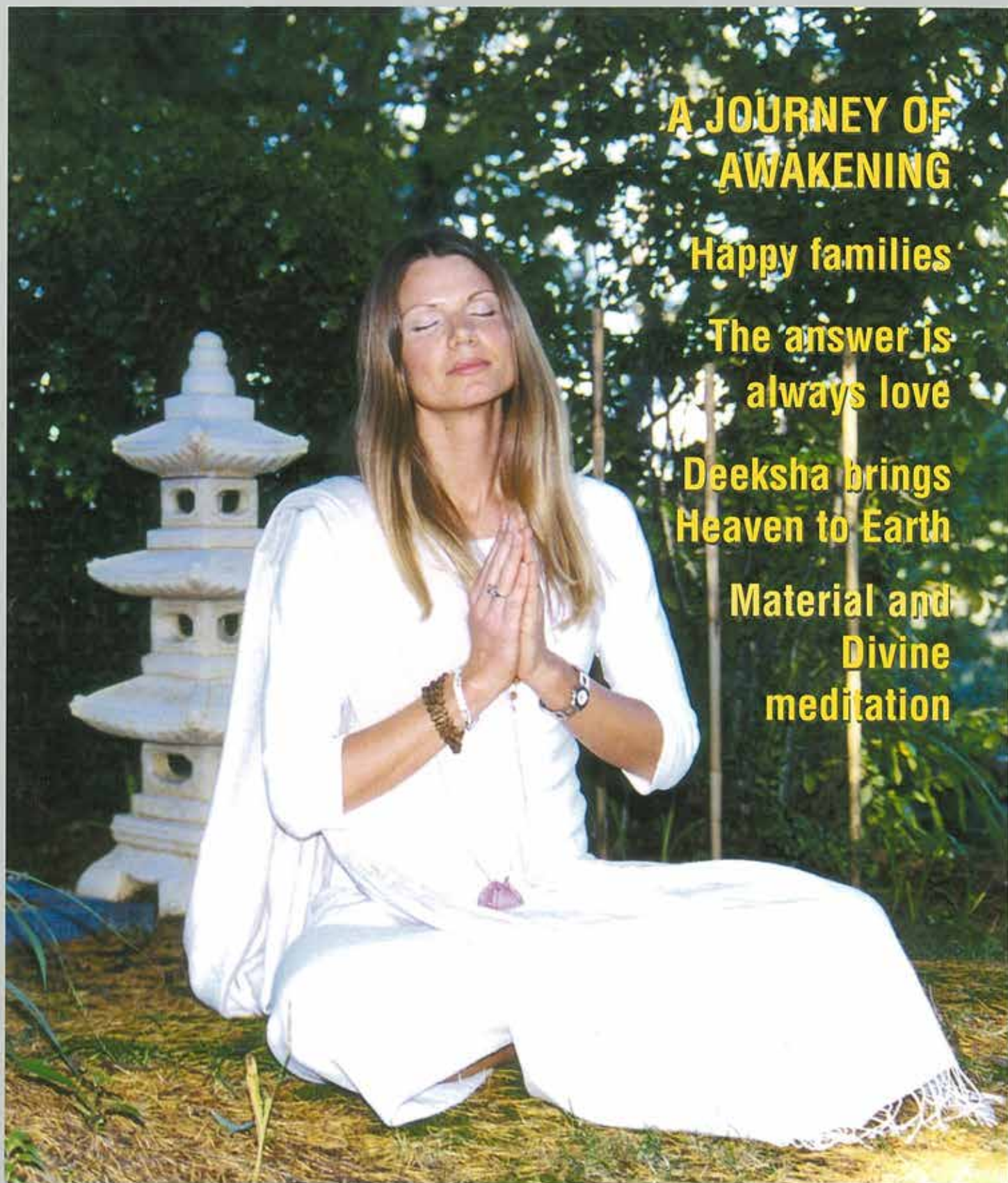


ShiningBRIGHT

a guide for the soul

VOLUME 9, ISSUE 4

SUMMER 2006



**A JOURNEY OF
AWAKENING**

Happy families

**The answer is
always love**

**Deeksha brings
Heaven to Earth**

**Material and
Divine
meditation**

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THE PREMIER ENLIGHTENMENT TOOL OF THIS CENTURY!

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VISION & VALUES

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

ONE SPIRIT – DIVERSE VOICES

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

UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

UNCONDITIONAL LOVE

Loving each other without conditions.

THE ONLY AUTHORITY IS ONE'S HEART

To act according to one's own conscience.

MUTUAL RESPECT AND ACCEPTANCE

Treating each other with respect and
without judgment.

PERSONAL RESPONSIBILITY

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

CO-OPERATION NOT COMPETITION

Working together, supporting each other.

ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY

Honouring our stewardship and
responsibility for the planet.

PEACEFUL LIVING

Living together in peace, harmony and truth.

AWARENESS AND LOVE OF THE SELF

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

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

The Academy's focus is to help people become spiritually aware and live consciously. Wisdoms, some thousands of years old, are being remembered and 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 have 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.

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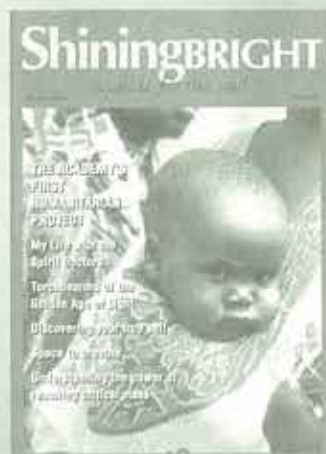
Last Friday of the month at: Alchemy of Joy,
2B Dural Street, Hornsby
7.00pm – 9.00pm Cost: \$11.00

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

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.

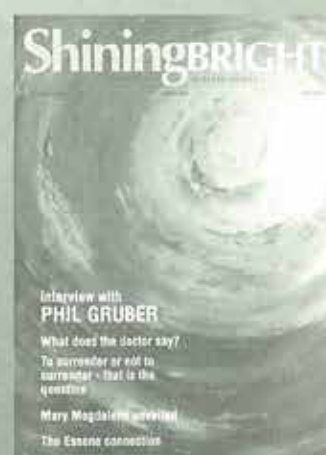
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FRONT COVER



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www.a-light.org.au



from the **EDITOR**

Wow, can you believe it is nearly Christmas. It has been an incredible journey for me and for many at the Academy. Rosemary and John have moved to their new home and the office has also relocated to wonderful new premises.

Lily de Chalain

We are really on a very fast track to 2007 and we wish you all a wonderful Christmas and New Year with your family and friends. This is a time to reflect on what has been and to focus on the changes we wish to make for the New Year. With the release of 'The Secret' we now know a lot more about how to manifest the life we deserve and desire. We are especially aware of how our thoughts create our reality and so it is most important to look within and see what we created this year and make sure we do not repeat the patterns and the events that did not work for us.

Of course everything has a reason and yes it was a perfect year for all that it brought to us, but we now have the skills to move forward with joy and grace and it is with this feeling in mind that I wish you the most fabulous year ahead. Together may we create a better world where we are more tolerant of each other and realize that we are all on a different journey and perhaps what appears right for us may not be so for someone else.

There is so much joy available to all of us and all we need to do is to connect our heart and be open to love.

What a wonderful gift it is to be able to share our journey with like-minded friends and to be in the presence of those who hold the energy of love and light.

We have welcomed many old friends this year, such as Auri, Abdi and Verna Yater and we are looking forward to meeting new ones such as Jill Marie from the US.

Please join us for our Christmas get together on the 18th of December as we celebrate together with Jill Marie and join as one to end another fantastic year at The Southern Cross Academy of Light. Thank you all for your wonderful support and from all of us at the Academy we wish you a very merry Christmas.

With Love and Light

Lily de Chalain

THE POWER OF SOUND

with John Butterworth

2 DAY WORKSHOP
17th & 18th MARCH



John Butterworth developed and initiated 'Sacred Sound' Workshops, healing meditation circles and performances plus 'SonicEntrainment' personal sound therapy about 15 years ago. He travels widely within Australia and overseas doing this work, performing, and studying with others to continually expand his understanding and capabilities.

continually expand his understanding and capabilities.

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Extract from A JOURNEY OF AWAKENING

by Isira

Isira is in Dharamsala and after ordination by His Holiness the Dalai Lama, begins a three month retreat in a remote mountain pass in the Himalayas,

When I returned to my room I went straight to my altar. My eyes took in the simple beauty of my small, one-roomed hut. The earthen walls steadily and consistently leached their damp, earthy smell into the air. I breathed it in like incense smoke. Golden light shone through the solitary window and the sound of an afternoon breeze whistled softly upon the pane. The wooden bed rested sturdily next to the wall, my only place of warmth. A few photos, candles and ceremonial instruments sat on a little ledge – my things of prayer, devotion and beauty. I picked up the dorje and vajra: the bell and thunderbolt. I stared at them ... objects: symbols of compassion and wisdom. They represented the play of formless and form, the unity of which was said to equal enlightenment. In a fleeting, all-pervading instant I saw the truth that these symbols reduced the eyes' vision to the objects – a view of duality. These symbols were only a reminder of the truth within us and all around us. Life itself is the play of wisdom and compassion. It is in every living thing. Life is itself, form and formlessness, revealed in every moment!

The following day I felt raw and sensitive. I was fascinated by the degree of shifts in my being. As the layers of mind's illusions fell away, the brilliance of Truth was revealed and, in the settling, I would move deeper to another layer, waiting for it, in turn, to be brought to the light.

As I sat amongst the crowds in the Tsuglagkhang Temple, the Dalai Lama's voice seemed to drown into a soup as my body-mind field began to dissolve. I broke into tears. My body ached. It felt like I was being taken to the last grain of my strength and that somehow in order to gain my true power I had to be stripped bare of my false strength. The facade was falling apart. My head pounded, heavy, dark and deep in some twisted corner of a knot. My emotions quaked. I felt like a puddle of mental madness reduced to blithering mush. My devious mind darted to and fro scurrying like a creature trying to save itself in a hideout. Paradoxically, in the middle of it all was the presence of self-awareness,



untouched, amused, clear and witnessing.

The tears poured until my nose also began to pour. The people around me seemed to be getting agitated. But there was nothing I could do. The moment had come. I was unplugged. The body, mind and emotions were no longer under my ego's control. So all I could do was pull my robe over my head and give myself to my own private meltdown in the middle of a temple filled with people.

Then the tears stopped. The downpour ceased. I sat still, engulfed in a silence that not a thing of this world could touch.

I left the gumpa feeling like a child, like I was just beginning life, like I was an open page ready to be written anew.

I made my way back across the valley. As I was making my way up the mountain pass I could hear the tromp, tromp of footsteps. They were strong, heavy, determined and steadfast. Not too many people took this route except the locals, so I figured it was a villager with a load, eager to get over the pass.

I breathed in the clear, crisp, blue atmosphere. To the left of me the forest stretched up, deep, dark and cool. The birds sang in sweet lilting melodies – and the footsteps came ever closer. They were catching up behind me and almost at my heels. I sensed the person was actually making an approach to me and so I turned to look. Then there, right beside me, was a sturdy, well-built American man.

"Hey," he said. "How you doin'?"

I looked at him with surprise.

"Hello," I responded. "I'm good, how about you?"

"Yeah, good," he said.

I looked at him intently. His face seemed incredibly familiar.

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"Don't I know you from somewhere?" I queried.

He grinned and shrugged his shoulders.

"Were you at the talks – the Dalai Lama's?" he asked.

"Mmm" I replied.

"Yeah, me too. Isn't it fantastic?"

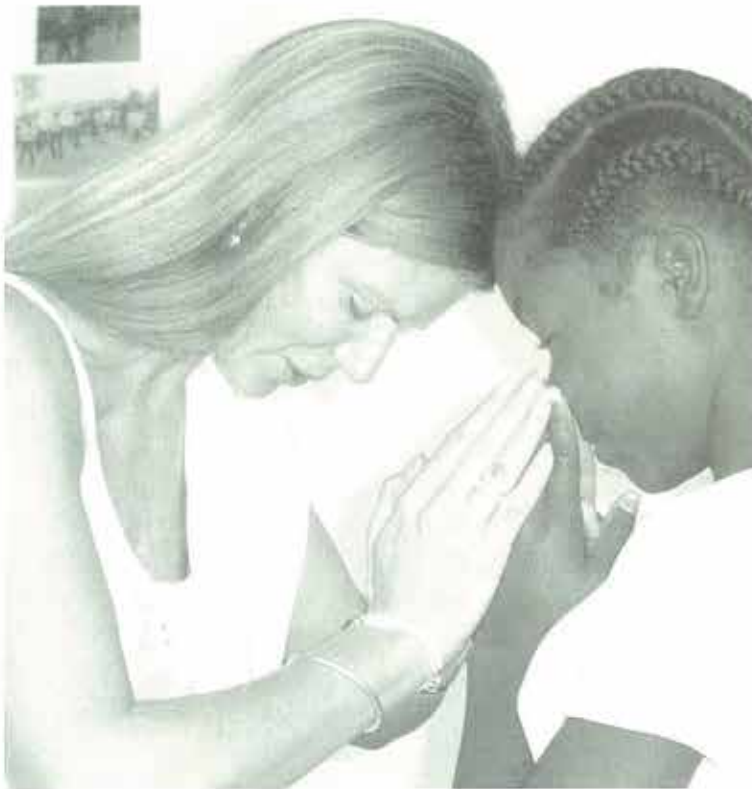
"Profound," I stated. Then I looked at him again, puzzled, trying to place his face.

"Are you sure I don't know you? Haven't we met somewhere before?" I asked again.

Then just as he cocked his head on the side with a cheeky, wry grin, it hit me.

"Oh, oh my goodness ..." I said with a shake of my head in a sense of embarrassed stupidity. "You're Richard Gere."

"Yep!" he said. "I am."



"Oh wow," I responded, totally amazed that there I was walking up a remote mountain pass in the Himalayas and Richard Gere was walking alongside chatting with me. Hmm! I thought to myself, of all the funny things, the way our life weaves us together.

"What are you doing here?" I asked, totally curious.

"Well," he said, "I'm really interested in Buddhism. What about you, a young ... Australian ... woman?"

"Mmm ... it's a long story. But right now I'm going back to my hut over there," I pointed up the mountain, "above Tushita. When the discourse is finished, I'll be going into retreat for three months."

"Well," he said with raised eyebrows, "that's impressive."

"It's not meant to impress," I said.

The conversation took another turn as we continued

responding to each other's curiosities. It eventuated in a goodbye and another memory of two familiar spirits meeting as passing ships.

The next day, when the finishing ceremony was complete, I made my way into the village to collect supplies for my ensuing retreat.

With my supplies well stocked and my commitment set, I closed the door to my hut and entered my private abode of silent solitude, ready for a three-month retreat.

I went over my schedule of practice:

4 am Meditation for an hour

5 am Mantras for an hour

6 am Pranayama, yoga, and one thousand full body prostrations for an hour

7 am Wash and breakfast

8 am Offerings and chants to invoke deity consciousness

9 am Prayers of illumination for all beings

10 am Meditation

11.30 am Stretching and breathing outside

12 pm Mantras with offerings and purification

1 pm Lunch, last meal

2 pm Chanting to the Deities

3 pm Purifying the field of body, mind and spirit

4 pm Breathing, pranayama

5 pm Stretch, walk

6 pm Mantras

7 pm Prayers

9 pm Meditation

1 am Rest

I set my determination to hold to my schedule every day. So, resolute, I entered a phase that took me deeper, higher, into blessedly blissful dimensions ... and into terror. Three weeks into retreat I suddenly hit another breaking point. The burning light of my inner awareness revealed a grave full of ghosts and demons, and some voice wanted to claim they were mine. They were lurking in the depths of my mind but no longer hidden. With the mechanistic blindfold of my mind pulled from its hinges there was nowhere left to hide.

I started screaming, horrified by what I saw. Blood-curdling murderous thoughts of self-hatred and disgust stormed through me on a demonic rampage. A hatred of the world and all its ugliness of greed, desires, shallow idols and delusions engulfed me. Terror struck at the thought that this was possibly my real self and all this spiritual bravery was just a delusional trick to keep myself well camouflaged.

And then came a disgust at my disgust. I leapt up in horror. What was I? What had become of me? Was I going insane? I threw myself outside, screaming, wailing and crying. It was as if I was no longer an individual anymore, but a screaming cauldron of demonic monsters. I threw myself onto the ground, onto my knees, beating my fists on the

continued on page 8

HAPPY FAMILIES

submitted by Peter Whitfield

"Happy families are all alike; every unhappy family is unhappy in its own way." Leo Tolstoy

1. THE FIRST PRINCIPLE OF FAMILY LIFE IS LOVE

The first and most important principle in happy family life is that the relationship between family members is loving, affirmative, supportive and unconditional.

The Enactment of Love – Open a family love account.

Love is a verb. The feeling of love arises from the activity of loving. If there is no loving, then one day there will not be the feeling of love. To grow stronger in love is to enact it. It is relatively easy to say that we love but love, being a verb, is only fulfilled love when it is truly enacted. In the strong family, love is enacted daily.

To help enact love, open a family love account. Each day everybody is asked to make daily lodgements of affection, affirmation, praise, gratitude, support, and sacrifice. We should seek out and find little ways to express our love on a daily basis. The question for each member of the family is, are they taking more than they are giving. Families become rich by giving and are bankrupted by taking.

Surrender - Nowadays people particularly do not like the concept of surrender. There is much emphasis on personal rights particularly to pursue one's own happiness. However, in the happy family there is much surrender for the greater good of the whole family.

2. COMMUNICATION

In the family we all need to be shown that we are loved and we also need to be told that we are loved. How often do we actually tell our loved ones that they are loved ones? When is the last time we told our teenage son or daughter we loved them? Communication involves listening and speaking.

True Listening

(i) Acceptance

Unconditional acceptance of the person who is talking. To listen unconditionally is to listen from the heart and then there is a response from love. If we listen from the head there may be a reaction from a fixed set of ideas.

(ii) Interest

Total interest which means fullness of presence, body, mind and heart i.e. this is the only thing happening in our life right now. Do not be busy and listening, just listen.

(iii) Time

Give the speaker all the time in the world. Do not say, yes, yes, yes hurrying them along making them feel that there is something else we would prefer to be doing. As the speak-

er, we do not want to be put under pressure or else it will feel like one of those traffic cops urging us on.

(iv) Appreciating The Need

It is important to appreciate the actual need in the conversation. This comes with empathy or compassion. Often the person does not want a solution; they simply want to be listened to.

(v) Last Word

We should listen to the very last word. You know the way a child has only got two words out of its mouth and the parent is already advising, criticising and has stopped listening.

(vi) Behind The Words

There is the need to get behind the words used. Whenever a person is speaking they are always telling you something about themselves. If a person says "you don't ever listen to me" that is telling us something about the speaker, that they feel neglected, not valued etc. etc. It may also be telling us something about ourselves but it is principally telling us something about the speaker.

Normally we only hear the words i.e. what they say about us and then perhaps a reaction arises in the form of anger. If we hear what they are saying about themselves, then compassion arises.

(vii) Listen First, then Speak

A useful discipline to adopt is to seek to listen first and only then to speak. Consider, do we seek first to understand and then to be understood or vice versa? The key is to seek to understand before we seek to direct or influence.

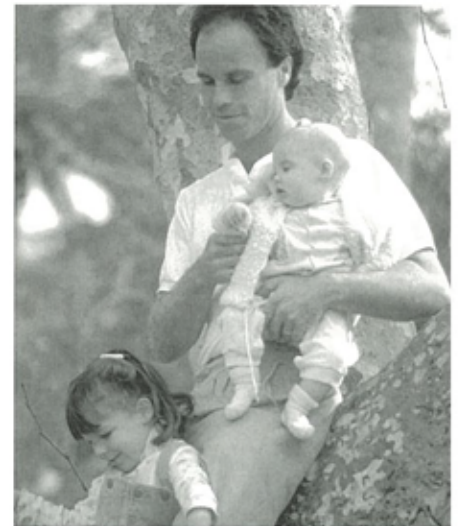
Speaking

(i) Speaking what is in our heart

The first principle is that we speak what is in our heart. We speak the very last bit. We do not speak simply what we wish to reveal but we speak what is there. It does not simply mean speaking truthfully, it means speaking all of the truth. It does require courage. Its fruit is fullness of relationship.

(ii) Only speak when there is a listener.

Do not speak when there is nobody listening as it simply renders ineffective whatever is being said. Also, consider the state and capacity of the listener before raising important matters. There is a time to speak. It is not when we want to but when the listener can best receive what we need to say.



*extracts from "Philosophy and the Family" a course run by
The School of Philosophy www.philosophy.net.au*



earth and my body, screaming for freedom, screaming for release.

I screamed and I cried. My body shook and convulsed uncontrollably. I ached with deep remorse and beat myself with my mind's disgust. 'Why?' I cried. 'Why?' I screamed. 'Why?' I hollered to the universe. I demanded to know why I should be so taunted by such delusions. I demanded that I be released to the power of Divinity. And still I cried. The great trail of life's conditions all seemed to be unravelling inside of me until I didn't even know if I, or it, was even me anymore. It seemed there was not even one real point upon which my mind could stand to make sense of any of it.

I cried and screamed for two weeks. I surrendered into the madness. And in that two weeks all I heard was the echo of madness resounding all around me in the great lonely void of life. There was no one to answer. No God with a light, no angel-cum-saviour, no one but my great pantheon of parading phantoms spewing forth endless torment.

Until suddenly, there was nothing left – nothing but silence, emptiness.

My mind went blank. Blankness followed for a week. The body moved only when it had to. I was no longer I/me, only presence – void, an un-created presence. Whatever was before was demolished. It was probably now the dirt beneath my feet.

Then within the nothingness was a shimmering pulse of light – energy. It was a sharpness, a freshness, a clarity of consciousness, of presence. It was a strength I had never felt before – soft, sturdy, light and wholesome. A strength that I knew had somehow been lost in the hidden folds of my being. It was the very fabric of my soul.

The darkness of the ego had seemed so real, so black and foreboding. But it was the light at the end of it, that was real. In that reality I saw the inextinguishable Self that can never be snuffed out by any degree of the mind's darkness. Cloaking oneself in the ego's armour we fight our way through the darkness, trying desperately to escape the void of the unknown. We feel trapped, imprisoned, by the events of life. Yet in the moment of surrender, the moment of stopping in all that madness, we enter into stillness.

Be still and know that I AM God.

In that stillness, in the depths of that darkness, is the place where we meet the eternal truth that our soul already knows. That is the diamond. The diamond awareness. The Jewel in the Lotus.

I opened my eyes and looked at my surroundings. Everything was still, but moving. I could see and feel the unchanged, all-pervading life source – and within it everything moved, no longer a labelled, fixed reality but a dancing play of life's cosmic flux. Then my awareness became a focused point of concentration. I sat in alert presence of existence, dissolved yet all-present in the timeless point of now. I sat still, unmoved. Days rolled into nights within pure, one-pointed now-being.

Two weeks later, I was chanting again.

Aaaummm Aaahhhhhh Huuunnggggg ... Each sound vibrated long and deep. As the sound resonated through me, I became the audience listening. Then, right in the middle of an Aaahh, it struck me that I was listening to the same pulse that vibrated through every being.

During the period of my release there had been one consistent sound making its way from deep inside, like a primordial chord that strummed, wending through all of time, connecting every person on the planet. And it was a sound that was integral to so many mantras.

AH. It is a sound that every human makes. AH when we cry, AH HA HAAA when we laugh, AH when we sigh, AAAHHHHHH when we scream, AHHH when we orgasm, AH when we understand. It is a sound that transcends language and washes away our differences. AH comes from the forgotten space of our sameness.

The more I became absorbed in this universal sound, the wider the gaps became between the words and thoughts. And I began to realise that the space between the sound and thoughts was so vast and all encompassing. When I rested in that space, everything made sense. There was nothing to ask, nothing to answer, nothing to name, nothing to own. Everything was simply the perfect presence of creation, requiring nothing more.

A Journey of Awakening

Chapter 21 Initiation and Ordination pages 247-254

Available online from www.isira.com



THE ANSWER IS ALWAYS LOVE

by Jill Marie

It is a time of renewal and conscious awareness. Every day you remember more of the sacred direction that you planned to traverse in this age of love. Your paths may have been riddled with brambles in the past, but now you are creating a new reality that supports the promise of a glorious progression that will be virtually free of drama and imbalance.

Your desire for balance is truly assisting to transform all previous avenues of strife to ones of harmony and new opportunities to shine. As the illusion of time continues to compress, your potential for express-manifestations shall be further spurred by your mounting levels of focus and clarity. Aided by your heightened awareness you will progressively discern and select pathways that attract graceful and enlightening experiences. This will become a principal guiding factor in your personal evolution to higher consciousness, as you maneuver through the many potential avenues that are divine components of your journey of remembering. Ultimately this progression will lead you to the discovery of a new realm within a realm that will further assist to sustain your heightened state of awareness and provide you with a neutral environment to flourish within.

In this neutral reality you will remain within this world, but will be free of the bonds of realities that are held into formation by limiting collective agreements. This neutral realm shall be fueled by conscious choices that are fostered by your mastered mind.

THE MASTER WALK

Within this realm of duality, there exists a neutral pathway that awaits your presence. When your feet fall lightly upon it you will know the wonder of this realm within a realm that is free of barbs and triggers that previously tugged at your genetic and current life formatting, to activate sequences of events and thought forms that supported confusion and limiting experiences. Within this neutral space you will live the principles of love; the answer to every question, every choice and every action is always love.

Until recently this sacred space of neutrality has only existed for the ascended masters and avatars of this world. The master-walk cloak of neutrality will allow you to walk within this world, free of the disorder that collectively sustains the complex nature of the duality that exists within this realm. Enveloped within the neutral space that exists within this cloak, you shall be liberated from the many roles exist-



ing on the dual plane of existence of Earth.

Within the cloak of master-walk you will be able to assist humanity in a manner that is complimentary to the ultimate plan that you aligned with the Creator for this time. In truth, the plan I speak of activated within you long ago and even now you are readying for the moment of your own glorious leap, where you will join the evolving masters of this world for a celebration of your remembering. Upon entry to this sacred space of neutrality, you will know the pleasure of evolving to heightened states of awareness within an organic body, while residing within the realm that you have chosen to assist. Unlike the ascended masters, you will have a divine opportunity to perfect throughout your sacred progression while physically aligned with this world.

THE AGE OF MASTERY

Master-walk is your destiny. Mastering your mind is the key element that will open the gateway leading to this glorious realm. There are many masters, angels and guides that are aligned to assist you in your sovereign claim of this sacred element of your birthright.

It has been a great honor for the masters to aid in humanity's progression. By illuminating pathways that offered opportunities to accelerate collective awakening, they have hastened the sacred moment of our world's transformation, but the real triumph lies within the individual victories that have led each of us to the level of awareness that has brought us to the steps that now await our assessment.

In this age of mastery, sentient beings throughout all creation are discovering invaluable pathways that will ultimately lead them to heightened states of awareness.

As we draw closer to the apex of the new golden age of light, the budding awareness of these awakening angels is activating a collective perception of the truth of their divine nature. This knowledge is sponsoring the development of

continued on page 10

pathways that support a more graceful progression and offer new choices that add to the flavor of experiences that can open to invite further discovery and personal advancement.

As the divine timing for each sentient being on Earth draws them closer to the moments of their full awakening, those that are aligned with serving in humanity's evolution to higher consciousness endeavor to assist each of us to avoid the pitfalls of drama and imbalance. In fact, the joint mission of every enlightened master that has been activated into service is to assist awakening masters to leap effortlessly to claim their mastery, rather than struggle to remember their truth. Ultimately, the destination every sentient being seeks is the same, but their choice defines whether the progression will be paved in graceful discovery or riddled with turmoil.

Sadly, most unbalanced experiences are unconsciously

developed through the activation of foundations that are as ancient as one's earliest ancestors and as current as limiting perspectives imprinted in youth and throughout one's life. Gratefully this formatting can be overridden by conscious choices and an elevation of thought, which may be easily sponsored through



gentle reminders of the truth.

GENTLE NUDGING

Each sentient being is the beneficiary of many masters and guides of light that are aligned with assisting in every facet of his or her evolution. These sentinels have patiently waited for divine timing to activate countless mastery profiles that are in alignment with the collective development of humanity. These mastery profiles are calibrated to illuminate areas of forgotten truths that have blocked the singular and collective recognition of humanity's divine nature. When these truths are activated, pathways leading to further awareness assist to accelerate one's progression exponentially. Even then, conscious choice has played a defining role in the levels of service that the masters of light have been permitted to supply. Though smooth roads are always prevalent, the genetic and current life formatting of many sentient beings can align them with pathways riddled with brambles and uneven terrain that attracts discordant experiences.

In this time of global awakening, sentient beings everywhere are listening to their inner voice and are aligning with the paths that they planned with the Creator for this lifetime. Each step closer to that reality stirs a collective optimism,

which further encourages scores of evolving beings to seek more constructive options that sponsor even clearer choices.

In reality, this new found clarity is assisting beings to recognize alternatives that were previously unperceivable. These new possibilities are spurring the development of choices that have the potential to seed the furrows of the future with a bountiful harvest of graceful experiences, rather than ones riddled with limitation. Many of these new opportunities to choose are sponsored by those that are in service to assist in humanity's evolution to higher consciousness, but it is humanity that is fulfilling the promise of their unfolding.

When any evolving master seeks a graceful pathway that reflects balance and harmony, the formation of multiple possibilities instantly begin to form and even greater levels of awareness are sponsored. Unquestionably, the conscious choice to create a divine ideal progression to mastery will literally seed the potential for that outcome. Once formed, these pathways will fuel an increased desire to advance more rapidly.

Though every sentient being is awakening at a pace that is in divine alignment with their current levels of understanding, the speed of their progression can be easily hastened if they consciously desire it. In truth, each of us is already a master. You live in an age where many tools and enlightenment techniques are available to assist you to unlock the doorways to freedom from the collective bonds of duality. As you consciously train your mind to align with love, you will continue to achieve heightened states of clarity, which will sponsor further discoveries that foster even greater levels of awareness. Mastering the mind will fuel your progression and your conscious alignment with the master-walk.

Our Divine Creator is your constant companion on this journey and will celebrate each milestone with you as you claim each new level of sovereignty and your divine placement within the realm of neutrality that will surely reflect the autonomy that is your divine inheritance. Your guardians will continually ignite the flames of divine truth to illuminate pathways that will assist to propel you to each new level of awareness. In every moment the Creator will reflect an image to you of your divine nature, so that you may drink in the splendor of your radiance as you progress on your journey home, to the place you have never left. This beacon will radiate a blueprint that reflects your absolute perfection and will serve as a constant reminder to you of the Creator's devotion and unyielding faith in your triumphant victory.

www.SerenityVibrationHealing.com

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FREEDOM IS

introduction by Laurie Siemers

Nine years ago my life took an unexpected turn. Once I would have described myself as a fun-loving, jovial person with a natural lust for life, yet at 23, I suddenly found myself in a pit of depression, drinking heavily to mask the pain I felt inside and smoking between 40-60 cigarettes a day. As each day passed, I seemed to be slipping deeper and deeper into a hole of depression, seemingly losing the person I knew myself to be.

On a backpacking holiday through Thailand a year earlier I had been raped whilst asleep in my hostel room. I spent 5 days in hospital being treated and recuperating. The depression took its grip a year later and I innately knew that these 2 issues were connected. Yet no matter which avenue I took to seek help, nothing seemed to work.

This is when The Journey process came into my life. My mother had heard about the work through an old family friend, Gaby, and invited her to come do a process with me. I found the process to be easy and simple, guiding me through layers of familiar emotions that lead to a wellspring of love and peace within. My first process was profound as I experienced myself to be everything, the Universe. Afterwards, I felt a deep sense of peace and a feeling of coming home. Even though the issue that arose had nothing to do with my rape, I found that the depression began to lift, the amount I was drinking diminished and within 2 weeks I had quit smoking.

I decided I wanted to attend a seminar with Brandon Bays, the pioneer of The Journey. To be in Brandon's presence and participate in her seminars is truly enlightening and inspirational. Brandon is a woman who clearly walks her talk. And it shows. Through her own incredible healing journey she inspires us to look at our lives and find true freedom within ourselves. She is dynamic and captivating yet truthfully there is something very special about being in her presence. One becomes naturally drawn into a deep sense of stillness that pervades everything and one finds themselves resting as a vast ocean of awareness. Brandon teaches in a very clear, practical and empowering way, and it is her real-ness and depth of wisdom that touches our hearts. The seminars are full of laughter, tears, love, healing and deep lasting realisation.

It was at my first Journey Intensive weekend with Brandon that I came to forgive and let go of my rape. After that weekend, I felt as if a 10-ton brick had been lifted off my shoulders and knew I had been given my life back.



In gratitude to this freedom, I continued with various workshops and became a Journey practitioner. I was continually amazed by the changes in my own life and as a practitioner in awe of the healings that I witnessed.

I have seen people remove their glasses because their vision has cleared. Others with hearing aids have had to take them out because they can hear and daily aches and pains have vanished. Last year I was taking a group of adults through a quick Journey process that lasted 16 minutes. At the end, one participant raised her hand and stood up to share that she had been in a car accident 14 years ago. Daily she had struggled with constant back pain. After this small process the pain was gone completely. I caught up with her a couple of months ago and she told me that she hadn't had a day of pain since.

My heart sings when I see clients finally let go of the weight of these burdens and begin living their lives afresh from a place of wholeness and freedom.

Yet, sometimes I have had clients who have come with more of a spiritual issue or longing to find their life lessons. A lady with cancer contacted me in her final days. She asked if I could come and visit her, as she wanted to find peace and wholeness in her life before she passed. It was a great honour and privilege to facilitate her in learning her life's purpose and guide her into the realization of her eter-

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nal self. I watched as she forgave those in her life and asked to be forgiven. The peace that filled the room afterwards took my breath away. She thanked me for now she was not afraid to die. Her family told me she abided in the eternal peace that was her nature until she left the body.

As The Journey has grown organically over the last 10 years, I toured with Brandon Bays through Europe, Australia, New Zealand and Africa as the work was launched in each continent. With each country, The Journey seems to have its own wings and has taken off like wildfire. The Journey is now commonly used in hospitals, doctor surgeries, prisons, schools, addict centres, orphanages, businesses, and tribal communities around the world.

Now Journey Outreach, a charitable Trust, has been formed allowing The Journey to reach out into communities that could not otherwise attain access to this work. In 2004,



I flew over to South Africa for an Outreach project that was in support of a government pilot scheme looking at the viability of using The Journey within the national school system. This was an incredibly humbling experience that incorporated teaching the teachers how to use The Journey and support it being implemented in the classroom. Seeing the hardships that some of the children face on a daily basis became larger than life when we visited the Zambeni Primary School in a rural district 100kms out of Durban. Many of the children I was introduced to came to school with no food in their bellies. Many had lost their families and had no home. Other children, as young as 8, had been victims of rape. One child witnessed his father being murdered. Yet the atmosphere of this school was not one of sorrow, rather it was full of joy, laughter and hope. As the teachers began to use the Journey in the classroom they have

noticed that the children have gained a sense of inner happiness, their behavioural issues have fallen away, their academics have begun to soar and their potential is shining. The principal of the school took me aside and thanked us for coming. He shared that no words could express his gratitude for the positive changes The Journey has brought to the lives of his students, teachers and the wider community. Now The Journey is being used in over 232 schools in South Africa.

I was shocked when I travelled to New Zealand for another school project to find that similar issues and circumstances existed within their society and the Maori culture. Yet the effect of using The Journey within the schools has been so impactful that everyone is noticing the radical changes.

Only this weekend, Australia is seeing its first Outreach project for the indigenous Aboriginal community. The indigenous people of Australia who have undergone The Journey truly believe that it is the key to reconciliation, healing and forgiveness of their people – the oldest culture on the planet.

When The Journey finally was launched in America, I was so excited. Being an American it was my prayer to share this profound work with my fellow Americans. However, The Journey never experienced the same ground swell of movement that I had experienced in other countries because the book was launched on September 10th 2002. One day prior to September 11th. Understandably, the launch never happened and instead a number of Practitioners, along with Brandon, flew to New York and offered free of charge seminars for the victims of this national tragedy. When the hospitals were overflowing with people suffering from the physical issues that were being caused by the emotional stress, The Journey provided an alternative to healing the emotional wounds that impacted everybody. It was awe inspiring to witness people who had severely lost in 9/11 heal and resolve their grief, anger and shock enabling them to come to a deep sense of internal peace and well being even in the face of such devastation.

Internationally, Brandon Bays is recognised as an incredible teacher who is renowned for giving people real tools for real freedom. She is a living example of how to live your life as an expression of Freedom and is a gift to humanity. For her work is recognised and hugely loved around the world by people who are seeking true freedom and have a longing to experience this freedom in their daily lives.

Now within the pages of this book Freedom Is are incredible teachings and tools that will effortlessly carry you into the freedom that is. This book is an answer to the growing prayer around the world of how to live a life in freedom and wholeness.



DEEKSHA BRINGS HEAVEN TO EARTH

by Lisa & Pasquo Cassetta



*Sri Anandagiriji,
Director of Oneness
University, India.
Be in the presence of
Unconditional Love at
The International Deeksha
Conference in Adelaide
Jan 26/ 27 2007*

On July 19 1989 a mystical event occurred in a school for young children in remote southern India that was the harbinger of a phenomenon now unfolding as one of the most profound events in human history. A golden ball of divine light and intelligence that came to be known as the Golden Ball of Divine Grace descended into a small boy. It gave rise to expanded states of consciousness in the boy, states that we have in the past heard referred to as Self-realisation and God-realisation. These states have been experienced by the great saints and sages throughout history although normally after aeons of practices and disciplines. But here it was given as a

simple gift from on high. Soon other children in the school began to have similar experiences, experiences so extraordinary and unfathomable that parents and the broader community began to fear that some kind of unimaginable magic was being performed there. Humanity was clearly not ready for this kind of manifestation, and, for a time, the phenomenon was forced underground and not spoken about. It was to emerge again later on a world scale during the year of 2003.

The phenomenon has come to be known as 'mukti deeksha' or 'oneness deeksha'. Deeksha is a Sanskrit word meaning beginning or initiation or benediction. Mukti or oneness

means liberation – liberation of the soul from its bind to material existence, the bind which gives rise to the perception of a separate

existence independent of the rest of life. Oneness deeksha is the beginning of a process that gives rise to the direct perception and experience that we are one with life itself. This,

Oneness deeksha A Gift to the World

of course, has been the object of spiritual endeavour since time immemorial - to experience life as it really is, as a movement in consciousness, perceiver and perceived realized as one. The nature of this reality, as pointed out by the great ones, is bliss, joy. Those of us reading and hearing about these states have, until now, seen it as a future evolutionary potential but not as an immediate realizable reality. The operative word is until now.

Now it is being given as a gift. It is being bestowed by the divine as a gift to all humanity. The experience of oneness, of being one with all life, is being given, not as a temporary glimpse or as a teaching, but as an established, irreversible, day-to-day, permanent reality.

Between now and 2012 a golden door of opportunity exists for humanity to traverse the threshold into the beginning of The Golden Age. The scientific minutiae constituting the phenomenon is not yet revealed, but, in broad principle, it is a neuro-biological process that slows down the activity of the parietal lobes of the brain, which are responsible for the perception of time and space. As these faculties are slowed down, our hard-wired perception of the material (time-space) nature of existence is softened. At the same time the phenomenon increases the activity of



what is known as the kundalini energy within the human system activating more and more areas of the frontal lobes of the brain, awakening higher faculties. We naturally move from being 'trapped' within a material perception of life into perceiving the reality of life itself, leading to spontaneous joy and unconditional love, the expression of our true nature.

The school where the phenomenon descended was Jeevashram located at a campus known as Satyaloka in Andhra Pradesh state in India. The Golden Ball of Divine Grace that descended there is a divinely intelligent program that, once initiated within the individual, begins a process of

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simultaneously clearing psychological conditioning and residue of the past whilst opening one to divine experience. A way was found where the Divine Will could use one human being to transfer the golden ball to another and the phenomenon of oneness deeksha was born.

Look not upon this phenomenon as yet another self-professing spiritual movement, but as the coming together of the entire human family as a global group in peace and love, each individual celebrating one's own divinity and experiencing the joy of connectedness, oneness with all humanity and with all life. See it not as an alternative to the path upon which you are treading but as the natural fulfillment of your every spiritual aspiration. Heaven is manifesting on earth through the flowering of the human heart. The Golden Age begins. May we as a human family be grateful for this great gift.

"Man cannot make it on his own this Oneness state has to be given to him. This is the Gift" Sri Bhagavan.

The deeksha phenomenon is initiated and sustained by the twin avatars (divine incarnation) Sri Bhagavan and Sri Padmavathi Amma. The child at Jeevashram school into whom the golden ball first descended was their son Krishna.

Royalty, Heads of State, scientists, quantum physicists: people of our time visit Oneness University

Sri Bhagavan and Sri Amma established Oneness University to deliver the special 21-day process that equips one to become a 'deeksha giver'. It is located in a remote rural area some two hours drive north of Chennai in India. The university is the centre of this movement in consciousness

towards oneness.

People are coming from everywhere in great numbers to become deeksha givers/facilitators and to take the energy around the world. These facilitators now number in the several thousand. There are some 640 deeksha givers in Japan, and a similar number in the USA and Russia and some 400 plus in Sweden. There are approximately 100 in Australia and about 40 in New Zealand. There are similar numbers in nearly every country of North and South America, most countries of Europe and Asia including rapidly expanding numbers in China, Taiwan and Korea. Significantly, there are increasing numbers of deeksha givers in the Middle East including Israel and more recently a number of Christian bishops from Africa have made the journey to Oneness University and the phenomenon is now expanding on the African continent.

Royalty and Heads of State of several countries have undertaken the process as well as Government Ministers of India and other countries. The Indian Government plans to have the whole of its public service receive deeksha and virtually the entire public service of Mexico has already

received it. The Secretary to the Pope from The Vatican has visited Oneness University, undergone the process and spoken personally with Sri Bhagavan as has one of the leading international leaders of the Islamic faith. Prominent spiritual leaders from India have visited and spoken with Sri Bhagavan.

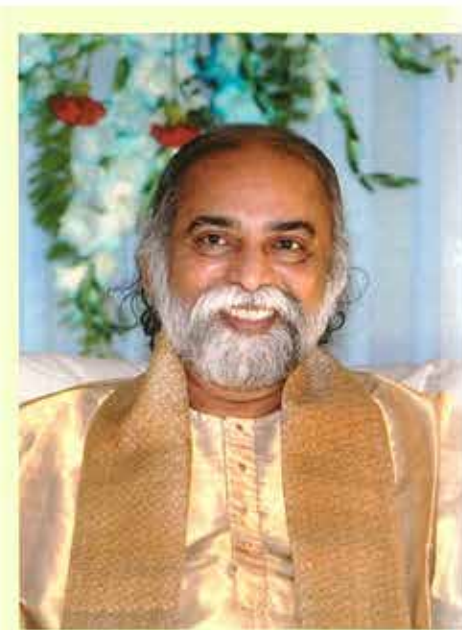
In 2008 a special conference is to take place at Oneness University which will be attended by former Soviet President Mikhail Gorbachev, Archbishop Desmond Tutu and Al

Gore former US Presidential candidate and author of The Inconvenient Truth along with many other prominent world figures. Leading scientists, quantum physicists, and medical professionals have visited as well as practitioners and therapists of every modality of medicine, therapy, meditation and personal development. A number of very prominent and celebrated movie actors have also undertaken the course at Oneness University.

The divine plan is that when 64,000 people, spread all over the globe, have reached the oneness state, the effect will spontaneously spread to the rest of humanity. This will occur by the action of what is known as the morphogenic fields, also known as the '100th monkey syndrome'. It is, as Malcolm Gladwell says in The Tipping Point, a "positive" epidemic. The virtue of an epidemic, after all, is that just a little input is enough to get it started, and it can spread very, very quickly and this can lead to permanent change of a massive nature.

Sri Bhagavan refers to the phenomenon of oneness as 'the flowering of the human heart'. "When the human heart flowers", says Sri Bhagavan, "we have heaven here." Deeksha brings heaven to earth.

At the eleventh hour when by all measure we



Sri Bhagavan

When Amma & Bhagavan it is Oneness

phenomenon of a deeksha to





Sri Amma

divine grace manifests, everywhere

seem to have been plummeting headlong towards destroying all life on earth, the Divine has intervened. Revealing Itself as joy and happiness within the human heart, Divine Consciousness appears ready to pour Itself forth in abundance into Its creation.

At international conferences held around the world hundreds of deeksha givers gather for a few days to experience a deepening process. On the last day of these conferences they share their love and deeksha energy with the general public. The circle of energy exper-

perienced by attendees is close to the sensations of being in the 21 day process in India. This is a rare opportunity for local people to join the world in making a substantial transformative contribution to the healing of earth and to the healing of themselves.

ONENESS DEEKSHA PROCESS - 21 DAYS IN INDIA

The Oneness Process conducted at Oneness University in India is an integration of the heart and the intellect, of knowledge and devotion, of human effort and divine grace, culminating in the discovery and experience of the Divine Presence in the lives of the seekers.

- Guided into meditation and contemplation through the teachings of Sri Amma Bhagavan, seekers pursue an inward journey that leads them through various milestones on the spiritual path, namely, acceptance of oneself, acceptance of the other, insights into the mind, self and the Divine.

- Vedic Fire Rituals (Homams) are performed at specific stages of the process to clear any karmic obstacles and cleanse the physical and subtle bodies of the participants. The 'sacred fire' helps the seeker transcend the illusion of space and time and perceive reality through the eyes of a mystic.



- The process is powered by Sri Amma Bhagavan Deekshas, given by the Dasas living in altered states of consciousness. It is the Divine touching you through human hands.
- A significant part of the retreat is the Darshan (meditation in the physical presence) of Sri Amma Bhagavan. Through the power of their consciousness Sri Amma Bhagavan fulfill the spiritual needs of the aspirants.
- An auspicious ceremony of initiation empowers the seekers to become channels for the Deeksha Energies to flow through them. Thereafter they acquire the power to effect transformation in fellow human beings and share the vision of Sri Amma Bhagavan, to bring about 'A Global Oneness Age'.
- The Oneness Process (21 days) is conducted at Golden City campus, Oneness University. Participants are accommodated in air-conditioned dormitories and provided a vegetarian diet throughout the process.
- The venue of the process is situated 90kms from Chennai. Participation in the Oneness Process is possible only through prior registration with the respective coordinators.

GOLDEN BALLS OF LIGHT APPEAR

AROUND THE WORLD

As if to herald and symbolize the new dawn, a remarkable and uncanny phenomenon is appearing on photographs taken at places where the deeksha energy transfer

takes place. The culmination of this manifestation so far is in the photographs taken outside the venue in Milan, Italy at the deeksha givers conference held in June of this year. There, thousands of balls of light can be seen appearing in the pictures taken of the night sky. Similar images have appeared on photographs taken all over the world wherever deeksha is taking place. (see website for photos)

Lisa and Pasquo Cassetta accompany groups of Australians to the 21 day process in India.

Full details www.onenessuniversity.com.au



The International conferences are part of the global outreach of Oneness University.

Sri Anandagiriji, himself an embodiment of unconditional love, is gracing these events worldwide with his divine presence. Conferences have been held in Milan, Los Angeles, Stockholm, Moscow and Tokyo and shortly in Mexico City, Buenos Aires then on January 26th and 27th 2007. The Australian and New Zealand Oneness Deeksha Public Program will be held in Adelaide. This is a most remarkable opportunity to immerse oneself in the deeksha energy and deepen one's spiritual experience. The spiritual force that pours forth at these events is extraordinary, helping to move humanity towards the state of oneness on a mass scale within a remarkably short span of time. Register at: www.onenessuniversity.com.au info@onenessuniversity.com.au

TALKS by Peter Whitfield

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Peter Whitfield has been lecturing introductory courses in Philosophy at the Sydney School of Philosophy for the last ten years. In addition to the successful Zen Tails series he is the author of *Life Is*, the journey to enlightenment of a two year old. He is happily married and the father of five children. His greatest claim to teach with any authority is that nothing he presents has any originality. Much is taken from ancient wisdom and teachings which are found in the perennial

philosophies or from his fellow colleagues and other teachers. He has not developed any wonderful new method to attain enlightenment, freedom or riches. The messages he teaches are thousands of years old and developed by far wiser souls than himself. The only possible claim to any inventiveness he makes is that these ancient ideas are as relevant today as they were centuries ago.

RIPPLES IN THE POND

by Kim Fraser

When you decide to embrace spiritual development, all parts of your life will come under your scrutiny. You will see things as though for the first time, and hopefully, your self awareness will grow keenly.

Sometimes people become side tracked in their pursuit of the Divine, and instead of looking inward, they look outward. They put their attention on judging the progress or lack of it, in others. By placing attention on how terrible others are, we can ignore our own messy bits! This is not useful, and judgment of others or their unique spiritual path, is always going to be counter productive.

While the 'yin' part of spiritual development is to look within, the 'yang' element is to take positive action in the world. The best way of doing this is to find a way to be of service to others. As well as giving you a buzz as you help improve the lot for others, service is one of the ways in



which we can soften the harsh effects of our previous low vibrational behaviour, thought and choices.

The law of karma is not random, nor is it capricious. Through this law we get to see both sides of any situation. If we have caused others to suffer, we get to suffer. If we have helped others, we get to be helped.

Karma (the law of cause and effect) is like a sharp knife that can cut us, and service is one of the ways to make the cut less severe, so that we might suffer a flesh wound rather than a deep and terrible catastrophe.

When you embark on a path of service to others, you are insuring yourself somewhat against your distant past in other incarnations. We have all been everything, the good guy, the bad guy, the saint and the sinner. I do not advocate self judgment; that is a waste of time. Instead it is better to approach problems or upsets with understanding. All hardships are self induced, if you take a long enough view of things. The mistakes of our past, can return to haunt us at any time. Being of service to others not only makes us feel good, it is the smart choice of those who understand the perfection of spiritual law.

Through service to others combined with intelligent self evaluation and love, your life has a greater probability of flowing with ease and grace. Like ripples in a pond, our actions reverberate throughout our own personal universe, affecting many seemingly distant things. May that which you create this month bring you ripples of happiness and good fortune.

Namaste, Kim
www.kimfraser.com



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Sri Bhagavan



Sri Amma



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International spiritual teacher Kim Fraser writes with wit, warmth and deep wisdom, distilling complex concepts into clear and usable form. Founder of the Harmony Centre near Sydney and the Path of Ease and Grace seminar series. Kim has also released a range of meditation and chant cd's including the best selling Archangelic Meditation CD, available from New World Music.

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MATERIAL AND DIVINE MEDITATION

An excerpt from Swami Govindananda's book "Divine Meditation – The Sages' Manual for Contemporary Life"

Many people wonder from time to time if their current meditation practice is correct. The first question you need to ask yourself before answering this is, 'What do I want to get from my practice?' There must have been a reason for your starting your practice. No one does anything without a reason, therefore what do you hope to gain?

Our Scriptures declare that although actions are innumerable, the aim behind all actions then is one – and that is the attainment of happiness. The attainment of happiness is the goal of all actions.

It has been explained in previous chapters that the happiness we seek is God alone. Only God, not also God. He is the personified form of all virtues, beauty, bliss and happiness, and we are a part of Him. And a part always feels unfulfilled without its whole. We need to understand this to put meditation practices in perspective. We have also learnt that the only way to attain Divine Love is to have the grace of God, and to receive His grace you have to wholeheartedly surrender yourself at His lotus feet and love Him selflessly.

MEDITATION TODAY

Most meditations seen today are based on the mind, or remain at an intellectual level, where one concentrates on achieving a particular structure of thought.

For example, the most popular methods of meditation today are:

1. Silencing your thoughts.
2. Making your thoughts subtle.
3. Unattached observation of your thoughts.

Let us look at the first. Silencing your thoughts is a kind of concentration process which some people practice. Closing the eyes, the meditator concentrates upon an imaginary flame or dot, light, or sound. He may try to merge his thoughts in listening to imaginary music or seeing light in his meditation. The aim here is to enter into a thoughtless state or trance. In this technique, effectively you are trying to stop thinking and therefore gain peace. However, the problem is that the fully conscious mind still remains active, even though the mind is trying to think of nothing. So we end up trying to actively think of nothing, rather than stopping the



thought process. This kind of practice can minimise the strength and amount of thoughts in life, which may bring us peace, but this is what deep sleep is for. How many hours a day do you want to waste in thinking about nothing?

The second, making your thoughts subtle, is based upon the thirteen subtle layers of the mind. Thought develops in our mind by first manifesting in the lower subtle layer of the conscious mind, and as it develops further it becomes fully conscious as an emotional or intellectual response.

In this method, the practitioner tries to transcend the field of conscious thought and move away from the conscious emotional mind and back towards the more subtle layers of the mind, often through the repetition of a word, phrase or sentence. In such a practice the emotional force of the conscious mind gradually subsides and the meditator feels more relaxed and peaceful. The more you practise this, the more your ability to achieve a kind of happy peacefulness increases, just like an inexperienced actor at first finds it difficult to remember his lines, but becomes easily able to do so after time and practice.

Finally, unattached observation of thoughts is purely intellectual. According to this technique, all a person need

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Material and Divine Meditation continued from page 19

do is observe the thoughts of his mind as a detached observer, and so realise that he is neither the mind nor the body (because he is observing both as a third party). Observe the world as it appears, without presumption or judgement, without any feelings of good or bad, and you will be able to keep aloof from the turmoils of emotional life.

This is purely intellectual observation, but if practiced over a long period of time one develops a refined quality of thought and gains some peace and contentment from it. However, generally practitioners of this method remain at the same level of material consciousness. They perceive objects and people in the world, but at the same time try to think that they are not the perceiver of them. They experience the attraction of sensual pleasures and enjoy them, but at the same time try to imagine they are not the enjoyer of them.

Sounds confusing? Indeed, because the mind cannot deny one's own experience. Every mental activity is based on the ego, the sense of "I" which rests in the mind. And because the ego is present at all times, one cannot divorce one's ego from one's mind. We cannot say "I am thinking, but it is not I who am not thinking, it is my mind which is thinking!" Because of the ego, we experience the mind to be ourselves, and therefore we naturally feel that we ourselves are having the experience. Accordingly, such thinking is simply a self-deception.

Further, the mind's character is contradictory. One moment it thinks this, and the next the complete opposite. Quicker and subtler than the wind is the mind, along with its faculty of thinking, perceiving and experiencing, which appears in its conscious state as the enjoyer. So it is impossible to maintain this conscious sense that "I am not the perceiver" when the mind is constantly and subtly flitting from one thought to the next.

Great Yogi and Gyani meditators can go deeper and deeper in their meditations and enter into a low class of samadhi. And yet, after so much effort the results are temporary only. Further, the basis of the peace and contentment they experience in this state is the cessation of sorrow, not even any actual pleasure. The cessation of sorrow appears blissful to the Yogi, but this only lasts as long as the Yogi stays in samadhi. Once this state subsides, which it inevitably must, unhappiness comes again.

There is another samadhi of a higher class open to the Yogis and Gyanis. This is the final limit of their discipline, where they enter into a samadhi in which actual pleasure is experienced. This happiness is so great that if you combined all the mundane happiness available in the world, it would not match this state. In this experience, the Yogi crosses into the Sattvic mode of Maya. The gunas of Rajas and Tamas are gone, and the resulting bliss is so unspeakably great that the

person mistakenly thinks he has attained God. This is the highest attainment of happiness possible in the material world. Still, the experience is material, and therefore limited and temporary. One of two things happen once the Yogi reaches this state: he either surrenders to God with devotion and finishes his spiritual quest, or Maya catches up with him and he goes back to suffering in the material world.

So there are a great many different techniques of meditation and religious practices around. But all technical practices can do is refine the mind. It is much like stainless steel being a highly refined piece of iron. It is nice, shiny and clean and has a far superior utility to ordinary iron. Still, it remains basically iron with enhanced strengths. The mind too can be refined and purified, giving it tremendous potential and power, but at the end of the day it remains material with all its anomalies. Iron basically remains iron through all stages of purification. It does not change into gold.

There is another totally opposite kind of existence. It is Divine, it is perfect, and it is related to the Supreme power of love. Unless your mind is Divinised, transformed from iron into gold, there is no hope of receiving perfection and realising Divine Bliss.

DIVINE MEDITATION

The Divine powers of God are incomprehensible. He is kind, merciful and has an omnipresent Divine body. When a devotee selflessly surrenders to His feet, immediately his material mind is transformed into a Divine mind by His grace. With that Divine mind the infinite happiness of Divine Love is realised. It is impossible for a material mind to understand Divine matters, let alone realise Divine happiness. Further, any meditation done to purify the mind that excludes bhakti can never completely purify the mind, as such a practice cannot cross the Sattvic or intelligent aspect of Maya. If one has attained Sattva, whatever one has gained can easily be lost when overcome by pride, anger, greed and other material afflictions that come from time to time because of one's association with the material world. Therefore there is only one way to be free of material bondage, and that is to receive the grace of God.

*Cidanandamaya deha tumhari,
vigata vikara jana adhikari
Ramayan*

"The body of the Lord is Divine. Material eyes can never perceive the Divine form."

When Krishna lived on earth, it was only those who were deserving and devoted that perceived Him in His Divine loving form. The same is true whenever a Saint lives among us. So we need to practise devotion in order to become deserving

continued on page 22



SOUL HEALING

by Lyn McLean

Do you have a persistent health problem? Do you feel run down and tired? Are relationships or money a problem for you? Is there any area of your life that you'd like to improve?

Ultimately all problems with our bodies or our lives have their origin in the soul - and their healing is one of the prime purposes of this life. Healing of the soul is the deepest, most important form of healing we can experience. "It is the healing of the soul that is the prime matter in these lifetimes", says no less an authority than Archangel Raphael, master celestial healer.

Our bodies and our lives are the experiences through which our soul expresses itself on the physical plane. They are canvas to the soul's artistry. They reflect, among other things, the wounds that the soul has acquired over a lifetime or lifetimes of experiences and that it carries with it from one incarnation to the next. The "wounded soul" is not so much a metaphor for the suffering individual as a spiritual reality.

How do the soul's wounds affect our everyday lives?

In the mind-body-soul connection, the soul is the master programmer. Its beliefs and emotions become manifest in our subconscious minds, in our emotions, and ultimately in our bodies. Thus we attract to ourselves the environment and life experiences that reinforce the initial program. As like attracts like, so we create a repeating pattern of events.

Just how the soul writes the script for our lives can be seen in the example of depression.

A soul that has suffered greatly in one or many lifetimes may come to see life as a negative experience. Programmed by the soul, the subconscious mind may then adopt a pessimistic outlook on life. This, in turn, leads to feelings of despondency, lack of interest in life, sadness and depression. In the body these emotions create corresponding chemicals in the body that result in neurotransmitter imbalances.

Because our lives are a reflection of ourselves, we attract circumstances and environments that reinforce our imbalances. In the case of depression, this may be negative experiences or environmental conditions (such as geopathic stress, electromagnetic radiation, or chemicals) that create or reinforce the neurotransmitter imbalance and that is the physical manifestation of depression.

As above, so below.

What's more, an imbalance in the soul creates a veritable cascade of problems "downstream" in the physical realm of our bodies and lives. Take the example of disempowerment which is one of the pressing issues of the present time.



Our soul has experienced disempowerment over many lifetimes.

- **In the mind, this creates the subconscious beliefs "I am a victim"; "I have no power".**
- **This results in feelings of disempowerment and helplessness.**
- **The body develops symptoms in the solar plexus (power) centre such as: arthritis, ulcers, diabetes, nausea, flu, anorexia/bulimia, fatigue; problems with the liver, digestion, pancreas, endocrine system, adrenals, spleen, stomach, colon.**
- **We attract life experiences that resonate with disempowerment: unhealthy relationships or work situations; environmental sensitivities (chemical allergies/geopathic stress/electromagnetic radiation) or lack of money (which symbolises power).**

These symptoms are like tiny signposts from our divine selves alerting us to a problem. The more we ignore them, the more signposts - or symptoms - appear until we are either forced by crisis to confront the problem or pass from this life. So our crisis becomes our teacher.

But how do we learn?

Addressing the problems at the physical, environmental, emotional or even subconscious levels may not be enough, for the same symptom often reappears or a related one develops. To remove the cause of the problem, we need to heal the imbalance within the soul.

I had the privilege currently of working with spiritual guides who are devoted specifically to soul healing. As facilitator for this work, I use dowsing to check and validate my intuition and to run through myriad possibilities listed in dowsing charts that I've developed. I've seen some extraordinary connections between soul wounds and imbalances on the lower planes, a few of which I'd like to share with you.

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Soul Healing continued from page 21

STOMACH PAIN

A client complained of intense pain and tightness in the stomach.

- Soul story: "It's not safe to live on the planet."
- Energy of the base chakra - the connection to earth - was blocked. This prevented energy flowing from the stomach area (creating a painful buildup) through the hips and legs.
- Emotion: This energy block was associated with the emotion of fear.
- Body: As well as stomach pains, the client experienced leg and hip problems, consistent with a block at the base (hip) chakra.

RELATIONSHIPS

This client had a history of unhappy and abusive relationships.

- Soul story: "It's not safe to love or receive love based on past experiences of grief."
- Energy centre: Energy was blocked around the heart chakra.
- Emotion: This block was associated with the emotion of anger and, primarily, grief.
- Body: The block had manifested in the body as heart pain.

GEOPATHIC STRESS

This client had recurring geopathic stress that represented a threat to her health and safety.

- Soul story: "It's not safe to live on the planet."
- Energy centre: The base chakra - the energetic link to earth - was blocked.
- Emotion: Emotions associated with this block were fear and insecurity, which the client experienced with some

intensity in everyday life.

- Environment: The recurring geopathic stress created an unsafe reality.
- Body: The client admitted to experiencing problems with her legs, consistent with a block in the base (hip) chakra.

MONEY

This client had money problems.

- Soul story: "It's not safe to exercise power in this life as you've abused it in the past." (Note: money = energy = power.)
- Energy centre: Energy was blocked in solar plexus (personal power) chakra.
- Emotion: The key emotion associated with this block was the feeling of helplessness and the client had had repeated experiences of disempowerment.
- Body: The affected areas of the body were the endocrine system and the liver (both of which are involved in the manufacture of ATP or energy/power) and the client experienced considerable fatigue. There was pain in the solar plexus area which improved after the session.

By healing our soul we not only bring healing to our bodies and our lives, but to each other and to our planet. What's more, it is a necessary step in our ongoing spiritual evolution - one that brings us closer to our health, our wholeness and further along our inevitable journey towards "home".

"The healing of the soul creates wholth (health/wholeness) - oneness with the source that is enlightenment."
Archangel Michael

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Material and Divine Meditation continued from page 20

ing of this Divine perception. Then we will attain Divine vision to see that infinitely blissful Divine form, and will thereafter experience that sublime beauty and sweetness



described in our Scriptures. You cannot experience the intoxication of alcohol before drinking it, and merely looking at a sweet does not result in experiencing its sweetness. However, hearing someone describe the qualities of a delicious sweet generates a desire in us to taste it. It is on this very

basis that devotion to God can be practised.

His form, names and activities (known as Lilas) are a means of remembrance for those who love and desire to receive His grace. When a mother calls her young son, first she remembers his physical form – and so brings to mind their relationship, his personality and his activities in the world – and then she voices his name. Remembering God is no different. We must call out to him, all the time remembering his

form and charming Lilas.

GENERATING LOVE

Love is not a technique. You do not practise rites, rituals and formalities to produce love. Techniques are concerned with the intellect, and rituals are concerned with the physical body. Love has no concern with either. If you desire to attain the goal of your life, discard any such technical, physical or mental practice. To realise God who is Supreme Divine Love, you have to practice Bhakti Yoga, the path of love. Bhakti is not concerned with intellectual analysis, ritual or technique. It is the loving and growing awareness of your eternal relationship with Radha Krishna.

When the heart is completely pure, God bestows His grace and the material mind of that devotee is made Divine and perfect. It is now with this perfect Divine mind that the devotee perceives the omnipresent personal form of God and is eternally absorbed in the ecstasy of His Love.

(To be continued...)



ASTROLOGICAL HAPPENINGS

January to April 2007

by Heidi Pigott-Irwin

January 2007 starts off with a Mutable Grand Cross pattern moving in and out of formation but remaining most of this year. At this particular time in January this pattern is made up by Mars in Sagittarius Squaring the North and South Nodes (Virgo/Pisces) and the Moon in Gemini also squaring the Nodes. The sense we receive from this is a feeling of limitations, restrictions, stresses, a feeling of outer and inner motivational forces of Spirit, maybe even feelings as if you are being forced or slipping into difficult situations.

Looking ahead for 2007 I feel this year will be a year of big changes ahead. Jupiter now in Sagittarius squaring the

Full Moon, new Moon and Eclipse dates/times:

Jan: Full Moon: Thursday 4th at 12 Deg 48" of Cancer at 12.56am.

New Moon: 19th Jan at 28 deg 41" Capricorn at 3.00pm.

Feb: Full Moon: Friday 2nd at 12 deg 59" of Leo at 4.45pm.

New Moon: 18th Feb, at 28 deg 37" of Aquarius at 3.15am.

March: Full Moon: Sunday 4th at 13 deg 00" of Virgo at 10.17am. Followed by a Total Lunar Eclipse, just a few minutes after this full Moon.

Just minutes before the new Moon there is a Partial Solar Eclipse.

New Moon: 19th March, at 28 deg 07" of Pisces at 1.42pm.

April: Full Moon: Tuesday 3rd at 12 deg 35" of Libra at 4.14am.

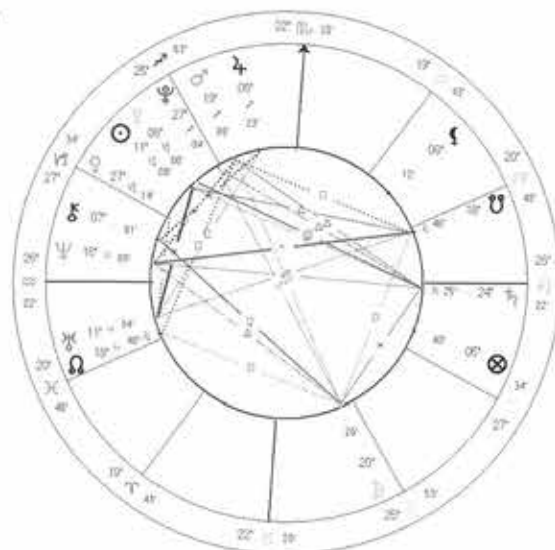
New Moon: 17th April at 27 deg 05" of Aries at 10.35pm.

Nodes and Uranus in Pisces tells of increasing dissatisfaction and restlessness amongst the greater populace towards our leaders, and a growing higher consciousness and need for Truth, a call to action is felt here. This shows a greater vision in consciousness and a strong passion for a directional change to be had for the betterment of our planet and humanity at large. This Mutable Grand Square has a very Jovian feel, and is frustrating because as it may be visionary it can feel like trying to fly with your wings clipped. Grand Squares are made up of all four elements, so all facets of the psyche are drawn in here, Physically (Earth), mentally (Air) emotionally (Water) and Spiritually (Fire).

At the same time as we are experiencing this Mutable

Grand Cross we also have in this mix a Mystic Rectangle for-

Transits 2-Jan 2007
Event Chart (15)
2 Jan 2007
9:30 am AEDT -11:00
FRENCHSICREST
33°54' 15.21"E
Geocentric
Timezone
Auckland
Timezone



Start of 2007 January's Mutable Grand Square, and Mystic Rectangle.

mation which lightens and alleviates the energies as mentioned above. With this Mystic Rectangle you may see greater compassion for our Great Mother Gaia, and humanity as a whole.

Mercury "the Messenger God" whilst in the sign of Pisces goes Retrograde on the 14th of February 2007, and stays Retrograde until the 8th of March 2007. So if you have not read anything about the happenings of events when Mercury goes Retrograde and in Pisces, this is significant so here it is. Mercury rules all forms of communication, and when retrograde in Pisces the communication side of things really gets lost, is hazy and unclear. So it is very important not to start anything new or sign any important documents or buy anything signifi-

With this Mystic Rectangle astrological pattern you may feel some kind of innovative break through, it may bring in great creativity and foresight, with the aspiration and desire to go the extra mile you may find the strength to step into the visions that you hold for yourself, spawn the dreams and live that life you have always wanted to by making a change happen.

Remembering that the Light of God is always with us, as we are One with the Light of God. Make room for yourself and space for yourself in your life, in order to receive The Light. Try not to push through things too much, try to be as organic as possible, there is a time for everything, and all things take their own time.



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cant, or you will either not get the project off the ground properly, or things will be missing in documents or miss read, misinterpreted, misconstrued, and anything you purchase will not work properly or as you thought it would and you will have to return it. So again re-check everything 3 times over and again for good luck, as you think you have completed something but it is still amiss, the mind boggles over this but you just cannot seem to get things right! Don't worry about things getting muddled and not turning out as you thought, you are now abreast of it all and you can laugh in the understanding of this strange phenomenon which occurs in different signs at least 3 times every year. Anything that goes missing during a Mercury Retrograde period usually always turns up!

On the 4th of March 2007 right on the Full Moon time and the Total Lunar Eclipse the skies will be very busy because right at this moment sudden, shocking and life changing Uranus at 14deg Pisces conjuncts our Sun at 13deg Pisces, and there is also a T Square from Jupiter in Sagittarius to the Sun and Moon, With this alone you could expect something to culminate and come to a head, something snaps, the fingers are pointed, emotions run high, something happens right out of the blue and with some lasting effect that is ongoing for a while. Maybe it is something really positive like Australia finally signs the Kyoto agreement, (hopefully this is not totally unrealistic!) This chart does feel very Jupiterian, instinctively farsighted more than consciously, and maybe very intuitive but reactive as the Moon eclipses the Sun. It would be a fantastic time for meditation; you may connect on a profound level with Christ Consciousness like never before, it would be a great time for inner manifestation of Truth and Spirit, as well as a great time for Spiritual groups to get together and share their knowledge and joy.

Included with this stated above, Saturn is making an

April 2007 starts off with another Mutable T Square, again this is close to Full Moon time and things look very emotional like the feeling the scales are only just balanced, and there is a building up of intensity, by the 28th of April the Mutable Grand Cross is back in full swing and looking very potent indeed. It feels like something may have reached an apex, and is near to the point of release; it could be a good time for rational thinking and looking to the energies of the Greater feminine Goddesses for collected calm inner reflection and compassion.

exact opposition to Neptune at this point and Saturn is also Retrograde, it feels like authority and ego is taking a back seat for now, or an internalization and questioning of one's identity and self.



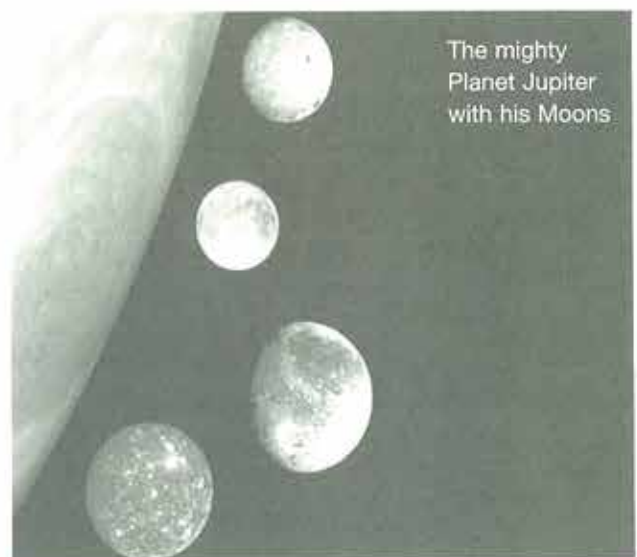
The Planet Jupiter, the dots in front are his Moons.
Photo by the Hubble Telescope.

Even though this report is about what is happening in our heavens for the beginning of 2007, Mid afternoon on the 24th of November 2006 Jupiter moved from the sign of Scorpio to Sagittarius. Jupiter changing signs is significant enough for people to want to know about what

The planet Jupiter rules the sign of Sagittarius for a start so this fits well for Jupiter. Jupiter to mention a few things is looked upon as the "greater benefic", the all expansive, higher wisdom, the guru, the philosopher, and the truth seeker, the monk, prophecy, the soothsayer and wisdom gained through experience.

The kinds of things in our world that Jupiter rules are wealth, gambling, the church, clergy, religion, long journeys both physical and spiritual, truth, publishing, luck, morality, playwrights, charities etc.

Transits 4 Mar 2007
Event Chart (2)
4 Mar 2007
11:17 AM AEST
13.819 151.071
Rising: 13.819 151.071
Eclipsing: 13.819 151.071
Full Moon



Depending where Jupiter is in your own personal astrological chart, you would feel some kind of expansion in wherever it falls. This could be things like greater learning on a higher minded level, joining a large organization that supports things like the Greens or Green Peace. You could even move to a larger house or have growth in the family, but no matter, Jupiter means a state of expansion where ever it falls in your chart.

A feeling of wanting the heads of States and governments globally to lead in a more truthful and honest fashion, people will question more their intentions and the motivations behind their decisions, the people want action to follow words. There could be more reports on religions swaying political office.

These words may be over done with Jupiter now in Sagittarius, but on the shadow side it can bring about hot headedness, impatience, forthrightness and exaggeration to excess. The wild tongue of the preacher can start untamed fires burning, Sagittarius is a mutable fire sign, and the fire can quickly get out of control like a bush fire.

this may mean for them. Jupiter spends a full year in Sagittarius before changing over to Capricorn mid

December 2007.

As for Jupiter's shadow side, it can be said with this expansive nature of his "be careful what you wish for!" The expression by William Shakespeare "one can desire too much of a good thing" as the unrestrained energies of Jupiter can be completely over done and be the undoing of you, so to speak. So take head with this saying by Shakespeare, "The fool doth think he is wise, but a wise man knows himself to be a fool".

So the things you may see with Jupiter now in Sagittarius throughout the year maybe: people being foolish and over doing it on all levels, over indulging in food, so again obesity will be on the radar. Religion and evangelism reaching further a-field, spiritual groups may take over some kind of publication or start a new network. The rich getting richer, and the gamblers getting further and further into debt. People in high places of power made accountable for their actions.

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

Namaste to all, with love and Light.

Heidi Pigott-Irwin. Astrologer and Angel artist.



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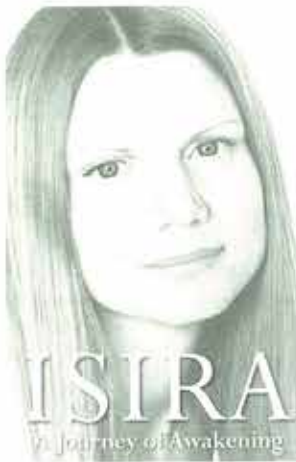
Call: Judy Mitchell

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RECOMMENDED READING

A JOURNEY OF AWAKENING

by ISIRA



Born with a high state of conscious awareness, into an ordinary family in the suburbs of South Australia, Isira describes feeling misunderstood, feeling different, isolated and very confused.

Whilst only a toddler, she experienced freedom of the limitations of mind, had memories of eating different food and had glimpses of a former life in Tibet. As a small child, Lama Zopa Rinpoche appeared to her and years later he came to find her. She went to Tibet where she was ordained by the Dalai Lama and spent 3 months, high in the mountains, in solitude.

She weaves her incredible story of finding about her Aboriginal heritage, of experiencing a violent attack which nearly killed her and during which she experienced the vastness of limitless being, 'beyond thought, beyond form, beyond light and dark...beyond anything ever thought of in this world'. As a result nothing remained but "pure peace...love...stillness...light and eternity". She was given a choice to leave this life or to stay and she says "That question marked a split second in which my life stretched on forever like an ocean of time."

She writes about overcoming a terminal illness, talks of her marriage and motherhood and combines it all around her inner journey to Awakening. True enlightenment.

A Journey Of Awakening takes the reader to their own deep inner truth. A must read for all those seeking enlightenment.

Rosemary Butterworth

From the Epilogue.

"I realise that the human challenges, difficult though they were at the time, provided me with the ground of true understanding. Without those moments of challenge I would never have been able to relate fully on a human level, nor could I have been able to share the real possibility of the liberation that lies within us all. I understand that in order to speak as Truth about the journey of awakening, it had to be drawn from direct experience. Anything else would have been more philosophy and concepts.

I have come to see that the 'human' experience of the

ego with its arising fears and delusions of separation and limitation is not at all a fault, sin or a failure. I see now that it is simply a passage in the vast journey of Life – the play of manifestation in evolution – and we are all the innocent children of God growing.

And although I experienced many profound states of God awareness throughout my life, I see now that there was a pattern occurring. Each liberating experience took me both deeper and wider, carrying me through spirals of integration.

The goal of our human journey is to transform the mind's perception of separation, from our earth and from each other, to the awareness of unity; to lead us from judgment to love, from pain to joy, from war to peace. Although a seed already contains within it the life force of a thousand fruit, it still trembles in its transformation – to die as the seed, to be born as the fruiting tree. Likewise, as humans, we all share the same journey as our ego shakes in its death throes as we grow in love in order to bear the fruits of true wisdom. And everyone who becomes conscious of this transformation always asks: How? The answer to this ancient question is always the same: by following the path that is lit by love."

"Our journey does not end in a transcended plateau. It continues to ripen in the field of unending love where the seeds of truth, forgiveness, devotion and love bear golden fruits of compassionate service." Isira

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