



An Alternative Voice

52ND EDITION ~ MARCH/APRIL 2018

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What's your Dream?

by Greg Riley

Diet and Exercise to Lose Weight: Is it Really the Solution?

by Dr Katie Richard

Decoding the lines of your hands

PART TWO

by Paul Fenton-Smith

Astrological Counselling

by Joanne Bourne

AN ALTERNATIVE VOICE

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

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ADVERTISING

Advertising Sales: Maureen Barrass - Phone: (03) 9500 8220. info@alternativevoice.com.au

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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Welcome...

to the March/April 2018 issue of An Alternative Voice

For the love of crystals and travel!

Anyone who knows me well will know that when offered a travel opportunity I am there. Yes, there may be some obstacles but, I will make it happen. Maybe it is the Sagittarian in me, known as the travellers of the zodiac that stirs my soul to venture to places for adventure and experience. If I cannot do it physically I am a happy armchair traveller devouring books and travel shows to quench my travel bug.

I have just returned from a wonderful opportunity attending the largest Gem, Crystal and Fossil Show in the world. Every year in late January / early February thousands of people pour into Tucson Arizona from all over the world. This desert city transforms into a sea of marquees and tents, nearly every hotel/motel and convention centre are filled with hundreds of vendors there to exhibit their wares. It is a showcase of amazing displays of gems, crystals, minerals, fossils, jewellery and crafts from across the globe, I was in awe of the amount and variety brought together in one event.

There were so many jaw dropping highlights. I saw some of the world's most wonderful mineral specimens, saw giant crystals and cathedral like geodes, felt like a queen sitting on chairs made from amethyst and quartz, amazed by exquisite carved statues, sized myself up for a pair of amethyst angel wings and experienced the soothing sounds of crystal singing bowls. Everywhere you looked there were piles of crystals, it was like a sea of rock from rough, raw pieces to high grade mineral specimens to large carved pieces and jewellery, so much to see and choose.

The choices were so overwhelming but not impossible, picking myself some lovely pieces to bring home to remind me of my time away along with my memories, what a fantastic experience. It took me to travel to Tucson to understand how big this event truly is, so large is this show that one visit is not enough so I guess another visit will be in store for the future.

Lesley Williams
Joint Editor



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4. What's In The Stars For You March - April 2018 by Kerry Galea

Kerry specialises in astrology, palmistry and ancient moon gardening. See what's in the stars for you in the coming months.



5. Diet and Exercise to Lose Weight: Is it Really the Solution? by Dr Katie Richard

If you have been on the weight loss merry go round for a while, you are probably familiar with the diet-exercise formula: eat less, exercise more. But is that really what the research says if it hasn't worked for you? According to research published in the Annual Review of Nutrition successful long-term weight loss maintainers eat a low fat diet, frequently weigh themselves and self-monitor their food intake and engage in exercise regularly.

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Crystal Guardian of the Diamond - Known as Da Mon Ee in Crystal Light Language – also known as Diana on the Earth Plane.

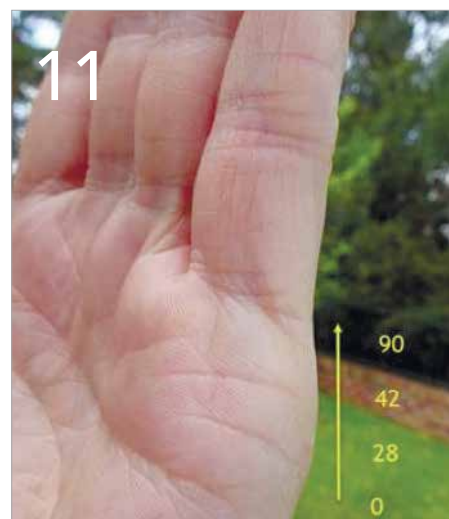


8. What's your dream? by Greg Riley

It's funny, well not actually, but not many people actually know what their dream is. Sure people say big house, nice car, kids in private school, holidays, lots of money etc. That's not a dream, that is an outcome.

9. Intuitive Numerology for the 21st Century by Max Coppa

Numerology has been in use for centuries and has proven to be a valuable and insightful tool of divination. I have been using numerology for many, many years and have adapted it to suit our fast-paced and modern world. My style of numerology draws similarities with systems of old but is a unique system with an intuitive approach.



11. Decoding the lines of your hands Part Two by Paul Fenton-Smith

To arrange some photos for my new palmistry book I held an open day, where some of my former palmistry students gave free readings to guests. As the photographer worked steadily through the available hands in the next room I mingled, giving short readings to visitors, most of them complete strangers.

12. Enlightenment by Joyce-Kay

We have for many years searched for or tried to attain enlightenment or be Enlightened. Most Westerners look toward the Eastern religions to define what enlightenment means to them. In my early days as a metaphysical teacher I was often questioned (and challenged) on enlightenment.

Momentum of Life – Channelled Message



“ All purity and energy consciousness comes from light. It comes in the form of the brightness in the rays of the sun, moon and northern lights... ”

Joan Curson-Little is the Author of *“Wisdom & Prophecies for the 21st Century”*.

She is a Psychic/Spiritual Mystic and runs groups in Mount Martha and private consultations.

Tel: 0418 651 633.

The momentum of life keeps bringing in many changes; the pages in your book of life being turned one by one, the beings of light we are, coming to the fore. Welcome these changes, it is the ever changing movement of all in the universe. Although when experienced by our physical body these changes are seemingly sorrowful emotions at times, these changes are needed to make us complete, returning us to our original perfection of beings of light;

This was referred to in the books of wisdom as the falling from Grace. Every atom, cell of our body needs to be cleared of the miss concepts of mind which have created a density or darkness within our bodies. As this darkness is penetrated by the light of truth our whole body is gradually brought back to its original state, functioning in perfect harmony, as the perfection of light it is.

It takes time for these changes to occur as our body can only cope with gradual change; remember that this darkness we are now clearing has taken many centuries to create the denseness it holds. Unknowingly by most people, this light has been available to us always but few have recognised it. For some time now the light has been intensifying in the universe and our body is now absorbing it, for we are rebirthing the state of our consciousness into a higher dimensional vibration of love/light feelings and understanding, our heart centre absorbing more of this light as indeed every centre and cell in our body is. All purity and energy consciousness comes from light. It comes in the form of the brightness in the rays of the sun, moon and northern lights, which are being seen at times in the sky all around planet Earth.

Be at peace as this transition takes place for the results bring in a healthier body and a peaceful mind, thy countenance filled with love as the darkness is being imbued with light, clearing our body to allow the pureness of healing light to take over; yes this clearing is uncomfortable at times coming in many different forms; anger, despair, depression, upset digestive system, and so many more reactions of the body depending where the blockage of light has occurred within you. We wish you peace and love in your understanding as this transcending transition takes place.

DENSITY OF LIGHT - As the density of light increases on planet Earth clearing darkness, the vapour and the atoms in the atmosphere change, it must be so, the light affecting everything on our planet for all is one. All is a manifestation of light in one form or another and so all is affected. As the atoms, molecules, of the atmosphere change form, they will bring in the balance of moisture needed on your planet, a higher more refined energy of moisture. It is hard for you to imagine, this is why we have not told you of these changes before. The planets will adapt as they too are transforming their structure; you will be delighted with these changes as all will remain green and lush without the burden of starvation of moisture for the plants.

Your planet will not suffer the extremes of the weather patterns they now carry. As the elements settle into a harmonious state of being you will have the ability to create rain when needed without the extremes of heavy rain affecting your planet as they do now; the animals too will re adjust gradually as the environment

changes for them. The beauty of the law of the cosmos. The changes happening now, but the people do not heed them or understand what is happening; the turbulence your planet is going through will continue for some time.

So we have told you in brief what is happening on your Earth, watch and listen as these changes occur. The seasons will not be so extreme, a more even climate throughout each season; an atmosphere of peace and love for all. We see your interest in all aspects increasing and we are willing to give you more information as you ask. There is much to understand of the future, we inform you as you ask dear one of Grace, and we admire your necessity to understand for this allows a smoother transition for you, not affecting the changes with anxiety energy which is detrimental to the flow. Every **THOUGHT, WORD, ACTION CREATING A CHANGE OF ENERGY**, within each person and also your planet Earth. Abide in the energy of Love, Blessings of Grace

This transition takes place for the results bring in a healthier body and a peaceful mind, thy countenance filled with love as the darkness is being imbued with light, clearing our body to allow the pureness of healing light to take over; yes this clearing is uncomfortable at times coming in many different forms; anger, despair, depression, upset digestive system, and so many more reactions of the body depending where the blockage of light has occurred within you.

We wish you peace and love in your understanding as this transcending transition takes place.

Blessings of Love and Peace.

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METAPHYSICS & PSYCHIC DEVELOPMENT CLASSES

Metaphysics is an eclectic umbrella term for the study and practice of spirituality. These classes draw on philosophies from various schools; examples of these are tarot, numerology, automatic writing, and astrology to name a few.

The Class Objectives is to teach:

- Knowledge of cosmic karmic law and higher philosophy.
- Self-empowerment and how to empower others.
- Students how to develop their psychic ability through various practices including psychometry, inspirational speaking, overhead mediumship and learning the symbolic language of the universe.
- Through the 12 Chakras and to increase our conscious awareness and contact our higher self.
- Learn and understand grounding and protection techniques.

The class is a closed circle – Small Group
Wednesday Evenings Time: 7.00pm – 9.00pm \$25 per class
Bookings Essential: Sacred Mist 03 9500 8220 or 0411 260 339

MYSTIC TEACHINGS JOAN CURSON ... psychic / spiritual Mystic ... Ascended Master

The content and messages I share in my groups are received from the many Ascended Masters and realms in the cosmos I have the privilege of communicating with, they relate their messages of truth and wisdom for me to share with humanity enabling an expansion of consciousness within each soul on their journey to enlightenment. These messages carry the healing grace of peace and love for the benefit of all

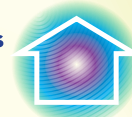
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Astrological Counselling

through the Birth Chart



By Joanne Bourne.

Joanne has had over thirty years' experience with astrology and is a qualified counsellor. She lives in Launceston, Tasmania and consults in person or by phone.

Joanne will be offering Introductory Astrological Reports during the Wellbeing Expo in Launceston on 6, 7 & 8 April.

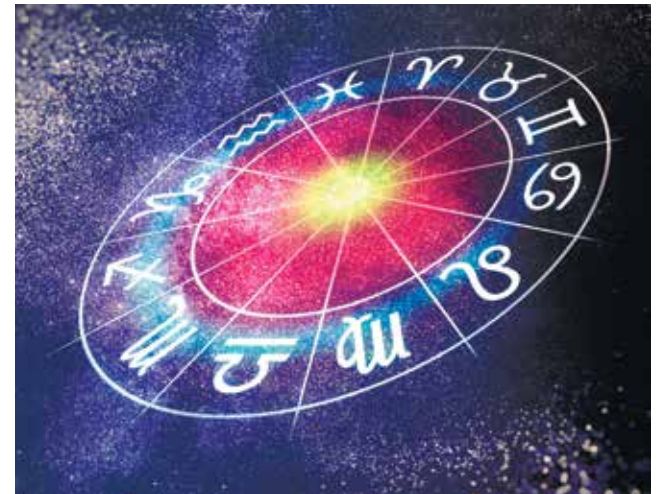
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The pattern of how planets and signs are positioned in the houses, along with other variables in the birth chart, differs from individual to individual. The chart also provides information on the personality, childhood issues, life themes, challenges, psychological development and life cycles.

Carl Jung (1875 - 1961), a Swiss psychiatrist, was one of the most well-known pioneers in the field of dream analysis. The concept of the collective unconscious and synchronicity perceived by Jung, on the "as above so below" principle, paved way to the development of psychological astrology.

He believed that astrology could help to teach us about the human mind. Several astrologers worked on this principle and found that horoscopes could reveal the structure of character and concluded that a person's emotional difficulties could be traced through their horoscope. This line of thought went a long way in letting astrology find a foothold in the field of psychology.

When reviewing a birth chart, astrology can lead to a greater understanding of oneself and relationships with others. This can offer insight into why problems persist and what direction could be beneficial to pursue.



“ The chart also provides information on the personality, childhood issues, life themes, challenges, psychological development and life cycles. ”

What's In The Stars For You March - April 2018 with Kerry Galea

ARIES

20 March – 19 April



Memories arise to either renew grief over past losses, or awaken spiritual connections. You have knowledge and influence but be open to new ideas, especially in the workplace, or your role in life. Do not make any decisions from late March until late April but it's a perfect time to reflect and plan.

CANCER

21 June – 22 July



People will pay attention when you share what you know and learn. Changes with your role and its duties, will eventually help you gain benefits. Soon a new level of intimacy and expectations with others will be explored and some will find it confronting. A new activity, playfulness or opening up to creative pursuits will help.

LIBRA

23 September – 22 October



After initially getting bogged down in duty and service, you are soon connecting, enjoying, communicating and talking to the special people in your life. Stop trying to hurry them up. Soon it's a great time to undertake home renovations, both literally with hammers, or figuratively to work on family dynamics.

CAPRICORN

22 December – 19 January



Early this month, decisions may take ages or miscommunications heighten, leading to confusion. Then you can get quite annoyed about any problems. Transmute this energy in a physical way by doing energetic jobs. Be clear in mind what you need done, or it will be misinterpreted by others.... so have a specific list.

TAURUS

20 April – 20 May



It's time to balance the question about what is good for the group or "team", as well as what is good for you as an individual. Soon your "sparkle" increases so you can ask for a favour and it will be smiled upon but people will also ask for your help because it looks like you can manage anything!

LEO

23 July – 22 August



Legal, financial or academic issues need sorting out, so get their advice. You may choose to try a new track, but expect to adjust this and make changes over the next month or so. Soon your home is expanding, needing renovations, rearrangements, or a big clean up, and you need to knuckle down to make it happen.

SCORPIO

23 October – 21 November



Enjoy a creative, playful time for soon a sense of responsibility returns, along with unexpected financial expenses, or costs to your valuable time. Habits seem set in concrete and changing them seems hard to do, but take a stand for new values and your point of view and stand up for the consequences.

AQUARIUS

20 January – 18 February



Along with a restless spirit, you are being wasteful with money, possibly on something that looks great, but please look at the long-term consequences. This is a perfect time to work on projects, to start planning, and investigate what you want. Some of your feelings belong to the past. Are you ready to forgive or let go?

GEMINI

21 May – 20 June



You are being seen and recognized for what you do in any role or workplace so use this to make your working life a little more satisfying. Your loved ones and friends are opening to new ideas and any changes will flow easily. Soon, mutual trust issues, and tensions over shared belongings, are likely.

VIRGO

23 August – 22 September



The focus is on partners and friends, so step back and let them blossom and shine. It's also a perfect time to renovate and resolve past family tensions. Soon there is a slow-down in your creative momentum or perhaps the younger people in your life will face a big "Stop" sign. Information will help.

SAGITTARIUS

22 November – 21 December



Start the month with some quality peaceful times at home and allow your creative energy to grow, and your ideas multiply. Soon it's time to balance the books and sort out what is worth keeping and what must be label as a burden or a debt. It's not easy, as you were heavily invested.

PISCES

19 February – 20 March



You have star sparkle on your side to help with anything, but speedy reactions are not necessarily a good thing. Soon your long-term goals, or a groups goals, will demand your time and energy. Are they asking too much of you? You are allowed to change "tribes" if you wish!

Kerry Galea Astrology, Palmistry and Ancient Moon Gardening

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



Diet and Exercise to Lose Weight: Is it Really the Solution?



“ ... in my clinical experience over the past 16 years it's not willpower and motivation at all. ”

If you have been on the weight loss merry go round for a while, you are probably familiar with the diet-exercise formula: eat less, exercise more. But is that really what the research says if it hasn't worked for you? According to research published in the *Annual Review of Nutrition* successful long-term weight loss maintainers eat a low fat diet, frequently weigh themselves and self-monitor their food intake and engage in exercise regularly. Whereas the conventional advice is to “have the willpower and motivation” to persevere, in my clinical experience over the past 16 years it's not willpower and motivation at all. In fact, eating a low calorie diet and exercising has to be effortless. The good news is that there are several things that can facilitate the weight loss process-

1. Identify hormonal imbalances

Several studies have found it's important to identify whether a hormonal imbalance (not only related to thyroid issues) is present. For example, a study of male participants who were treated with testosterone treatment found that not only did they have improvements in blood pressure, blood glucose, bad cholesterol and erectile function, they also lost more than 30 pounds on average.

2. Assess nutritional deficiencies

You may be familiar with the conventional diet advice to avoid certain foods or limit portions but even more important is to identify specific nutritional deficiencies including iron, folate, magnesium, calcium, etc. to normalise the body's natural hunger, appetite and metabolism. This is best done through blood testing as taking a supplement without knowing what's missing can be counterproductive and expensive.

3. Improve sleep

Research has found that even a single night of sleep deprivation increases the hunger hormone ghrelin and orexin, the stress hormone cortisol which inhibits weight loss, changes your metabolism and decreases the hormone leptin that alerts you to feeling full. Therefore, it is important to ensure that you sleep well. However, sleep disturbances can be caused by a variety of issues including medical (e.g. sleep apnoea, periodic limb movement disorder) but also mental health problems including Mood Disorders, ADHD, Anxiety Disorders including Post Traumatic Stress Disorder and a variety of other psychological disturbances. No diet will ever eliminate these complex disorders and neither do medications that are commonly prescribed by GP's, but correct assessment and treatment of these disorders is necessary to eliminate the root cause of chronic sleep disturbances, which ultimately has the positive side effect of weight loss and successful weight management.

4. Improve your self-esteem, stop dieting

Research has found that poor self-esteem is associated with emotional eating, that fad dieting, and its almost inevitable failure and link with bingeing/overeating, breaks down self-esteem even further. You need to stop dieting to stop emotional eating. Once you focus on what you can do rather than noticing constantly how badly you fail at dieting, is essential to recovery from weight problems and chronic binge eating.

Psychologist Dr Katie Richard is the author of the new book, *Weight Off Your Mind*, a step-by-step guideline to stop binge eating, lose weight and improve body image.

www.weightoffyourmind.net

Meditation Corner

Crystal Guardian of the Diamond - Known as Da Mon Ee in Crystal Light Language – also known as Diana on the Earth Plane, by Michelle Kingston

“ Once you have found somewhere appropriate, settle in and call in your Guardians, Guides and Angels to come forward and to surround you with their love and protection. ”

Welcome seekers of Light & Truth, let us meditate once again as we look no further for these jewels than within our own being. Find a nice spot to relax and centre yourself in, preferably in nature at this beautiful time of the year and allow the sun, clouds, wind and rain to speak to you as they are our blessed elements that bring us change. Once you have found somewhere appropriate, settle in and call in your Guardians, Guides and Angels to come forward and to surround you with their love and protection. Seeing a majestic Diamond Temple now being assembled around you in an ethereal construction made of light and energy, you visualize yourself sitting on a white silk cushion ordained in diamonds and pure clean crystals; you call in the Crystal Guardian of The Diamond crystal, Da Mon Ee as she steps forward holding a large diamond for you. It sparkles so much, expressing multi rainbow prisms of light towards you, as some colours are more brilliant than others. The ones that are now touching you will reflect the new doors that are on your immediate path, look closely at what you see, feel the illuminating colour of these vibrant light code combinations as they reveal its truth to you today. Take note of two or more colours as Da Mon Ee interpreters it for you, as the messages relate to this year ahead...

Crystal Guardian readings. Next workshop on the sequel deck *The Kingdoms of Love* is on June 23rd on the Peninsula.

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If you see Red, a new door within the family structure will open, repair if needed or bring in a new child, partner or family member....If you see orange, then a creative door will be opening for you and in the near future, something you've been wanting to make, manifest or design will occur. A constructive and artistic piece that you have made yourself will surprise you.... If you see yellow, then a bright positive change is upon you, a cloud of concern will lift and clear, bringing joy, happiness and prosperity, this will make you feel confident in the world..... If green came towards you, this indicates a healing after a long period of illness or stagnation in a health situation will repair, mend and move on... If it was a turquoise light that touched you, this reflects an expression of voice that must be heard, something will be announced shortly, either publicly, in a group or privately; it can also indicate that some singing or poetry is needed to be expressed soon.... If it was a darker blue, like an indigo ray, then some meditation, visual focus or a deep transformation is needed or is about to occur. It can also indicate that you need to dream big this month.... and lastly if it was a purple light that was dominating in the projection of the rays, then a spiritual awakening is about to unfold next. An enlightening moment or a new teacher may be around you to take you on a spiritual visionary quest.

All colours are so magical and associated with light & sound, therefore creation as they all are part of our design, make up our design and are what we are made of. We are Divine Design.

The Temple slowly dissolves as the light you've obtained remains with you for the duration of 21 days. This will add to your brilliancy as you transition through the Easter period, reflecting a new you that has been born. You've left behind some old ways and are creating some new ones for the start of the Astrological year of Aries, symbolized by the diamond. Blessings to you as you see the beautiful, reflecting diamond heart within you.

Changing the How of Events



Lin Walden is a licensed Avatar® master.
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“We often take others' actions
personally and sometimes carry
something forward in time
over many years.”

Imagine being more understanding and compassionate with the people you meet, with family and friends.

Our judgements about how people 'should be' creates considerable dissatisfaction and conflict. In life we get caught up in wanting others to be a certain way, we have expectations of them and create reactions to their perceived errors. We often take others' actions personally and sometimes carry something forward in time over many years.

This is generally not the way we really want to be. The tension produced can be felt by those around us. This unease is palpable, others around us feel uncomfortable, something is not quite right.

Using the Compassion Exercise quickly resolves these situations. Increase the amount of compassion in the world.

Compassion Exercise Instructions:

This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.) It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person. Expected results are to personal sense of peace.

- Step 1 With attention on the person, repeat to yourself:
Just like me, this person is seeking some happiness for his/her life.
- Step 2 With attention on the person, repeat to yourself:
Just like me, this person is trying to avoid suffering in his/her life.
- Step 3 With attention on the person, repeat to yourself:
Just like me, this person has known sadness, loneliness and despair.

Step 4 - With attention on the person, repeat to yourself:
Just like me, this person is seeking to fulfil his/her needs.

Step 5 - With attention on the person, repeat to yourself:
Just like me, this person is learning about life.

Variations:

1) It may be done by couples and family members to increase understanding of each other. 2) It may be done on old enemies and antagonists still present in your memories. 3) It may be done on other life forms.

This is one of thirty exercises that can be found in *ReSurfacing®: Techniques for Exploring Consciousness* by Harry Palmer Excerpted with permission. (c)1994,2015.

We have the power right here to change the flow of events by being accountable for our feelings and taking personal responsibility.

Avatar® is a set of tools that allows people, in a very short time, to identify and change the conclusions, decisions, and agreements that are shaping their lives. You could call it a mental editing technique, a belief management technique, or a spiritual empowerment technique. You could call it a lot of things, but the most important thing is that the tools work for you, and they work extremely well. People are amazed...from *The Avatar Path*, by Harry Palmer.

Experiencing the ReSurfacing® Workshop is a powerful transformational process. It's a step by step journey that begins the unravelling of your own personal blueprint in consciousness. The mystery of 'Why is my life like this' becomes very apparent.

Join us on this incredible adventure.

Join The Compassion Project team!

Avatar.
THE COMPASSION PROJECT

“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.

Join The Compassion Project Team

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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Common Crystal Myths



Adam Barralet is the author of many works including the book *Crystal Connections* and the *Crystal Reflections Diary*. Although he calls Perth home, he is in Melbourne conducting workshops each month. For full details visit www.adambarralet.com and subscribe to his newsletter to remain updated.

“Crystals polished into perfect spheres will be the best to send energy out equally in all directions....”

As with any topic within the spiritual realms, truths are discovered through study, contemplation and personal experience. When it comes to crystals, there are many “interesting” perspectives I’ve heard over the years. However there are some reoccurring questions participants ask in my workshops which I thought I’d tackle this issue.

IF A CRYSTAL BREAKS, YOU SHOULD BURY IT

Within our crystal collections, we probably have some rather expensive crystals, and if one gets a little chip in it, I’m sorry but I’m not returning this gift back to Mother Earth just yet! Firstly crystals break for different reasons. The first reason is simply you were clumsy or didn’t realise how delicate a beloved gem was. If a crystal does break though, and you can’t determine any physical explanation for it, then it could be because it hasn’t been cleansed enough. Just like if you put too much pressure or over work someone in your life, your crystal will also either break up with you (vanish) or have a break down (crumble) when over-stressed. This is the crystal finding a way to release the energetic pressure held within its matrix.

Does the crystal’s properties change? Not really. There are three things that affect a crystal’s energy; its colour and chemical composition are the first two. The third is its structure. Down to a microscopic level, the atoms, ions and molecules of a crystal arrange themselves perfectly in seven different shapes such as squares, hexagons, triangles and trapeziums. Remembering that pretty much every crystal you own was originally a gigantic mass that was broken down and

cut, polished, faceted or tumbled, these three elements of colour, chemical composition and structure remain the same, even if the shape is altered with another break. The one exception to the rule would be a crystal point having the end damaged would lessen its ability to direct energy to a concentrated point of focus. So if a crystal breaks, learn to be more conscious of how to care for it, and keep using it.

RAW CRYSTALS ARE BETTER THAN TUMBLER OR POLISHED

Purists tend to prefer natural crystals, but I believe they both have uses. The beauty of a crystal retaining the shape it originally grew in is, without a doubt, something to enjoy! However a tumbled crystal can be more stable and feel more comfortable in your pocket or bra (so I am told!). Crystals polished into perfect spheres will be the best to send energy out equally in all directions and a crystal carved into a point, when it doesn’t grow naturally in this form, will allow you to powerfully focus this stone’s energy to a specific intention.

Again, this come back to the point I made above. Both raw and polished crystals, in most instances, retain the same colour, chemical composition and structure and so it comes down to your personal preference.

THE BIGGER, THE BETTER

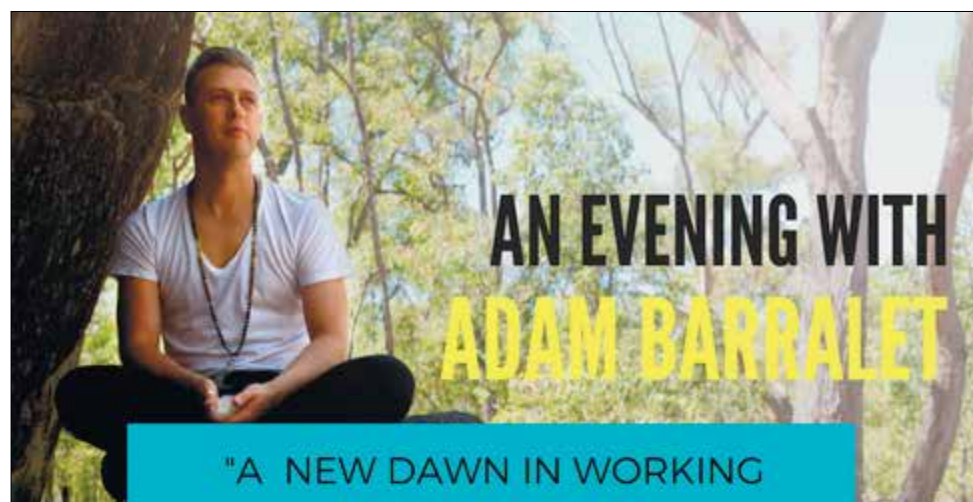
Women are constantly asking me in my workshops if size matters! The answer; it’s not so much about the size, but more about the way you use it. Just like us, each crystal has an aura. If you are holding or wearing a crystal, its aura is

mingling with your aura and will have an impact. However the crystal’s aura only stretches so far. Tiny crystals may not fill the room with their influence as much as large one will. Therefore use larger crystals or surround a crystal with outward-pointing Clear Quartz points to fully impact an entire space. If you are trying to decide how big to go with a crystal, I recommend opting with a size that feels comfortable to you to wear, carry or hold.

YOU SHOULDN’T STORE ALL YOUR CRYSTALS TOGETHER

Every crystal has its unique energy or personality, just like every person. Saying you shouldn’t keep your crystals together is similar to saying you should never let Leos mix with Geminis! Crystals will even grow together in nature. Therefore, your crystals will not be majorly impacted by being stored together.

When mixing different crystals should be given more thought is when you are wearing or working with them. I’ve often seen people wearing an uplifting Citrine ring on one finger and a peaceful Amethyst on another. This is akin to washing down a sleeping tablet with a Red Bull and seeing what happens. It tends to scatter your energy. Ideally I recommend only wearing one type of crystal at a time. If you want to wear several, a maximum of two colours in total is a good rule of thumb. Otherwise you’re trying to deal with an energetic cocktail so leave the rest at home all together in the same place...unless you are worried about them all talking about you when you’re not around!



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What's your dream?



By Greg Riley ©

Greg can be contacted through his website
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“ If I died tomorrow, sure I'd have a lot of stuff and from the outside be successful, but I would have failed.”

It's funny, well not actually, but not many people actually know what their dream is. Sure people say big house, nice car, kids in private school, holidays, lots of money etc. That's not a dream, that is an outcome. Many of the items above actually make people quite unhappy, really unhappy. Striving for these material objects, thinking that if I have this it will make me happy usually ends up in making us unhappy, especially if at your core you do not know what makes you happy or what your dream is.

Here's an actual story of a group of men I was working with some time ago. There is a little test I do with group sessions where we create vision boards. I have all the normal stuff ready for them to put up there such as pictures of cars, houses, holidays, big houses, ripped bodies.....all the stuff I talked about above and much more. We go through the process and nine out of ten of them just start putting things up and discussing what it would be like to have this or that. There was one guy who really struggled. He was quiet and was only coming to the sessions because his wife told him to. He was a broken man; you could see it in his spirit. He was really struggling with it and only had one item on the board.

We get to the point of everyone standing up, telling everyone else about their boards, what it means and how their lives would be better when they had this or that. All nine men go through their boards and then we came to the last guy. He was reluctant to get up but finally did. What came next changed the other nine men at their core in an instant.

Jerry (not his real name) got up and all he had were letters on his board. Letters he'd cut out from magazines supplied. The letters spelt H...A...P...P...I...N...E...S...S. The rest of the group were a bit stunned that this was all he had on his board. I explained that this broken man was the only person who truly got the experiment and I asked Jerry to explain his reason for this. Jerry followed by saying.....all this stuff you guys have on your boards, I have it and more. I work 70 to 80 hours a week to get this but I have no relationship with my wife, I can't remember the last time she told me she loved me, my kids hate me, I missed their first day of school, I miss each soccer match, I miss their karate of a night, I miss reading them books of a night. I drink each night and I'm ashamed of who I am. I'm in a hole I can't fix. You could see this hitting home for a few of the others but next came the biggest

message. I asked Jerry to tell us about what happiness was to him which was:

“When my kids go to school and they have hero day I want them to say that their hero is my dad. I want my wife to go out and talk to her friends and tell them how I make her happy, how I support and inspire her and that we have such a strong emotional connection. I want the family to be connected and happy. If I died tomorrow, sure I'd have a lot of stuff and from the outside be successful, but I would have failed.”

Tears were flowing at this stage from pretty much everyone. This spiritually broken man had just taught nine other men a massive lesson, one that many still talk about today. When we catch up there's always a comment “remember that day when Jerry got up, I went home and told my wife and I said I'm sorry I've got it wrong, I'll be a better man, husband and father, and I'll be a better person. I see that I had been looking for happiness in the wrong areas.”

Sometimes it takes a broken man to show us the light and sometimes we have to embrace our own darkness to see the light and what is our dream and our happiness.

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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A collage featuring several tarot cards fanned out in the top right corner, and two headshots of the speakers, Maureen Barrass and Joyce Kay, below the title.

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Intuitive Numerology for the 21st Century

by Max Coppa



“The numbers don’t lie! And combined with intuitive input, your date of birth forms an unmistakably clear picture of your life and your potential.”

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 April 2018.

For more information visit www.maxcoppa.com

Numerology has been in use for centuries and has proven to be a valuable and insightful tool of divination. I have been using numerology for many, many years and have adapted it to suit our fast-paced and modern world. My style of numerology draws similarities with systems of old but is a unique system with an intuitive approach. I both use and teach this system all over the world with much success and both clients and students alike recognise how fast, simple and accurate it is. This system can be used for relationships, health, spirituality, career, finances, your house or business numbers, countries to travel to and/or live in and provides wonderful insight into your own and other people’s true personality and character.

Among others, I teach psychologists and business leaders so they can better work with their clientele and pin-point issues with more clarity and ease. It’s not difficult to grasp and is suitable for people at all levels and all backgrounds to learn – it’s a tool for your personal and professional growth! You can take it to any level you want, and it’s an asset for people in the spiritual field as it will greatly enhance their skills.

Over the last few years I’ve been teaching clients and students in Japan and China who find it very accurate and are quickly adopting it into their daily lives and careers. Long gone are the days of old where you needed to be a mathematician or spend hours calculating various sequences to get an answer. My style is so simple it can be done on the run in your head if need be, and this is the way it should be too. In our busy lives we don’t have hours of time to spare, when we need answers we need it now!

Numerology helps you better understand yourself, make decisions and find more balance in life. The majority of my readings cover relationships, and by using numerology I’m able to pin-point with more clarity the strengths, weaknesses, compatibility, timing of events, how you communicate with each other etc to see how you really deal with issues and whether you are truly compatible. This in itself can save you years of unnecessary problems or at the very least, help you to nip things in the bud more quickly.

Numerology will shed more light on your past, your present and your future potential and opportunities. It will show whether you are a left-brainer (logical & practical) or a right-brained person (creative & intuitive) which can be particularly helpful in career matters. It will identify whether you are in the right job or are studying for the right subject for you...imagine how much time and money that could save you.

The numbers don’t lie! And combined with intuitive input, your date of birth forms an unmistakably clear picture of your life and your potential. Simply learning the meaning of the numbers and their uses will give you a head start. The best thing is its open to people from all walks of life and experience. Numerology changed my life and it can change yours too! Life isn’t always about luck, it’s about understanding yourself and having a good plan. This way you’ll know when to move or act upon something. Whether it’s business or spiritual, numbers are the Universal language of life. Everything is measured, weighed and counted using numbers and we are coded (and can be decoded too) using them.

Say for example you have no 3’s in your date of birth i.e. 11.12.1985. This shows that you will need to work on improving your communication skills. No 8’s shows you need to work on handling money, financial matters and business. Your sex drive and passion may fluctuate or perhaps you worry about themes of death or mortality. No 4’s in your numbers shows that you need to have a plan to work to and may struggle with grounding or practical matters. No 5’s in your numbers shows you may lack initiative and may need a ‘push’ to get going, or to follow things through to completion.

These are just a few quick examples, but as you can see there is a lot in this. Intrigued? Want to see what your numbers say about you? The biggest investment in your life is YOU! Invest the time, and invest in something that will truly add value to your life.

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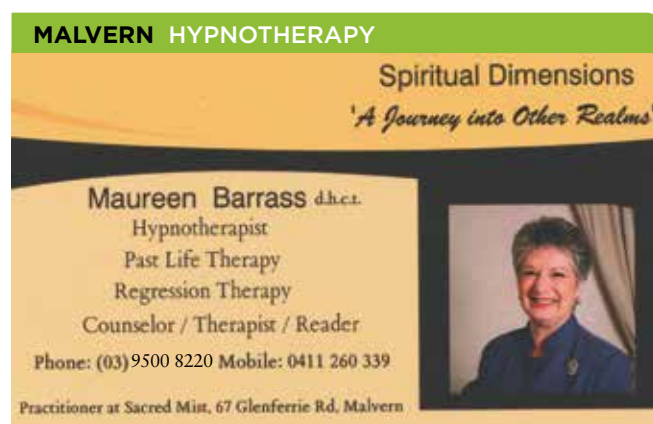
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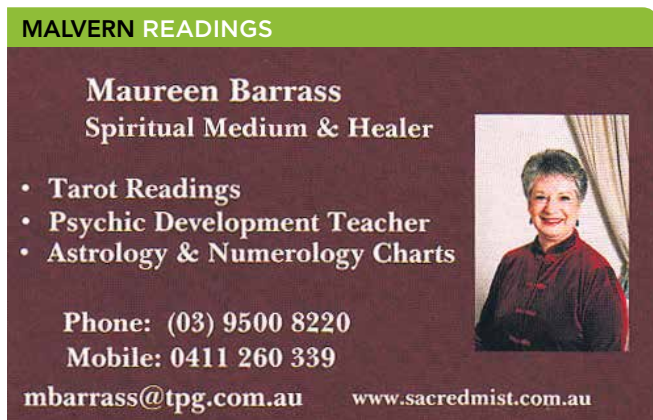
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Decoding the lines of your hands

Part Two



By Paul Fenton-Smith ©

“The two most asked about subjects in palm readings are career and love relationships.”

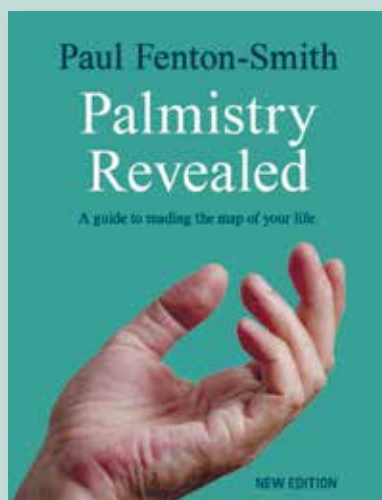
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Want to Own a Copy of the 'Palmistry Revealed' Book by Paul Fenton-Smith?

Win one of 4 Copies of Paul Fenton-Smith's revised edition of 'Palmistry Revealed'. If you would like a copy just write to info@alternativevoice.com.au and tell us why you would like to own a copy.

It is an invaluable guide to unlocking the secrets of your hands, clearly detailing pure hand types and combinations to ensure you develop a clear understanding of this ancient study of life.

This book guides you through the basics and teaches how to confirm the past and predict future events.



To arrange some photos for my new palmistry book I held an open day, where some of my former palmistry students gave free readings to guests. As the photographer worked steadily through the available hands in the next room I mingled, giving short readings to visitors, most of them complete strangers.

Four people were sitting at a round table on the back porch and I asked a woman in her late sixties if she'd like a reading. I explained to Wendy that she was creative and that her forked Head line suggested she had writing talent. She confirmed that she had kept a diary in her early twenties but gave it up when her children arrived.

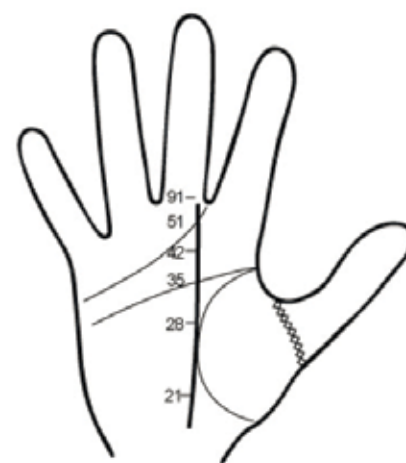
I briefly explained the main lines of the hands and produced my magnifying glass to examine her relationship line and lines of children. "Have you lost a child?" I asked softly. I didn't want to upset my guest but one of the lines of children suggested that the child might predecease the parent. "Yes. Yes I have. Eight years ago," she replied. The others around the table immediately leaned forward, intrigued by the turn in the conversation. "I see three children," I said, angling her hands for the best viewpoint. "No, I have two; two daughters." "I can see the two girls but there is a boy appearing after them. It's a strange thing to say but this boy is actually closer to you than the two girls. You seem to have a very strong connection to him."

Wendy looked at me in shock as the truth of what was described dawned on her. "My grandson lives with me now. My husband has gone and we live together. He looks after me. He is my deceased daughter's boy. Can you see all of this in my hands?" Her hand was trembling slightly in mine so I ended the reading on a positive note. "It's good that you have your grandson. Family; looking after each other," I said, squeezing her hand softly. As I stood up to go she reached for her handkerchief to dry her eyes.

Most major events are visible in our hands long before they actually occur and often forewarned is forearmed. If you know something is likely to eventuate before it happens, you can

prepare for it or change your current course. The lines on your palms reflect life events and opportunities. Looking ahead is an opportunity to prepare to minimise or avoid difficult events or capitalise on approaching opportunities. The non-writing hand records information about the past whereas the writing hand is a more accurate guide to the future.

The two most asked about subjects in palm readings are career and love relationships. Career success is in the Fate line. Changes in this line indicate job moves or new career directions.



Dating the Fate Line



Four different Fate lines.

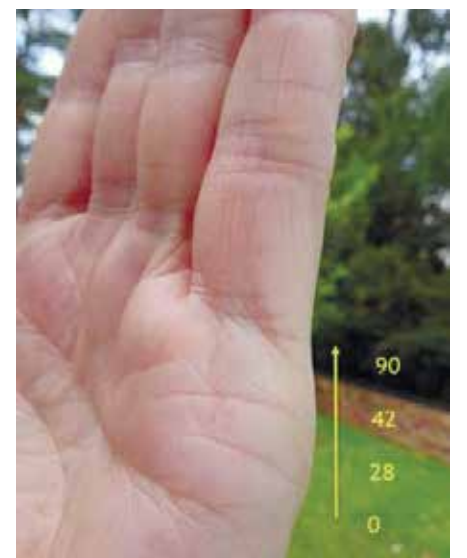
In the image above there are four individual Fate lines, indicating four different jobs in the person's life. These are possibly four different careers because with each change, the new Fate line is closer to the ring finger, indicating a more creative career than previously. The approximate age for each job change is **A** – 20 years, **B** – 35 year, **C** – 52 years and **D** – 64 years. A long single Fate line usually indicates a single career or major focus throughout life.

Love relationship opportunities can be found in three areas of the hand but the most significant lines are beneath the little finger. Each line represents an opportunity for a significant love relationship. Individuals have free-will to peruse or avoid any relationship opportunities. This sometimes occurs when meeting someone new while still in a stable relationship. Essentially these lines represent the relationships one might reflect on in old age.

If a person marries in her twenties and two more relationship lines exist after the current relationship, she has the choice to accept or decline these opportunities when they arrive. If life was a long lunch, the additional opportunities are when the waiter reappears at your table with the menu, inviting you to peruse at your leisure. Its good to have choices.



Relationship lines beneath the little finger.



Approximate ages for relationships.

Enlightenment



Joyce-Kay is a Psychic Medium, Metaphysical Teacher, Spiritual Life Coach, Behavioural Hypnotist and Clinical Hypnotherapist at Divine Heart and Soul in Croydon, Victoria. 03 9723 8880

“Don't be confused, this isn't about religion, it is about your own everyday loving life!”

We have for many years searched for or tried to attain enlightenment or be Enlightened. Most Westerners look toward the Eastern religions to define what enlightenment means to them. In my early days as a metaphysical teacher I was often questioned (and challenged) on enlightenment. To be honest I'm still working on my own enlightenment journey. It is not something that a weekend or a six week workshop is going to deliver. Many years ago I came across "10 Laws to Enlightenment" (author unknown) and they have served me in my teaching and on my own journey.

They are simple reflections on how it improves your life and in doing so improves the lives of those around you. Don't be confused, this isn't about religion, it is about your own everyday loving life!

1. **You either get it or you don't.** Get real! We don't get taught how to be happy. We are in the game of our lives with no rules, or worse, the wrong rules. Open the mind to more than you think!
2. **You create your own experience.** There are no victims, only volunteers. Take

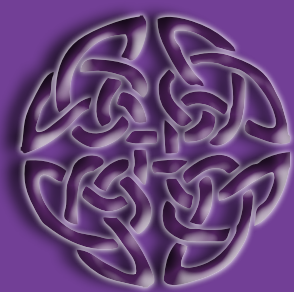
full responsibility for your life. Do you contribute to your own problems?

3. **People do what works.** By understanding what motivates people and yourself gives you your power. Is this manipulating people? Of course it is! We do it everyday but are you doing it consciously and respectfully or are you playing victim and doing it harmfully? Is your intent coming from love or fear?
4. **You cannot change what you don't acknowledge.** Denial kills hopes and dreams. You cannot afford the luxury of lies and denial.
5. **Life rewards Action.** The results you receive from people are from your actions whether in relationships or work.
6. **There is no reality, only perception.** Events only have a value and a meaning that you give them. Our perceptions are more warped when viewing ourselves. It's easier to see both sides of someone else's story than our own.
7. **Life is managed, not cured.** Life is not perfect, it needs to be managed every day, are you managing your

mental, physical, spiritual and emotional wellbeing?

8. **We teach people how to treat us.** Own rather than complain about how others treat us. People only do what works for them so what are your pay offs? Not being a victim requires effort.
9. **The power of forgiveness.** When you harbour anger, resentment and hatred your body's chemical balance is dramatically disrupted. You may have the right to be angry but you also have the right to peace and happiness. If you see the world through anger then you choose a dark perception of the world. By forgiving others you release yourself.
10. **You have to name it to claim it.** Be serious about managing your life. Choose a balanced life plan, commit to it because you deserve it.

These simple rules of life are to assist in you taking ownership of your behaviour and your choices. It always starts with loving and accepting who you are and all your beautiful gifts. Enjoy your road to enlightenment!!!



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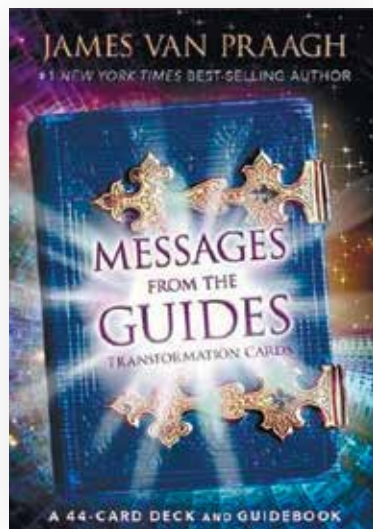


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Tarot & Oracle Card Reviews

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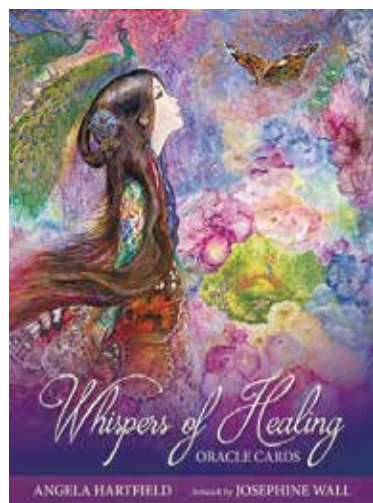


Before you choose to experience this physical dimension that we call Earth, your higher self meets with Spirit Guides to design a blueprint that will enable your soul to learn and evolve throughout the course of your existence. And this extraordinary card deck by world-renowned spiritual medium James Van Praagh will assist you in tuning in to your Guides spiritual teachers who give you guidance, knowledge, or wisdom.

Each of these 44 beautifully illustrated cards serves as a cue that prompts you toward your ideal goal your own personal journey of self-awareness. The enclosed guidebook will bring further insight to each card's uplifting message, such as Be Yourself, Live Your Bliss, You Are Never Alone, and more! Through these channelled messages, you will learn to develop a higher

understanding of Spirit and remember that you are never truly alone.

WHISPERS OF HEALING ORACLE CARDS ANGELA HARTFIELD ARTWORK BY JOSEPHINE WALL

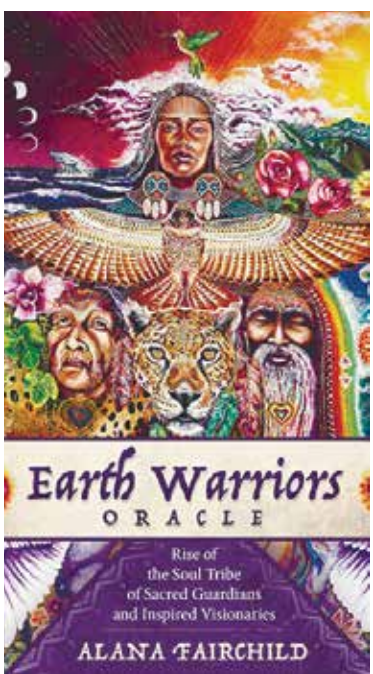


The "Whispers of Healing Oracle" is a beautifully illustrated set of cards that are will help to nourish, strengthen and restore yourself to emotional, physical, and spiritual wellness. Whatever challenges you are face with, whether you wish to heal a broken heart, resolve a work challenge or discover ways to fine-tune your beliefs and attitudes, this deck is ready to journey by your side as a source of support, guidance and insight.

Turn to this oracle whenever your health seems compromised, and the soothing energy and wisdom will help you navigate your way to balance, wholeness and wellness. Immerse yourself in Angela Hartfield's profound messages and the intricate detail of Josephine Wall's inspired artwork, and tap into the healing energy that abounds within and around you. It is time to unlock true,

deep and complete personal healing.

EARTH WARRIORS ORACLE RISE OF THE SOUL TRIBE OF SACRED GUARDIANS & INSPIRED VISIONARIES ALANA FAIRCHILD ARTWORK BY ISABEL BRYNA



This is Alana Fairchild's latest deck of card that taps into the Soul Tribe and Sacred Guardian. When we do it creates a new world to be born within us. The cards are founded upon love and higher consciousness, instead of fear, hate and greed. This new world is gaining ground, becoming stronger, yet it also needs its protectors during this precious and important time of birth. Earth Warriors are the guardians, guides and way-showers for the new world, inspiring its people to prosper and thrive in harmony with the wisdom of life.

Defying convention and living from the heart, Earth Warriors urge the human race forward with enormous positive energy and a passionate desire for meaningful contribution and sacred purpose. Willing to shake things up for the right cause, the Earth Warriors bring truth out of darkness, when others who trade in fear would wish to keep it hidden.

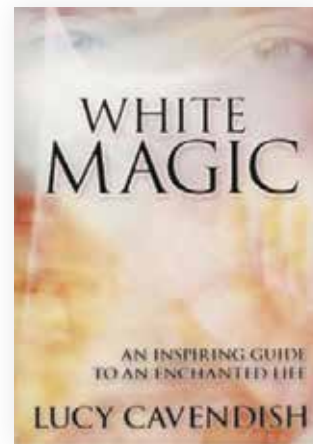
Earth Warriors are the wise wild ones, cracking open mainstream consciousness with their loving awareness of

freedom and grace. They are the bright lights, the holy hustlers, the creative visionaries and the sacred guardians of the soul.

"Earth Warriors Oracle" taps into universal tribal wisdom and pure spiritual guidance to empower your soul with courage and optimism to discover the Earth Warrior within and fulfil its sacred purpose.

Book Reviews

WHITE MAGIC LUCY CAVENDISH



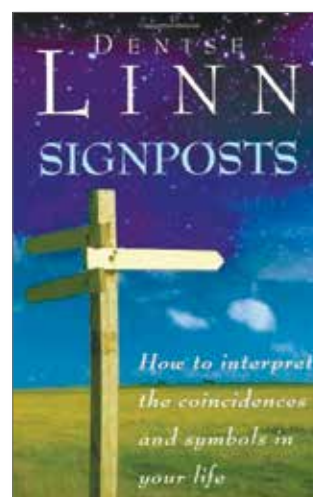
Inside its transformative pages, Lucy Cavendish teaches you her own methods of working with 'White Magic', designed to heal your love life, your spirit, and your body. With fascinating glimpses into her own path and life, Lucy Cavendish's White Magic is at once a manual for magic, and an inspiring guide to living an enchanted life.

This beautiful book includes magical yet practical step-by-step guidelines for developing your psychic abilities, discovering your magical name, uncovering past lives, and improving your romances, relationships, health

and financial situation. It also contains never before published tarot spreads and a complete seven-day guide to a 'Week of White Magic' - a week that will transform your life forever.

Author of the Magical Spell Cards & Oracle Tarot Cards, Lucy Cavendish is devoted to making positive magic a part of everyone's life and to helping people rediscover the healing power and pure joy of magical ritual. She is the creator of Witchcraft magazine, which she edited for five years, and has studied magic, myth, and Wicca. Lucy, who is one of our own (Australian) modern pagan priestess, makes it easier to follow a path of the more esoteric and magical, while living in the modern world!

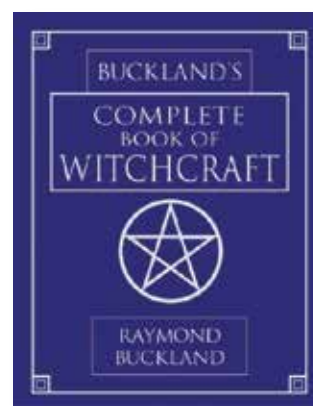
SIGNPOSTS: THE UNIVERSE IS WHISPERING TO YOU DENISE LINN



As a teacher of the symbolic language of the Universe, this is a must have book that give you several interpretations of the symbols and signs around us every day that are trying to teach and communicate with us. Whether we are conscious of it or not, the universe is communicating to us through signs. Native peoples have always known how to interpret these powerful messages, but with the development of technology and the increasing stress of our modern lives, we have become more and more removed from our connection to the earth and from our inner wisdom. We have lost our ability to decipher the signs that surround us and that appear in our

dreams, and we are largely unable to tap in to our innate intuition. Drawing on her Cherokee Indian heritage and her experience with the native tribes of Africa, Australia and New Zealand, international healer Denise Linn helps us to reconnect with the magic of our inner selves so that we may properly interpret these signs and the true meanings of our dreams - and make the right decisions and choices in our lives. Including a comprehensive dictionary of signs and dreams for ease of reference, SIGNPOSTS is essential reading for anyone who wishes to truly hear the 'whispers of the universe'.

BUCKLAND'S COMPLETE BOOK OF WITCH CRAFT RAYMOND BUCKLAND



If you are wanting a study manual on Wicca, are solitary for the moment, and are able to adapt things to suit your own personal belief system, or are looking for a system to follow, then Raymond Buckland's Complete book of Witchcraft will take you from the very beginning in an easy to follow instructional course. Everything is covered. From theory and practice, to making the tools of the craft. His system is that of Seax Wicca, and is biased towards that. Thus my earlier comment on adapting if you feel the need. As usual though, this book is written with the Northern

hemisphere as its audience. Those of us in the Southern Hemispheres have to adapt the practice and the seasons to our own part of the world. It is easy to read and understand lessons on the Craft.

ARCHITECTURE / BUILDINGS

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

ASTROLOGY/ CLASSES/ WORKSHOPS

Astrology Consultations
Sara Gilbert, FAA Diploma. Call: 0412 235 935 or visit www.lifespirtconnections.com.au New workshops and courses commencing soon.

Astrology - An Aid to Self-understanding - FREE TALK - Thursday 12th April
Enjoy an evening of astrological insights with Malcolm, and his thoughts on the world energies of 2018 and how they will influence you. Includes Q&A session. 7pm - 8:30pm. Bookings essential. Call Sacred Mist Malvern 9500 8220

Astrology Workshops with Malcolm Friday 13th April – 7pm – 9.30pm - The planets
The planets of the zodiac contain a wealth of information about you. Discover what each planet means through the archetypes of the inner self Personality archetypes and the landscape of the inner-self 7pm - 9:30pm. Investment \$90 Bookings Phone: 9500 9220

Saturday 14th April – The zodiac signs: One Day Workshop
Personality traits and self-expression. Morning - The zodiac signs: personality traits and the planets in the signs. Afternoon - The houses of the horoscope: life's arenas and planets in the houses 10am - 5:00pm Investment \$180 Bookings Phone: 9500 9220

Sunday 15th April –Planetary Aspects: One Day Workshop
How the planets interact and personality patterns Morning - Interactions between planets (aspects) and personality patterns Afternoon - Putting it all together and interpreting your horoscope as a whole 10am - 5:00pm Investment \$180 Bookings Phone: 9500 9220
** SPECIAL DISCOUNTED PRICE FOR 3-DAY PACKAGE = \$400!! **

CLASSES/ COACHING/ WORKSHOPS

Visionary Guidance – Transmissions with Ce Ann – Monday 5th March 7pm – 9pm
We welcome to Sacred Mist direct from Sedona, Arizona, Cé Ánn who will be touring Australia this month.
Cé Ánn will be presenting numerous events and two evening here at our centre Offering Intuitive and Trance sessions extensively since 1986, Cé Ánn (say on) hails from a heritage of psychics, travels through the States and Internationally offers Visionary Guidance. Affectionately called: ‘the Channel’s channel,’ Cé Ánn inspires loving allowance, self-motivation, intuitive growth and the awakening of unlimited human potential. He makes his home amongst the red rocks of Sedona, AZ. Cognizance beyond the distractions of the human experience, Visionary Guidance is an all-encompassing consultation technique; a seeming blend of philosophies, psychologies, and spiritual practices of human reality merged with non-physical awareness using an altered state or trance. Channelling has been utilized by many to gain greater clarity with regard to their transformational process and as a source of guidance and confirmation for a truthful, expansive, validating view of their reality. When: Monday, 5th March Time: 7.00pm till 9.00pm
Investment: \$30
Sacred Space Clearing - Workshop with Tamara Paterson Thursday 8th March
Join us for a 2 hour mini workshop on space clearing. Join us on the 8th March

2018, for a 2 hour mini workshop on sacred space clearing. We will teach how the spaces in which you spend the most amount of time in should be considered peaceful, sacred and self-honouring. Clearing out any negative, still or stagnant energy from your living or working space will transform its ‘vibe’ and how you feel within it. When you experience the benefits to your own personal vibrant self and sense of wellbeing, you’ll have a fresh take on the importance of regular space clearing your environment. We will teach the basics to give a room a simple space clearing ritual. Thursday 8th March, 7–9pm Investment: \$45
Bookings Essential: Eventbrite

Crystal Healing Workshop – Saturday 10th March
An introduction to crystals with Lesley Williams. This workshop is an introduction to crystals and their many uses. It will suit anyone who is interested in learning about crystals, how they work and how to use them in your everyday life and in healings. This is a hands on workshop where you get to play with crystals, give and receive a healing utilizing different crystal lay-outs. Join Lesley for an informative, relaxing and inspiring day.
Cost \$95 Time: 10.30am till 4.30pm for bookings call 9500 8220 or visit www.sacredmist.com.au

Family Constellations Workshop – Sat 17th & Sun 18th March 9am till 5pm
This is an introduction to the Family constellations workshop - this is your year Sat 17 & Sun 18 March Family generational patterns - take charge of your life Sat 23 & Sun 24 June. Family Constellation is an amazing process for unlocking hidden dynamics and entanglements in our relationships with ourselves and other people. Those patterns can affect: - relationships with your partner, spouse, or other intimate relationships, - relationships with your parents and relatives - relationships with your children, - work relationships and performance, - confidence and self-esteem - success, wealth, - happiness - health. Maybe you are entangled in past patterns and behaviours and are unconsciously playing them out in your life. Once these entanglements are resolved it is much easier to live the life you want and deserve. Cost: \$125 Check Eventbrite for more information. <https://www.facebook.com/events/395428607556910/>

The Return to Grace – Workshop Saturday 24th March
This workshop will help you to rediscover who you are as a feminine being. This is not a workshop on “How to be a Goddess”. This is a practical workshop for everyday problems that will explain your inner most workings as an energetic being. When you understand the dance between your internal essences and how they have been disrupted then you can bring your external life into balance at the fundamental level of who you really are. Presented by Jennifer Granger, Author of the Book Feminine Lost. Cost: \$49 Bookings call 9500 8220 Time: 2pm till 5pm

Cosmic Angel Workshop - Saturday 24th March 10am - 4pm
Awakening aspects of the Soul through the gates of the Multi Diamond heart, spreading your wings to live, breathe and fly with direction and purpose while enjoying your cosmic human body. Location: Rye on the Peninsular. Investment: \$111 Bookings: Tel:0409406446
www.DivineLightOceanTemple.com

Chakra Light Dancing - Saturday 7th April 11am - 2pm
Enjoy being free as we move through the 15 colourful chakras with sound, rhythm and joy
Location: Rye on the Peninsular. Investment: \$70 Bookings: Tel:0409406446
www.DivineLightOceanTemple.com

Sacred Contracts Archetype Readings - 2 day Workshop Saturday 21st & Sunday 22nd April
Learn how to do Archetype Readings. Awaken your full divine potential by learning to understand the Archetypes and the role they play in our lives. In this workshop you will learn how to create a chart with the set of Archetype cards. The Chart shows what archetypes we are working with at any point in our lives. See how we can work through the patterns that we all have and how we can change them to change the patterns in our lives so you can heal yourself and others. You will learn how to build a chart, how to read the cards and interpret the Archetypes at the level they are working in your life and that of others. This work is based on the teaching of Dr Caroline Myss. Course notes and Archetype Cards included in the cost. 10am till 4pm each day. Cost: \$450 for more information call Maureen: 0411 260 339.

Palmistry & Numerology Talk Night – Thursday 26th April
During this insightful evening Max will showcase his palmistry & numerology skills gained over 35+ years and will share valuable insights on these amazing tools. Max will talk about the world energies of 2018 and how they affect us plus he’ll share guidance on how to better navigate this powerful master number cycle. Max will demonstrate how combining palmistry & numerology together can help you access valuable and specific information in health matters and love & relationships too. Max will also do ‘live’ demonstrations and mini readings for a selected number of audience members who are chosen at random by Max on the night. This will be a unique opportunity for guests to meet Max, ask questions, learn basic techniques and better understand themselves. Time 7:00pm – 8:30pm (please arrive by 6:45pm) Cost: \$10. Bookings Essential limited spaces available. Call Amanda Tel: 0415 619 524

Private Consultations with Max Coppa – 27th, 30th April & 1st May
Palmistry, numerology, dreams, clairvoyance Fri 27 April, Mon 30 April, Tue 1st May
Bookings/Appointments Ring Amanda Tel: 0415 619 524
Palmistry and Numerology Combo Workshops with Max Coppa
Palmistry & Numerology Combo (Love & Relationships) – Sat 28th April
Palmistry & Numerology Combo (Health) – Sun 29th April. For Bookings call Amanda Tel: 0415 619 524

Learn to Read Tarot – 2 Day Course Saturday 19th & Sunday 20th May
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 \$450 10.00 am till 4.00pm each day. Enquires call Maureen 0411 260 339

Bio- Etheric Healing Certificate Course - Level 1 – Sunday 3rd June
‘A breakthrough in Alternative Therapies’. This is a two day workshop level’s 1 & 2, teaching this innovative method of Alternative Healing. Learn the techniques and applications of Bio-Etheric Healing and how to harness the healing powers of the Etheric Body. See how you can determine the role of Karma and Past Life traumas in ailments and how to overcome their negative effects. Learn how to guide the Etheric Body to help heal a wide range of illnesses. Time: 10.00am till 4.30pm each day. Cost: \$500. Reduced price if repeating or completing level 2. Enquiries call Maureen Tel: 0411 260 339 Level 2 Sunday 1st June

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.lifespirtconnections.com.au

The Avatar® Course
An individual integration process. For further information call Lin: 0407 495 392.

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 – Caroline Springs
Sunday 18th March at the West Waters Hotel & Entertainment Complex 10 – 20 Lake Street, Caroline Springs 10am till 5pm. FREE Entry. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

Tasmania’s Body & Soul Festival – April 2018
Friday 6th Saturday 7th & Sunday 8th April at the Albert Hall, Launceston. 47 Tamar St & Cimitero St, Launceston. Tasmania. Entry \$10 Kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

Psychic & Wellbeing Expo – Morwell
Sunday 6th May at the Kernot Hall, 50-70 Princes Drive, Morwell. Entry \$5 kids 12 & under Free.10am till 5pm. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

Psychic & Wellbeing Expo – Cranbourne
Sunday 27th May at the Cranbourne Public Hall, Cranbourne 166 – 178 Gippsland Highway, Cranbourne. Entry \$5 kids 12 & under Free.10am till 5pm. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

*Psychic & Wellbeing Expo Dates for 2018 – Refer to the Back page of this publication for complete list of 2018 dates

HEALING

Shamanic & Spiritual Healings - with Savannah
I have practiced Spiritual Healing for over 10 years and was taught the art of the Sharman by a 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. Psychic Tarot readings available daily in-store, phone or skype. Massage, aromatherapy and reiki, healings and meditation. Classes and workshops. Visit us at 67 Glenferrie Road in Malvern, call: 9500 8220 or visit: www.sacredmist.com.au

HEALTH & WELLBEING

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

HYPNOTHERAPY

Learn Hypnosis
Want to become a Hypnotherapist then call for details about our forthcoming classes and courses.
Enquiries: call Maureen 0411 260 339

Group Behavioural Hypnotherapy Sessions - Weight Loss, Stress & Anxiety, Stop Smoking
Want to stop Smoking, Lose Weight, Do you suffer from Stress & Anxiety then these group sessions are designed to help you to elevate these conditions from your lives through Hypnotic Sessions. Join our

two Behavioural Hypnotists Joyce and Maureen in our group sessions. For more information call 0411 260 339

Behavioural Hypnosis - Past Life Regression & Life between Lives
Maureen Barrass is a Behavioural Hypnotist. She also conducts sessions for Past live and Regression as well as Life between Life regressions, using the Michael Newton method. Behavioural Hypnosis deals with trauma, weight Loss, smoking cessation, and stress, anxiety, and student exam study issues. Behavioural Hypnosis is a life altering experience with astounding effectiveness. "Change your thinking Change your life"

Can it really be that simple? For appointments in Malvern ring Maureen Tel: 0411 260 339

MEDITATION / DEVELOPMENT CLASSES

World Service Meditation Group – Dandenong

Join with us at this free, non-denominational Meditation group. Call Louise: 0411 481 516.

Meditation Group – Malvern

In this hour session you will learn and engage in various meditation techniques which include: mindfulness meditation, guided imagery. Available weekly on Wednesday mornings 10.30am till 11.30am, cost \$20 per class. Contact Maureen 0411 260 339.

Twin Heart Meditation for Peace & Illumination - with Julian Markin and Jessika Rutnik

By meditating as a group and blessing the Earth, tremendous spiritual energy flows through you, flushing out stress, negative thoughts and emotions. It fills the meditator with peace and happiness.

The experiences people have during this mediation are often profound and life changing. Benefits of this meditation include inner peace and stillness, improved mood and physical vitality. The meditation is ideal for beginners and experienced meditators alike. You will receive a mini Pranic healing treatment at the end of the evening. Your facilitators are Julian & Jessika who are Pranic Healing Practitioners. They are a wonderful couple who bring their passion and their own learnings to their classes and healing sessions. Every Tuesday Evening, Time: 7.00pm - 8.30pm Investment: On Donation. Bookings Essential: Sacred Mist 9500 8220 or info@sacredmist.com.au

MEDIUMSHIP / PSYCHIC DEVELOPMENT / CHANELLING

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 – Wednesday Evenings – Malvern Area

Metaphysics & Psychic Development Class. Metaphysics is an eclectic umbrella term for the study and practice of spirituality. These classes draw on philosophies from various schools; examples of these are tarot, numerology, automatic writing, and astrology to name a few. Class Objectives: To teach knowledge of cosmic karmic law and higher philosophy. To teach self-empowerment and how to empower others. To teach students how to develop their psychic ability through various practices including psychometry, inspirational speaking, overhead mediumship and learning the symbolic language of the universe. To teach through the 12 Chakras and to increase our conscious awareness

and contact our higher self. Learn and understand grounding and protection techniques. This class is a closed circle and is important that participants attend on a regular basis. When: Wednesday Evenings Time: 7.00pm – 9.00pm Investment: \$25 per class Bookings Essential: Tel: 0411 260 339 or email: info@sacredmist.com.au

PUBLISHERS

Love & Write Publishing – A Division of Rockpool Publishing

Australian Owned and operated self-publisher of Mind Body Spirit Books and Cards. Includes editorial services, book, cover and card design, printing, marketing campaigns and distribution services. www.loveandwrite.com.au/ or email contact@loveandwrite.com.au Contact: (02) 9560 0316

Blue Angel Publishing

Blue Angel Publishing started as a specialist bookstore and art gallery in 1997 and in 2001 evolved into a publishing company. The first Blue Angel Publishing publication was Toni Carmine Salerno's Universal Love Oracle. Blue Angel is now a small boutique and independent publishing house with a strong network of distribution outlets around the globe and many of our publications are now published in various languages, including Japanese, German, French, Dutch, Spanish, Swedish, Turkish, Slovenian, Polish, Czech, Portuguese, Chinese, Danish, Russian and Norwegian. If you are interested in distributing any of our publications or publishing international language editions, please contact us by emailing: info@blueangelonline.com

PRODUCTS & SERVICES

Dyoligy - Traralgon.

Traraglon's only New Age shop. Call in and see our full range of spiritual gifts, jewelry and clothing. Offering a range of holistic healing services. Psychic Tarot readings available daily in-store. 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.

Orgone Effects Australia

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

Sacred Mist – Wellbeing Centre

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PROFESSIONAL ROOMS

Professional Rooms & Small Workshop Spaces - Malvern

Practitioner 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 40 people theatre style. Some weekend bookings still available for 2018. 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

The Tarot Walk – One day Workshop – Sunday 25th March

Come and experience this unique technique. "This is a great way to learn the Tarot". Walk through the journey of the Fool through the 22 Major Arcana Tarot Cards. This journey will show how we can grow and evolve. Discover your unique strengths and your limitations. With the guidance of your subconscious (your truth) you will be able to identify your blocks and discover ways to overcome them.

Presented by two well-known respected Psychic Mediums, Maureen Barrass and Joyce Kay. Between them with over 50 years of experience. Both are Behavioral Hypnotists and Clinical Hypnotherapist. Maureen is an accomplished Astrologer and councilor. Joyce Kay is a Spiritual Councilor and life coach. Together they present a fun and informative workshop. This is your opportunity to make it happen for you. Book now, pay in full and receive a pack of Universal Truth Cards as a gift valued \$28.95 - Limited stock not available in Australia. 10am till 4.30pm Cost: \$140 per person.

Private Consultations with Max Coppa – 27th, 30th April & 1st May

Palmistry, numerology, dreams, clairvoyance Fri 27 April, Mon 30 April, Tue 1st May. Bookings/Appointments Ring Amanda Tel: 0415 619 524

Palmistry and Numerology Combo Workshops with Max Coppa

Palmistry & Numerology Combo (Love & Relationships) – Sat 28th April

Palmistry & Numerology Combo (Health) – Sun 29th April. For Bookings call Amanda Tel: 0415 619 524

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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 \$450 10.00 am till 4.00pm Enquires call Maureen 0411 260 339

READINGS

Private Astrology Consultation with Malcolm McWalters

Malcolm is a seasoned teacher of astrology with over 30years experience. A professional member of the FAA, he has a special interest in psychological & Vedic astrology, past life/karmic influences and fate/destiny. Tue 17th & Wed 18th April only. Investment \$175 for 1.5hrs. For bookings and further information please call 03 9500 8220

Private Consultations with Max Coppa – 27th, 30th April & 1st May

Palmistry, numerology, dreams, clairvoyance Fri 27 April, Mon 30 April, Tue 1st May only

Bookings/Appointments Ring Amanda Tel: 0415 619 524

Karin – Tea Leaf Reader

Karin is the master of Tea & Coffee Cup Readings. For appointments call Karin 0414 503 797 email: teawithkarin@gmail.com website: 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.lifespirtconnections.com.au

Psychic Mediumship & Tarot Readings

Maureen is a Psychic Medium & Tarot reader, with over 30 years' experience. She uses 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 18 years' 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

WORKSHOPS & COURSES

Create Your Own Mandala Workshop – Saturday 12th May

Create your own healing Mandala with Lesley Williams. Spend a relaxing time connecting with your creative side, no artistic experience needed just a

willingness to create. Saturday 12th May 1.30pm – 5.00pm Cost: \$60. For further information & bookings call: 9500 8220 or visit: www.sacredmist.com.au

Crystal Healing Workshop – Saturday 10th March

An introduction to crystals with Lesley Williams. This workshop is an introduction to crystals and their many uses. It will suit anyone who is interested in learning about crystals, how they work and how to use them in your everyday life and in healings. This is a hands on workshop where you get to play with crystals, give and receive a healing utilizing different crystal lay-outs. Join Lesley for an informative, relaxing and inspiring day.

Cost \$95 Time: 10.30am till 4.30pm for bookings call 9500 8220 or visit www.sacredmist.com.au

Introduction to Family Constellations – Sat 17th & Sun 18th March – Sat 23rd & Sun 24th June

This is an introduction to the Family constellations workshop - this is your year Sat 17 & Sun 18 March Family generational patterns - take charge of your life Sat 23 & Sun 24 June. Family Constellation is an amazing process for unlocking hidden dynamics and entanglements in our relationships with ourselves and other people. Those patterns can affect: - relationships with your partner, spouse, or other intimate relationships, - relationships with your parents and relatives - relationships with your children, - work relationships and performance, - confidence and self-esteem - success, wealth, - happiness - health. Maybe you are entangled in past patterns and behaviours and are unconsciously playing them out in your life. Once these entanglements are resolved it is much easier to live the life you want and deserve. Book through Eventbrite <https://www.facebook.com/events/395428607556910/>

Cosmic Angel Workshop - Saturday 24th March 10am - 4pm

Awakening aspects of the Soul through the gates of the Multi Diamond heart, spreading your wings to live,breathe and fly with direction and purpose while enjoying your cosmic human body. Location: Rye on the Peninsular. Investment: \$111 Bookings: Tel:0409406446 www.DivineLightOceanTemple.com

Crystal Gridding –Saturday 24th March 10am till 1pm

'Harness the power of Crystals with Crystal Gridding'

This workshop has been designed to give the participant an understanding of the basic principles of sacred geometry and the art of crystal gridding. Learn how to use these amazing tools to expand and empower, heal and clear energies, grid your home and office environments to attract abundance and opportunity, as well as gridding for personal healing, clearing and balancing. Bookings: 9500 8220 Cost: \$50 includes a set of templates

The Return to Grace – Workshop Saturday 24th March - 2pm till 5pm

This workshop will help you to rediscover who you are as a feminine being. This is not a workshop on "How to be a Goddess". This is a practical workshop for everyday problems that will explain your inner most workings as an energetic being. When you understand the dance between your internal essences and how they have been disrupted then you can bring your external life into balance at the fundamental level of who you really are. Presented by Jennifer Granger, Author of the Book Feminine Lost. Cost: \$49 Bookings call 9500 8220

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Enjoy being free as we move through the 15 colourful chakras with sound, rhythm and joy Location: Rye on the Peninsular. Investment: \$70 Bookings: Tel:0409406446 www.DivineLightOceanTemple.com



Psychic & WellBeing Expos

A Mind, Body, Soul Experience

2018
EXPO
DATES

Come and enjoy an inspiring and relaxing day at one of our upcoming expo's in 2018
Featuring up to 50 exhibitors offering a range of services and products to indulge your senses.
FREE workshops throughout the day including mediumship demonstrations.

Entry: Adults \$5 Kids under 12 Free

Open 10:00am till 5:00pm

Please note that these dates may be subject to change

SUN
18TH
MAR

Caroline Springs

West Waters Hotel
10-20 Lake Street

SUN
26TH
AUG

Lardner Park

115 Burnt Store Road
Larnder Park

6TH, 7TH,
8TH
APR

Launceston - Tasmania

Albert Hall
47 Tamar Street & Cimiterre Street

SAT-SUN
15TH-16TH
SEP

Hobart

Hobart Function & Conference Centre
1 Elizabeth Street

SUN
6TH
MAY

Morwell

Kernot Hall
Cnr Princes Drive & Monash Way

SUN
30TH
SEP

Epping

Epping Memorial Hall
827 High Street

SUN
27TH
MAY

Cranbourne

Cranbourne Public Hall
Cnr Clarendon & High Street

SUN
14TH
OCT

Sale

Sale Memorial Hall
88 MacAlister Street

SUN
3RD
JUN

Eltham

Eltham Community & Reception Centre
801 Main Road

SAT
27TH
OCT

Wangaratta

Wangaratta Performing Art Centre
33-37 Ford Street

SAT-SUN
7TH & 8TH
JUL

Warrnambool

City Memorial Bowls Club
50-58 Cramer Street

SAT-SUN
3RD- 4TH
NOV

Lakes Entrance

Lakes Entrance Mechanics Hall
18 Mechanics Street

SUN-SAT
11TH &
12TH
AUG

Albury

The Albury Entertainment Centre
525 Swift Street NSW

SUN
25TH
NOV

Pakenham

Pakenham Public Hall
Cnr John & Henry Street

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