

ShiningBRIGHT

a guide for the soul

VOLUME 11 ISSUE 1

2008

WOLLOMBIN:

a Bundjalung Perspective

Divine I am

Where are the leaders?

Spiritual human evolution

Growing a community

Making peace

The gathering of great women

ROSEMARY BUTTERWORTH
facilitates

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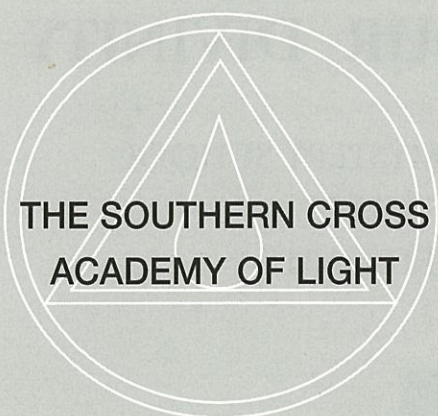
(Rosemary Butterworth is the Co-Founder of The Southern Cross Academy of Light)

**Uniting Hall,
75 Bay Road, Waverton
10.00am – 4.30pm
Cost: \$120**



The Southern Cross Academy of Light
02 9975 4905

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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
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UNITY NOT SEPARATION – INCLUSION NOT EXCLUSION

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

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thoughts, and deeds.

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Working together, supporting each other.

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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 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.

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 meetings 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 Meetings offer direction, guidance and inspiration.

Each Monday night at Neutral Bay we gather together and share our light, we share our joy and our growth. The Academy provides amazing teachers to share new ideas as we come together as one and we unite in love and light. The Academy creates 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.

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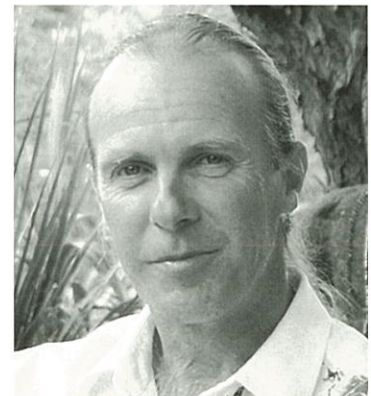
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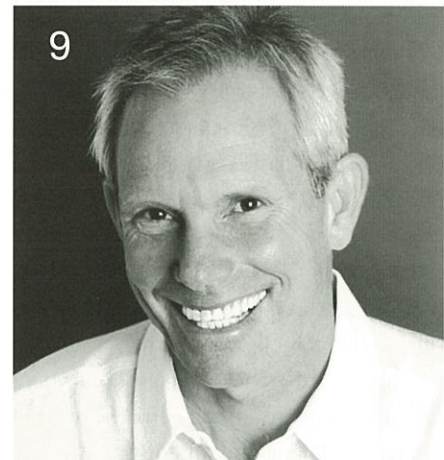
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FRONT COVER
'The Sunshine Tree' by Lesley George



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Rosemary Butterworth

from the **EDITOR**

Welcome to the first edition of 'Shining BRIGHT' for 2008. Heidi, our in-house Astrologer, told me when we were putting this edition together that Pluto would play a major part for the next 16 years. Pluto moves into Capricorn on the 26th January this year so we can expect the earth to go through some major changes.

It is easy to feel alone in times of trouble and stress but it is precisely at this time that you need your spiritual family. People who understand your pain, have compassion with your circumstances but stay detached from your story. It is useful to have around you people who can help you remember who you are. People who can help break the identification with your story and help you find the wisdom in yourself to know what to do. .

This is one of the reasons I love the Academy so much. Not only has it brought to me beautiful friends who have become my spiritual family, but it has also brought to me teachers and healers just at a time when I needed them most.

A couple of days ago, a letter came to me. It was a wonderful letter and so I have printed it for you to read and be inspired too.

In 2008, there is a core group of very special people who run the Academy now, Terri, Heidi, Diane, Peggy, Sylvia, Sonja and Diana and, of course myself and John, who along with a team of skilled tradesmen, has been building a splendid octagonal house on the land at Jacaranda Haven, getting it ready for Spiritual Retreats. The house is mostly finished and Gerry Bostock (if he is in Australia) will be one of the first to host a healing retreat there.

The Academy is an entity in its own right. It is the energy of Love. It came here to support and love us through the transition of our life. We need to realize that it is almost impossible to do our journey on our own. It came here so we would know we are totally safe, loved and supported at all times, in all ways.

Much love,

Rosemary Butterworth



Kim Fraser

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DIVINE I AM

by Sylvia Shanti Vowless QSM



Since the time of Moses when God gave His Name as "Ehyeh Asher Ehyeh" which translates as "I AM that I AM," humanity has had the Key to Life Mastery and Spiritual Transformation without even realising it.

What is this Key? It is the "I AM", source of the latent God Power in you and me, the mighty activity and Divine Inner Presence which confirms for each of us our oneness with God. To use this Key we firstly need to be fully aware and accepting of this awesome Divine Power within. Then through our love-filled, conscious use of God's gift of free-will, learn to awaken Its dormant potential through focussed intention followed by attention and action.

For full activation we first need an understanding of how to work with the numerous Universal Laws of Light (not just the one Law of Attraction in isolation) plus the sciences upon which all laws are based. Then when we learn how to apply different 'mixes' of Laws for achieving various aims - rather like ingredients in a cake or components of a formula. The results are nothing short of what many call miracles or magic! Recently I've found that I'm getting better at 'miracle-making' - as are others with whom I've shared my insights and techniques! Just like an acorn seed which contains within it the mighty oak potential, so each person carries the seed of Divine Potential just waiting for conscious cultivation.

What gives us our Divine lineage and personal Light connection? Together we burst forth from the Living Light of God, the Limitless Light of Creation of "I AM that I AM," journeying down through the dimensions forming group Oversouls which in turn projected our individual "I AM" Presences. Also known as our Overself Body of Light, our "I AM" Presence is our true Higher Self or Ascended Being in Light body form which has always existed on a higher dimension, wholly perfect, complete and naturally fully active. Being pre-existent it has always been - and will always be. In fact, together with our soul it designs each physical body we require suitable for each life experience.

The soul is the immortal counterpart or reflection of our "I AM" Presence and carries the Light of Divine Consciousness or Divine Spark. Through countless lives our little "I AM" ego self believed we were alone and separate

from God. Yet we've always been in the flow and blessings of Divine Energy - nothing or no-one can block or diminish this - except ourselves. And now we're beginning to remember our "I AM" whose connection gives us inner God-Power potential just waiting for us to develop and use as unlimited spiritual beings having a human experience! And we're never alone or out of contact with our "I AM" God-Self because we have Its inner Voice or communicator known as the Holy Spirit or what the Bible calls "*the still small voice of God.*" We can learn how to access perfect guidance and illumination from this wholly reliable communication aspect of the Divine Presence, and being our direct link to our God-Self, It will also answer our deepest questions. Once we're able to access this at will we'll no longer need to rely upon others for guidance, eventually not even our Elder Brothers and Sisters the Ascended Masters who themselves actively use this direct connection with Divine Mind or the Higher Light Consciousness.

This is a vitally important step along our individual soul journey to freedom, for without it we're still bound and having to give our power away to things outside of ourselves. As all true Avatars and Masters have constantly reminded us - there is no short-cut or Higher Consciousness acceleration to enlightenment, transformation, self-mastery, spiritual progress or ascension through external influences. No-one or no thing can do this for us, or give us Divine attributes and Grace - because we already have them!

Thus they cannot be bought or passed on. If this was possible, why have countless Masters wasted their time coming into the world to teach us how to live and achieve the goal they demonstrated, the goal of Soul Ascension when the soul re-unites with its Overself Body of Light? Yet in this modern world of instant gratification it's so tempting to hope that there's some form of 'fast-food' spirituality, instant acceleration or a shift to Higher Consciousness available so we don't have to do and live the work!

Only as we develop our Self-mastery can our consciousness and vibrations become **permanently** raised to higher levels. This is because we have an **inner** body of Light called



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the Gematrian Body of Light which is also dormant until we begin to really walk the Spiritual talk. And through this activation process which works with the Holy Spirit's "inner Light force" our cells become radiated with Light and renewed so that we can control the aging process!

The regular use of the true original Language of Light helps activate our inner Light body and radiance. This is partly due to the meaning of Gematria - too big a subject to explain here but suffice to say the remnants of the original Language of Light still has some of the most powerful vibrations available to us here on earth. Although it's a vastly stepped-down vibrational frequency of the Limitless Light which we understand God used in creation – "*In the beginning was the Word*" - regular and consistent use of pure Light Language with right intention accelerates our spiritual growth and Self-mastery in many ways.

Because of its Divine resonance and energy codings, the Language of Light activates our psychological, neurological and biochemical levels of higher thought attunement, necessary for our eventual conscious connection with the Mind of God through our "I AM " Presence, one of our main spiritual goals as Light Servers. It greatly increases our vibrational frequencies and 'tunes' our bodies as I can personally verify after using it for some years, also leading to connection with the "still small voice" within. And most importantly, its regular use reprogrammes our own DNA-RNA restoring and activating the original God-Code, and switches on more codons – all things that only we can do for ourselves.

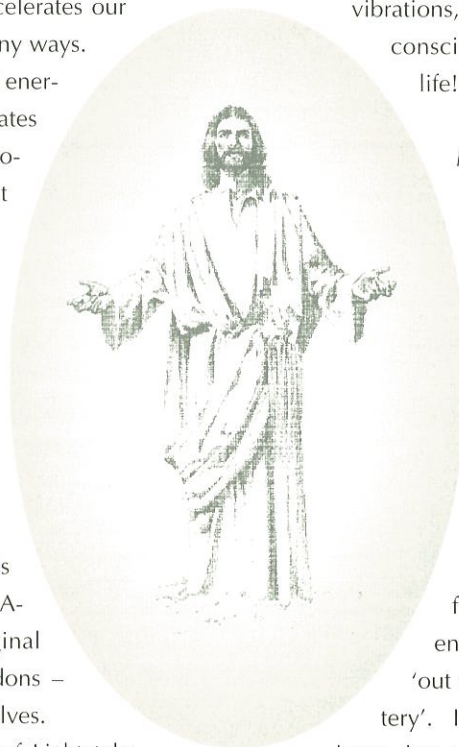
So what form does this Language of Light take here on earth?

The true Language of Light consists of the Names of God, holy chants and mantras in any of the world's five sacred languages – ancient Hebrew/Aramaic, Sanskrit, Tibetan, Chinese and Egyptian - all of which still carry some of the vibrational frequency of the original, as do the 72 Divine Names of the Shem Ha-Mephorash.

This explains why all true Avatars, Masters, Adepts and mystics of both east and west have for millennia used and taught humanity these powerful Language of Light variations and chants. But they must be used with right thought and intention, otherwise they're just sounds! And as sovereign souls we have to use them ourselves to gain any benefit! I've been using them daily with wonderful results including raising my electromagnetic frequency, increasing and refining brain activity. I will be sharing understandings of how to use

this wonderful gift for specific purposes including 'miracle-making' during my March 1st - 2nd Order of Melchizedek Mystery School "AWAKENING TO YOUR DIVINITY."

According to Nag Hammadi library scrolls known as the "Pistis Sophia" which are the teachings of the resurrected Christ to His disciples, our Light increases as the result of soul education and Spiritual advancement. Using the analogy of a light bulb representing our inner Light ... like a light bulb covered with countless layers of black paint our inner Light and Light of our soul is hidden! This dense covering symbolises the dark energies of fear, powerlessness, ignorance, trauma and negative karma accumulated over many lifetimes. Until this energy is purified and dissolved the Light of our soul and Gematrian Body of Light cannot fully shine forth. As our inner Light increases it raises our vibrations, illuminates our mind, clears our subconsciousness and transforms our body and life!



The overlighting Order of Melchizedek impulse underlies the incoming 7th Ray energies whose keynotes are **freedom** and **transformation** – becoming free of physical and mental slavery so we're free to work directly with our inner Light and God-Power and eventually complete our ascension 'Path of Freedom (or Liberation) and Return.' What is transformation? Transformation cannot come from outer sources, external 'activations', people or pilgrimages but from our inner journeying and experience of the God within rather than a God 'out there,' taking us from 'mystery to mastery'. In past eras we just had to believe and hope, but today proven and empowering spiritual knowledge and soul education based upon Ancient Wisdom's Divine Truth Principles that accelerates Self-mastery and transformation is readily available. But as St Germain so succinctly said through me ... "*Knowledge which isn't applied is as useless as undigested food!*"

Hence my focus of the March weekend - and of every Soulshop I offer – is: "*How can I use or apply this to my life?*"

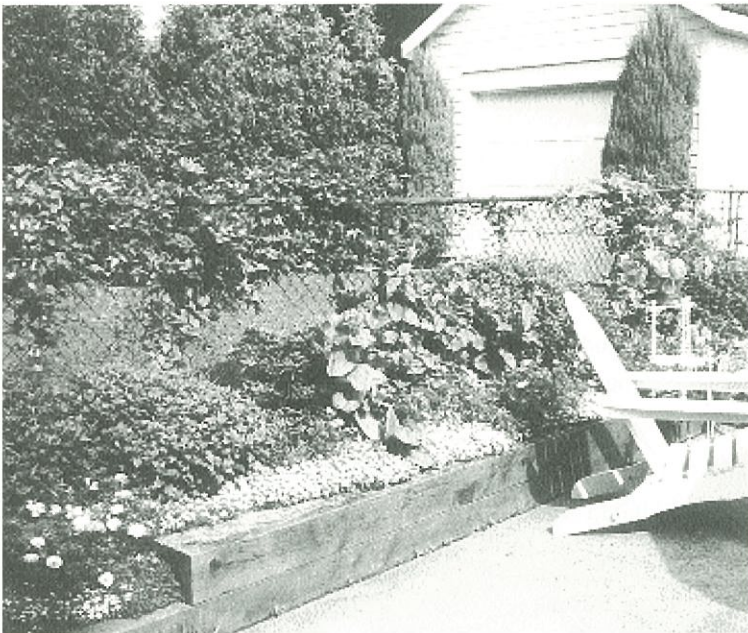
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THE STORY OF PETER

by Rosemary Butterworth

Peter came into my life in the most unusual way – which usually means that Angels have a hand in the matter. Although I had never actually met him, I had heard my brother speak of him occasionally since meeting him whilst on a holiday overseas some 10 years earlier. Peter was an American and lived in New York; we lived in Sydney, so they did the usual exchange of cards at Christmas and birthdays etc. and my brother renewed the contact a couple of times over the 10 year period when in New York on business. I am painting the picture of a very distant friendship so you can imagine my surprise and reaction when I started to think of him during my morning meditation. Oh, one other important thing I knew about Peter was that he had AIDS.



So there I would be each morning, sitting quietly, when thoughts about Peter would drift through my consciousness. I was startled at first. Why, I would ask myself, would I be thinking of a man I had never met. The picture of him became clearer and clearer and sometimes feelings of great discomfort would sweep over my body and I would feel unwell in the region of my stomach. Perhaps I am meant to help him in some way. I thought and considered ways that this could be done. There didn't seem to be too many possibilities as he was in America and I was in Australia.

I finally took my problem to my brother who was very

surprised at what I said was taking place and informed me that the latest he had heard about Peter's health was that he was indeed very ill, too ill in fact to work anymore and was virtually confined to bed most of the time. His health was deteriorating rapidly.

I decided to follow my intuition and write to Peter; introduce myself; hoping he would connect a little with where I was coming from and not think me too crazy, and give him a little background about crystals. I felt he should use a citrine crystal. So out came pen and paper and a long letter followed explaining who I was (my brother's off-the-planet sister) and how he kept popping up in my meditation for some strange reason. I remember trying to sound casual, like it was normal to have a strange man appear in one's meditation, and not too way out. I explained as best as I could the effects and uses of citrine crystals.

I received back, a nice but rather formal letter, thanking me but advising me that he had no knowledge of crystals. Not at least daunted by the tone of his letter, I rushed out and purchased which crystal I instinctively felt would help him; wrote directions for care and use and popped them in the mail as quickly as I could. I found out, months later, that he thought they were very pretty and had put them on the top of the piano. My affinity with crystals was not one that Peter shared.

As Peter's health continued to grow worse, so did my restlessness, whenever I thought about him. The feeling that there was something I had to do was getting stronger each day. When Angels push, they really PUSH! Each morning, when offering my day to the Universe, praying that it be spent in useful service, I would ask the Angels what am I supposed to do, how could I help Peter? No revelation came back so I just had to trust Spirit and follow my intuition. What I did notice was a couple of odd thoughts creeping in like..."I must get some new sleepwear for when I am in New York..." The idea of my going to New York at that time was not at all feasible because there were simply no funds to do so.

Weeks passed and the exchange of letters between Peter and myself grew more frequent and more crystals flew across the ocean to find their place with the others, on the top of his piano, never on his body where I hoped he would place them.

Then came the day when the Angels stepped in and really helped things along. United Airlines called to remind my brother that his Frequent Flyer's points were about to expire. Their words – "You have enough points for a return trip to New York." My brother, a little overcome by the timing of their call said, "Here, I think this ticket is for you."

I felt a rush of excitement from the tips of my toes to the top of my head. Now I could go to Peter. Heaven only

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knew what I was meant to do when I got there, but go I knew I had to. So, once again a letter was quickly dashed off to Peter.

Now Peter's reply caught me totally unawares. He was so angry. From his perspective, he had this crazy grandmother from Australia writing to him about crystals and now she was suggesting she would like to fly over to visit him. He felt he was much too sick to have a house guest let alone a crazy one he had never met before. He also attacked me for being a 'do-gooder' and wanting to 'save' his life. I felt incredibly foolish for having instigated the whole thing but even this didn't diminish the feeling that it was what I was meant to be doing.

So I decided to do nothing and a couple of weeks later another letter arrived from Peter followed by a telephone call. This was the first time that we had actually spoken. Although his voice was a little weak, he sounded charming and seemed pleased that we were finally connecting. He invited me over in May; springtime in New York. What I didn't know was that he had asked a lady friend if she would come around the morning after I arrived and take me off his hands. He felt too ill to have a stranger stay. So it was all arranged.

I remember so well sitting at the Boarding Gate, fighting the feeling of panic. Why was I going? What was I going to do when I got there? I have never been to America before let alone arrive at Kennedy Airport at midnight with nobody waiting. My body wanted to take flight and run back to the safety of my home and family. But still somewhere inside of me I KNEW that I had to go to Peter.

The first few minutes with Peter are indelibly etched on my mind. He opened the door and our eyes met for the first time. Incredible emotions welled up inside me as we collapsed into each other's arms and hugged for what seemed an eternity. The silence being broken only by the sigh that escaped from my lips as I released the tension caused by my fears of safety and rejection. Finally we released each other and he ushered me into his tiny apartment.

We sat and talked for a while as he talked my eyes took in his emaciated form and how ill and tired he looked. The next morning when his friend turned up to "take me off his hands", he whispered to her – "She stays" It was then the angels told me what I was to do. That was a relief. I was to massage him each day for nearly one hour. This I was to do for five consecutive days. My training in remedial massage was to be put to good use. Sometimes the massage would be done in stillness and quiet, sometimes we would talk. We spoke too of spiritual matters, of whether he had considered, or not - why he was on earth? Why he had contracted AIDS? What he had learnt about living with AIDS? How he had grown spiritually because of it? He was a being of such

love, people feel uplifted by simply being in his presence. I told him that I felt that he would do a lot of work on the 'other side', healing work, counseling souls that had passed over in fear, souls that had experienced loneliness and separation before they had died.

The days passed. It was the 6th day that the miracle happened. On the morning of the 6th day Peter woke up and felt well. I mean really well. He was so elated that he dressed and announced that he was taking me sightseeing to the Cloisters. He had colour back in his cheeks and he seemed to have plenty of energy. I was even taken to a Broadway Show. Archangel Michael's presence was a daily source of inspirations. Peter soon felt well enough to return to his country cottage in New Hope and invited me to come along.

It was Spring and the trees were covered with new green foliage. Dogwood trees dotted the landscape with their pink and white blossoms. Peter and Tom's cottage was beautiful and I shall never forget watching Peter enjoying the sunshine; planting Petunias and other plants for a pretty summer show.

The quality of Peter's life changed and with it perhaps so did his understanding. The Angels seemed to have taken a hand in his life and he seemed to have been given the energy to enable him to fulfill his 'contract' before departing. A couple of months after my return to Australia I received a card from Peter with three simple words on it, I LOVE YOU.

I know now in retrospect why I had to go to Peter. There is a particular time, a particular ray of Light we are meant to pass over on. Peter would have died too soon. He also needed to understand why he had chosen to have AIDS. I think he did.

Peter passed over on the 6th December that year. I feel he is working very hard on the other side. Thank you Peter for being part of my life and experience.



THOUGHT FOR THE DAY

The chief duty of man is investigation into the Truth. Truth can be won only through dedication and devotion, and they are dependent on the grace of God, which is showered on hearts saturated with love. Truth is more fundamental than the atom. Every atom and every star manifests the Truth to those who have the eyes of wisdom. What is the special nature of man? If he too lives and dies as an animal, how can his supremacy be justified? His supremacy lies in his capacity to become aware of his Truth.



BABA

WHERE ARE THE LEADERS?

by Jacqueline Murphy

Who will help us create a future we are all proud of?

Who will protect our communities, relationships, safety, prosperity and planet?

And a further question that perhaps only some of us are also interested in:

Who will support the evolution of humanity?

Not politicians, according to author and creative development master William Whitecloud. "Politicians aren't leaders, they are populist vote-getters," he laughed, "They change nothing. It is collective consciousness that leads any change. Then there are people who are able to articulate that collective feeling."

"Movie stars are seen as leaders but they are still riding the wave of what is cool. Not that they aren't genuine – look at Bono and Sir Bob Geldof – nevertheless they are articulating something that is already a strong force and feeling within the collective."

Author and leadership consultant Robert Rabbin agrees that the current lack of worthy leadership is a reflection of a greater conundrum within the global community.

"We may well be an experiment gone bad in terms of evolution," he remarked.

"Take any social issue you want...and you have to ask yourself: how did it get this way? We are looking to leaders to provide solutions. But the leadership crisis is just another way to say there is a crisis in the world. Otherwise why would we even look for leaders?"

I think it is a crisis in our capacity to directly experience and be responsible for what we are doing."

Climate change, much like the nuclear disarmament debate before it, has made our choice of leaders a matter of survival. Writers and commentators in many spheres are telling it straight. It is perhaps the first time in known history that our survival depends on a shift in human consciousness.

The danger is that our political leaders may simply play

on our fears rather than directly address our current climate reality. There is also a danger that we become overwhelmed by the implications of climate change. The political and media debate could simply mesmerise us into inaction.

A true leader may well have a different relationship to crisis altogether. The leader of tomorrow may well be required to have deep spiritual strength.

"It's a really profound topic," says William Whitecloud, "Leadership and change management are seen so outwardly and yet the truth is that leadership is a very inner thing."

Great leaders of the past are often portrayed as gargantuan figures that shaped our times. Some modern commentators would suggest that perhaps the opposite is true - these leaders allowed the times to shape them.

"Martin Luther King didn't make his time," says Whitecloud. "He was a reluctant figure. He came behind everything but he articulated what was there."

"There is phenomenal power in that person who can consciously acknowledge the dysfunction and yet does not need to impose their force or their will."

"Those who stand back and do not react. Those who hold a vision of a higher outcome, without needing to bring their fear and desperation into it, become an incredible channel for change," he said. "Leaders are followers of a higher calling."

"Instead of trying to change the world," says Whitecloud, "if more people settled down and sunk into their own truth, worried about themselves and followed their own truth, they would make a big difference in this world."

The Earth Institute in Sydney was established late last year to address lack of leadership and direction in the global

culture. Psychologist, Ecologist and former leader in Nature Care College in Sydney, Paul Perfrement, is one of the co-founders.

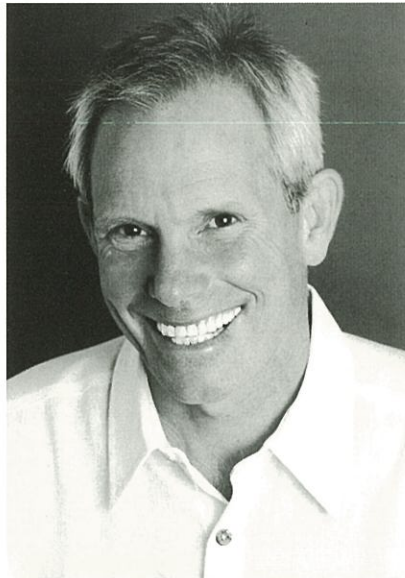
Leaders are not emerging, say Perfrement, because our social structures do not support the inner shift maturation of spirit required for true leadership.

"Where are our leaders?" he asks, "The pain of this cry is running deep now."

"Ask any Jungian and you will hear that our core problem is a lack of Rites of Passage," he said. "But we have lost our rites of passage and so the psychological maturation required to reach fuller development tends not to occur."

"Every true leader has been through a rite of passage. They have stepped through consensus reality into the larger ground of leadership. By facing their own initiation, they are

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William Whitecloud

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able to gather the psychic power required to become a leader."

"A leader is a point through which the divine has a focus. There is a demand on the psyche of the leader to step forward. There is no choice. It is an imperative because there are consequences for not living what you were born into. The rituals and rites of passage, are the container where the gifts of the person are born or bestowed upon them".

"We do need these structures for leaders to be born."

Perfrement also points out that the lack of authentic communication between self, others, and the planet, has bleached our societies of strong community. This too, hampers the emergence of the leader.

"In order to have a true leader we also require a true community. The leader needs to be ordained by the community."

In the process of designing a new leadership course for Swinburne University of Technology in Victoria, a group of experts identified some of the core qualities of tomorrow's leadership.

"Vulnerability," says Robert Rabbin, who is part of the design team, "We have been asking ourselves what are the qualities of a true leader and we decided that vulnerability is one of the greatest."

"The leaders of tomorrow will be able to stand up in

their vulnerability, without pretence, defence or solutions and say: 'Here is my heart. What is happening is not right. We have to do something.'

And because the place they are coming from is so true, people will agree with them."

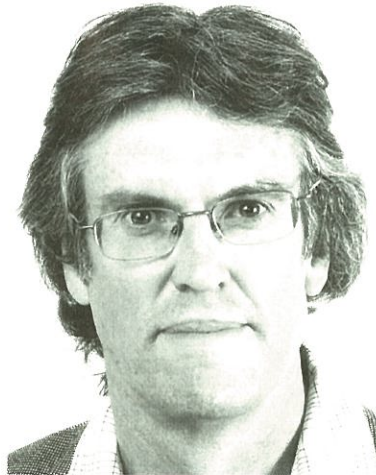
Robert cites Australia's anti-nuclear campaigner Helen Caldicott as one of his heroes. For 30 years Ms Caldicott has been urging people to directly acknowledge the impact of nuclear war and nuclear energy. "I saw her speak in Los Angeles," Rabbin said. "She held up her little baby grand-daughter and said: "This is why we don't want nuclear proliferation."

"I'm all for having your heart broken," he said. "This world is chaotic. It is a mystery. So much of the time we are trying to mitigate our fear of the unknown."

"Leaders are those who deeply feel the human condition but are not overwhelmed by it. Martin Luther King felt

the condition of the blacks deeply and he was able to say: 'This is not ok.' It is a simple yet profound stand.

The leaders of tomorrow will stand up and be vulnerable, be transparent and truthful. He said, "Which are all the qualities that describe human beings at their best."



Paul Pefrement

www.awarebusiness.com.au



 **THE SOUTHERN CROSS ACADEMY OF LIGHT**
supporting you on your Inner Journey to Self Discovery 

The Southern Cross Academy of Light is an organization that supports all people at all levels of their spiritual development. It provides high energy, inspiration and increased awareness.

Each Monday night at Neutral Bay we gather together and share our Light, we share our joy and our growth. The Academy provides amazing teachers/healers to share new ideas on all manner of topics. Every week is different. Every week there is meditation. Everyone is welcome. Below is a list of coming Guest Speakers and events.

DIARY OF EVENTS FOR NEUTRAL BAY GATHERINGS February - March 2008
St. Johns Uniting Church Hall, cnr. Yeo & Barry Sts., Neutral Bay. Cost \$15

- 4th February Troi Leonard (International) - *Sound, Colour & Oneness Blessing*
- 11th February Bernie Prior (International) - *Spiritual Human Evolution™*
- 18th February Alison Wilson - *How your home affects your energy & your life*
- 25th February Simon Macken - *You Can Have It!*
- 3rd March Ian White, Bush Flower Essences - *Spiritual Alchemy*
- 10th March Christine Gregg, Member of the Lakota Nation
- 17th March Joan Pryce-Jones - *The Wonders of Toning*
- 24th March Closed - Easter Holiday
- 31st March Ruth Eedy, International Speaker - *Aura Light & EFT Practitioner*

To keep up-to-date with coming events, contact the office either by phone (02) 9975 4905 or by email <mailto:scal@alight.org.au>scal@a-light.org.au and so we can send you our weekly email Newsletter of "What's On" together with health tips and inspirational messages.

The Southern Cross Academy of Light
ABN: 81 919 104 219

Postal Address: P.O. Box 1221
Neutral Bay NSW 2089

Phone 61 2 9975 4905

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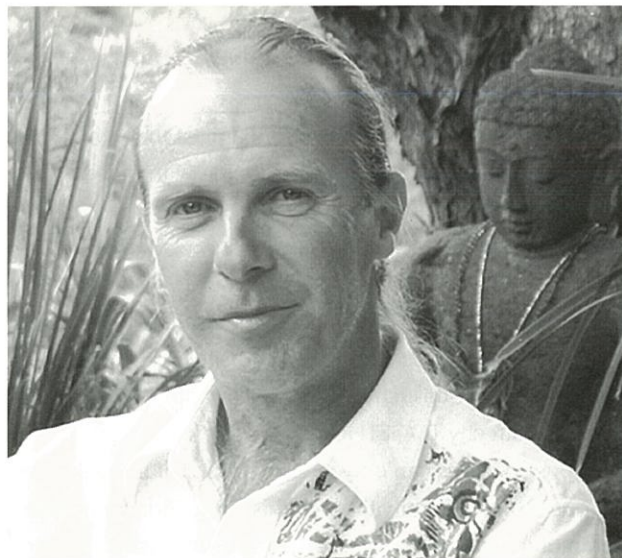
by Bernie Prior

If we look at the first letter of each word in Spiritual Human Evolution we get SHE – the feminine principle within the cosmos and yet within the word ‘She’ is ‘He’, the masculine principle in the cosmos. In some way I would like to give my perspective on the reason why we exist, the very purpose of each and every one of us having an embodied life.

For me the whole of life in the cosmos is contained within the great She sometimes referred to as the Great Mother or Creation. Creation is the vehicle of expression of the authentic ‘I’ or pure consciousness. Its whole purpose of creation is to know itself in the eternal unfolding of life.

It is She that has woven the feminine principle, heart, and the masculine principle, mind, and given them bodies to experience the power of the cosmos or creation as themselves as human beings. For us as human beings this is a developmental process that everyone is involved in, even if we have no awareness of this. We all develop through our experiences of life and who we believe ourselves to be. Obviously a great deal of our experience is seen through our cultural conditioning and our belief that we are separate from everything and everyone. At least that’s an early stage of development when all we really care about is ‘me’, and our prime motive for being alive is to get what we want and to feel good and not bad. When we really begin to awaken we slowly begin to understand there is so much more to experience than the life of the ego that keeps us divided in our experience of life; as if it is something that is happening outside and not deep within.

Gradually through life’s many twists and turns, we begin to be aware that what appears to be a terrible world outside is in truth what we are holding onto inside. With the deep seeing of this we vow to transform the world we are living in by transforming the way we live; we come alive with the very knowledge and purpose that this is why we have embodied and it wasn’t a mistake or a problem. We are actually living on and in a breathing entity called Earth, whose sole purpose is to evolve consciousness to know itself directly as the authentic ‘I’. Furthermore our lives are specifically shaped for us to awaken individually to the collective



purpose of being alive. In other words we are One - One life, One love, One consciousness appearing as many.

When this really begins to go deep inside of us we get this crazy idea that we are the one to save the universe, but in some strange way this is true because we consciously chose to embody. In fact, it was a big "Yes" to evolve the intelligence of humanity (ourselves), in higher and higher gradients of conscious evolution. This means we created the world or universe of constant change, because it is only through constant change that we can know ourselves as infinite vastness, through constant creativity that reflects our highest and ever growing purpose. If this is the truth we would be foolish to hold on to past as our identity and take a death defying leap into the unknown. In such a leap we would awaken into the true light of the authentic Self and therefore as human beings become fully involved in the process of evolving consciousness as humanity. I am now going to suggest another crazy thing about what takes place as we take this leap. It is this: we individually and collectively change the old field of energy which we have lived from for thousands of years. This appears as our culture which has conditioned us, and we not only invite but we create a new matrix of pure consciousness. This is imbued with such clear clean light of the new potential to manifest another utterly different way of living on this earth. In short we create the future with our greater purpose from the heart, beyond our self centered ideas, in and as the unified field of consciousness. This is the power in every individual, to change the individual, change the culture we live in to reflect the new consciousness that is being birthed as Oneness and yet every one still knowing individuality of being. This is the life we are meant to live, an inspired life, creating a new matrix for every human being to know themselves directly as the authentic Self and see the miracle of its manifestation as every individual’s life.

For everything here to take place the individual has to know and nurture a greater purpose for his or her life and wholeheartedly participate with the evolutionary process in
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their own life directly. This would manifest through deeper communication and a finer way of being with others. What this means is to be more real than you have ever been before, with no self consideration in your relationship to life, as the people immediately around you and the whole of human existence. So, clearly see that our being together has a purpose beyond ego, to evolve ourselves at the edge of consciousness with such living love and truth we experience our unity directly TOGETHER.

Consciousness can only evolve as our self through interaction with others; only through this interaction with honest communication and purpose can we lift each other and humanity beyond self-centeredness and ambiguity into the very energy of Source which we come from. We connect with and are infused by our conscious connectivity and the new matrix of creation that we are bringing down to manifest as the new global culture.

We can transcend our fears and doubts; we can be the architects of higher purpose and new life on earth. We can commit to individual and global transformation. It's what we all have vowed to be here for – the big "Yes" in being here and being alive.

SHE is holding us all; we cannot fail immersed in this love.

www.bernieprior.org



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Sylvia Jacka



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Seminar includes:

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- Enlightenment is a beautiful melody. Do you listen to the song of your Heart?
- Experience the 5th Dimension where Higher Consciousness, Love & Freedom lie. How to access and maintain this consciousness.

Seminar: Sat/Sun March 15/16th 2008 - 9.30am - 5pm
Venue: Earth Institute, Suite 1, 20 Clarke Street, Crows Nest NSW 2065

Investment: \$350

Bookings/Enq: Lily de Chalain - 0411 107 069 or e: lilydechalain@optusnet.com.au

Private Sessions: Autori will be available on Thursday 13, Friday 14th & Monday 17th March

Sessions: \$155.00 (1 hr)

Autori is an International Teacher, Channel, Writer, Spiritual Counselor & Healer
Visit Autori's website: www.newdiamond.org



We haven't failed.

We now know a thousand things that won't work,

So we're that much closer to finding what will.

Thomas Edison



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Sacred
CEREMONIES

GABRIELLA MOLNAR
CIVIL CELEBRANT

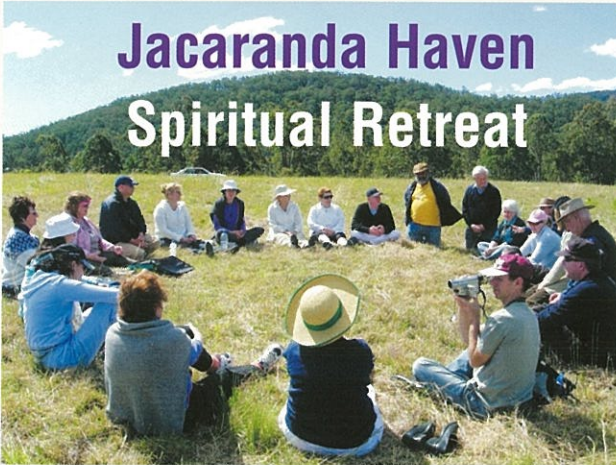
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- Weddings
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- Renewal of Vows
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- Funerals (inc Pets)
- Closure of Relationships
- Memorials
- and any Special Events

GROWING A COMMUNITY

Jacaranda Haven Spiritual Retreat



"If we hope to navigate our way successfully through major change, we need to balance our efforts with time out to pause and reflect, so we can recharge our batteries and emerge resplendent when the time is right".

Maggie Hamilton, Author of "A Soft Place to Land"

"The colours of the rainbow represent the frequencies of different worlds, then Jacaranda Haven is including all worlds – all vibrations working together in harmony and peace".

Rosemary Butterworth, Co-Founder of
The Academy & Jacaranda Haven.

What do we need to grow?

Where are we going to grow?

How are we going to grow?

When are we going to grow?

Why do we grow? For what purpose?

As a health practitioner herself, Rosemary is looking forward to helping people with health and emotional issues or people who just want to veg. out and de-stress for a couple of days. People who want to stop repeating patterns and move forward with their lives. Whilst her husband John, who has his heart in Bio-Dynamic Farming, sustainability and sacred geometry, would like people to come and start a co-operative farm. Initially it would be on weekends only and become a community of like-minded people, learning to experience a new way of



enjoying life.

John and Rosemary visited the Findhorn Foundation in Scotland in 1994 and 1995. This fuelled their vision of establishing a 'Spiritual Community and Retreat'. It was envisioned this would be on the east coast of Australia, located in a beautiful scenic country location with hours of Sydney, Australia and would provide a spiritual, sustainable and healthy way of living for all who came.

A decade later in March, 2005 they purchased 84 wonderful acres of bushland and farmland with an abundance of native birds and kangaroos. It is located three and a half hours drive north of Sydney, at Dyer's Crossing within the hinterland of the NSW Mid-North Coast.

Previously there was no dwelling on the property when it was purchased. Now a beautiful octagonal house has been completed. A Blessing Ceremony, led by Aboriginal Healer, Gerry Bostock has been held plus another Ceremony to establish a vortex of energy between the 3rd and the 5th dimensions, to enjoy connection to the higher realms of Light on the land.

It is planned that Gerry Bostock will do weekend retreats focusing on traditional Aboriginal methods of healing on weekends whilst Christine Gregg, a native American from the Lakota-Sioux tribe, would like volunteers to walk the land to pick out trees to build a Tepee and a Sweat Lodge. Wonderful healers with different modalities have offered to work there.

Tickle-irrigated market-garden vegetable beds and plantings of citrus, passionfruit, olives, avocado's, custard apples, macadamias have been carried out, along with a one kilometer avenue of jacaranda trees – hence "Jacaranda Haven".

In conclusion, Jacaranda Haven is a refuge for the soul

in a time of the earth's and our own transition. During the coming years, we will make a quantum leap from the familiar carbon bodies that we now occupy, full of pain and suffering to the crystalline bodies that are our realized potential. With the endeavours of the shining light of the founders, one can come to this commu-

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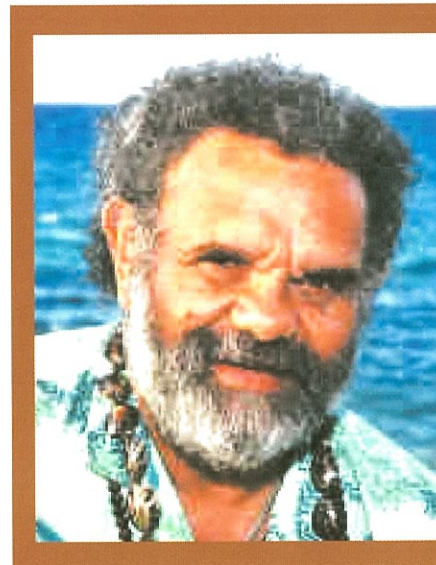
Long, long ago, in the timeless time we call the 'Dreaming', the Great Spirits that roamed the earth took the shape of giant animals. Wollombin (our Creator, the Mother/Father God) the being who made us made everything: the mountains, the valleys, the sea, the plains, the rivers, the billabongs, the bushland and the redgum forests. Wollombin, the Great Spirit made all these things and then he made his Spirit Children, our ancestors, the first Bundjalungs. He told them to look after and care for the land as they would look after and care for themselves.

By and by, the Spirit Children gave birth to many men and women and different tribes grew up. We had our arguments as does any family but the thing that all the tribes had in common was the unity of the land and our promise to look after it. In return, Wollombin gave us our totems and beliefs.

In some tribes, the Dreaming Stories, Family Histories and Tribal Boundaries are engraved on large rocks or on special stones or painted on our bodies during ceremony and some are on the walls of caves at special locations. Some Blackfellas, like the mob in Central Australia, do the same thing but in a different medium, for example in the sand and dirt or on tree bark. The Bundjalung, however, put it on their possum-skin cloaks. If there was trouble with another mob about the law or kinship business, we would lay down our cloaks on the ground and discuss our problems. This seems sensible to our tribe.

History would report us as listless nomads who travelled from area to area leaving only when the game and vegetables were depleted.

However, we were a planned society of hunters and gatherers who lived in harmony with the land and the sea. We did not kill for the sake of killing. We only killed enough for subsistence of the tribe. When we travelled there was a reason for the move. We went walkabout because we had to be at a certain place for a ceremony, or meet up with another



WOLL a Bundjalung

by Aborigin

er tribe, or to take the young men through the 'Trials of Manhood'. When we travelled we went along the Dreaming Tracks following the path told to us by the Wollombin. We would find our way by telling stories of the Dreaming for each mountain and valley, hilltop and plain because they were all related to something that happened in the Dreaming.

Wollombin also taught us about the animals and their drinking habits and which ones we could eat and not. If somebody got sick, the tribal doctor would fix them. A spear wound was healed using the 'cunjevoi' leaf to clear infection and sometimes we used spider web. This type of healing rarely left a scar. We used lots of medicines and if we were unsure we just asked Wollombin.

Wollombin taught us to find water in the dry season and if the water was brackish we knew how to purify it. There was also a lot of bush tucker including bogong moths, honey ants, kangaroos and wallabies, witchetty and



Original art by Lesley George

WOLLOMBIN: A Healing Perspective

Healer - Gerry Bostock

cobra, the mangrove worm, ducks and water hens, fish and turtle and seeds to make an Aboriginal damper type bread, lots of different fruits and vegetables and edible roots.

In our planned society, there is 'Women's business' and they had their own ceremonies. Women's sites were just as sacred as the men's. Any men who didn't respect that and tried to spy were breaking tribal law and could be killed for it.

In general I know that it was about pregnancy and health, family responsibilities, their promised husbands, dance and song, code of honour as women in sacred places, and proper diet and preparation of food, the poisons used to kill fish and the recognition of poisonous foods, the poisons to use as medicine, and place to birth the babies and raise them so they could survive walkabout. It was nurturing for the women and benefited the tribe as a whole.

Also we were skilled long before the white-fellas came. They did not teach us skills. The mob knew about that stuff a long time before they arrived. When hunting parties of

ours brought back a kill we would strip the whole animal and use the tendons for threads in our possum cloaks and for fishing lines and other things as well. For needles we used the bone of the kangaroo and we made use of the whole animal. We did not waste and move on.

Wollombin, the Great Spirit, the Mother/Father God taught the Bundjalung these lessons and made us the caretakers of the land - Guardians of Sacredness. We can teach the white-fellas if they want to learn about these things but first they must be prepared to listen to everything. It is no good to be half-listening. White-fellas have to clean out their binung (ear) and listen properly.



Original art by Lesley George

When wise Wollombin sees that they are serious about learning what we have to teach them, they will give us more knowledge to pass on. When people respect all the Bundjalung have learned about living in harmony with the land and with each other, then we can be united together as one people living in this place Wollombin has made for us.



ABOUT ABORIGINAL HEALER Gerry Bostock

Gerry was born in 1942 in Grafton, New South Wales to a mother of the Bundjalung from Nymboida Aboriginal Reserve and a father of the Mulunjali from Beaudesert in south eastern Queensland. The Mulunjali tribe is part of the Bundjalung Nation.

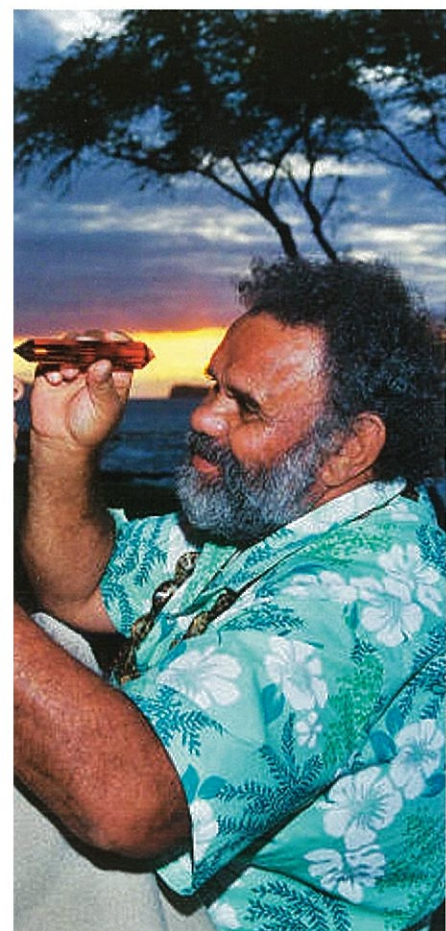
Those who know Gerry Bostock will attest 'he is the best bar-none' when it comes to physical healing as a testament to his gift and knowledge.

In the early 90's Gerry had an epiphany. He was transported through time and space to another dimension where his whole body glowed with Light. He was asked if he was now ready to accept his path as a Healer and to remember what he had been taught many years earlier about crystals and was given to understand about love, light and energy.

Those of us in the Academy, who have had the privilege of working with him, have seen spines straighten, tumors reduced in size and the most amazing physical things right before their eyes.

The Academy hosts Gerry when he is in Sydney and now will be holding the first Traditional Aboriginal Healing Retreat soon.

Details will be posted on the web site when they are available or if you want a private session with Gerry phone the office on (02) 9975 4905.



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DATE: 27th (Evening), 28th, 29th, & 30th March, 2008

BOOKINGS: Southern Cross Academy of Light (02) 9975 4905

VENUE: TBA COST: \$495 Earlybird: \$450 by 14th March



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MAKING PEACE

by Petrea King



Since opening its doors in 1999, the Petrea King Quest for Life Centre has welcomed to its residential programs more than eight thousand people from around Australia and beyond.

It is not always easy to find people who understand the distress of loss, grief, tragedy or serious illness. Many people find this unexpected event in their life precipitates feelings of helplessness, fears of the future, uncertainty and powerlessness. These events often lead people to the deeper questions about life's meaning and purpose. People come to the Centre's programs seeking a listening and generous heart and to learn practical skills in living well in the midst of the challenging events of their lives.

In addition to training in their area of expertise the program staff at the Quest for Life Centre have all been confronted by illness, trauma, loss or grief in their own lives. Petrea King, the Founder of the Centre, believes that people who have faced their own suffering are often the best companions for those new to their situation. Petrea has been conducting programs for people living with significant challenges since her recovery from leukaemia in 1984. More than seventy thousand people have attended either counselling or the residential programs since that time.

There are many events in our lives and wider environment that challenge our peace of mind and our sense of inner stability and happiness. These may be issues in our personal life such as a disappointment, a relationship breakdown, a diagnosis of serious illness in our selves or a loved-one or the death of someone precious to us. Such events can precipitate us into personal and sometimes, very private anguish. Our heart may feel like it's breaking, our minds won't stop their incessant chatter, peaceful sleep is elusive, life can feel without meaning and our world can shrink down into pain and isolation.

Our community feels the pain of loss when tragedy strikes unexpectedly. We often think there is a natural order to things in life; for instance, that a child will always outlive their parents and yet, both long and recent history tells us that this is not always so. When heartbreak strikes, we are numbed by its impact then a barrage of feelings follow as reality sinks in that life will never be the same again.

Or we may be moved by the larger suffering in our nation and the world beyond and feel acutely aware of our helplessness and powerlessness to change what we see happening. We may feel impotent and uncertain about how to

make a meaningful contribution to the suffering of others. Our hearts may ache for the anguish of our aboriginal people, the challenges that our rural communities face, the degradation of our environment, the continuing physical, emotional and sexual abuse of children within our own community, the uncertainties of our climatic future, the suffering of adults and children condemned to living amidst conflict, fear, injustice, persecution or hunger.

When a relationship collapses and, what one thought was gold turns to dust, there is a period of readjustment, of emotional evaluation and healing. Friends or loved ones may be lost from our lives through physical distance by moving elsewhere, through disappointments or misunderstandings and for some, through family breakdown or divorce. Often this suffering is held quietly within ourselves or spills over into our lives in unskilful ways, perhaps in our irritability, a preoccupation with the past, in our abuse of drugs or alcohol, through isolating behaviours or a chatterbox mind or physical symptoms such as insomnia, inertia and headaches, anxiety, depression, over or under eating.

These symptoms of unhappiness are all calls for help from within our selves and require an appropriate response. Many people suffer in silence or soldier on dragging themselves through the rough patches in life, or they act out their distress by blaming life or other people for their unhappiness.

No one escapes such upsets and tragedies in life and indeed, it is often these challenges which make us dig deep within ourselves to find and exercise strengths we might not even know we possess until so challenged. These events cause us to reflect upon our lives, how we are living them and what we hold as deeply meaningful to us both as individuals and as a community. After all, what really matters in life, what values guide us, what impels us to rise up in the morning and give life our best shot?

There is much in life over which we have little control – the weather, other people's actions, choices or decisions, the death of someone dear to our hearts, a diagnosis, disaster or drama are just some amongst these many things. The only thing over which we may have control is our response to such events when they happen. If we are to find our inner equilibrium and happiness and not sink into bitterness, regret, resentment, guilt or blame then we must take on the enormity of what has happened and make meaning of our suffering. Illnesses, accidents, traumas and disasters don't hold intrinsic meaning; it doesn't mean something until we give it meaning. We may well have to weep about, rail at, talk about or in some other way find acceptance of what has happened so that we are not diminished by life's challenges.

The resilience of the human spirit and the desire for healing and happiness can motivate, sustain and encourage us to

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reach out to one another and work towards finding peace in the midst of life's greatest challenges. In seeking this path, we find we are not defined by the events of our lives. Indeed we can be strengthened and made wiser and more compassionate by embracing the challenges we face and allowing them to break us open to deeper understanding of ourselves and other people. This is the hero's journey; a journey we can all embark upon if we are to grow in wisdom and in our capacity for love.

The Petrea King Quest for Life Centre is set in nine tranquil acres of gardens right in the heart of historic Bundanoon. It is in this beautiful setting that the residential programs take place. Participants meet others facing similar challenges and together they learn strategies for living well. The NSW Health Department supports the Centre and its programs so that they are financially accessible to low income earners. In addition, bequests and fundraisings allow as many people as possible to access these life-changing programs.



www.questforlife.com.au



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nal place and experience an acceptance and loving that allows the highest potential of every human being to be realized.

For more details of what is happening on the land – phone the Academy of 9975 4905 or go to our web site www.a-light.org.au



*The deeper the sorrow that carves
into your being,
the more joy you can contain.
Joy and sorrow are inseparable.*

Kahlil Gibran

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4th, 5th & 6th April

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VENUE: TBA

BOOKINGS: The Southern Cross Academy of Light

(02) 9975 4905

NUMEROLOGY

A New Beginning

2008

by Sylvia Jacka

YEAR NUMBER 1.

We are given a great opportunity to change the consciousness of our Planet Earth at this time. A Year 1 heralds the start of an entirely new cycle when we have the chance to start over, correct the thinking and mistakes of the past and take a positive step into the future.

This is a very active year of adjustment as we have just completed a 9 year cycle and need to reflect on what happened in those years. Many will have seen a cycle of great personal growth, while maybe for others it may not have flowed as well.

This new beginning allows us to be different, to reach out to others and break old habits or limitations which in the past may have been restricting us from moving forward.

The Number 1 is associated with the Planet **Sun**. The Sun plays a part in areas of **Identity, Ego, Confidence and Self-esteem**. These are all major areas and also part of the **Solar Plexus Chakra**-(The Ego in particular) How will we work with our Ego as this is part of our consciousness? Will we allow it to control, dominate or intimidate our conscious Self? The Ego likes to be validated and this is based on a feeling of separateness from the Self or the person we like to portray to others, rather than the person we really are. The Ego is part of our personality and allows us to feel as a separate Being and as distinct from others. We need to establish in this new year, firm boundaries which are flexible and strong. There is also the opportunity to assimilate our power of energy and light, and apply it without misusing nature or each other.

The **Solar Plexus** is linked to the issue of **personal power** in the form of **self-esteem, will power, and taking responsibility**. This new year will require us to look at how we make independent decisions and being able to demonstrate leadership qualities. Are we willing to step up to the mark and take up this challenge? Many will find being egotistical, domineering, intolerant, judgemental or avoiding responsibility as they cling to old belief systems will no longer work effectively.

The **Solar Plexus** is the **Centre of our Will** and the **digestion of ideas**. This chakra is our inner light or our inner sun.



We take in Solar energy from the sun through this chakra (the colour **yellow** and **gold**) and this then nourishes our etheric body, which in turn feeds vitality to our physical body.

The **Sun** is a living Cosmic Being and life on this planet depends on the warmth and light from the sun. With each new day as

the sun rises, make contact with the sun, take this energy into your Soul and feel at one with this great Being of Light. It is a source of your own being in one sense and you are in your own essence equally great and infinite.

We are a Human Being constantly radiating or emanating vitality. As you take in the rays of the sun each day, feel this vital life filling your whole being with light and give thanks for the light of the sun. Be that ray of sunshine by letting in happiness, and allowing the heart to be uplifted and filled with joy. This new year is important in using the colours of Yellow and Gold to heal the Soul at a very deep level. **Gold** connects us to 'Our God Within'.

The God part of you is forever loving you, as all things are God. He is all of us in every action and every thought in each moment. If we look at the individual numbers in 2008-both **2** and **8** are part of the **Soul Plane**.

NUMBER 2 is the key to **intuition, sensitivity and feelings**. However it depends on how we use these skills to achieve cooperation and success in our personal and business life. It may be a year of collaboration, by listening to others who may have solutions to problems or maybe present new ideas that would be to your advantage. Look at all new ideas as new beginnings and possibilities. A good year to start new ventures or a new direction.

Number 8 is spiritually the number of **wisdom** and physically the number of **active independence**. What is your Soul at this time urging you to do as you enter this year?

By using your wisdom combined with your intuition (2), your Soul urges you to become a Divine Being. Use your intuition and let go of always wanting to control situations and ask and you will receive. Allow it to come from the Heart rather than the Ego always wanting to control. A great tug of war will occur this year between control and new thinking.....

You may wish to work with the following Archangels to help you manifest abundant change through 2008. These powerful Beings of Light will respond to our calls the

continued on page 20

279
586
345

continued from page 19

moment we ask for their assistance.

Archangel Jophiel - (The Beauty of God)

If you are searching for answers to many questions about your life, or wish to unfold greater wisdom and clarity on any subject, this beautiful Archangel will assist in providing awakening, inspiration and joy. Just by asking so shall you receive a deeper understanding of yourself and the connection to your Higher Self.

Archangel Michael - (Who is like God or the Divine)

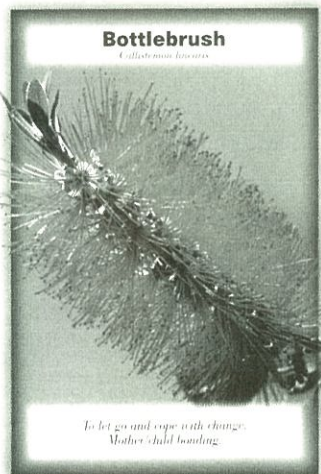
Archangel Michael carries the blue/gold flame to protect us. He gives us courage to face any obstacle or demand no matter what. He helps us to follow our truth and not compromise our integrity by providing us with inner strength and courage.

Essential Oils to use are Lavender, Bergamot, Lemon, Juniper, Rose, Rosemary and Vetiver.

Lavender helps to bring the higher and lower centres into harmony with each other and balance all chakras.

Lemon will lift the spirits, stimulate and clear the mind and release our self-doubts.

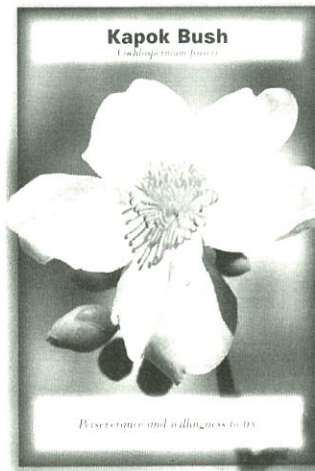
Juniper allows one to prepare for emotional, physical and spiritual challenges ahead by removing self-doubt and guilt. If one feels that other people's energy has been intruding then this oil will quickly help clear them.



Vetiver is a nourishing, restoring and reconnecting oil when one is feeling physically, mentally or emotionally burnt-out. It protects against 'over-sensitivity' and taking on too much of other people's 'junk'.

Put any of these oils in a cream base and place on the chakras or anywhere on the body; in baths or in an oil burner. All of these essential oils are useful in strengthening the nervous system, and allowing healing within the body to take place.

It is about having the courage in 2008 to move forward and put all your plans into action; with integrity, intuition and wisdom use your creative power from within to manifest new ideas and concepts in this new year of Beginnings.



Everything you have ever done, has enhanced life by the wisdom you have obtained from doing it. Use your wisdom wisely and simply allow yourself to Be and listen to the urgings within your Being, your emotions, and your feelings deep within as a guide.

In Love and Light to you all, enjoy the journey.
Sylvia Jacka.



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Sound affects us on a cellular level which is one of the reasons it has the power to heal.



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Cert.IV Sound & Colour Healing
Dip. Counselling & Comm.

THE WONDERS OF TONING

by Joan Pryce-Jones

Right now we have wonderful opportunities to release trapped energy that no longer serves us. There's a veritable smorgasbord of modalities for us to choose from to heal old wounds. Sound, specifically toning, is one of the modalities available. When used therapeutically it is a most powerful healing tool because the four body system of mental, physical, emotional and spiritual is integrated, so what affects one affects the whole.

From everyday expressions such as, "How sweet the sound," to "Stop that noise!" we can see that sound has the power to evoke emotion. Sound also affects us on a cellular level which is one of the reasons it has the power to heal. We are beings of energy and all around us is energy. Quantum physics has proved this to be so.

I love toning! When toning, especially in a healing context, I am in my bliss! Helping others and myself at the same time. What could be better?

Although I use toning in my healing work, you may think that this means that I am a musical person able perhaps to read music or sing beautiful songs or that I have a musical ear. Not so. **If you can hum you can tone.** It is possible! There are **no barriers** to using this form of sound healing – be willing to experiment, to play, to feel the vibration.

The work of Jonathan Goldman in his book "Healing Sounds" has been a key inspiration in my understanding of the power of directed sound, specifically toning. His simple formula of Frequency + Intent = Healing has been a cornerstone of my work. I say to people that my guidance takes care of the frequency (the vocal component), I take care of the intent and together we heal. That is, we assist you in restoring balance.

Sound can support our mental and creative processes. Don Campbell, author of "The Mozart Effect" has documented improvements and healings in many situations including medical conditions eg abrasions, depression, tinnitus and trauma.

Toning/sound healing can be applied to individuals, groups, houses, offices and to the world of nature including water, trees and the Earth herself. Feedback from my clients is that the sounds are of great benefit to them. They have an awareness of the opening of previously blocked energy centres (chakras), of the vibration in various parts of their physical being and, longer term, how their lives have changed –



physical ailments resolved, improved life circumstances such as jobs and relationships.

Want to try it for yourself? Here are some tips:

- Connection - connect yourself above and below energetically;
- Trust – suspend any judgement of self;
- Posture – stand or sit "tall";
- Breath – slow and rhythmic deep breathing - the breath for the tones is most effective when it comes from the position of the sacral chakra. Avoid using your throat, think of it just as a physical channel that the sound passes through;
- Intent – come from your heart (very important!) and use your mind to focus on the area of imbalance – if it is for yourself use visualisation to guide the sound;
- Experiment – with the vowel sounds (a, e, i, o, u) on your own chakras, notice where you feel a physical vibration, what is the sound that comes easily and what is the sound you struggle with. Have fun and play with sound.

Group energy magnifies the effect and is a source of great support. Seeing the change in people's faces from when they arrive to workshops to when they leave is a great thrill – they are buzzing! Whether you choose to tone in the privacy of your own home, in the car or in a group environment I encourage you to go for it. You too may find bliss in this great vibration.



Truly, it is in the darkness
that one finds the light,
so when we are in sorrow,
then this light is nearest to us.



Gathering of Great Women

WITH KERRY N FRANKS SEDGMAN WEEKEND APRIL 19TH & 20TH

The Southern Academy of Light Presents



eleale

Kerryn Franks Sedgman

B.. App Adv Health Sci
Trainer Author Presenter
Spiritual Ecology and Sacred Sciences

“I always find these programs an incredible experience, as each time we build a tree of life in a workshop amazing things happen.

Use this unique physical experience of sacred geometry to soul change your core power creating an extraordinary quality of life for all.

It is time to step forward.

Kryshal.

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Time 9.30 am - 5.30 pm lunch provided.

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Southern Academy of Light.

THE GATHERING OF GREAT WOMEN

by Kerryn Franks Sedgman

Re-Visioning and Re-Creating for Humanity's future.

The Sacred Feminine is gently raising her beautiful head and speaking to the consciousness of humanity. Now, more importantly than perhaps at any other time in our history. The symbols of female divinity are key to the future of this planet and humanity as a species.

Some of these feminine symbols are nature, the earth, the seasons and the elements. One of the most important spiritual teachings representing the female paradigm is connected to The Tree of Life in the Western Mystic traditions. This teaching is not a doctrine or religion but an explanation of how the Universe works through a series of Paths interconnecting the planetary energies of our Solar System. Each

Path is an experience to be used to further our lives.

Mary Magdalene is represented in the Tree of Life and has also re-emerged in our time as an archetypal heroine who inspires women to stand for their true passion. She is a strong feminine symbol in our world.

Two important planetary events have occurred which are connected directly to Mary Magdalene. In June 2004, Venus crossed the sun in a historical planetary event that has her-

alded the beginning of an eight-year cycle that ends in 2012. In September 2007, Saturn moved into Virgo.

Mary Magdalene is represented by the planet Venus and the symbol of Virgo is her initial.

This period of time in history is critical to our survival. It is a time for humanity to work toward balancing the male and female energies in society and in nature.

Thus the Gathering of Great Women combines these aspects in a concise format for personal and practical application and direction.

"What we do with our lives makes the difference as to whether, as a species, as a planet even, we grow or die." Dr Jean Houston.

- Become a catalyst of change and join the revolution of new "world makers".
- Be determined, inspired and fearless.
- Humanity needs a radical change of heart right now.
- We need to be practical and active.



- Responsibility for a positive and sustainable future is a personal imperative.
- Project a positive reality through feeling into the Unified Field or Universe.
- Discover how quickly you can master your life.
- Recreate your world through positive intention and determined action.
- Provide a teaching for those around you.
- Global change requires your conscious and joyful participation immediately.

We want the world to have a future we know we can make by 2012.

Women are the key of this radical change. Women need to rise up between the worlds and unify the differences created by the division of religions based on the division between men and women. Women are the natural custodians and reflectors of natural law and order and thus need to step up to their power which is unique to them.

Madwoman, Prostitute, Witness, Student, Teacher, Servant, Disciple, Mother?

Reinterpretation of the Mary's role has been put forward by an esteemed group of authors who translated the Gnostic texts. The most exciting find was the Gospel of Mary hidden in a monastery wall. This Gospel importantly reveals the resurrection of Mary and her message and teachings to the Apostles after Jesus' crucifixion. In fact, it has been suggested that Mary was to be the new leader of the true teachings of Jesus.

The original misinterpretation of Mary's role has been mirrored for the last 2000 years in our own lives. And now the time has come to find our own true path and discover what great women can do. ALL women are great women.

- What steps do you need to take to change direction?
- How can we make practical changes in our day-to-day world?

We need to take these first steps on our path so that as we change, we can contribute to a change in the direction of humanity's journey.



ASTROLOGICAL HAPPENINGS

Pluto's ingress into Capricorn January 26th 2008



Pluto takes approximately 248 years to complete a cycle around our Sun and so our astrological charts, in which he spends around 12 to 32 years in each sign. So in saying this Pluto is considered greatly as a generational planet or a transpersonal planet, it is one of the most significant in power and potency, which is by no means

relative to it's size, as Pluto is quite small, even compared to Earth. Pluto is the most outer known planet in our solar system, the 9th planet from the Sun, but again this distance is also not relative to the effects he has in our lives, as to be touched by a Pluto transit is to be quite shaken to the core. Numerologically it may be considered as a final stage of growth for our Earth.

In Greek mythology Pluto was Hades the Dark Lord of the underworld, he was one of the children of (Cronus) Saturn, and the brother of (Zeus) Jupiter and (Poseidon) Neptune. Pluto rules over Death, and transformation he is the lord of rebirth through destruction, akin to the Phoenix rising from the Ashes. Some words related to a Pluto transit can be things akin to power, violence, dis-ease, obsessions, emotional depths, magnetism, metamorphosis, abandonment, catastrophes, sewerage, secrets, sex, revolution, demolition and even survival, as well as the unearthing of repressed memories or skeletons in the closet revealed. Whatever it is that arises for you, Pluto's aim is to test your ability to transform oneself whilst navigating through the darkness and shadowy landscapes of the psyche. Although these tests are never easy they are never in vain for the awakened Soul, as the riches that lie beneath these treacherous waters are rich in ways one can never explain or describe, it is only through the actual experience of Pluto's hand that one can fully understand this rite of passage.

Pluto is also the Lord of crops and precious metals, and plutonium so unearthed wealth is most certainly part of his domain, everything that lies beneath the surface. So even the riches that lay deep inside us and hidden waiting to be

exposed, a Utopia or Heaven on Earth can be revealed through a Pluto transit, but one must be able to sacrifice something, or give something up for this to be granted, one must pay the Ferry Man to cross over the river of Hades.



On January the 26th 2008 at exactly 7.15.16am Pluto moves from the sign of Sagittarius in to the sign of Capricorn. What does this mean to us earthlings you may well ask? Right at that moment of the ingress Pluto conjuncts Venus and squares the Moon, so all of the feminine planets are in major energetic aspects to Pluto. Capricorn rules governments and I feel there will be a changing face in world leaders giving over more power to women. This may feel like the destruction of old constitutions and structures in order to bring about a new world order of Peace and compassion, it may take the balancing out of the greater feminine to the masculine domination over the past millennium to awaken to this.

In the Tarot Card Deck Pluto is represented by the 13th Major Arcana Card, the Death Card, as it takes the death or destruction of something to be rebirthed anew. Pluto rules the Sign of Scorpio and the 8th house in the astrological chart, which also represents birth and death and rebirth through the hero's journey to the underworld or the dark night of the Soul. For it takes us humans this incredible life/death journey to reach the absolute depths of our Souls' fertility and richness, thereby finding and unearthing the Truths and realization of Self/God in order to reach maturity and adulthood. This is can only be experienced through an awakening that shakes us to the very foundation of our core.



On a transpersonal level Pluto's effects through Capricorn will change the face of the Earth as we understand it today. Anything we thought about the nature of our Great Mother Earth will be absolutely transformed through this ingress of Pluto into Capricorn. Some believe that the power of Mother Nature will be felt through this transit like never before, as Pluto rules over volcanoes and his energy is likened to the power of a volcanic eruption, some believe "The Ring of Fire" which describes the chain of volcanoes that wrap around the earth will be awakened and ignited

through this transit. It is very likely that during the New Moon and Full Moon events each month the effects of these will be greater upon the Earth, giving greater King tides and more potent earthquakes and even more powerful weather patterns.

This Pluto transit will certainly awaken us to what we need to change in our lives and globally as a village to help heal the Earth. It will as it is already bringing up the subjects that Pluto rules over like sewerage, waste, decay, regeneration and recycling, and in Capricorn it is all about our environment in which we call home. We will be 'forced' another Pluto word into being made personally responsible as a human race for all our actions that we make against our Great Mother Earth.

On a personal level Pluto transits in our charts demand attention, and usually force one to **let go** of things in our lives that no longer serve us, these things are usually the types of stuff we only think we do not want to give up, or feel we cannot give up; it usually feels like the death of something, it is always a big letting go process no matter what it is about in order to awaken us to a greater purpose or to our higher self. To enter into the realm of a Pluto transit is never free. One must give up something or experience the loss of something to enter this kingdom.

The symbology of Pluto's glyph represents the circle of Spirit, sitting in the Crescent or receptacle of Soul, supported by the Cross of Matter. So descending down from Spirit,

through Soul and to Matter, then rising up from Matter through Soul to Spirit, signifying the saying - 'As Above So Below.'

Whether we feel the effects of Pluto's entrance into Capricorn on a more personal level or on a transpersonal level, we are in fact, through the Oneness of the Light of God, all in this together. Being alive on this our Great Mother Earth today and experiencing first hand the beginnings of this transformation of our Earth and all of Humanity is an exciting time to be alive, as I believe this will ultimately be the rebirthing of a new humanity and for the Ascension of our Planet, creating Heaven on Earth. So we might as well hang on and enjoy the ride! Pluto stays in Capricorn until November 19th 2024, so this transit lasts for 16years, if you find you need help within this tricky period please contact the Southern Cross Academy of Light on (02) 9975 4905 or www.a-light.org.au as they are a Light to help you find your way through the dark hours.



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qualities is the key. Happiness manifests in sharing, wisdom in listening and love in helping.

Deceptively simple, but profoundly important lessons for every child (and parent) on the planet. These books are highly recommended.



A LETTER TO THE ACADEMY

by Jenny C.

I just wanted to write and let you know about some amazing shift that has happened in the past fortnight for me. As some of you know, I have had a journey with breast cancer over the last few years which has culminated in me losing both breasts, chemo, radiation etc.

During my treatment, I was guided by Sylvia Jacka and Rosemary Butterworth to buy Laurie Levine's book Blessings of Gratitude. This book became my bible during treatment and every time I went I blessed everything I could think of before I got there and whilst I would be lying if I said it had been easy, certainly having a shift of focus made a difficult process easier. I had loads of support from Sylvia, Rosemary and the Southern Cross Academy of Light and having finally finished treatment am feeling like I am jumping out of my skin!!

One of the byproducts of treatment was that I developed nasty psoriasis on my left breast area (obviously unfinished business!!!) when I heard that Laurie was speaking at the Academy, I felt compelled to go if for no other reason than to have the chance to say thank you. That day, my rash was really bad, itchy painful etc. After doing the meditation and clearing in that area the anger that came up for me was unbelievable and took me very much by surprise. I had a vision of my exhusband with a spear with barbs on the end through my breast – very scary! At the time, I felt that I was only able to half remove it but when I got home, literally half of the rash had cleared up. That night, I did further meditation and continued to do so each night and then on Thursday night, I went to hear Kathryn Alice speak. It was an Academy event, called How to Manifest your Soulmate. I had such a break through in this session that it is hard for me to put it into words I just felt whatever residual anger was there was lifted during the meditation and I had such a change of focus. I bought the CD and have been listening to it daily and lo and behold – I went out last night to a place I would never normally go and I met someone!!! I actually was able to make eye contact, and when I did, he came over and started talking to me. This has never happened to me in my entire life. He was very sweet and we were able to talk so easily to each other, he lives nearby to me, he has a job (most of my previous partners didn't!!) and he was just a lovely guy. We danced for ages and I just felt comfortable. I am very sensitive about being near someone as I am very self conscious about my breast implants after reconstruction

but last night it just didn't matter. Four times he asked me for my phone number which I gave him and who knows what will happen from there.

I just wanted to say a very big thank you to all of you for that part that you have played in my journey to self. It is hard to explain to most people the significance of what has happened over the last two weeks and I don't know what if anything will happen with this guy but the amazing step forward that I have taken in allowing someone to approach me and to be 'in my space' and the increase to my self confidence is very precious. I feel like I have made another huge step towards healing myself.

So to Laurie and Kathryn for your words of wisdom, Rosemary for your facilitation of all these wonderful healers and to Sylvia for your constant support and your 'miracle drops' from the bottom of my heart – thank you.

In love and light to all of you

It is almost impossible to travel our journey on our own. The Academy is here to support you during your time of transition. It will introduce you to people who can help you, it will provide the energy you need at its meetings. Here is a letter that is so inspirational that if ever I doubted why I and others, started the Academy, I know now.....Rosemary Butterworth.



YOUR SOUL COLOUR IS SOMETHING AT THE VERY ESSENCE OF WHO YOU ARE

Like everything else in the universe, you are energy. One of the most pristine forms of energy is light. So light is the very essence of what you are. At the moment of your creation your light energy tended to wards one colour of the spectrum, we call that your Soul Colour. Knowing your soul colour is a way of opening up to your soul energy. You can use the intelligence of colour to bring harmony and balance into every area of your life.

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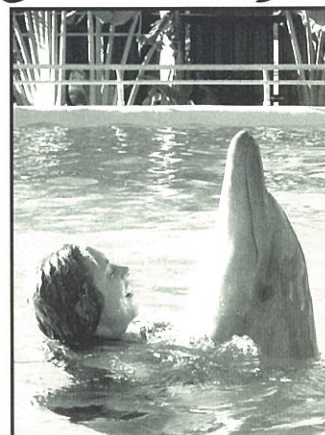
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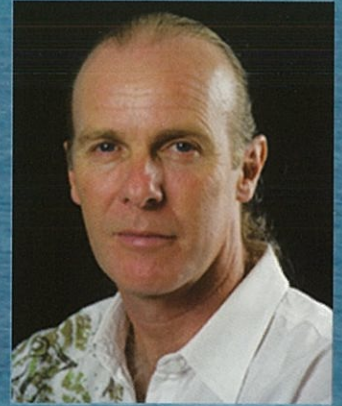
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