it in.



*If you would learn the secret to right relations,  
look for the divine in people and things  
and leave all the rest to God*

J.ALLEN BOONE  
*Kinship with all Life*



# DISCOVERING AND FOLLOWING THE GURU WITHIN

by Dr. Huzan S. Daver

*Pranam to the lotus feet of Bhagwan Shri Satya Sai Baba.  
Pranam to the divinity within each one of you.*

I have been asked to talk briefly about "discovering and following the Guru within us." Who is the "Guru"? I believe the Guru is a teacher, a guide within each one of us – the guru is our conscience. Who is the Conscience? – I believe the Conscience is the voice of God within us. How do we discover the voice of God? I believe we have to be in **silence** and **meditate** to hear the voice of God. Sai Baba says in clear words:

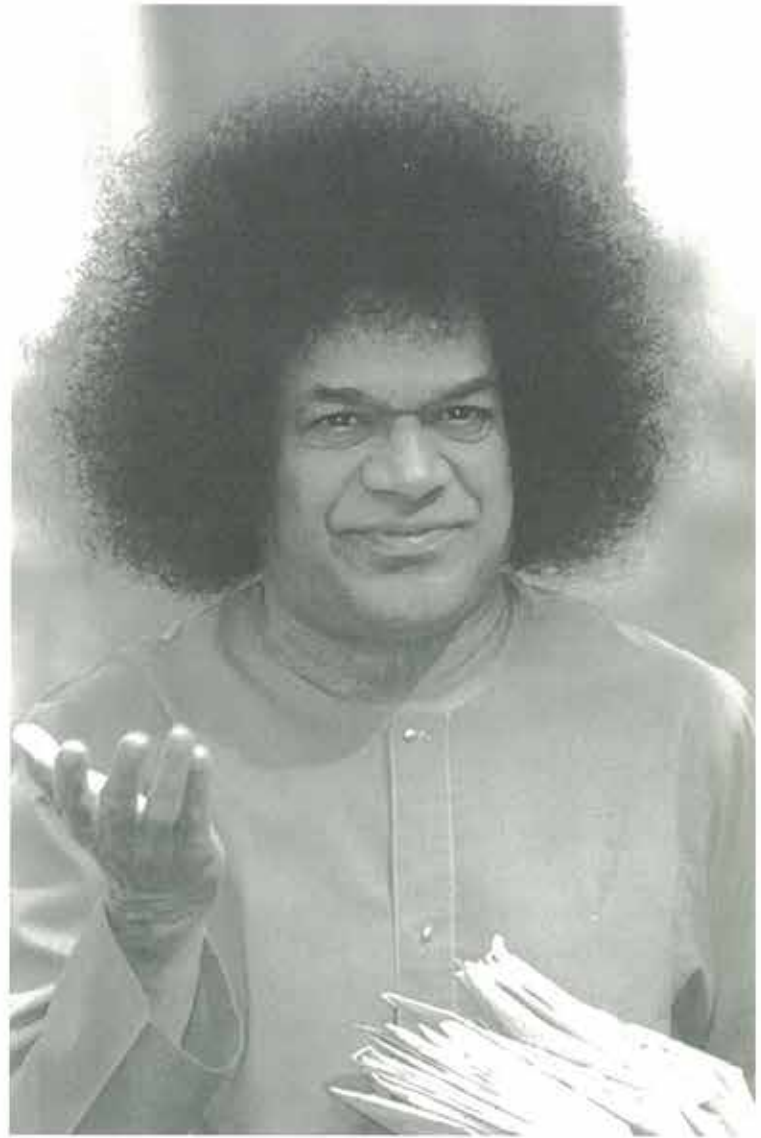
"God is not somewhere away from you, someone distant from you. He is in you, before you, behind you, beckoning and guiding, guarding, warning, prompting. He is the inner voice speaking ever with you".

Baba says further in the Geetha Vahini

*The Lord's command is that each should give up the "object" vision and listen to the voice of God... No one should act against the dictates of his/her conscience. Acting in violation of the conscience is evil; action based on the conscience is righteous. True worship consists therefore in doing what is right as dictated by your conscience.*

How do we learn to listen to and follow our conscience at all times? I believe we can do this by training the mind through meditation practices on a daily basis. Prayers and repeating the Lord's name are all part of the meditation process.

How often has Baba told us that we are all Divine. Why do some of us not accept this fully? Perhaps it is because being "divine" involves responsibility and commitment at all times. Being divine involves connecting to our **Atma (Divine Self)** and watching and continuously removing the poison created by our minds. We cannot take time out and become careless, or impulsive with our thoughts, words and deeds. I do not believe Baba takes a vacation from being pure love like we do. We can no longer pay lip-service and not practice real Love and wisdom. We have to think, speak and act divinely at all times. What is a divine thought, word and deed? – I believe it is one that is concurring with our conscience or our **Atma**. So if we are not practicing listening to our conscience in silence on a continuous basis how can we be in tune with our **Atma**? We should think, reflect and ask



constantly – is this for the highest good of others and myself??? Is this thought, word and deed divine???? In Baba's own words, quote:

*Man implies three things - doing, knowing and being. When the body acts alone without regard to the mind and the Atma, that person is considered to be in the animal state. When the mind acts in association with the body without regard to the Atma, that condition is described as demonic. When man acts in consonance with the Atma, he achieves oneness with the Divine. Hence, man has in him these three potentialities, he can manifest himself as an animal, a demon or God.*

I believe that the reason why so many people in the western and modern world today have turned away from religion and therefore separated from God is because they have lost direct communication with their conscience, **Atma** and with God. Humankind through the ages lapsed into communicating to God through an intermediary - the clergy, the representatives of the church or temple. With this came a rise in mechanical elaborate rituals as an offering to pla-

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cate or entice (bribe) the divine. My Masters thesis in 1984 was a detail research study on the Zoroastrian priesthood in India. What I found sadly was that not only was the priesthood diminishing due to socio-economic neglect but an alarming large number of Zoroastrian priests were reduced to only practicing rituals **mechanically** by rote without much understanding of the significance of what they were doing. Moreover very few were connecting to God through their heart or inner vision. In short a large proportion of rituals had become a commercial and emotionless venture. Unless you connect to God with your heart and soul, elaborate **mechanical** rituals, bhajans (hymns), and even prayer and meditation are a waste of time and energy.

Baba continues to say, "Prayer must emanate from the heart, where God resides, and not from the head where doctrines and doubts clash..."

*The real devotees are those who sing with real devotion with a pure heart, constantly contemplating on the Divine Name. There are thousands of people taking part in Bhajans. But not all of them are real devotees. Their body may be present in the Hall but their mind is not fixed on God. They participate in Bhajans mechanically. This is not real devotion".*

Baba also says: "Without the mind becoming dissolved in God, meditation (Dhyana) cannot succeed".

Often people ask me how one can differentiate between the voice of conscience and our own thoughts. Could one get confused between the voice of God and our own thoughts? Say if two people have a common problem and both look within and ask for divine direction, and they get different contradictory guidance. Could that happen? God is one. So He only speaks One Truth so why would the guidance be different? Let me answer that with an analogy. If you are **untrained** to look out at sea like a sailor is, would you be able to discern another ship approaching your ship, in all weather conditions at great distance? Our poisonous thoughts and negative experiences from the past can change our perception of the voice of conscience or the **Atma**. It is through regular daily meditation practices that we are able to cleanse and remove our thought garbage and thereby be in tune with our **Atma**. By training the mind through meditation we are better equipped to discriminate between our self created poisonous thoughts, our past negatives experiences and the voice of conscience.

Furthermore, if you are confused between your thoughts and the voice of God always use **discrimination** and **wisdom**, ask yourself, is this thought, word, deed loving towards all, is it divine or is it selfish and ego centered. God would never guide you to think, speak and act in a way that is harmful to others. For example, do you believe that Swami would guide us to or want us to take on Sai duties or medi-

tate excessively at the cost of our family responsibilities and commitments? Of course not. **You cannot spiritually progress by causing pain, harm and neglect to anyone.** Moreover, spiritual conceit, arrogance, rivalry, competition and spiritual comparisons (for example: who can chant longer and better than the other or who gets an interview with Swami and who does not) are all detrimental to spiritual growth and development. **Balance, equanimity, love, harmony is the key.**

Sai Baba has given me many tough lessons in my life and one of them is to keep a balance between family and spiritual work. I am not being spiritual if I meditate excessively or perform other tasks for the Sai organization and do not look after my children and husband who are dependent on me. That is not being spiritual but selfish, egoistic and 'un-dharmic'. In short, I do not believe God would tell us to do anything which is causing harm and neglect to others. We are further spiritually degrading ourselves and others **if we use Swami's name in vain to do wrong acts. Be aware of selfishness and ego driven acts done in the name of spirituality and God.**

*\*\*Sai Baba is an Avatar here on the Earth at this time to support us with teachings of truth and love that will assist us through the period of the Earth changes*



## Dr Verna Yater

Dr Verna V Yater returns to Sydney  
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# GENETIC CELL MEMORY

from the teachings of Lord Raihnon

**T**he Human Journey is the Journey of God being Human yet human beings are focussed on the Human becoming God. The belief and mind programming is that you are "lesser than". Each and every thing is created from the Divine Energy.

The struggle that you live is because you perceive everything outside of self as reality, yet in truth it is the opposite. You are the creator of your journey. It is time for humanity to accept responsibility for Its creation. Everything IS possible! Everything CAN be changed!

The knowledge of all humanity and evolution is in you yet you are not awake to this knowledge. A single cell in your body contains the "blueprint" of it all. You have been taught many times that you are one with all. You ARE every other Human being. In truth you are indeed everyone from the first Human before you genetically, and those that are born after you. You will continue to exist in Humanity via genetic cell memory eternally. So where are you now?

Your mind encompasses all that you are. It knows the complete blueprint of your body and its functioning. It knows through genetic cell memory every aspect of every human in your genetic history. This knowledge expands throughout the generations of all races of humans from the moment

Humanity procreated within itself. So You are every other Human.

The journey of you is for God to experience the unknown. Difficult when you are afraid of what you do not know. Everything that you have learnt through this sector of your journey is recorded in your cellular memory. Your love, your fear and sickness, then through genetics is the future knowledge. When you learn anything it becomes the knowledge of all. When you heal others you are healing an aspect of you. When you love others you give love to you. When you are afraid it is yours and when you judge it is the judgments of self.

Your fears of life that you own and create from may be your genetic fear and not this life's creation. Yet you will not see this until you know yourself. If you have little acceptance of you then you will not accept the knowledge of you and all humanity, it is buried deep within the mud of fear.

So you see Beautiful People the All Knowing You that you are searching for is in you. Isn't it time you said hello? Remember this truth - You can not love what you do not know. Your ability to love is limited by your acceptance and love of self, and in turn your acceptance and love of all.

Now is the moment to Love beyond Fear.

Greetings Beautiful People  
Lord Raihnon®

*From the Teachings of Lord Raihnon®*  
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## MOTHER TERESA 1910 – 1997

***"There is more hunger in the world for love and appreciation than for bread"***

"The most terrible poverty is loneliness and the feeling of being unloved. The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted.

We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.



Mother Teresa

Love begins at home; love lives in homes and that is why there is so much suffering and so much unhappiness in the world today.....Everyone today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begins the disruption of the Peace of the World."



## RECOMMENDED READING

### 'WHAT MEN DON'T TALK ABOUT'

by Maggie Hamilton

MAGGIE HAMILTON

# WHAT MEN DON'T TALK ABOUT



*'The difficulty for many people, including men, is that it has become normal to regard themselves and each other as dangerous or potentially dangerous, which colours their whole way of looking at life.'*

I thought long and hard about what I personally thought about this book.

Believe me it was a very moving

and personal experience to read. I have the experience of having two ex-husbands and two children to two different fathers. I wanted to see what Maggie would say that I obviously hadn't got already from my life experience of men and the way they act. I got to understand they feel deeper than I ever acknowledged.

I gleaned information about my divorces and the raising of children that I may never have received from talking with my girlfriends and older women in my life. What was the most interesting thing is that although it is given that men don't talk about 'stuff', it also is sad to see that they have a real need to verbalise, to be asked and listened to, and have their feelings validated. I think as women we (figuratively speaking only) 'castrate' our men. They have real fears and they do not have a forum for airing them. Women have many forums in the guise of 'tea and sympathy' from your neighbour to the solicitor's office. Men want to be asked and listened to. Men are human. Perhaps we need to remember that sentence only.

This one quote helped me to understand better:

*'it's like the tar baby thing: once you're thrown onto that tarry hedge, no matter how much you struggle you'll only get deeper into it, so you just shut up and you don't express how you are feeling. You internalize it. You have to wear it, and it's not a good thing.'*

Thank you Maggie Hamilton for talking to the men I thought I understood but never really listened to.

Anna Rotondo reviewed this book on 24/07/06.

### FIRE FROM HEAVEN

by Kiara Windrider



Brilliantly simple! This book gives the reader a easy-to-understand description of the state of Enlightenment. By using the story of 5 different people who explain the state of Enlightenment they reached after receiving Deeksha from Bhagavan you feel that Enlightenment is the natural state of being – a state of oneness. Although each person

in the book reached a state of Enlightenment – each person experienced the state very differently. It is fascinating to read what they experienced and how it is available to everyone.

The book explains that Deeksha creates a neurobiological shift in the brain, ultimately leading to enlightenment. Deeksha activates the frontal lobes of the brain and de-activates (or decreases) the parietal lobes. The book tells us that .. "if enlightenment is our quest, we cannot get there by trying to develop enlightened qualities. Through Deeksha you become aware that enlightenment is simply about 'de-clutching' from the mind."

Bhagavan and his wife Amma teach and give Deeksha at their Oneness University in South India.

*Although this book is currently not available – the Academy is hoping that it will have copies to sell soon. For enquiries ph: (02) 9975 4905.*

#### THE ACADEMY RAN A WRITING COMPETITION AND THE QUESTION WAS:

What does spirituality mean to you  
and how do you live it?

The winner was:

**1st Prize** (see story p. 18)

Kathy Murphy wins a \$50.00 voucher and a ShiningBright subscription.

**2nd Prize**

Cathy Votano Jager wins a ShiningBright subscription for 1 year.

**3rd Prize**

Angela Heise wins a ShiningBright subscription for 1 year.

*Congratulations to our winners  
and thank you for entering.*

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Japanese houses normally have a hollow space between their wooden walls.

When tearing down walls for a house renovation, the owner found a live lizard stuck to the wooden wall strut, because a nail had been hammered into a foot. When he checked further, the nail must have been nailed in many years ago when the house was first built. What happened?

The lizard survived in such a position for 10 years! In a dark wall partition without moving - how did this lizard survive for many years without moving a single step--since its foot was nailed?!

So the man stopped work and observed the lizard. Later appeared another lizard, with food in its mouth. Ahh! He was stunned and his heart touched deeply. Another lizard had been feeding the stuck one for all that time...

Such love, such a beautiful love! One lizard had been feeding the other untiringly without giving up hope on its partner.

If a small creature like a lizard can love like this... just imagine the beauty of human love and dedication, if we try!



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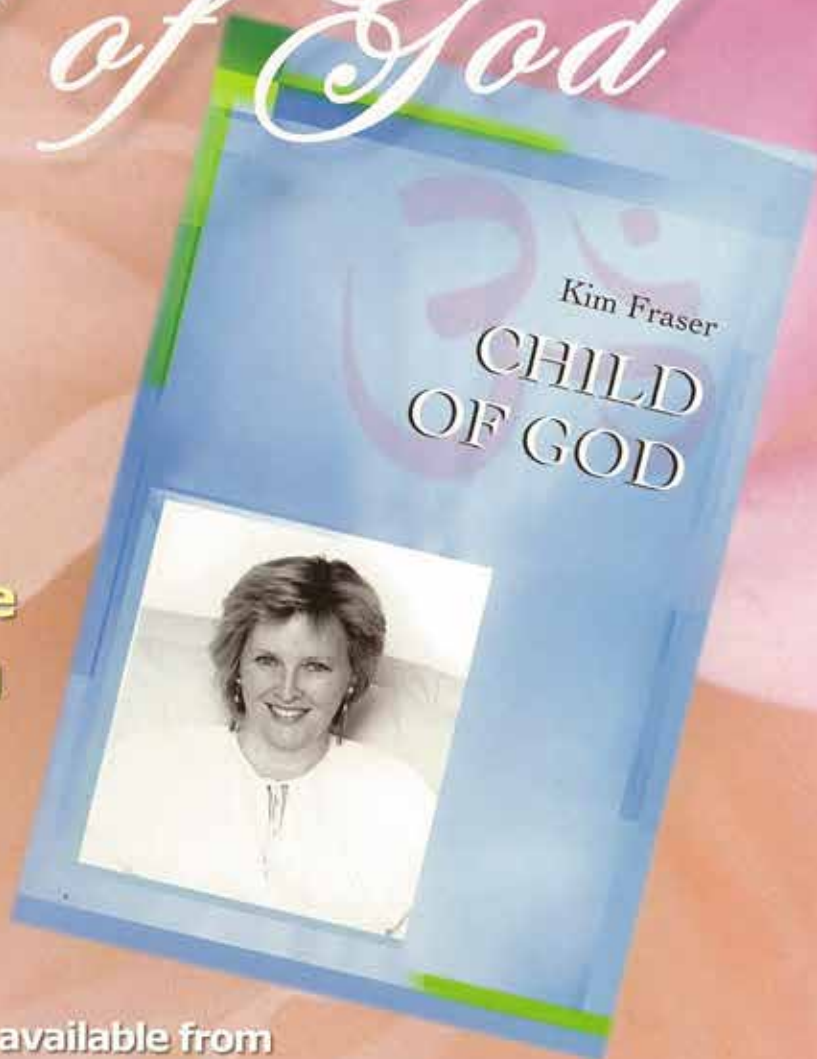
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# AUTORI

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4th & 5th November 2006

Venue TBA

### "Flying With The Eagles"

Fly with the eagles while remaining in open centred heart.

This seminar will be directed towards the raising of consciousness, higher and higher into the light whilst staying grounded on planet Earth. We will discuss the balance between the spiritual and material worlds and find out more about the power of meditation and prayer within the daily activities of our life.

These and workshops are for those who are seriously committed to breaking free from their "Egoic Being" as Autori sees directly to the core of your Ego's game playing he has a clear insight into what ever issue is holding you back from moving forward. Join us now if you wish to know the real purpose of this life and if you are truly ready for major growth on your Spiritual Path and committed to fully stepping into your own Master Essence. **\$295.00**

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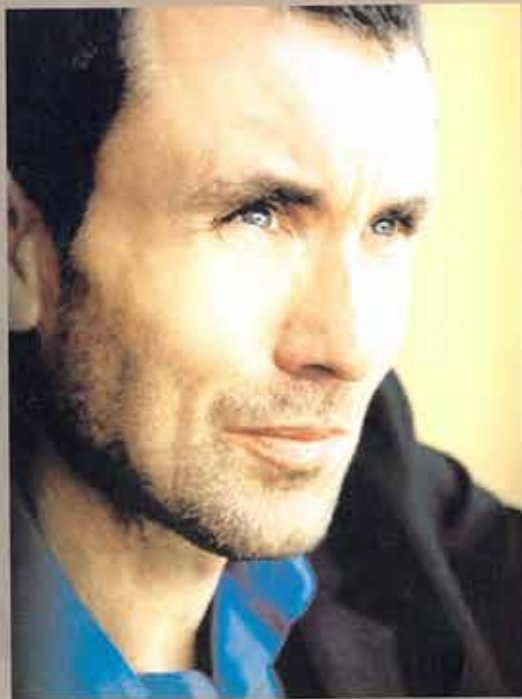
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*He provides you with a tangible experience of who you are and how amazing you are. His seminars and his counselling direct you towards self mastery and self empowerment so that you may experience your own essence.*

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#### "The Warrior Disciple" Judas and the "Crucifiction"

Nov 1 – Crows Nest Community Centre,  
2 Ernest Place Crows Nest.  
7.30 – 9.30 pm \$30.00

Nov 2 – The Tramshed.  
1395a Pittwater Road  
Narrabeen  
7.30 – 9.30 pm \$30.00



for bookings and enquiries please call : The Southern Cross Academy of Light

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