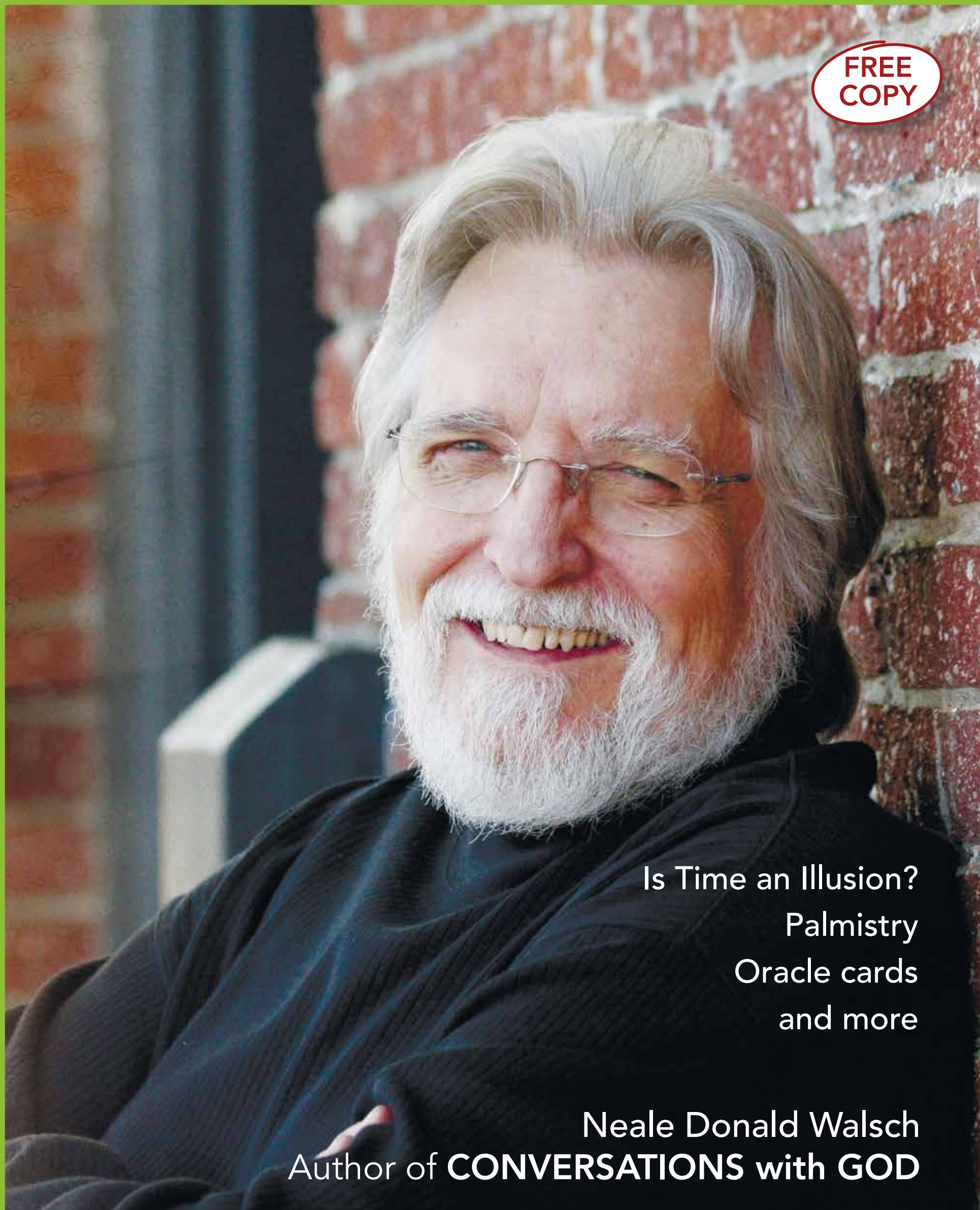




An Alternative Voice

42ND EDITION ~ JULY/AUGUST 2016

FREE
COPY



Is Time an Illusion?
Palmistry
Oracle cards
and more

Neale Donald Walsch
Author of **CONVERSATIONS with GOD**

AN ALTERNATIVE VOICE

An Alternative Voice is your free, independent, community newspaper.

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PHOTOGRAPHY

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PRINTING

Latrobe Valley Express

PUBLISHER

Sacred Mist, 67 Glenferrie Road, Malvern 3144. Phone: (03) 9500 8220

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FRONT COVER PHOTO

Neale Donald Walsch

Welcome...

to the July/August 2016 issue of An Alternative Voice

With winter now upon us, most of us find it difficult to motivate ourselves to pursue outside interests and to venture out on these cold wintry nights. We get home after a long working day and are quite satisfied to just curl up by the fire, or in a cosy bed with a good book or settled down to watch our favourite TV programs.

However, on these cold nights my thoughts go out to those who don't have these amenities. They are doing it tough out there without the luxury of a warm fire, a cosy bed and going without meals. Some might say this is a choice, however many do not have that choice, through circumstances beyond their control. There are people who are venturing out on these cold nights and volunteering their time to distribute food and blankets to the homeless and to those that are less fortunate than ourselves.

I was told a story of an evening when friends of mine were in the city and were approached by a homeless man who asked 'could you please spare two dollars so that I can afford a room at a refuge for the night?' My friend gave him the two dollars, but was berated by her other friend for doing so, saying "you shouldn't have done that because he probably gets two dollars from everyone and then goes and spends the lot on drugs!" Who are we to judge, how he chose to spend that money is his choice. Giving should be unconditional and from your heart.

So the next time you are tucked up in your cosy bed, give a thought to those who are less fortunate than yourself. It doesn't take much to make a difference to someone. Reach out and help in any way you can this winter. There are many organisations who would gladly accept any donations such as food, clothes, blankets or money and in helping distributing to those in need to bring a little comfort.

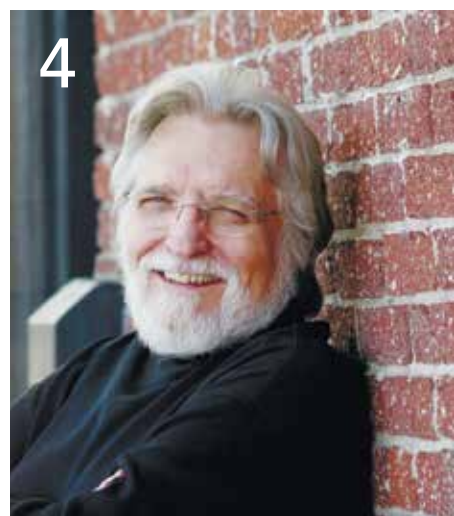
Quote:

"Anywhere I see suffering, that is where I want to be, doing what I can" Princess Diana

Maureen Barrass
AAV EDITOR



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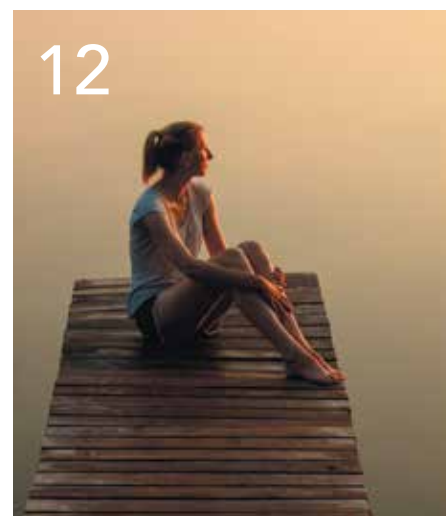
Are you deliberately creating your life and shaping the future with forward leaning beliefs of your choosing? OR looking in the rear view mirror at the past and struggling to create your future?

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Once I finished reviewing the books and oracle decks, I noticed there was a theme this month. Most of them have a workbook or encouraged the reader to delve in deep and use each book/deck as a tool for personal transformation.



12. The Art of Reinventing Yourself Ilya Dinov

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Emotions and how they 'affect' Mediums

BY IVANA JOVANOVIC



**Ivana Jovanovic Psychic Medium,
Therapeutic Perfumery and
Soul Centred Psychotherapist trainee.**
*Private reading sessions -
0426 877 889*

So, what exactly are emotions and what is their significance in our lives?

It is imperative to know that we are all emotional beings, whether we like it or not. Emotions are fundamental to our development as humans and are data to our energy/body system. Sadly, in society today we are not well versed in the art of creating an intimate relationship with our emotions.

Whether or not this is due to poor parenting, cultural influence and/or what we watch, eat and drink; these are crucial factors to take into consideration. Society is continually teaching us to objectify our experience of being human, so when we come into contact with raw emotion, we are taught to numb them rather than to learn their value and place in our lives. For most of us, staying present within the experience of the emotion doesn't last long as we intellectualise it. In that very act we are robbed of our authentic expression of emotions as individuals.

Apart from creating a strong link with the Spirit world, the fundamental element of a medium is the responsibility to the client. What this means is, we don't only need to have an in depth understanding of the mechanics behind our own emotions, but also need to be the container of our past/current emotional experiences. Observing personal emotional states, paying close attention to habitual patterns, and deep-seated issues makes reflective work a crucial component for a medium. Mediating emotions and enhancing emotional intelligence creates the appropriate supportive environment for our clients.


Why? If we are not aware of the emotional landscape we ourselves bear, we run the risk of being affected in the presence of the 'other'; the ability to regulate the anxiety level of the other and ourselves would not be viable. This could also trigger personal reactivity to the situation and lead to inaccurate messages and potential damage to the client.

Grief is a highly passionate emotion and one of the most common spaces we enter when we are doing readings. It comes in waves and has the power to overwhelm us - fine one moment and suddenly facing deep pain, unbearable tears, disorientation, and explosive anger. The need to allow adequate expression without inhibition is essential. It is equally important to recognise that grief has timing of its own.

For example, you could find yourself grieving over the loss of a loved one and suddenly facing the feelings of love, anger, hurt, guilt and rejection. When the feelings settle, grief enters. In its most adaptive form, we not only take into consideration the loss of the loved one and the emotions it carries, but also the relationship we have with grief itself.

As a psychic medium, the responsibility to be able to differentiate our personal emotional experiences before we start helping others is crucial. The capacity to feel and relate with enough empathetic presence and care for the client is to be able to assist them with their own individual experience and relationship to grief.

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Friday 2nd September 7:00pm - 9:30pm

Don't miss this opportunity to support this wonderful cause. Join Ivana Jovanovic, Dianne Thomas and Cheryl Smyth for an evening of messages from your loved ones in spirit.



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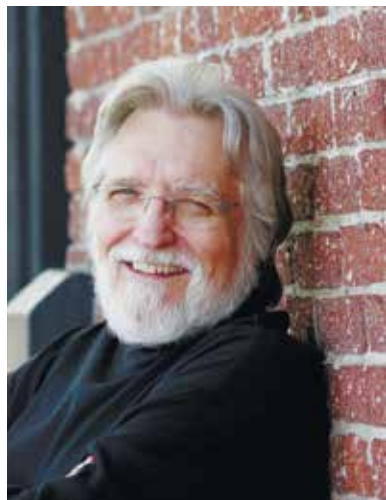
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Looking at a Larger Reality: Death Does Not Exist – It is Simply a New Birth

BY NEALE DONALD WALSCH



“ In truth, what we call death is another beginning. And those are not just hollow words. ”

I had the honour of being the master of ceremonies on Saturday at a Celebration of Life event in honour of my father-in-law. The room was packed with family and friends of my wife's Dad, and I had the chance to share with this standing room only audience some thoughts arising from the final book in the CWG cosmology, titled *HOME WITH GOD in a Life That Never Ends*.

The response from those present was so positive that I feel moved to share those words with you here as well, as some of you may have experienced in recent weeks or months the death of a loved one.

What I have been told by God is this:

Death does not exist — not in the way that most of us think of it, which is as the end of life. In fact, *there is no such thing* as the “end of life.” In truth, what we call death is another beginning. And those are not just hollow words. Those are words of insight into life's largest truth: That there is more going on here than meets the eye. So grieve when a person dies if grief is what you feel — and who does not, when we have lost a loved one?

But let yourself know that even the expression of grief in your loss is a living demonstration of the most beautiful part of life, which is love. Then, even in our grief, we can feel ourselves honouring what is most important in life. In this life and in the Life Eternal.

From this place of love expressed, let us endeavour to see a death in our family even as we would welcome a *birth* in our family — for death IS but “birth in another form.” Embrace,

as best you can, the death of another, therefore, with soft celebration, even as our loved ones who have departed celebrate their Continuation Day. And let us know and trust *this* truth as well: No one dies at a time or in a way that is not of their choosing. The passage of the Soul is ended only when the *agenda* of that passage is complete, and not one moment before. There is no such thing as being “incomplete” on the Journey of the Soul.

Finally, tell everyone this: It is impossible to die without God. The Divine is there to greet *everyone*. God will embrace you, comfort you, welcome you, and assure you that you are perfect, just the way you are. Then you will be welcomed into the Kingdom of Heaven, where you will be celebrated for Who You Are, and who you have always been. For who we *all* are. I am told, this is who you are. This is who we *all* are... You are goodness and mercy and compassion and under-standing. You are peace and joy and light. You are forgiveness and patience, strength and courage... ...a helper in time of need, a comforter in time of sorrow, a healer in time of injury, a teacher in times of confusion. You are the deepest wisdom and the highest truth; the greatest peace and the grandest love. You *are* these things. And in moments of your life you have known yourself as these things.

Life invites you to know yourself as these things always.

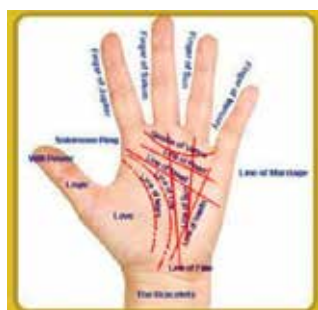
By Neale Donald Walsch,
Author of *Conversations with God*
January 24, 2016

PALMISTRY UNRAVELED Max Coppa



Max Coppa is Australia's leading expert in Palmistry, Numerology & Dream Interpretation with over 35 years' experience. Max's inspiring and practical approach brings palmistry and numerology in to the 21st century and makes it accessible to all.

Max has a passion for teaching others and conducts palmistry & numerology workshops throughout Australia. Max will be back at Sacred Mist for private readings, workshops and public events in August 2016. For more information visit www.maxcoppa.com



Palmistry is more commonly known as “palm reading” and is based upon the idea that it is possible to tell about a person's character; past, present and future simply by observing the marks on a person's palm.

This is a form of divination.

Palmistry dates back thousands of years, however it has been further developed and in the 21st century it's not just fortune-telling, it is now an intuitive art and a highly accurate tool which gives you much insight about others and of course yourself. Palmistry is essentially a map and detailed code of your life, and if it's read well, it will help you to navigate your life journey.

During my long career as a palmist, I have come to the understanding that although we are masters of our own destiny, at times we all need a little direction. The old adage of ‘know thyself’ is very relevant to palmistry, for it is in the palms of our own hands that we will find clues as to how and in which direction we should steer the course of our life.

Interestingly, no two hands are alike and even your right hand is different to your left hand. Your dominant hand (the one you write with) reveals the ‘here and now’ issues and is ever-changing as you grow and develop. The non-dominant hand (the one you don't write with) reveals your inner self and your innate potential, and it changes slowly. It reveals what you came in to this life with.

Palmistry can tell a great many things, such as when you will change jobs, your love life (marriage & relationships), children, travel, money, family, career potential, life & death situations, psychic ability, spirit contact and many, many more things. In my career I have seen many thousands of hands and it never ceases to amaze me as new lines and shapes appear. Hands have most definitely changed and evolved over the last hundred years and they will continue to change in the future. There are even computer lines showing up on hands these days as we become immersed in this technological age.

Crystal of the Month: Lapis Lazuli



BY ADAM BARRALET

Find out about Adam's book, diary, guided meditations, workshops and webinars at www.adambarralet.com

“ To decide to work with Lapis Lazuli is to choose to take control of your life.. ”

Lapis Lazuli is the stone of kings and queens, rulers and leaders, gods and goddesses. To decide to work with Lapis Lazuli is to choose to take control of your life. It brings its guardian knowledge and direction, and allows you to discern what is valuable and then practically apply it into your life. It helps you see the bigger picture, to put everything into perspective and make decisions for the greater good. It allows you to be liberated from compromises that impinge on your integrity or honesty. Let Lapis Lazuli support you in ruling your kingdom.

Working with your Lapis Lazuli

Sit outside, ideally at night under the stars, with your Lapis Lazuli. Ask it to guide you to some new found wisdom. There may be something you are currently facing that you need help with, or you may just wish for some general insight. Light a stick of sandalwood or Nag Champa incense. Watch the smoke rise and dance in the wind as you hold your crystal. Maybe the answers will come in the form of the shapes the smoke makes. Perhaps by simply watching the smoke you will still your mind enough to allow inspiration to come. Just relax and allow.

Q: A friend of mine recently lost her partner. What is a good crystal to offer them support?

A: Apache tears are formed when small balls of molten lava are thrown up into the air then cool and solidify before hitting the ground. Their name comes from

a Native American legend that tells the story of members of the Apache tribe being pursued by the US cavalry and although they fought bravely, they were outnumbered. Rather than be captured they jumped off the cliff to their deaths. The distraught women of the tribe cried dark tears of grief that fell to the earth. The tears formed into these dark crystals and it is said they not only cried for their loss, but for yours too. As a black crystal this absorbs unwanted emotions such as sadness and can be held for comfort by those grieving.

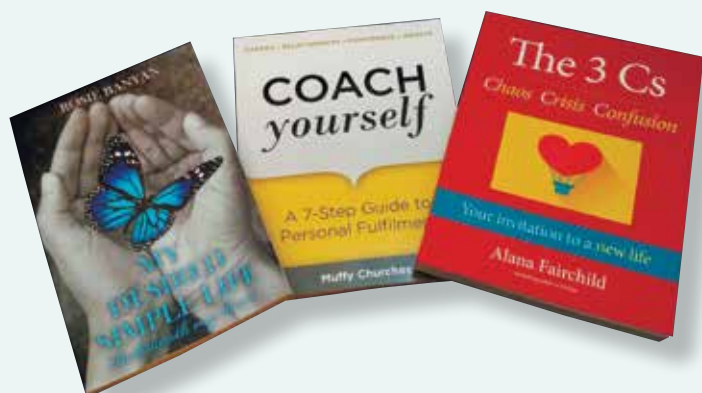
Q: My 4 years old is scared to go into her bedroom, and I feel there's a lot of negative energy there. What can you suggest? Shantelle, Doncaster

A: I'd definitely look at a citrine cluster but get your daughter to be part of the process and choose the crystal. I'd also make a little "happy" spray with her with some essential oils in water that she can spray when she feels scared. The more you can involve her the better. Good oils would be wild orange, lavender and fragonia. Sage is good for getting rid of things, but if you don't replace it with something new, that which was there will simply come back over time if you change nothing.

Do you have a crystal question for Adam? Send it to maureen@alternativevoice to have it feature in the next edition.

WIN a Winter Reading Pack

No WINTER would be complete without some books for snuggling up with in front of the the beach or pool. We are giving away a set of books to enlighten and entertain you during the cooler months. Here's what you can win:



If you would like to win this book pack, simply email us at maureen@alternativevoice.com.au and tell us who the author of 'Coach Yourself' is.

Our winner will be drawn on 1 September 2016.

MY DESIRED SIMPLE LIFE

by Rosie Banyan

This is Rosie's third book which concludes the trilogy about the sequenced events continuing in my life. A consolidation now settles. Uncomplicated, uncluttered, my desired simple life. As she considered what that meant, she gradually found out. Renewed and cleaned once more.

She is reconnected to a friend who provides an amazing perspective on life. Her two younger children and her travel to live in a small urban village in Vanuatu, living without power, running water or any machine that makes life easy. Cooking on a fire that is lit before sunup. The simple life. Untouched paradise.

She discovered that simplicity exists beneath my own chaos.

THE 3 CS CHAOS, CRISIS, CONFUSION. YOUR INVITATION TO A NEW LIFE

by Alana Fairchild

Sometimes we can focus on what is falling apart and forget to look for what is coming together.

Chaos, crisis and confusion in your life are not a sign that you are doing something wrong. You aren't being punished. You haven't made a terrible mistake. They are signs that a new life is calling you. Once you know how, you can step through chaos, crisis and confusion, into your destiny.

It's easy to hear the voice of fear every day – in newspapers, on the television, in our own heads. Often it is the loudest voice, telling us to be careful, that things are just going to go from bad to worse, and we'd better watch out. Yet a voice being loud is not the same thing as a voice being truthful. There is a more realistic and helpful voice within you and it isn't afraid. It speaks to you every day from deep within. Beneath chaos, crisis and confusion, it encourages you. It tells you there is a way through the struggle and it guides you there. This is the voice of your destiny. It wants to help you let go of what isn't working in your life, to step beyond your fear and doubt, and live a better life.

"The 3 Cs" is your practical, user-friendly manual to help you learn to hear and trust the encouraging voice within, and successfully step through chaos, crisis and confusion, into the new life meant for you....

COACH YOURSELF: A 7-STEP GUIDE TO PERSONAL HAPPINESS

by Muffy Churches

Do you have a sense of urgency for change?

Are you finally at that stage where you are ready to positively affect your relationships, career, lifestyle, confidence and wellbeing?

This book will give you the framework and skill to 'Coach Yourself'.

Imagine learning a simple 7-step process and becoming the person you want to be. It's easy, it's fun and immensely fulfilling.

Muffy Churches is an integrative coach-therapist, who works internationally. A corporate trainer, executive coach, speaker, author, and counsellor, she has extensive experience in inspiring and initiating positive behavioural change in clients around the world. She is the upcoming author of: Coach Yourself COMPLETE Revolutionize Your Life in 7 Steps! Muffy's fascination is with the power behind our 'mind-set', the notion that 'what we think is what we experience'. She knows first-hand how our default thought patterns affect our personal and/or professional performance-how important it is for us to move from self-limiting, negative thoughts to ones of positivity and strategic personal vision.

SUN SIGN FORECAST JULY - AUGUST 2016 WITH KERRY GALEA

ARIES

20 March – 19 April



You are torn between two different energies. On one hand you need to be taking care of any work and responsibility, especially to your health and body. On the other hand there is a need for fun, to be creative and also to take a step towards fulfilling your dreams.

TAURUS

20 April – 20 May



Do you need to hold or to let go? Whatever you do; it will be copied, so let go of negative behaviours. Now is also the time to renew, celebrate or forgive relationships with parents, even if it's at the gravesite. It's also time to enjoy or beautify your home.

GEMINI

21 May – 20 June



Reach out to your extended family with a warm heart and let them know you are there..... and listen..... really "listen". The chance to unburden may be all they need to do. Your ability to negotiate and carry a convincing tone to any discussion or argument, suddenly fails. So stop talking and keep listening!

Kerry Galea Astrology, Palmistry and Ancient Moon Gardening

Email: kerry@kerrygalea.com.au
Web: www.kerrygalea.com Web: www.ancientmoongardening.com

CANCER


21 June – 22 July



You are entering a new phase and life is racing. If you love adrenaline then it's fun and stimulating but for the quieter ones amongst you make sure you catch your breath now-and-then, or you could feel exhausted. Also explain yourself carefully and check that you are understood.

LEO

23 July – 22 August



Opportunities are smiling upon you as Venus enters your sign. She brings benefits as well as the love of indulgences. Organized your finances and have a budget as financial holes can get bigger under this influence of Venus indulgences; although "some" things in life can be worth it!

VIRGO

23 August – 22 September



Risks are scary but some are worth it and NOW is the time to take a risk. This risk is worth it...for you. There will be an issue with renovations or repairs around the home, or with extended family members or parents. Remember to focus on your benefits; not their problems!

LIBRA

23 September – 22 October



Your extended family is vibrating to karmic pains from the past and repeating past patterns of behaviour. Ask yourself... "Is this what I want, or am I buying into something that is not personally mine?" You need to find a way of escaping, so have a holiday!

SCORPIO

23 October – 21 November



It's time to stop talking about big decisions and actually do something about it. Keep focusing on the end goal. Authority figures will smile and readily agree and people will be obliging and helpful. Money needs to be spent and worrying does not help; but a budget does!

SAGITTARIUS

22 November – 21 December



Your sparkle and your energetic presence effect how people treat you. Especially this month!!! So hide and be small.... or shine and be brilliant! Push at those walls that constrain you.....while you may stir up a hornets' nest..... it is time it was recognized and removed from your life.

CAPRICORN

22 December – 19 January



Be careful of what information you reveal because some are secrets and need to stay private. Loved ones are surging with emotional energy which will raise your own emotions. This fades to be replaced by restlessness and the need to escape. Time for a holiday, especially in August? Yes!

AQUARIUS

20 January – 18 February



Make sure you are in the right during any workplace hassle, and you will win.... so stand up for yourself. Don't be pushed around. Loved ones and friends will be challenged and you cannot help. Any heightened emotions will only cause you angst and fail to solve anything.

PISCES

19 February – 20 March



This is a very creative time for you and creativity is more than artistic expression. Inventions, business ideas, problem solving techniques, even mundane work can be improved through being creative. So create! But remember to stay focused on the practical aspects of life at the same time.



Learn Oracle Cards

A Message for Relationships and How to Read the Card



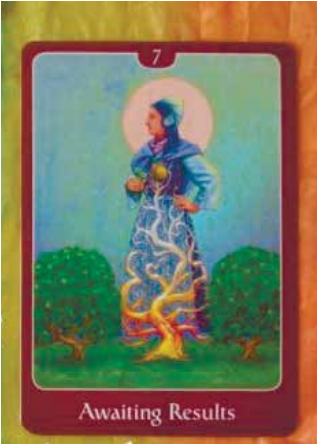
BY JACKIE MORTIMER
Jackie – The Angel of Light
Angel Clarity Reader
www.healingspheres.com.au
Tel: 0412 612 608

Are you disappointed in your current relationship whether it is with family, close partner or friend? The number 7 in the card represents that this time in your relationship is one of personal and spiritual growth. As you can see in the picture of the card the person is patiently waiting, reflecting and contemplating on the relationship. This concerns the matter of the heart and beliefs are being challenged at this point in time.

The number seven is also a sign to be aware of reflective awareness and a time to shift your approach. What is this person who is challenging your beliefs teaching you? The woman on the card does not look happy and her emotional state is not helping her to see the situation clearly. She is awaiting results and this is a time for her to step back and review her situation from a different angle. The same mind that focuses on a problem will

not resolve the situation. It is wise to look at the situation from a higher position. Imagine that you are looking at your circumstance from a higher standpoint looking down at the problem. When you can do this you will make clearer and wiser choices. This is a time to be patient, to step back and observe the situation prior to making any decisions.

This card is also showing you that it is also time to look at alternative strategies to effect the change you desire in the relationship. It is also a time for you to observe your own values and what's most important to you rather than fulfilling what's most important to the other person. This is a time to explore within, look at the situation differently, contemplate and be true to you.



This is a time to be patient, to step back and observe the situation prior to making any decisions.

Is Time an Illusion?

BY GREG RILEY ©

Greg can be contacted through his website
www.gregriley.com.au



“ *Is what we perceive
as now or the present
actually the same for all
of us?* ”

What if I told you that time does not exist. What if I said that it is all made up so we can make sense of this 3rd dimension? What if I told you that the past, present and future are all happening simultaneously and not sequentially? Our lives are run by time, from getting up in the morning, being at work on time, meeting people, dinner time, future plans, past events and so on, it never ends.

We all know that the closer we travel to the speed of light the slower “time” gets so how do we explain time in relation to us? Is what we perceive as now or the present actually the same for all of us? Einstein proved that space and time are connected and Dr Brian Greene put this into a “layman’s” term with his example of a loaf of bread as I will try to explain below.

If we picture a loaf of bread we can cut a loaf of bread into slices just as we can cut space-time into slices. So if a person is standing still they will cut the slices at let’s say a straight angle through the bread but if someone were moving they would be cutting the slices at a different angle, they would not be parallel. To explain this let’s say I am sitting here right now doing nothing and there is someone 100 billion years away sitting there doing nothing, observing me in direct relation to them. Our clocks would be observing the same time therefor we would be on the same slice of bread.

Now let’s say that this alien moves away from me, this would then affect their clock. Their clock would slow down, in

effect their slice would now be pointing towards the past. So what the alien considers now could be hundreds, if not thousands of years in the past. This, from our perception is okay because as we know in this 3rd dimension the past has happened but from the alien’s perspective and their viewpoint of now that this time is now...I won’t even exist, they could be observing events 300 years ago.

Now this is when it gets fun...What if the alien moved towards me? Their perception of now could be hundreds, if not thousands of years into the future. They would actually see events in the future that we do not know about yet as if it was now for them. This would mean that based on your relativity to space-time the past, present and future can all be now, which would mean all events that have occurred or are going to occur all exist all at once...is your brain hurting yet?

So how does that affect us? Does it mean that the future is set in stone? No it does not (that’s another long discussion). This is just the tip of the iceberg in what we perceive as reality but also explains why some people can tap into future or past events. It helps us explain déjà vu. Next time you think about how much time we put into thinking about the past, present and future maybe think about it like this... is it just an illusion?

WINNER OF CHANNEL 7's "THE ONE"

Greg Riley

A portrait of Greg Riley, a man with short dark hair, wearing a black long-sleeved shirt and jeans, sitting and smiling.

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“The thing we have to solve is how to make care and compassion more valuable than self-importance and impermanent things. The ultimate solution is broadly awakening the enlightened mind of spiritual consciousness.”
– from a talk by Harry Palmer, author of the Avatar materials.

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If you would like to know more about the Compassion Project, contact Lin Walden, licensed Avatar Master on 0407 495 392 or at lin@avatarawakening.info

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Where are YOU going?

Are you deliberately creating your life and shaping the future with forward leaning beliefs of your choosing? OR looking in the rear view mirror at the past and struggling to create your future?

Would you like to gain insights into how your life works and why it doesn't work?

Would you like to be able to handle the things that currently hold you back from achieving your dreams?

Would you like to be at peace with yourself and others?

Would you like to feel more connected, less separate and alone?

Would you like to experience absolute clarity and the intuitive knowing you are moving in the right direction for you?

Do you know where you are going? And why? Knowing the purpose that resonates within your heart and soul is critical to being happy and fulfilled. Understanding yourself and what makes you tick as a unique human being is the first step on the journey to being accountable and responsible for shaping the life that you want. It's incredibly freeing to intuitively know in the depths of your being and have absolute clarity about what is right for you. When I am aligned with my passion and purpose life is joyful. Whilst I am here in this lifetime I intend to be the best that I can and help others reach their full potential and take responsibility for their lives. Getting into action to create the peace of mind that I craved bought bonuses I had never imagined.

I too had searched long and hard, in all the usual places. Endless books, journals, exploration of other peoples' answers through conversation and yearning to be different to who I was being and how I was feeling. There were glimmers of insight along the way as I strived to create something differently in my life. And I knew that it was me that had created the reactions I had. Internal peace eluded me.

Today I understand how to create my own peace of mind and happiness, it's such a relief. The truth is that the answers were never out there. They were here within me, as palpable, simple, yet deeply moving, insights. Discovering them was much easier than any of the complicated intellectual answers I had always sought.

The inner satisfaction and contentment in knowing your purpose and taking action towards your goal is available to you, to anyone willing to explore their own mental blueprint, accept what they find and commit to doing what it takes to change what is not helpful or not working. 'Hope is an attitude that things will get better. It is an expectation of success. It is a motivation to keep going. It is an opportunity. It is a candle that will burn long enough for you to make it to the next candle, but if you don't move, it will burn out and leave you in darkness.

From: The Avatar Path 2: Private Lessons by Harry Palmer

I invite you to take the next step in your life. Call for a free information hour.

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Dates and information will be revealed soon!

Bush Essences Introductory Course

Formerly known as:
ABFE College Course 16 hours

Venue: Manniche Avenue,
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Date: Sat 16 July, 2016
Sun 17 July, 2016

Time: Start Time: Registration from 9.20 for 9.30am
Finish Time: 6.00pm

Cost: \$333 Early Bird Special if paid by Monday 4 July,
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Contact: Alison Lovett
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Australian Bush Flower Essences



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“ ... the sad thing is, due to its stunning beauty and exquisite scent it was inevitably picked into scarcity. ”

Sydney Rose; rare and striking, and her message is:

“We are all one – there is no separation.”

Ian White made this essence on the 19th August 1999, the day of the third and final astrological grand cross of the year, which marked the beginning of a very important cycle for humanity. Sydney Rose offers us the key to this new phase of unfolding growth and consciousness.

Did you know the flowers have always told Ian when “they” are ready to be made? Well on that day, Sydney Rose told Ian in no uncertain manner that it was ready! I believe it actually demanded to be made that day, and there was no option, it had to be that particular day and was most insistent.

Ian White explains that he had been aware of Sydney Rose since he began with the Bush Essences, and was waiting for it to come forward as he was very much aware of its stunning beauty and its incredible potential for a very long time.

As a small boy Ian spent a great deal of time in the bush with his grandmother, helping her to gather and prepare

herbal extracts and tinctures. During this time he gained an extraordinary appreciation of the healing power of the bush, and during that time, of all the plants and flowers that he learnt about – nothing remained as clear in his mind as the Sydney Rose.

Ian shares a delightful story about picking the flowers when he was four years old, however I'll leave that story to your imagination. I'll simply share that at the turn of 20th century and up until the early 1920's Sydney Rose was quite common, even growing in the Domain. Now the sad thing is, due to its stunning beauty and exquisite scent it was inevitably picked into scarcity. Unfortunately it's not commonly found even in the bush today.

Sydney Rose is an intensely beautiful flower; pure pink, fragrant and approximately 2cm across, (although the flowers don't open fully, this is part of its Doctrine of Signatures which I will explain further in my ABFE Introductory Course mid July). Pink, as you may be aware, is symbolic of the Love Vibration; and the healing quality of this delightful flower according to Ian White

“is to realise and know – on a deep heart level, not merely an intellectual level – that there is no separation between us, that we are all one. I am, just as everyone else is too, merely another part of you having different experiences.”

I believe, for our human consciousness to evolve – we need to embrace this knowledge and operate from this level of thinking. We will then create compassion, tolerance and love for others, and we will be willing to help and support others because they are you.

Ian explains; “The Sydney Rose as a teacher won't slow down for us, we have to raise ourselves up and stay with it, although it does help us to do so.”

I'll be sharing further exciting and important information on Sydney Rose and all 69 Australian Bush Flower Essences in my two day Introductory College Course; Saturday 16th and Sunday 17th July. This will be a small group and positions are strictly limited, so please don't hesitate to phone me and ask questions or alternatively email, as I'm looking forward to hearing from you.

Free Readings Column



Medium **Rene Barics** is the founder of **Psychic Agency Australia™**.

Rene is a Cert IV Trainer, Assessor and Educator LLN Component. She is nationally known for being the 2013 Psychic of The Year (VIC). As seen on TV with Psychic TV and ESOTV, Rene has also been on radio with 97.7fm and 98.7fm, as well as featuring in magazines such as That's Life and New Idea. Rene exhibits in all the Mind Body Spirit Festivals across Australia, Body Mind & Psychic Expos in Adelaide, Festival of Dreams in Sydney, along with Psychic Wellbeing Expos in Victoria. Rene is a stage presenter in Proof of Survival across Australia, as well as a teacher in psychic, mediumship, metaphysical and a reiki master practitioner trainer.



Maureen Barrass is a 3rd generation psychic medium and clairvoyant. She is a Clinical Hypnotherapist, Counsellor, Astrologer and Spiritual Healer. She teaches Metaphysics and Psychic Development Classes weekly, teaching others how to

use and develop their own psychic abilities. She has been reading tarot for over 30 years. Her readings are based on the Astrological wheel of Life spread that gives clients opportunity to have their questions answered and to gain connection with spirit.

YOUR QUESTIONS ANSWERED:

Send your question to maureen@alternativevoice.com.au for publication in the September/October issue

Question: Melinda

My son does not sleep well he believes there is a presence in his room.

Answer: Rene

I believe he fears being alone in the dark and he feels vulnerable, the presence that he fears is fear. I suggest a night light and some nice light music running while he is getting ready for sleep and at night. Lavender in a corner is always a great settler for a child.

Question from Aimee

My Grandmother keeps coming to me in my dreams she feels very upset.

Answer: Rene

I feel your Grandmother is giving you messages about your relationship and how you are feeling in life. It's not that your grandmother is upset it's what she is showing you about yourself. I find our loved ones are trying to help us through messages and impressions. To help with this dream identify with the source of the situation and then any future dreams of your grandmother will adjust.

Question from Gwen

I keep seeing my animals that have passed in spirit are they okay.

Answer: Rene

When animals come in dreams or a feeling around you they are showing you they are still a big part of your life. They often come in to show support with their strength and their love. They usually represent birthday's anniversaries or when you are feeling down.

Question from Belinda

I have two adult children who both in their way are dealing with issues at the moment. I am so worried about them that I cannot sleep at night and feel I need to help them more to deal with their situations.

Answer: Maureen

It is understandable that you would be worried about your children and you want to help and protect them which is part of the mothering instinct. However you cannot protect them all your life, as this is not your job. It is time to allow them to grow through the experiences in their lives that they have obviously brought in as lessons to learn and grow. Only through them making their own mistakes will they learn the lessons through experience. When we try to protect our children we do them a disservice by not allowing them to make their own mistakes. It is understandable that you want to protect them from any harm, however the best advice would be, to be there as a support but not to shield them from the lessons they need to learn.

Question from Katie

Katie asked if there was a way in which she could protect herself from unwanted negativity that she seems to pick up from those around her. The comments and advice from family and friends leave her confused and drained of energy. She finds it difficult therefore, to make any decisions for herself which leaves her lacking in confidence. The negative comments her friends make leaves her doubting her ability to make any decisions.


Answer: Maureen

Katie needs to stand in her own power, by not accepting or taking on board the advice others are giving her. By doing what she is doing she is giving her power to them by taking on their negativity. However sometimes we don't like to say anything to anyone in case we upset them because we want them to like and love us. However the comment they make are from their perspective which are not necessary from her perspective. She therefore needs to understand that she does not need to take the comments or advice on board, by merely saying “thank you but no thank you”. That's when you open the throat chakra and speak your truth and walk your talk.

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Book Reviews

By Kim Lousada

Once I finished reviewing the books and oracle decks, I noticed there was a theme this month. Most of them have a workbook or encouraged the reader to delve in deep and use each book/deck as a tool for personal transformation. If you have been looking for an item to assist you on your life journey, it might just be one of these books or decks. Trust your intuition and feel which one is right for you.

THE ONE BREAST GODDESS: TRANSFORMING SHAME INTO BEAUTY

by Clare Elizabeth Dea



Clare Elizabeth Dea was born with a rare syndrome called 'Polands.' Her left hand side of her body deformed, her left breast never developed. Totally ashamed of her imperfections, she never talked about this with anyone for the first 28 years of her life. Living a lie and hiding her true self with the world. Through a lot of personal development and studying the Meisner Technique, Clare has transformed her life. Her shame is now a beautiful asset. In The One Breast Goddess, Clare will share with you valuable resources and easy to use tools to transform your life. To turn your biggest challenges into the keys to unlocking your creative flow.

When I reviewed this boo, I knew I had come into contact with a humble and gracious being, right from the acknowledgements. I felt the tears well up in my eyes while I read about her personal story. Dea, brave and courageous, is not afraid to show her vulnerable side by revealing her weaknesses in the first half of the book.

In her spiritual journey she has learnt that she is in charge of her reality and could manifest what she needed. The second half of the book has exercises that are easy to understand and follow. These exercises will help you along life's path. Already she had challenged me to think about how I could approach situations differently in my life. There is audio and video content available on her website, to assist you with the exercises.

GODLET: FROM THE OTHER SIDE OF THE MIRROR

by Claire M. Barry



"We call these seeds Godlet. We are all a Godlet".

The above quote is from Claire Barry's book Godlet. Here she is describing how she has perceived souls to look in the cosmos before we incarnate to Earth.

If you are a reincarnation buff, strap yourself in. You will love this look at the many lives of 'William'. Barry takes us on a journey through William's past lives, making connection to the different people who have appeared in his life time and time again. William travels the world to confirm the validity of the work he has done with Barry.

Barry also gives insight to the workings of the other side at different stages of the book. I found her explanations expanded my consciousness and made me think about my own spiritual connections. It is an intriguing and fascinating book that encourages the reader to think about their own lives.

365: AWAKENING THE ENCHANTED SOUL IN 365 DAYS

by Nicholas Awakening



This easy to read book allows the reader to stay in the present moment by providing you with an affirmation or thought process for every day. Awakening has drawn on his personal story and this book developed out of his own writing practice. Through healing himself with writing affirmations, he began to see the power in what he was writing and felt this could be a tool to share with others. Each day I have been reading one of the short affirmations and have been surprised and comforted by how pertinent each story was to that given moment in my life. Even now as I flick open the book to a random page I come across an affirmation that encourages me to say the words true to my heart. Well what could more appropriate as I write

these reviews? These affirmations are a lovely way to start your day, anchoring you into the beauty and magick that is Me, Myself and I.

ANNE STOKES COLOURING BOOK



Sharpen your pencils colouring enthusiasts! Anne Stokes has released a colouring book. This worldwide phenomenon of colouring books has come as no surprise to us in the spiritual field. Colouring in creates a state of mindfulness and single pointed focus which induces a state of relaxation, harmony and peace.

Lovers of Stokes work will not be disappointed. Her beautiful illustrations will make you feel like the artist and connect you to the lost worlds of myth. Pictures include: Black Unicorn; Summon the Reaper; Serpent's spell; Lace skull; and Dragon Dancer. At the back there are posters of Stokes's well known works. Pick up your pencils and get colouring.

COACH YOURSELF

by Muffy Churches



Churches's personal story shows the reader that one can have it all in the external world but yet still be unhappy internally. Churches realised something had to change in her life and she started to think differently, which achieved different results. This book is divided into three sections. The first part Churches gives the readers general explanations about changing your thoughts and having positive self-talk. She asks the reader to create a change goal, and to envision to become your true version of yourself. This book has clear concepts throughout and short, easy chapters to read.

The second part of the book is a workbook with seven steps. And finally there are case studies to inspire your own journey.

Churches gets the reader to identify the good stuff before seeing what needs to change. In the next stage she asks you to shape your vision and develop your awareness. She empowers the reader by reminding them they have choices in life and then offers easy to follow actions such as journals and breathing practices. The final two steps centre on celebrating your achievements and the ongoing maintenance. And as any of us who have tried to change, know it is the maintenance that ensures our success. Once that initial excitement has died down, how committed are we to our change goal? There are great tips and reminders in this section. The third section has Case studies at end to inspire and help guide you. This book is great for beginners or for those of who may have done work like this before and need a refresher.

Tarot & Oracle Card Review

Crystal Guardians by Michelle Kingston

These beautifully illustrated cards immediately make one feel calm and relaxed. Simple, but deeply powerful messages come through the explanations and address any issues you might have or need guidance with. Kingston has detailed the crystals different names and sacred symbols. She has included a crystal guardian chakra system with 33 extended chakras, connected to the planets and different gateways. While I was using these cards I received clear accurate guidance that rang true for me and felt right. The beautiful detailed paintings are lovely to gaze upon and Kingston suggests that you display the cards you are working with around your sacred space.

THE FAERY FOREST

An Oracle of the Wild Green World

Lucy Cavendish

Lucy Cavendish's latest deck brings together all of her knowledge and years of exploring the faery realm, to produce a deck that is full of wisdom and maturity. Cavendish gathered the information from her travels on Imramma 2005-2015 and calls this deck "This is my ode to our planet's wild green worlds". Maxine Gadd has produced ethereal pictures that are hauntingly beautiful, fierce, wild and strong in their presence and effect.

I have been working with this deck for a few months. My first impression was that I was swept away by the strong and fierce nature of these cards. I loved it. And I knew I was ready for this deeper challenge. I use these cards on a daily basis and find the guidance to be spot on for each situation in my life. There are times when the information challenges my belief system. I simply sit with the information and observe any effects in my world. I agree with Lucy when she says "The people of the Faery Forest are rich and varied, and their energy is strong, ancient, and very different to what you may have experienced with other decks or beings. You see, these old ones have not changed themselves so that we modern humans will find them 'pretty' or 'safe'. They are 'other', strange and wild, ecstatic and fierce, full of wisdom we humans need to connect with".

Cavendish gives good advice on how to work with cards, even when the message is one you don't want to or aren't ready to hear, and explanations are given on how to do a reading. One of the ways Cavendish encourages the reader to connect with their deck is to take them with you when you walk in nature.

CRYSTAL BOX COLLECTION

Books, Reading Cards and CD

Rachelle Charman

Rachelle Charman displays her detailed knowledge about crystals. When I was working with this box collection I could feel her sacred love, connection honouring of the crystals and their guardians.

The CD runs for 75 minutes and I found Charman to be a capable and confident narrator. The four tracks take you on a journey with the crystal you are working with. The energy of the crystal spreads over your aura, connects you to the indigenous owners of the land, to Earth, before taking you on a journey into the crystal caves and deepening your connection with your chosen crystal. The listener then has a chance to incorporate this healing medicine into their chakra system. Charman's voice gently guides you back to place of grounded presence.

The book has been developed to create self-transformation and healing for the reader. The first part is a workbook that teaches you how to work with crystals "cleanse, charge, program and connect to crystals". It has a section on how to create crystal essences. The second part has all the crystals and their meanings of medicine. There is a blank part for you to record your experiences. And finally the third part has case studies.

I loved the advanced chakra crystal healing layouts. As soon as I turned the page the power and energy leapt off the page and I can't wait to try one of these layouts. Charman suggests to use the crystals with the chakras to bring deep healing and transformation. Additional star crystal grids are given for healing and manifesting-life purpose, relaxation, emotional healing, and sacred divine partner grid. There is a comprehensive table of issues/dis-eases and the recommended crystals for healing.

When using the card I found the readings to be accurate and I would highly recommend this box collection for anyone wanting to deepen their knowledge of crystals.

The Art of Reinventing Yourself

BY ILYA DINOV



“ The calmer we are
the stronger the
storm around us at
times seems to be ”

The art of reinventing yourself is less mysterious and more practical and fun than most people realize. This art gives you the ability to go with change whilst finding your inner stillness, all the while life seems to be hectically racing around you.

What is true freedom? It is the ability to make real choices; to choose to do and to be anything that your heart wishes to be. In courage of all consequences, both intended and unintended, you trust in your heart that you are ready to take responsibility for your all choices. That is true freedom. And that is the art of reinventing yourself.

We live in a world that finds it difficult to reinvent herself. Whilst technological advances race ahead it is as if we are in a spiritual time warp. That is to say there no shortage of spiritual light bulbs going off, there is only a shortage of ways of meaningfully implementing them.

We are all powerful beings. We are all at the center of our universe. We are the eye of our own storm. The calmer we are the stronger the storm around us at times seems to be. But that is all the more compelling to be in your own energy, and having your direct connection to source. This is the way we reinvent ourselves through the ages, over many lifetimes and incarnations. We cannot change through attaching to ideas and concepts that promise us salvation, because they can deliver such things no more than a stone can produce blood.

Of course we cannot avoid change – we cannot escape the up and down movements, the figure-skating, and sideways mobility in every direction, all encoded into the fabric of time. Life is change and change can set you free. We can be in our power, the calm eye of the storm, where the heart leads us on the trail of our soul's purpose.

However there is a sacred, calm presence that sits in the middle of your being, all in the presence of turmoil all around it. Even a Tornado has stillness at its centre, just like your sacred inner essence. This part of you is immune to criticism and emotional hurt. Thanks to your inner calm, instead of being tossed around, you actually have the power to move others! You can move others to their own light.

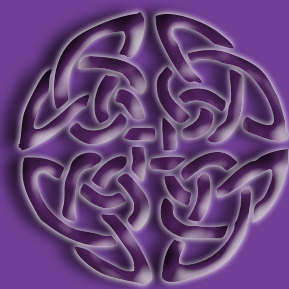
Being inside the eye of the storm without getting caught up in it – that is our highest way to be. To be in the know of infinity and the mystery of all that it yields is our highest destiny.

The “world” we experience is not out there, but in here. We are each responsible for what we create in our own individual story of life. This is why it is so important to be an individual today, capable of your own original thoughts. The ancient Shamans, spiritual leaders who lived close to nature, knew that millennia ago, as they had some of the best tools in dealing with change.

One such tool was the Medicine Wheel. It recognized that life is constantly changing. And hence when you can see yourself in the wheel, the four elements of creation (Fire, Water, Earth and Air) you can synchronize with the universal patterns.

The Medicine Wheel is a tool of reinventing yourself and being in the flow of change. It means being in harmony with the universe. We learn to adapt this powerful tool in everyday life, in the book “The Art of Reinvention”. It will be a tool to becoming an authentically powerful human being.

Ilya Dinov
Loving Destiny Coach,
Facilitator,
Retreat Space Organizer,
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We welcome you to another activating and enlightened session to nourish your heart and souls. If you wish to receive this, find a quiet little spot where you can just be in peace as we read over the words and message from Evzta.

The Elestial Quartz connects us to all kingdoms but particularly the beautiful Sea grass, The Unicorn, Sagittarius and Alcyone the Central Sun in the Pleiades star system, therefore making this crystal great for travelling around the planet, through the stars and beyond.

If you have an Elestial, hold it in your left hand and close your eyes after you've read the meditation to feel the activation move through you. This will open the third eye & bring in an awareness of your ancient and also starry self..... Let's go in....

See yourself surrounded by your beautiful Guardian Angel or Higher Self, as a golden light embraces you. Make this link with your Guardian Angel heart to heart, mind to mind, as a golden Robe is draped over you embossed with gorgeous silver stars. See how many stars are upon it which represents all your travels through the star systems...each star has stamped a journey for you personally.

Visualize now a magnificent temple being created around you by The Crystal Guardian EvZta and 6 Central Sun Beings of Light. The pillars now come in surrounding you and stand upon a huge Elestial Quartz crystal Slab holding up 6 tall golden ornately carved pillars as you feel a wonderful divine connection within the temple. A beautiful Unicorn appears

through a mist within the golden temple that has been with you for many centuries and is so glad to connect with you once more.... whom carries for you an Elestial crystal to assist in the opening of your Seership, which is in the Third Eye chakra. She has been holding this gift for you! The unicorns spiral horn now changes into a colour that represents your Seership as it can change as you evolve. Breathe in and ask for this colour to represent all you have developed in this area of Inner sight, you'll be surprised in what you may see as your third eye is a portal to the stars and universe. The Elestial Quartz starts glowing in your hand and a holographic story presents itself for you inside the crystal as a vision, showing a time when you resided in Alcyone, the central Sun in the Pleiades. You can see your unicorn by your side, which reminds you of what it was like to be there, when you were so aware and evolved with intelligent love. Evsta says that you are doing well in opening your seership thus far. Trust what you see as a beautiful glow around you illuminates you. When this feels enough, slowly come back to this reality as the temple, unicorn and the Elestial crystal fade gently. Breathing deeply and give thanks to your Guardian Angel for this opportunity to travel Star time and be with the Elestial frequencies held by EvZta and give thanks to yourself for remembering another wonderful part of who you are and for following your hearts guidance.

Blessings of Elestial light radiates all around you with song in your heart as Alcyone called upon you, you are one with the Sun

Learn Astrology with Maureen

Let's look at the side of you that resides in each of your twelve houses.

The First House and Your Rising Sign

The first house of a chart has the sign that was ascending over the horizon at the moment you were born on its cusp. This sign is known as the Rising Sign, or Ascendant. The first house has to do with how we appear or the way we come across, thus our appearance and personality.

The Second House

The second house is concerned with how we respond to or field whatever impulses or unique and personal qualities we manifest via our first house. This is how we hold or "have" things (possessions, material goods, money, and the like).

The Third House

The third house is concerned with explorations, investigations, and inquiry and research of all kinds. It also rules connections, communications, wires, tubes -- anything that we can get through with our body, mind, voice, letters, what-have-you. It is here that we explore and search for the limits of our life, whatever we are working with at the moment.

The Fourth House

The fourth house is where we send down roots, find our limits, and generally secure ourselves. It is the end of any searching we might have done in the third house. Here we find or end our search, settle down,

and manage to get in possession of the whole situation.

The Fifth House

The fifth house has to do with awareness, emotion (to move out), and expression (to press out). Here there is always a growing sense of self-confidence and even a pride of ownership, since we begin to recognize and own our experience. We know that we have had or are having an experience. All forms of expression and offspring are connected to this house -- children, animals, creative expression, and so on.

The Sixth House

The sixth house has to do with salvaging and preserving what is good and healthy in our experience. Here we separate the wheat from the chaff. We begin to care for ourselves and our experience and thus health, nutrition. The idea here is that we are able to analyse our experience and have thoughts about what is pure and what is not.

The Seventh House

The seventh house is the house of partnerships, relationships, social life, and all that carries us beyond our personal self into an awareness of other people, community, and the like. This includes spiritual awakening and the discovery that we are more than just our personality. Here we begin to respond to our personal needs (and those of others) for the first time.

The Eighth House

The eighth house, traditionally the house of death, is concerned with getting rid of excess parts of ourselves that we see we no longer need. Thus this house also covers initiation and any activities where we are transforming toward a more integral position, getting to the heart of things.

The Ninth House

The ninth house covers long journeys and religion (the longest journey of all). Here is what remains of the purification that takes place in the eighth house -- the seed, or essence, of an entire cycle of experience. Religion comes from a Latin word that means to bind back, and thus refers to all things that last or endure, such as the truth

The Tenth House

The 10th house is a house of practical vision and clairvoyance, for here we can see clearly what is. Reputation and career are often connected to this house, since the areas where we can see with greatest clarity are those we most often can put to use to make a living.

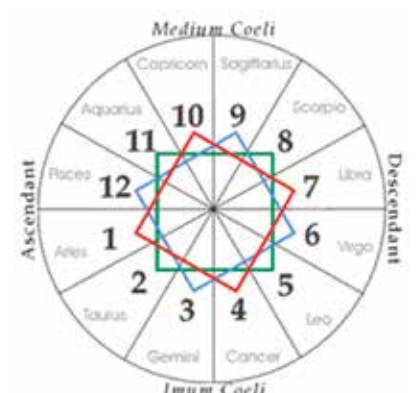
The Eleventh House

The 11th house has to do with putting our visions and dreams to work. We have been on the mountain and had a vision (10th house). Here we take our vows never to forget what we have seen and

to work hard to make these dreams into reality. Thus this house has always been connected with altruistic and humanitarian goals and trying to set them in motion.

The Twelfth House

The 12th house is about all that we go through in order to make our dreams into reality and manifest them in the world around us. It covers what we are willing to put up with, the sacrifices we will make in order to bring across what is really important. This is connected to prisons, institutions, betrayal, self-undoing, and the like, because it is here that we must choose to take some possible abuse for the sake of the message we are carrying, or blow it all away with a negative reaction.



ALTERNATIVE DIRECTORY

ARCHITECTURE & BUILDING

Orgone Effects Australia

For the detection & neutralization of geopathic stress & electromagnetic radiation fields in your home & business. Call Gerard: 0422 533 966.

ASTROLOGY

Astrology Consultations

Sara Gilbert, FAA Diploma.
Call: 0412 235 935 or visit www.lifespiritconnections.com.au

New workshops and courses commencing soon.

Learn Basic Astrology – 10 week Course

In this course you will learn the basic of astrology. You will gain an understanding of a Birth Chart, the meanings of the Planets and Luminaries, the Lunar Nodes, the Zodiac Signs, the Houses and how all of this is brought together in a birth chart. Commencing: Saturday Date TBC 2pm till 4pm. Cost \$40 per class. Contact: Maureen 0411 260 339

MEET THE AUTHOR – BOOK SIGNING

Book Signing & Talk with Nick Bibes

author of '365 – Awakening the Enchanted Soul in 365 days'
Nick Bibes will be conducting a FREE talk and launching his book. Saturday 9th July at 1pm.

CLASSES, COACHING & WORKSHOPS

Bush Essences Introductory Course

Formerly known as: ABFE College Course 16 hours Venue: Manniche Avenue, Mont Albert North

Date: Saturday 16th July, 2016 and Sunday 17th July, 2016. Time: Start Time: Registration from 9.20 for 9.30am

Finish Time: 6.00pm Cost: \$333 Early Bird Special if paid by - Monday 4th July \$395 thereafter or contact Alison re concessions Contact: Alison Lovett Mobile: 0418 540 789 Email: alisonlovett22@gmail.com

Spiritual Guide & Angel Drawing Workshop – Saturday 30th July

Learn to draw your own angel & spirit guides with Maureen. Saturday 23rd July 12.30pm till 4.30pm \$50. For more information call: 9500 8220.

Learn Basic Astrology – 10 week Course

In this course you will learn the basic of astrology. You will gain an understanding of a Birth Chart, the meanings of the Planets and Luminaries, the Lunar Nodes, the Zodiac Signs, the Houses and how all of this is brought together in a birth chart. Commencing: Saturday date TBC 2pm till 4pm. Cost \$40 per class. Call: Maureen 0411 260 339

Create Your Own Mandala Workshop – Saturday 30th July

Create your own healing Mandala or Wheel of life with Lesley Williams. Next Class Saturday 30th July 1pm till 4.00pm. No experience necessary. Cost: \$50. For further information & bookings call: 9500 8220 or visit: www.sacredmist.com.au

Connecting with Your Angels

Workshop—Saturday 13th August

Presented by Angel Intuitive Jackie Mortimer. In this one day workshop you will discover, what your angels are. Why we have angels. How can they help you? How to ask and pray to your angels. The functions of AA Michael, Gabriel, Uriel and Raphael. Keys to open you inner ears and third eye. Discovering your favorite psychic sense. How to use your inner senses. Developing your intuition. Meeting your guardian angel. Clearing and healing with Archangel Michael. Practice reading angel oracle cards. Learn three different spreads using the angel oracle card spread. Saturday 13th August 9.30am till 4.30pm Cost \$257 or Early Bird \$227. Price includes a set of Angel Oracle cards, set of notes, morning and afternoon tea provided. Bookings essential Call: Jackie 0412 612 608 for registration form.

Life Coaching

Improve your life balance & wellbeing through tarot & numerology self-knowledge. New classes and courses commencing soon. Call Sara: 0412 235 935 or visit www.lifespiritconnections.com.au

The Avatar® Course

An individual integration process. For further information call Lin: 0407 495 392.

Learn to Read Tarot – 10 week Course

Commencing Saturday 2nd July 10am till 12 pm. In this course you will learn to read the tarot cards intuitively and understand the meaning through the symbolic language that connect you with your high self and guides. Workbook and notes provided. Cost \$50 per class. Enquires call Maureen 0411 260 339

Mediumship Development Course -

10 week course with Rene Barics

Rene Baric Victorian Psychic of the Year 2013 will be conducting a 10 week Psychic Development Classes commencing Thursday 7th July 7pm till 10pm. Call Rene for more information and bookings on 0410 330 427

Soul Senses Workshop through the Crystal Singing Bowls - Saturday 3rd September

This workshop invites you to come on a healing journey through your senses. In this session you will: Inhale the therapeutic benefits of Doterra oils. Hear the vibrations of crystal singing bowls. Feel the goodness of restorative yoga postures. Watch your awareness grow through a Yoga Nidra meditation. Saturday, 3rd September at 2.00pm till 4.00pm. Contact Sacred Mist for bookings on 9500 8220.

Crystal Guardian Workshop –

Saturday 8th October 10am till 4pm

A fun day of learning about the 33 Crystal Guardians, what they can do for you, where they come from, why they've returned and so much more, including how to activate your own 33 chakras & new wing system. They'll bring through some amazing healing techniques for you & the world while you uncover some important crystal mysteries at this incredible time in our evolution. A 130 page manual is included, all for \$120 for the whole day...bring along a favorite crystal to activate! Contact Lesley on 9500 8220 or Michele on 0409 406 446

COUNSELLING

Holistic Counseling & Hypnotherapy

Clinical Hypnotherapy & Past life Regression with Maureen Barrass. Transform your relationships; learn to deal with fears, phobias, and self-esteem & self-worth issues. Gain confidence, lose weight & smoking cessation. For further information or to make an appointment please call: 0411 260 339.

EVENTS / FESTIVALS

Psychic & Wellbeing Expo – Box Hill

Sunday 3rd July 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At The Box Hill Town Hall, 1022 Whitehorse Rd. Box Hill. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Lilydale

Sunday 17th July 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At St Patrick's Community Centre, Jones Street. Lilydale. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Cranbourne

Sunday 31st July 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At the Cranbourne Public Hall, 166 – 178 South Gippsland Highway. Cranbourne. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Kilsyth

Sunday 7th August 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At The Kilsyth Memorial Hall, Mt Dandenong Road. Kilsyth. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Two Day Event in Albury

Saturday 13th & Sunday 14th August 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At The Albury Entertainment Centre. Swift Street. Albury. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Wangaratta

Saturday 27th August 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At St Patrick's Hall, 1 Ford Street. Wangaratta. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Lardner Park

Sunday 11th September 2016, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At Lardner Park Events. 155 Burnt Store Road. Lardner Park. Entry \$5 kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

HEALING

Shamanic & Spiritual Healings - with Savannah

I have practiced Spiritual Healing for over 10 years and was taught the art of the Shaman by a very Spiritual Cherokee Indian. I use the ancient methods with the sound and vibration of the drum, smudge stick and healing wand. I was taught the wisdom and knowledge behind this ancient healing modality and I use this in combination with my connection to Spirit who are always present to help, guide and direct me during a healing Session with my clients. Appointments only Call: 0431 099 779

HEALING CENTRES

Sacred Mist – Wellbeing Centre

Offering a range of holistic healing services. Massage, spiritual healing, reiki. tarot readings daily, crystal ball readings, phone & skype readings, classes & workshops. Visit us at 67 Glenferrie Road in Malvern, call: 9500 8220 or visit: www.sacredmist.com.au

Peninsula Holistic General Practice

Offering you time, compassion & insight into all of your health care needs. Open 5 days a week. 37 Boneo Road, Rosebud. For further information or an appointment call: 5986 4229.

HEALTH & WELLBEING

Orgone Effects Australia

For the detection & neutralization of geopathic stress & electromagnetic radiation fields in your home & business. Call Gerard: 0422 533 966.

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HYPNOTHERAPY

Past Life Regression & Life between Lives
Maureen Barrass Clinical Hypnotherapist for past life and Life Between Life regression. As taught by Michael Newton. For appointments in Malvern ring Maureen Tel: 0411 260 339

Losing Weight with Hypnotherapy
The Virtual Gastric Band Program through Hypnotherapy is conducted over a 5 week period. To be presented in group sessions at half the regular price to those who are serious about losing weight. Free CD included. New 5 week group sessions commencing on Saturday Date TBC 2016. For more information on starting date or enquiries/Bookings please contact Maureen: 0411 260 339.

MEDITATION

World Service Meditation Group – Dandenong
Join with us at this free, non-denominational Meditation group. Call Louise: 0411 481 516.

MEDIUMSHIP & PSYCHIC DEVELOPMENT

Psychic Development—10 week course with Rene Barics
Rene Baric Victorian Psychic of the Year 2013 will be conducting a 10 week Psychic Development Classes commencing Thursday 7th July 7pm till 10pm. Call Rene for more detail on 0410 330 427

Greg Riley – Psychic Medium
Hypnotherapist, Psychic/Mediumship, readings & workshops. Readings cover spirit communication & life direction. For further information visit: www.gregriley.com.au

Psychic Protection
New edition of the Psychic Protection Booklet is now available. Visit: <http://www.aspects.org.au/> for more information

Metaphysics & Psychic Development Classes - Malvern
Learn the symbolic language of the universe and open up to the higher vibration energy of the 12 chakras. This is a closed class – by application only. Small group. Wednesday evenings, 7pm – 9pm. Enquiries call: 0411 260 339.

PUBLISHERS

Love & Write Publishing – A Division of Rockpool Publishing
Australian Owned and operated self publisher Love & Write. Get published with Love & Write. Includes editorial services, soft cover and e-book, full design service, marketing campaign and much more. Contact: (02) 9560 0316 www.rockpoolpublishing.com.au Paul Dennett: E: paul.dennett@rockpoolpublishing.com.au

PRODUCTS & SERVICES

Dyoligy - Traralgon.
Traralgon's only New Age shop. Call in and see our full range of spiritual gifts, jewelry and clothing. You can find us at Shop 2, 1 Post Office Place. We are open Monday to Saturday six days a week for your convenience. Call: 5174 7576.

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PROFESSIONAL ROOMS

Professional Rooms & Small Workshop Spaces - Malvern
Therapy rooms & workshop spaces available for hire. Suited to holistic & natural therapists & counselors. Enquiries 9500 8220

Professional Workshop Venue & Consultation Rooms – Malvern
Large Area seats up to 35 people theatre style. Some weekend bookings still available for 2016. Very competitive rates. Tables, chairs, kitchen facilities & projector included. Two rooms also available to suit smaller groups. Individual consultation rooms available at an hourly rate. For enquiries or bookings call: 9500 8220.

TAROT / PALMISTRY / NUMEROLOGY

Karin – Tea Leaf Reader
For appointments call Karin 0414 503 797 email: teawithkarin@gmail.com www.teawithkarin.com Berwick area.

Astrology Tarot & Numerology
Readings, courses & charts/profiles. Professional member of the Tarot Guild of Australia. Call Sara: 0412 235 935 or visit: www.lifespiritconnections.com.au

Psychic Mediumship & Tarot Readings
Maureen is a Psychic Medium & Tarot reader, with over 30 years' experience. I use the Astrological tarot spread which gives you answers and guidance to questions on relationships, career, home, jobs, children and money. Call for a reading: 0411 260 339

Psychic Tarot Readings – with Savannah
I used my psychic ability to read into the future and have 12 yrs experience in reading Tarot. My knowledge of the Tarot was taught to me by a Gypsy that taught me the ancient energies connected with fortune telling. I connect with ancient knowledge and wisdom and connection with Spirit to bring though clarity, guidance and direction to my clients. For bookings Call: 0431 099 779

Tarot Practice Circle
Learn & practice Tarot with Maureen – Malvern Area. First Saturday of each month re commencing in April. For further information or bookings call: 9500 8220.

Psychic Mediumship & Tarot Readings
Psychic Medium & Tarot reader Mark Davies. Western suburbs. For bookings call: 0466 517 682

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WORKSHOPS & COURSES

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Contact Lesley on 9500 8220 or Michele on 0409 406 446

Healing with the Power of Sound – Saturday 16th July
Denise Davies 11am till 1pm

Create Your Own Mandal Workshop – Saturday 30th July
Create your own healing Mandala or Wheel of life with Lesley Williams. Next Class Saturday 30th July 1pm till 4.00pm. No experience necessary. Cost: \$50. For further information & bookings call: 9500 8220 or visit: www.sacredmist.com.au



Psychic & WellBeing Expos

A Mind, Body, Soul Experience

EXPO
DATES
2016

Sunday 3rd July

Box Hill Town Hall
1022 Whitehorse Road
Box Hill

Sunday 17th July

St Patricks Community Centre
Jones Street
Lilydale

Sunday 31st July

Cranbourne Public Hall
166-178 Sth Gippsland Hwy
Cranbourne

Sunday 7th August

Kilsyth Memorial Hall
5 Mt Dandenong Road
Kilsyth

Saturday & Sunday

13th & 14th August
The Albury Entertainment Centre
525 Swift Street
Albury

Saturday 27th August

St Patricks Hall
1 Ford Street
Wangaratta

Sunday 11th September

Lardner Park Events
155 Burnt Store Road
Lardner Park (nr Warragul)

Sunday 25th September

Epping Memorial Hall
827 High Street
Epping

Sunday 2nd October

Sunbury Memorial Hall
Stawell Street
Sunbury

Sunday 13th November

The West Waters Hotel
10-20 Lake Street
Caroline Springs

Sunday 27th November

Pakenham Hall
Crn John & Henry Street
Pakenham



info@psychicwellbeingexpo.com.au
www.sacredmist.com.au 9500-8220