



An Alternative Voice

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What makes you happy?
by Greg Riley
An interview with New Age Musician –
Jeffree Clarkson
and more



AN ALTERNATIVE VOICE

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

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Welcome...

to the September/October 2016 issue of An Alternative Voice

It's almost four years since we took over ownership of An Alternative Voice and in this time we have made a number of changes, particularly in the areas of distribution. In the early days the paper was called the Peninsula Alternative which was mainly focused on the Mornington Peninsula area, but since it grew beyond the peninsula area the name changed to An Alternative Voice. With a readership of 30,000 copies we have extended the distribution even further and now cover the whole of Victoria. It has also been a very popular addition as an insert in The Gippslander Newspaper widening the distribution even further.

We have recently launched our new web site www.alternativevoice.com.au where you can read the paper on line. Here we also offer our advertisers an opportunity of having their business on line with direct links to your own web sites therefore giving you the opportunity of growing your business. Alternative Voice offers the cheapest advertising rates around, giving you exposure of two months advertising. So if you want to grow your business we would like to help you so call us today.

It's our pleasure this month to feature Neale Donald Walshe the Author of the "Conversation with God" series 1, 2 & 3. Neale has his Australian Tour one day seminars in Melbourne, Sydney and Brisbane. We have a free double pass to give away so watch out for how to enter the draw on the An Alternative Voice Facebook page. Bookings for the events can be made by calling Sacred Mist on (03) 9500 8220 for the link.

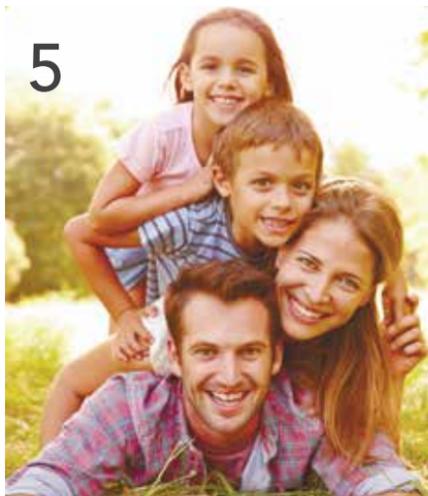
The front cover picture on this issue features the emergence of spring with its hint of warmer weather, flowers starting to bloom; nature is awakening from its dormancy of the cold and darkness of winter. With spring in the air it brings hope and the promise of new growth into our lives. Time to let go and leave behind the old baggage that some of us have been carrying and move towards a more positive outlook for the coming months.

Namaste,

Maureen Barrass
Editor in Chief



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Extraordinary changes have been part and parcel of what I have been privileged to experience over the last two weeks. Firstly at an Avatar® Course and then, over the course of one day and evening, at a funeral and family gathering.

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With so much hardship and destruction in the world it can make us personally feel powerless to make a real difference, to turn things around and create a truly better place. But we aren't powerless. Women, in particular, have the power to turn things around.



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Neale Donald Walsch - Author of 'Conversations with God' 1,2 & 3



Neale Donald Walsch

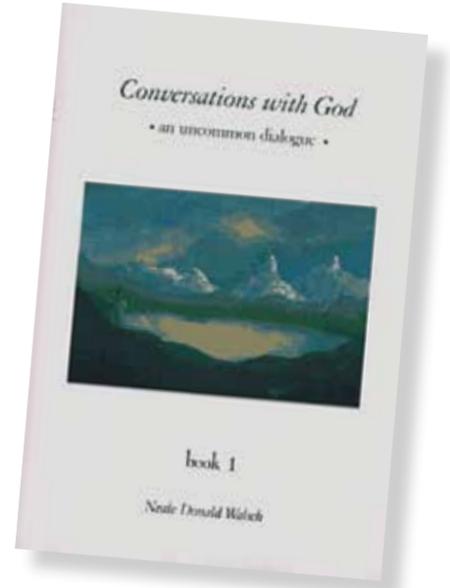
Neale Donald Walsch is a modern day spiritual messenger whose words continue to touch the world in profound ways. With an early interest in religion and a deeply felt connection to spirituality, Neale spent the majority of his life thriving professionally, yet searching for spiritual meaning before beginning his now famous conversation with God. His With God series of books has been translated into 27 languages, touching millions of lives and inspiring important changes in their day-to-day lives.

to this day in the 100 top selling spiritual books on Amazon.com.

In addition to bring through the extraordinary With God series, Neale has authored 16 other works, as well as a number of video and audio programs. Available throughout the world, each of the first five CwG dialogue books has made the New York Times Bestseller list, Conversations with God-Book 1 occupying that list for over two and half years.

The With God Series has redefined God and shifted spiritual paradigms around the globe. In order to deal with the enormous response to his writings, Neale joined with loved ones and friends to create the Recreation Foundation, a non-profit educational organization dedicated to inspiring the world to move from violence to peace, from confusion to clarity, and from anger to love.

Neale's work has taken him from the steps of Macchu Picchu in Peru to the steps of the Shinto shrines of Japan, from Red Square in Moscow to St. Peter's Square in Vatican City to Tiananmen Square in China. And everywhere he has gone-from



South Africa to Norway, Croatia to The Netherlands, the streets of Zurich to the streets of Seoul, Neale has found a hunger among people to create a way to live, at last, in peace and harmony. He has sought to bring men and women in every culture a new understanding of God and of Life which would allow them to experience that.

Neale Donald Walsch
One & Only Tour Melbourne
Bookings: (03) 9500 8220

“ *Desperate questions scratched on a legal pad in the middle of a long, sleepless night, began a precious dialogue which changed Neale's life forever and eventually changed the lives of millions.* ”

Neale began his journey in the most ordinary way. Overstressed and overextended by modern day life when the options ran out and frustration reached its peak, he turned to God. Desperate questions scratched on a legal pad in the middle of a long, sleepless night, began a precious dialogue which changed Neale's life forever and eventually changed the lives of millions. This process began over 10 years ago and became the much loved Conversations with God Series.

Today the books have been translated into 37 languages, and Book One remains

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An excerpt from

THE DRAGON IN THE SOUP TUREEN

by Anne Harvey



About Anne Harvey:

Becoming a published author has been a cherished life-long dream for Anne Harvey. When asked to describe what inspired her first book, 'DRAGON IN A SOUP TUREEN', Anne suggests mixing a heaped spoonful of love for domestic animals, a passion for all things literary and a fascination for mythical creatures, such as dragons, with a liberal dose of quirky imagination and a dash of modern scientific pursuits. To learn more about Anne and her first published book, 'The Dragon in the Soup Tureen', visit www.FlametheDragon.com

Alone, confused and pursued by anonymous members of a malevolent organisation, Flame the Dragon wanders aimlessly through present day rural Victoria, Australia. Desperate to feel safe, to trust and to belong in such a strange time and place, he seeks help from a human family who offer him sanctuary and answers to his questions. Dramatic, humorous and magical, Flame's story is a classical fable with a modern day twist that promises challenges and surprise at every turn!

Flame exhaled loudly, putting an elegant silver claw to the floor to touch the green stain his tears had left in the dust. He looked around the spacious room in amazement and pleasure, then pointed at the tissue in Jane's hand. "What do you call that white thing in your hand? And what is this that comes from my eyes?"

"Well, humans get sad sometimes and tears come out of their eyes, like tears have just come out of yours," Jane replied.

Flame touched the tears on his face, putting one claw into his mouth to taste his tear.

"It tastes a bit like the burnt wood in the scientists' lab, with some green, leafy steam," he said, pensively, before putting the other claw out towards Jane. "Let me feel the tissues, Jane. How many does that box hold?"

Jane looked down at the open box of tissues lying on top of the plastic shopping bag. After placing the box in the shopping bag, she walked towards the dragon, who continued to sit, one claw outstretched, with eyes fastened on the white bag. Flame's grin widened as the bag moved

closer, a deep curiosity about this unknown object making him impatient. When Jane stopped a foot away from him, the dragon shifted his gaze from the bag, to her face.

"Take the whole box," Jane said, with a nervous smile, as she put the bag on the floor at a safe distance from Flame. "You must be feeling better now," she said, stepping back with a sigh of relief.

Jane, Charlie and Sean watched in amazement as Flame seized the bag, ripping it open impetuously with a sharp claw. He gently tugged one delicate tissue out of the oval opening on the top of the box, slowly wiping the wet scales under his closed eyes. "Ss—so squishy... ah!" he whispered. For a short time he sat silently holding the tissue to his cheek. Then suddenly his yellow eyes snapped open and he began to joyfully tear tissues from the box, one by one. Soon the floor around them was covered with a blanket of velvety tissues, square snow upon brown wood. All he could feel, see and sense was the graceful downward glide of the tissues to the wooden floor. Lost in this, he was unaware of the creaking door when Sean went out to the car.

When the door creaked open again, Flame looked up to see Sean enter the hall carrying another plastic shopping bag in his right hand. A delicious smell began to float in the air as Sean moved closer to him. Flame's nostrils twitched in pure pleasure ... the unmistakable smell of ... meat. He stood up quickly and advanced steadily towards Sean, the loose tissues scattering with each calculated, excited step. Even though Sean suspected that Flame didn't want to hurt him, he wisely decided to put the bag on the floor. Then he stepped back a few paces, his eyes fixed on those deadly silver claws.



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with ANIMAL DREAMING PUBLISHING

and independent reviewer, *Ababella-Fae Jones*





THE DRAGON IN THE SOUP TUREEN Anne Harvey

'The Dragon in the Soup Tureen' by Anne Harvey, published by Animal Dreaming Publishing (2014), is a fun and engaging yet somewhat untraditional Australian tale about a dragon named Flame. Flame finds himself wandering lost and alone in modern-day rural Victoria, spurred on by a desperate need to belong. I found the story to be an easy and enjoyable read and, with only 3 to 5 pages per chapter, 'The Dragon in the Soup Tureen' is perfect for parents to read to their children at bedtime. If you're a lover of dragons and mystery, then I strongly advise you to add this book to your shelf. **RRP \$21.95**



STARGAZER Patricia Olsson

Patricia Olsson's 'Stargazer', published in 2014 by Animal Dreaming Publishing, is a magical, whimsical and adventurous story told for kids of all ages and adults who want to be reminded what it's like to be children again. This book took me back to when I was 9 years old, and I would sit under the big tree in the front yard of my old Victorian home reading 'Tom's Midnight Garden' and 'The Magic Faraway Tree'. It returned me to my own little world of innocence, magic and curiosity. The innocent, gentle and enchanting illustrations by artist Sharon McLeod give this book an old-world and timeless feel, drawing you ever deeper into the story. 'Stargazer' is the perfect gift for any passionate young reader who love magic, wonder and adventures. It is definitely a book I am happy to recommend. **RRP**



NUMEROLOGY AND YOUR CHILD Jeanne Prosser and Penelope Ditchburn

Published by Animal Dreaming Publishing in 2016, 'Numerology and Your Child' by Jeanne Prosser and Penelope Ditchburn, is a thorough little guidebook that explains, in a comprehensive manner, how to better understand your child's perceptions and obstacles based on the numbers that govern their life. One of the things I really appreciated about 'Numerology and Your Child' was how very easy it was to read and understand; an important plus for anyone that's just learning about numerology. It offers guidance on how to name your baby using numerology, for example, and insights into parenting styles according to your numbers as a mum or dad, while up the back there are worksheets that can be used to chart your child's numerology and discover their life-path numbers. I found this to be a very insightful book, especially for people interested in developing a deeper understanding of their child and their role as a parent. **RRP \$24.95**



MOONCHILD Mel Ockwell

Melanie Ockwell's 'Moonchild', published by Animal Dreaming Publishing in 2015, is an uplifting story of growing up and experiencing life as an Indigo Child with Asperger's Syndrome. With determination and a desire to move from a place of low confidence to become a role model for others, Melanie Ockwell's story is an inspiring one; a true life account of how she turned two conditions that others might see as obstacles into what could be described as gifts. For anyone who has or wonder if they may have Asperger's or is struggling to find a sense of belonging, please consider reading this beautiful and heartening book. You'll be glad you did. **RRP \$21.95**



The 2017 CRYSTAL REFLECTIONS DIARY Adam Barralet

Adam Barralet, author of the popular 'Crystal Connections' book, has just released the 2017 edition of his bestselling annual 'Crystal Reflections Diary'. Jam-packed with fresh information, this new and improved edition has an extra 60 pages and a double page spread per week, while providing twice as much space for reflections and journal writing. For anyone interested in following the full moon, solar festivals, planetary retrogrades and zodiac signs, this diary is a must. **RRP \$34.95**

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What makes you happy?



BY GREG RILEY ©

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

Travelling through the Pacific Islands the last few months I have noticed that no matter where you go or how 3rd world the countries "seem" I have been nothing but impressed with the different cultures and the people. The people have been fantastic, something I love to see. Although a lot of the people don't have much there is always a smile on their faces. They always look happy. Sure there are issues like anywhere but the overwhelming experience has been of happiness and a sense of one.

Seeing father, daughter and granddaughter on a motorcycle is a bit different but what it shows me is their sense of family. They don't need much but they have family and happiness. I then got started thinking..... are they actually happy? Yes they smile but are they happy. Is it my perception that they are or is it just an act. I started talking to people.....what makes you smile, what makes you happy. You know what, not one of them said about possessions. It was about love, family, their love for their work (different from our love for our work), relaxed lifestyle, respect for elders, passion, pride.....actually there are too many to list here. Here we were talking about life and its meaning and I'm in shorts, a singlet top and thongs but we were having the most amazing conversations. No judgement just talking. They did not judge me and nor did I judge them and that I was talking to them in a tin shack.

Later that night I thought about a client I saw a while before that, one that was quite

disturbing, one that rang true and too close to my heart. I'll tell you his story now:

I remember growing up; I had so many dreams, so many passions. I loved being outdoors, I loved camping and I loved football, someday I thought I could be a good footballer. At that stage though all I would do when I got home from school was grab my boots and play in the backyard dreaming of the day I kicked the winning goal for Geelong after the siren in the grand final. Slowly throughout the years the dreams stopped. I went to a private school where my dreams were slowly but surely smashed out of me. The dreamer had become the conformer. Dreams became if you don't get an "A" you're not going to make it in this world so I gave up on my dreams. After applying myself I got the grades to get into university, why I don't know. I was told at school that I must go to university to be successful and to choose a career.

I did, I went into law. For what reason I'm not sure but it made my parents happy and yes it did pull the girls. I graduated from law and met a girl, a girl who was stunning; everyone loved her, and me I just went along with it. I thought I had it all, I was on the up, I was in a large law firm in Sydney, now engaged to the "perfect" woman, it was all planned out but there was one thing, one thing that keep gnawing at me. Is this what I really wanted? I ignored it and continued on, got married and had three children (who all went to private school

too), but then one day it happened. I had a heart attack at 48. Life flashed before my eyes. This was my life.....I used to be happy as a child but then I did everything everyone told me to do to be happy or to be successful.

Here was my life at 48; I was in a job where I drove two hours per day in traffic for a job I hated and for a boss who did not appreciate me. I'd come home to a wife (who I found out later was having an affair) and three children who wanted nothing to do with me. See during this time of them growing up and thinking I was being a good father by providing for them materially I had no connection with them. I was always working. My wife had seen me go from a man who went to the gym and 80kg to a man who drank every night to cope with the stress of work and 110kg. No wonder she had an affair. So looking back in the hospital bed with nobody there, wishing things could have been different but they were not. All I know is my whole life has been a facade; one that I just went along with because this is what I thought would make me happy. It did not make me happy. Sure there are days like actually getting married and the birth of your children but the situation never made me happy. I'm glad I had a heart attack because now I can live life but unfortunately others don't get a second chance like I did.

When you read these two stories.....who has the better life?

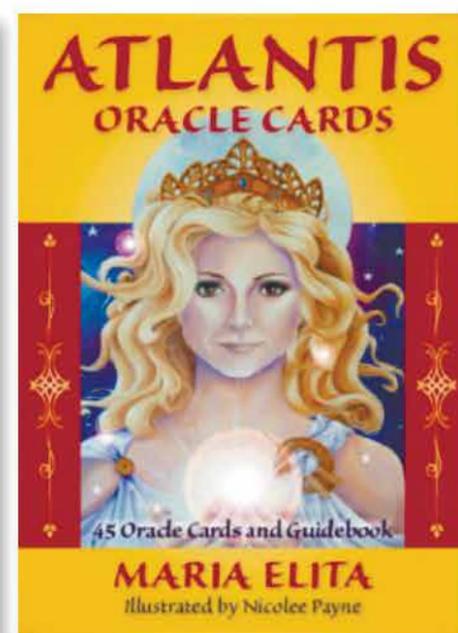
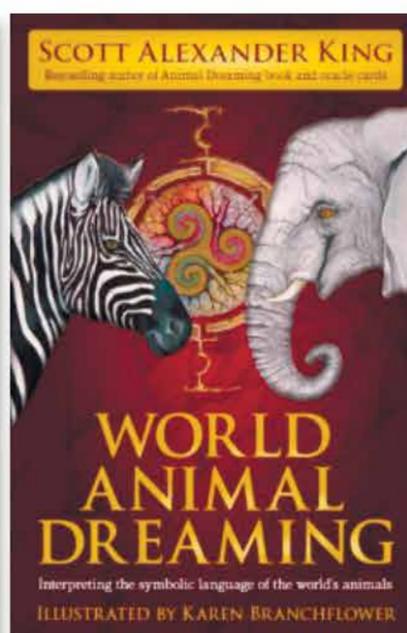
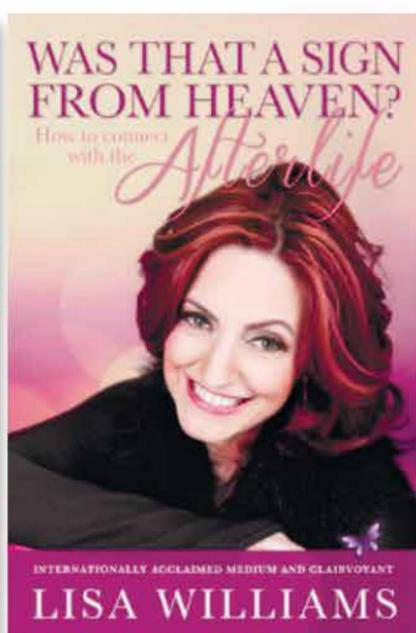
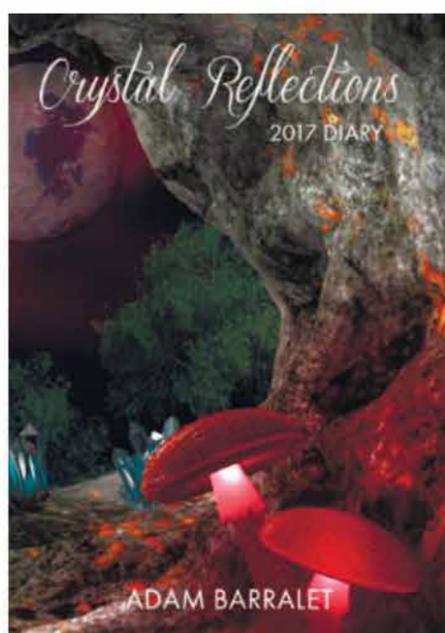
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An interview with New Age Musician – Jeffree Clarkson



JEFFREE CLARKSON

Jeffree Clarkson is a new age musician who creates harmonic, relaxing music to help the listener lift their vibration while meditating.

In order to make a real difference in consciousness, Jeffree Clarkson believes we need to have 20% of people meditating on peace at the same time. This would generate an energy peace wave that would float through the human consciousness. People would wake up in the morning feeling peaceful, which would lead them to living a more harmonious life.

Jeffree Clarkson is a new age musician who creates harmonic, relaxing music to help the listener lift their vibration while meditating. The deep frequencies are attuned to the lower chakras whilst the pure sine waves of the higher frequencies help to attune the higher chakras.

Clarkson has recently listened to his inner calling and moved across the Tasman Sea to Melbourne. After a long and successful career in New Zealand, he is building a musical presence in Australia. Clarkson has performed his music at spiritual fairs for the past 20 years. He was once a well-known rock 'n' roll musician—that was until he discovered the art of meditation in the mid-90s. After taking meditation classes, Clarkson soon noticed that people had trouble maintaining a mantra outside of a meditation lesson. They would stop

meditating and lose the practice. He decided to record a piece of music to help people maintain their meditation practice; this composition was called *Butterfly*. The album sold well in New Zealand, and Clarkson went on to record further albums that sold well in Australia and New Zealand.

Around the turn of the century, Clarkson received a spiritual calling to take his music and try to popularise it. Since then, he has produced eleven albums and toured live. Clarkson plays a keytar with a special breath controller that makes it sound like a wind instrument, creating sounds that results in relaxing, healing music.

Clarkson says, "After meditating for a few years I started to remember hearing music from my childhood when I spent time in the Dunedin gardens. I realised that I was listening to natural music coming out around place." Clarkson uses this experience to inspire his music and his book *In the Key of Peace*. In this book he gives guidance on how to obtain peace from meditation.

In the live shows, Clarkson uses strategically placed speakers to create an ambient effect. He designs his show, in

this manner, to bring about the greatest level of healing and peace for attendees. Clarkson says, "Consciousness begins with a moment of peace. It is where we are from, the domain of spirit. When we become a single cell we become conscious. We feel that peace from that moment we start the human journey. Every experience we have in this life overlays that peace." Clarkson believes that meditating on peace can get us back to this natural born state.

Clarkson's main message is "For people find their inner peace. Some people don't believe peace is within them, but peace is in everybody. Peace is a place and I will help people to get there by using the music. It is a very profound experience." We look forward to Clarkson having a new live show with his surround sound system.

Clarkson has re-mastered all of his tracks and his music can be downloaded from his website: http://www.jeffree.co.nz/product-category/music/digital_albums/

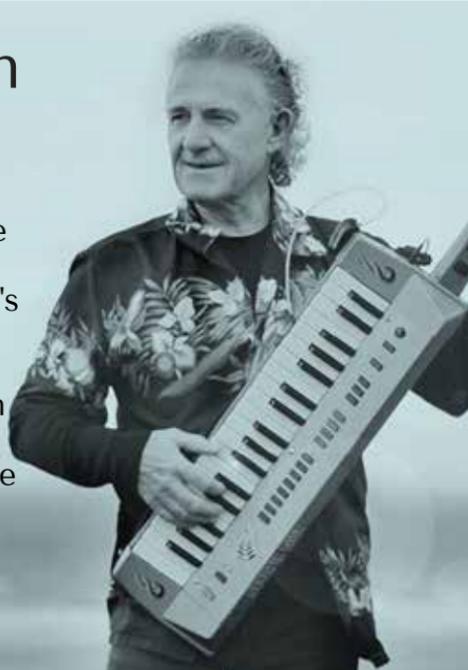
His book *In the key of Peace* can be purchased from <http://www.jeffree.co.nz/product/pre-order-in-the-key-of-peace-book/>

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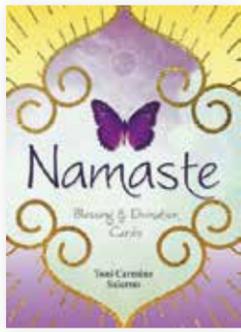
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Tarot & Oracle Card Review

NAMASTE BLESSING AND DIVINATION CARDS

by Toni Carmine Salerno

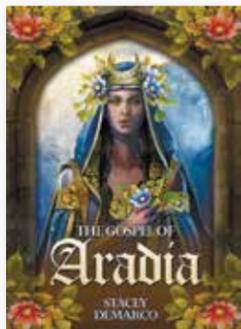


The beautiful set of Namaste cards draws on a combination of power and gentleness that gives the reader comfort during those rough times in the road. Even before I received these cards for reviewing, I was drawn to them and knew I had to play! The beautiful colours and patterns are so engaging and lovers of Salerno's work will not be disappointed. With the Namaste cards we get to own mini versions of his beautiful artworks, which adorn the front of the cards. Each card has a different pictorial image that aligns with the insightful message on the back.

Now that is just the artwork. Let's move onto the messages. Each time I drew a card, I found the message was powerful and poignant. There is such a lightness, support and high vibration to each blessing. The artwork also adds an additional layer to the card meanings. Spend some time reading the message then gazing over the artwork to get your own interpretation.

I could spend all day staring and playing with these cards; blessings received. Namaste!

THE GOSPEL OF ARADIA by Stacey Demarco



For the witch in all of us, Demarco has researched widely to find the origins of the myth/historical figure of Aradia. What she found was her own truth on this subject and it is this truth she brings to us, in her Gospel of Aradia oracle cards. Demarco offers the teachings of Aradia in today's lands, for our modern world.

The beginning messages are clear and easy to interpret. If you want a deeper understanding, there are detailed explanations of the folklore of Aradia. The artwork by Jimmy Manton has

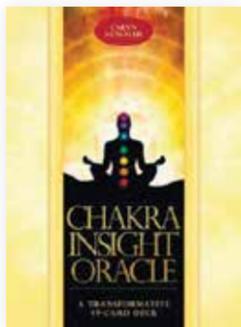
vibrant colours and a renaissance appeal to the pictures that give a historical view into the looking glass. There is an easy to understand guide book with a variety of spreads to use.

I especially like how she has aligned the three card spread with the Maiden, Mother and Crone and the two card spread with the Goddess and the God. The two card spread was able to give me clarity for a perceived issue I was facing that day. I had sense of wild and divine guidance.

There is also the lovely flower spread and for those looking for additional protection, there is the evil eye spread. For more in-depth analysis, I would suggest Aradia's journey thirteen card spread.

After working with the thirteen card spread, I felt a divine connection to the mother and the goddess. It not only gave me insight into my given question but also showed in a holistically manner how it was related to other areas of my life. Working with these cards transports you back in time and place and gives you a sense of being connected to the long line of the Goddess.

CHAKRA INSIGHT CARDS By Caryn Sangster



Sangster's Chakra Insight Oracle takes us on journey up the sushumna channel through the seven chakras. She has divided up each chakra into seven variations; seven cards for each of the seven chakras. This can lead you into doing a 49-day spread, working your way through each card, one card per day. I have started doing this and I love it. Even after the first few days I feel more grounded, present and focussed on the attributes of the base chakra.

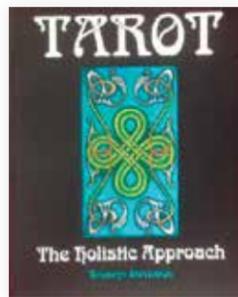
Sangster suggests you work from the base upwards. There are tables at the back that provide an overview of different aspects of chakras. I found messages still came through that provided connections into the spider web of life while reading the table.

There is an easy to use guide book. This set of oracle cards is a great introduction to chakras for beginner but even after years of being a yoga teacher and a healer, I find I love working with these cards. These are very powerful cards and have brought about substantial change into my world.

Book Reviews

TAROT - THE HOLISTIC APPROACH

By Bronwyn Steventon

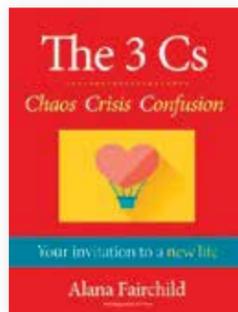


Steventon offers practical lessons and insights into the tarot. She knows how to translate the meaning of the tarot into plain English. In The Holistic Approach, Steventon suggests to the reader to consider timing and the impact of their own emotional state. She gently encourages the reader to learn the meaning of cards but not to become too rigid in its interpretation, suggesting this could be a trap for beginning readers. Hey I know in my early days I found myself there! Instead she encourages you to feel the person's aura, look at the situation/person in front of you and you will find each reading is different.

Each card has a detailed description including: their element; key aspects; karmic lesson; and the spiritual growth for that card. All the major and minor arcana are given comprehensive descriptions that would help any tarot reader expand their knowledge of this ancient divination tool. At the end of each suit, Steventon gives a quick list of one word meanings of the cards.

At the back there is additional advice on how to conduct a reading, as well as a variety of spreads for the reader to enhance their own life and the lives of others. She offers the beginner practical suggestions on how to set up your reading space. This book is easy to read and understand and I will be keeping a copy on my shelf.

THE 3 C'S - CHAOS CRISIS CONFUSION by Alana Fairchild



The 3 C's is a book for anyone who is serious about making changes in their life. If you are stuck in a job you detest, in a relationship that doesn't sing to your soul or just generally unhappy with your circumstances, this is the book for you. Fairchild addresses the emotions and thought patterns that one can go through when making a big life change. As she suggests, sometimes it is hard work but out of the hard work comes grace and life beyond your belief.

Fairchild offers us a way to understand the chaos, crisis and confusion that might be occurring in our lives if we have strayed away from our true calling. She provides a fresh perspective on

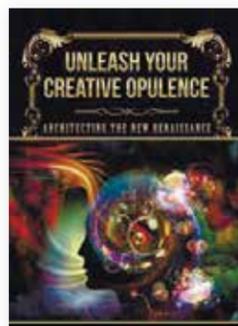
how this is an invitation to a new life; a way through what isn't working in our world. In this book, she encourages us to view life as a friend and draw on our inner strength to meet our friend; not run and hide from it. The next step would then be to let go of the control and know that life has something better in store for you; better than you could have imagined.

Fairchild is like a gentle friend who walks beside you holding your hand throughout the change process. She lets you know it is ok to feel the chaos but then also reassures you that you are not alone. She employs humour and likens that niggling inner voice to that of a knife wielding ninja that visit in the middle of the night.

Fairchild invites us to become cool, calm and collected and once you choose this attitude, you can remain this way, even in a crisis, chaos or confusion. She offers us easy and practical exercises to help shift our awareness into the right mental and emotional attitude required to make a change in our lives. Sometimes you have to dig deep to do these exercises, while other times you will find you already know the answers.

What a brilliant book! I am going to continue to use as I enter into my final phase of my own change journey and feel like it is divine intervention that this book fell into my life at this point. I will be ready for that knife wielding ninja visiting in the middle of the night.

UNLEASH YOUR CREATIVE OPULLENCE by Priscillia Ngaw



In Ngaw's book Unleash your creative opulence, she challenges the reader to consider the new paradigm shift facing humanity. She suggests that we are moving into a new era of causal creativity where we work together and not in competition with one another. Where we will be able to connect to our own inner self and be in connection with the divine. This will help open your creative spark and allow the ideas to rush forward. She encourages us to think that we can all be magical architects of the new world.

She draws together a range of concepts floating around in the spiritual field and brings them together in this easy to read format. She presents us with short insightful chapters offering her wisdom. This book can be read as a whole or you can open at whim to any of the chapters. She also offers her insights in the form of poetry.

Ngaw has spent time in the telecommunications industry and made the change from a high flyer to full time parent. In her book, she acknowledges the power and creativity in being a full time parent.

She hopes to inspire the creative artist in all and encourages us to discover our own infinite and limitless creative ideas. Her vision also includes how we could be more creative and productive to create a better future. Ngaw encourages us to look at own patterns and asks us where we could make changes to make a better life; to become the best version of yourself.



If you would like to find out more or to experience some of the Avatar tools for yourself, please contact me.

Lin Walden is a licensed Avatar® master, for more information call 0407 495 392.

Email: linw@avatarpacific.com

Navigating in this lifetime

Extraordinary changes have been part and parcel of what I have been privileged to experience over the last two weeks. Firstly at an Avatar® Course and then, over the course of one day and evening, at a funeral and family gathering.

I'll begin with the later event. On reflection, the age-old homily 'time heals old wounds' was obvious as cousins and family members came together for a funeral. Some who had created separation because of differences in opinion and judgements were reunited after many years, in celebrating their uncle's life. Most were together from mid morning till well into the evening. Old rancour had been put aside or perhaps dissolved. 'I'm right and therefore you are wrong'. We have all done this to each other in our lives.

As people do, there had been misunderstandings and mistakes made. Separation was created. Some of this separation between cousins as well as between our uncle and my generation had been angst ridden, with long held vehement assertions of the 'wrongness' of the other. Bearing grudges and blame got in the way of exploring differences and understanding. Interesting that it took the passing of another to create a difference, or perhaps, a change in viewpoint.

Over the 10-12 hours we spent in each other's company there were shared stories, laughter and tears, and celebrations of a diverse and rich life evident of much service to humanity. In contrast to the passage of time as a healing process and

unfolding of reconciliation across years of disharmony are the extraordinary changes created by the powerful effect of learning to deliberately take control of one's own mind.

'A peaceful mind is free from want, and free of disturbance from fear, anger or worry.' 'Avatar teaches the use of proven navigational tools that can be used, in harmony with your own integrity, to pass safely across the uncharted turbulence of the mind into the region of the soul'. 'When the automatic reactions and the indoctrinations of fixed identity minds are stripped away, you are the one, solely in charge, who decides who you are and how you are going to interpret what is happening to you.'

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

Each person on the Avatar Course made quantum leaps of understanding and gained personal insights into the connections between what they believed and what had been playing out in their lives. Taking personal responsibility and transforming whom they were being was extraordinary to witness. Deep understanding and forgiveness were palpable. The judgements that create separation were surrendered. Taking charge of one's own life in this way forges long lasting change, inner peace and happiness.

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“ In contrast to the passage of time as a healing process and unfolding of reconciliation across years of disharmony are the extraordinary changes created by the powerful effect of learning to deliberately take control of one's own mind.”

WIN a Spring Reading Pack

No SPRING would be complete without some books to enlighten and inspire you in the approach to Spring. We are giving away a set of 3 books. 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 is the author of the book Moonchild. The winner will be announced in the September/October Issue 2016.

Congratulations to Sonja Talevski winner of the Winter reading pack competition featured in the July / August Issue.

THE FALL AND RISE OF WOMAN By Dr Winfried Sedhoff

Dr Winfried Sedhoff's 'The Fall and Rise of Women' is the latest publication which tells the story of women the world over, struggling to find fulfilling, balanced, and lastingly satisfying lives. Unrealistic expectations are thrust upon them to be mothers, workers, parents, and carers all at once. Being all things to all people has left women battling to know who they are, and what it's like to be their true selves.

The book charts the downfall and denigration of women leading to dysfunctional families. Beyond the family unit, communities fragment and fall apart; leading to wars, extremes of wealth and poverty, mass starvation, and destruction of the natural world on an unprecedented scale.

But it doesn't have to be this way. Dr Sedhoff shows that in some cultures – such as the Cherokee and Iroquois Nations of the United States – to be a woman was to be revered, as nature intended. Ancient wisdom's, and the ways of nature, can help us find a path for a society that is struggling to find its way.

This book's message is overwhelmingly positive and life affirming. As a woman you can enhance your tolerance, compassion, caring, and wisdom. You can master your pains and fears so future generations not only avoid such unnecessary hardships, but become more authentic, and live more fulfilling lives, and ultimately transform the world.

As you read this book you will learn: why you are often treated so poorly simply for being a woman, and what you can do to change that how to master and resolve your emotional pains and fears through communication with the source of your intuition, your Inner Self how to build friendships with other women and be supported how to make your relationship closer, more meaningful, satisfying and stable, by better meeting the friendship needs of your partner, and vice versa how to create balance in your life how to calm your mind, and improve your mental health how to increase your wisdom, tolerance, and compassion ways to enhance your spirituality, and connect with nature the sources of peace, strength

and focus how to connect with your authentic self how to be a better parent, or carer.

The light that can transform a dark world lies deep within women, waiting to be uncovered and raised once more.

THE DRAGON IN THE SOUP TUREEN By Anne Harvey

Alone, confused and pursued by anonymous members of a malevolent government organisation, Flame the Dragon wanders aimlessly through present day rural Victoria, Australia. Desperate to feel safe, to trust and to belong in such a strange time and place, he seeks help from a human family who offer him sanctuary and answers to his questions. Dramatic, humorous and magical, Flame's story is a classical fable with a modern day twist that promises challenges and surprise at every turn!

MOON CHILD By Melanie Ockwell

Moonchild is a true account of the Author's life, living and growing up with Asperger's Syndrome whilst also identifying herself as an Indigo Child. Melanie's story is an honest and open account of her life with the animals that grew up alongside her. Animals have always been treasured by those that love them, even more so by Melanie as her Asperger's at times left her alienated. Sometimes pets can be the best therapy or friends as is the case in this heart-warming emotional account. - See more at: www.animaldreamingpublishing.com/product/moonchild/

Why you shouldn't underestimate your power



Dr Winfried Sedhoff is a family physician specializing in mental health with over 25 years of clinical experience. His new book, *The Fall and Rise of Women, How Women Can Change the World*, is now available. Visit winfriedsedhoff.com for more information.

“ *Every generation that follows can be more caring, compassionate, tolerant, and wise ensuring fewer conflicts, wars, hatred, abuse, and terror.* ”

With so much hardship and destruction in the world it can make us personally feel powerless to make a real difference, to turn things around and create a truly better place. But we aren't powerless. Women, in particular, have the power to turn things around.

You have the ability to educate yourself about why you think and feel as you do, based upon life experience and your point of view, then using this to better understand the world, other people, and yourself. You can reflect on yourself and intimately know your heart, what makes it tick and drives it. Using this personal understanding helps us imagine how we might react and feel in someone else's shoes, fostering tolerance, compassion, caring and wisdom. We are more tolerant and caring of people like us.

As a woman embracing her own wisdom and compassion you are perfectly placed to teach these qualities to your children. Every generation that follows can be more caring, compassionate, tolerant, and wise ensuring fewer conflicts, wars, hatred, abuse, and terror.

Be the example of change that fosters peace, and promotes balanced, sustainable, lasting life satisfaction. The more you understand your feelings and desires the more you can teach the next generation how to be more fulfilled human beings.

As a woman connecting with her Inner Self – her heart, and deepest instincts – you can learn what your pains and fears want of you. We don't feel emotional pains for no reason; they reflect basic human needs that either aren't being met,

or we expect won't be met. You can know what these needs are and then learn how to satisfy them.

You can learn what fears represent, how they are made by our brain anticipating scenarios and why, and how to use plans and acceptance to master them. When you master your pains and fears so will your children; they will naturally learn your techniques. You can positively contribute towards every generation suffering less fear, terror, misery, and heart ache.

When we are authentic, not someone others expect, need, or want us, to be our life feels honest. It also feels more satisfying. As human beings we all have the same basic human desires but our circumstances are different. You may be hungry when I am not. You might be lonely when I am not. If you try to be me and eat only when I do, and only seek friendships when I do, you will never be truly satisfied. Be authentic and you teach your children to be authentic, and set them up to live the most satisfying lives possible.

As an authentic person, embracing and valuing caring and nurturing instincts in your heart, also makes you ideally placed to champion these qualities in our societies so all of us care more for each other, not putting money, fame, and power first. People can, once again, be our priority.

As a woman you have far more power than you know. You can help modify the world's priorities. You can raise caring, nurturing, wisdom, tolerance, and compassion to new heights. You can help teach us to master ourselves. You are wonderfully gifted with the power to transform the world.



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Learn Oracle Cards

This is Jackie Angel of Light sharing with you Archangel Michael's Message.



BY JACKIE MORTIMER

Jackie – The Angel of Light
Angel Clarity Reader
www.healingspheres.com.au

When I look at the card I see light on top of the head shining and guiding the being to a place of healing, comfort, love and safety. The background colour of black and brown feels heavy and the weight of stress are taking hold. The ego loves to hold on to past illusions and pain for it is the ego's purpose, however you are not ego. You are a child of God and Archangel Michael is God's right hand in assisting us to return to Love and Light.

Whatever circumstances you are going through right now know that you are guarded and protected. Trust in your Soul's guidance as you do intrinsically know what to do for in truth you are Love and Light. The heaviness of negative emotions is made from past experiences and the past no longer exists today. The past only exists in the mind of those who want to hold on to it. The ego believes it has a right to protect the past and carry it forth into the future. Believing this keeps you in hell.

You are ready for healing and taking a stance as the colour green signifies in the card. It's tough doing it on your own. God did not put you on this planet to suffer. Suffering is a choice. You have a choice to hold on to past emotions or use this moment to let go and let God. Asking for help from Spirit, Angels or others is a sign of strength and courage. God and the Angels want the best for you. It is not God's will to hold on to pain. It is ego's will.

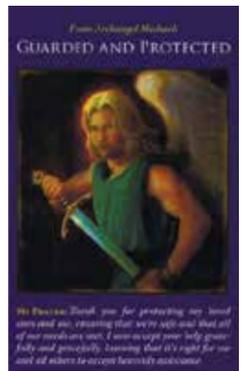
You will move through these times and know that God will not give us the challenge if we are not ready for it. With challenge comes

opportunity. Ask and it shall be given. You don't have to worry about the outcome. God will take care of the hows and the Angels are working behind the scenes to have your life unfold in ways that will be in your favour.

Believe, accept and know it is OK to ask for Heavenly and Humanly assistance. It's up to you now and you are safe in the process. Trust all is well and you are ready for new opportunities Fear has been carried for far too long and this month of August is a time of letting go of the last of it. You're ready to move forward and conquer your battles. Along the way you are guarded and protected. Be willing to accept help gracefully and gratefully from Archangel Michael and your Holy Spirit.

Let go of the feeling of bothering somebody else in regards to asking for help. You go out of your way to help others and now it is your turn to receive help gratefully and gracefully. When you ask it will be given. These changes for you are necessary for growth and turning within as all the answers lie within you. Let the healing occur. Ask for help if you cannot manage.

Call Jackie on 0412 612 608 for an Angel Intuitive Reading.



Learn Astrology with Maureen

Lesson 5: The Meaning of the Sun in Houses 1- 6

Sun in Houses

The house placement of the Sun shows the area of life where the vital energies generated by the Sun are likely to focus. The Sun associated with any house illuminates the meaning of that house. It does so in the manner discussed in the reading of the Sun sign. Through the life, this energy of the Sun is evident. The subject matter of the house may prove to be the focus of your drive.

Sun in 1st house

The Sun here provides a strong sense of identity, abundant vitality, and personal confidence. A first house Sun produces much initiative, self-assurance, and leadership skills that might not be otherwise reflected in the chart. You are a more spontaneous and outgoing person than your signs may generally suggest, because you are such a "together" person. You have a determination to make something of yourself. You aren't easily swayed by the opinions or desires of others, having your own clear view of goals

Sun in 2nd house

The Sun positioned in the second house focuses energies on resources which surely includes money, wealth and all of the possessions and benefits that this can provide; you have a drive for power especially geared toward personal resources, your personal security, and other material values. It is important for you to have control of your financial affairs. The need for this material control and success is strong, as is the drive for financial independence. Often, most of the energy goes into making money solely for the sake of spending and

enjoying it. Indeed, you may be a free-spender even if you truly lack the assets to do so; it is hard to be conservative when it comes to money.

Sun in 3rd house

This placement actually compels you to want to learn and to broadly expand your understanding of many varied subjects. Travel and study are strongly marked in your nature, and you may become a little impatient if you can't move about freely and receive a constant flow of mental stimulation. This placement produces teachers, writers or persons some way involved with enterprises disseminating information. You always communicate so well that you are one of those people who has a faculty for saying the right thing, at the right time.

Sun in 4th house

The Sun located in the fourth house denotes deep roots in the home and a strong drive for domestic security. Your personal expression in life is aimed toward family matters and the home environment. A fourth house Sun lends powerful instincts to protect and conserve the traditions and institutions with which you identify; the base of your life, the home. Although the early part of your life may have been an uphill struggle in some way, you were strongly marked and profoundly conditioned by your background, family history, or possibly just by your early environment. You are apt to be very proud of your heritage and origins.

Sun in 5th house

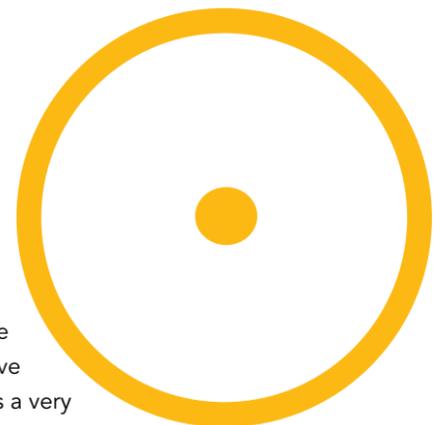
The Sun in the fifth house suggests that you are a

resourceful person, and much of the focus in your life is toward creative activity. There is a very strong drive to express yourself in inventive or creative terms; to write, to act, to perform in public, to develop or produce. You want to be noticed and appreciated. Yours is a sunny and happy disposition that usually attracts many friends and admirers. There is a childlike quality attached to this position, and it may be necessary to insure that actions reflect appropriate maturity and subtlety. Often the focus of attention is on your children, or on children in general.

Sun in 6th house

This placement denotes a drive concerning work, service and health. You are a determined worker, faithful to a task, and you are inclined to take great pride in your endeavours. Indeed, you seek to distinguish yourself by your efforts and contributions in the workplace. This position often leads to success in positions of administrative authority, also in specialized skills requiring expert craftsmanship. You can be most demanding and dogmatic toward your employer, insisting on rights and privileges to enhance the role of workers to the highest possible plane. This position also deals with health issues, and wellness and nutrition are issues of scrupulous concern.

Sun in Houses 7 – 12 next issue



SUN SIGN FORECAST SEPTEMBER - OCTOBER 2016 WITH KERRY GALEA

ARIES

20 March – 19 April



This season starts a new period which brings creativity and new friends, new ways to spend time with loved ones and even new people to love; even though they will soon experience increasing tensions at work. Are they unloading too much onto you? Little changes can make big differences.

TAURUS

20 April – 20 May



Buried tensions will soon be released. Work, perhaps unpaid, brings you a sense of fulfillment. On the down side; you desire personal growth but this comes into conflict with your sense of responsibility. Which wins? A pleasant social or special relationship event will brighten up the outlook.

GEMINI

21 May – 20 June



Unsettled people will calm down but until then it rattles your sense of peace. So stay out of the way. You won't be missed....for a while. A creative time is beginning and relationships will improve over the coming year. Who, or what, has a vested interest or is intent on holding you back?

CANCER

21 June – 22 July



Health issues need good advice and I suggest that you relax your body and then listen to it. Over the coming year, prepare to change, move or to expand your home. The people around you need to seek challenges and to make a change. Are you holding them back with well-meaning advice?

LEO

23 July – 22 August



Being confused, or feeling kept in the dark, especially about your finances, does not help. Your plans for the future soon take a positive direction and may involve training or travel which broadens your horizons. Some changes will not be pleasing. Acting on decisions sooner rather than later is a good idea.

VIRGO

23 August – 22 September



Let yourself go slow, think deeply and take time to make up your mind. Don't let family tensions or confusion lead you away from your own onward path. New horizons are opening up its time to challenge yourself. What if there was a price? Is it one you are prepared to pay?

LIBRA

23 September – 22 October



Your ability to communicate is not flowing well and while well intentioned, it has created misunderstanding. The good news is that it will improve as you enter a time of empowerment... so leap, learn and grow while releasing yourself from past behaviors. The future can be very different from the past.

SCORPIO

23 October – 21 November



You still need to sort out some financial issues that have blinded you. It's not long until it will be sorted.... so do it properly while it's so prominent in your mind's eye. Your charisma is increasing and will soon attract others to your cause; although you may regret any hasty decisions.

SAGITTARIUS

22 November – 21 December



What a prickly time you have had! But it's turning positive as your star is rising. I have to admit it would be great if people said so... but they cannot just yet. Do you at least see that you are shining?...I do! The worthier you feel; the more brilliant you can become.

CAPRICORN

22 December – 19 January



You need a holiday!! If not, then at least see the beauty of nature and have some relaxing times. Soon there is a whole new world if you want it. Are you ready to be different? If so; this will be marvellous. If you hate changethen golly it will be a wild ride.

AQUARIUS

20 January – 18 February



There are hidden secrets or knowledge that you cannot do anything about until you know for sure what they are. Therefore, trust that the time for action is not yet here and figure out how to gain more knowledge. Emotions are best released in a caring and peaceful place; not at work.

PISCES

19 February – 20 March



Confusion and trouble with authorities has you wishing you had kept your head low. It will soon be over....and what comes is greater connection to people in all areas of life along with gaining recognition for your efforts. Share their pleasures but protect yourself from taking on their pain.

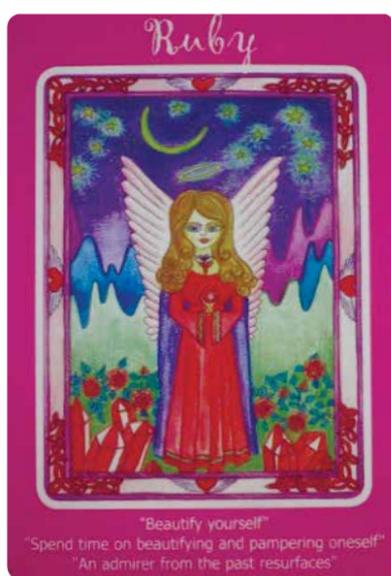
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MEDITATION CORNER – The Ruby Crystal Guardian 'Keeper of the Star-Fire Codes'

Order of The Sapphire Robe and resides in the crystal city named Vue'Lu in the Inner Earth



MICHELE KINGSTON
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Welcome to another meditation designed for your healing, wellbeing and peace of mind, body & soul.

Find a nice quiet place to read over the meditation or tape it and play it back. Take a few deep breaths and relax as you now find yourself sitting in a most glorious domed temple made of red Ruby Light pillars. This temple has a beautiful thick jewelled red floor which is a thick slab of Ruby Crystal and you feel your feet sitting upon it as you connect to it, then to Mother Earth beneath it. Drawing this ruby energy up as you feel the waves rise and move through your legs and into your base chakra which is seated at the bottom of your spine, you allow this warm energy to bring magnetic healing to your being.

The Crystal Guardian "Ro Nay See" comes forward bringing you a beautiful Ruby crystal in the shape of a heart so shiny and deep rich red. She places this in your left hand as you bring it up to your heart and overlap it with the right hand. The full heart now receives an activation from the Ruby crystal, this crystal has been kept in the Inner Earth in a beautiful crystal mountain temple and guarded by the High Priestesses of

the Ancient Star Mothers Council which wear the sapphire robes.

The crystal emanates Star Fire Codes of Light across to you which hold a deep and divine special language of DNA for you that will heal any wound of separation, loss or abandonment issues from your family, extended family and ancestors seven generations back, in the base chakra. This is being healed for you now as you hold the Ruby Heart.

The Star Fire Codes work with your blood line and intergrade this into your blood and life stream to heal, repair and restore the blood cells in and outside the bone and marrow, so as all will be well and fully connected and healed throughout your entire family. You become as one body of Ruby Star Light as each family member reflects an aspect of this great star healing and receives this love.

You see a star opening in the dome ceiling above you as you look out into the night sky. Just above you are the fixed stars of Scorpio and beyond that is the Pleiadian constellation, the Central Sun with its six sisters. Your guardian angel from the Pleiades

descends down through this open domed ceiling and stands right in front of you. She gifts you with the most beautiful red rose from the garden of the Ancient Star Mothers who have an abode on the Pleiades as well as an Inner Earth Temple next to Agartha inside our planet, where Mary Magdalene often resides.

This red rose warms your heart filling it with love and romance, something every soul desires. It opens the heart for you now more as the base chakra is now fully healed, indicating once you've resolved all family worries, only then can true romance step up the pillar and be seated in your heart, for family come first in the base chakra, your foundation.

Well done on this big cleansing and realization, as "Ro Nay See" now blesses you on the forehead and says you may keep the Ruby heart crystal, and when it comes to you in physical world, know that some more romance and family love is just around the corner.

Blessings of Ruby Light and Red Rose Love, Ro Nay See, Keeper of the Star fire Codes.

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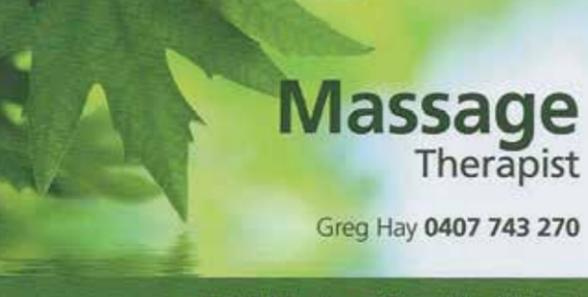
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Free Readings Column

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 reading are based on the Astrological wheel of Life spread that gives clients opportunity to have their questions answered and to gain connection with spirit.

Question: Andrea

I keep seeing dragonflies everywhere what does this mean?

Answer: Rene

The Dragonfly symbology signifies looking through the illusion, as when they fly they represent an illuminated colour, which in fact they have no coloured body. So look at the bigger picture in your life and see through the illusion. Also take note of the dragonflies' behaviour.

Question: Trisha

I have a studio and the behaviour of my students have become very negative what can I do?

Answer: Rene

Firstly, is it more males or females that are acting in a negative way? So that we can eliminate, is it more a male anger or a female anger. When you have established that for your own reflection look at what is going on in your subconscious mind with a male or female. Inside any dwelling represents the subconscious and outside represents the conscious mind. I would also sage before and after the students have been in the studio please seal or place pyrite in the studio.

Question: Felicity

I have a cat that jumps at the blinds at 8.30 pm every night at the same spot however there is nothing there.

Answer: Rene

Cats pick up on radiation as they are radiation seekers and very sensitive to energies of all kinds. I would look at what it is or has been near the blind. Is there an

outside ley line of energy from a power pole that's more active at that time. I would also place a plant to defuse the energy line on the outside of the house and inside the house.

Question: Judith

For a few years now I have been feeling lost and alone since my partner died and I don't feel as if I have anything to live for but I know I have to move on. How can I find my purpose in life again?

Answer: Maureen

Grieving is an individual experience and it will take as long as it takes for you to overcome your loss. Each day that passed will get easier and easier as time goes by. However life must go on and there is a purpose that you need to find as there is much for you to still learn before it is your turn to pass. Surround yourself with positive and uplifting people that will support and love you. However only you can overcome the grieving process. Try to do help and support others who may have gone through the same process, for having gone through this yourself you have empathy for them.

Question: Elizabeth

I have recently gone through the pain and hurt of losing a child. I am a very spiritual person and understand the processes of soul evolution, however I do think of my child all the time and wonder is she is safe and well.

Answer: Maureen

Have no doubt at all that your child is in good hands and is being well looked after.

She is fit and well and has gone through a healing process on the other side. The experience that she underwent was one of Soul grown and through her short time on the earth plane experiences has helped her achieve the next level in her ascension process. As you were both from the same soul group you agreed to assist this soul to achieve what was required for her to grow. She loves you for making such a sacrifice.

Question: Mary

I have failed in two marriages and having just broken up with my recent partner I wonder when I will ever find the right relationship for me. I feel such a failure.

Answer: Maureen

You are not a failure so get this out of mindset. There is no such thing as failure just as there is no right or wrong, black or white. What you have been going through is an experience which you brought in to learn by. The fact that they have not worked out for you is no one's fault. What you need to ask yourself is what did I need to learn from these relationship? We bring everyone into our lives for a reason and that is to learn. If we keep doing the same thing then we are not learning and so you must ask yourself "What is it that I need to learn from this experience"? Only then can you end the cycle.

YOUR QUESTIONS ANSWERED:

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

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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

CLASSES, COACHING & WORKSHOPS

Healing
Monday Development Group – Foster
Meditations, Angel Therapy, energy empowerments and self-healing techniques from Gendai Reiki-ho and Original Usui Reiki. Please phone Sheila (03) 5682 2099 or email: originalreiki@live.com.au

Learn to Read Tarot – 10 week Course

Commencing Saturday 3rd September 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

Crystal Healing Workshop – Saturday 17th September 10.30am till 4pm

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. 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 starting at 10.30am till 4pm for bookings call 9500 8220 or visit www.sacredmist.com.au

Create Your Own Mandala Workshop – Saturday 24th September 1pm till 4.30pm
Create your own healing Mandala or Wheel of life with Lesley Williams. Next Class Saturday 24th September 1pm till 4.30pm. No experience necessary just a willingness to create. Cost: \$50. For further information & bookings call: 9500 8220 or visit: www.sacredmist.com.au

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Soul Senses Workshop through the Crystal Singing Bowls - Saturday 3rd September 2pm till 4pm

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 2pm till 4pm, cost \$55. 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!
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For further information or to make an appointment please call: 0411 260 339.

EVENTS / FESTIVALS

Psychic & Wellbeing Expo – Lardner Park (near Warragul)
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 \$10 kids 12 and under free. Early Bird ½ price entry special from 10 – 11am. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

Psychic & Wellbeing Expo – Epping
Sunday 25th September 2016, 10am – 5pm.

Up to 40 exhibitors. Mediums on stage & free workshops. At Epping Memorial Hall, 827 High Street, Epping. Entry \$10 kids 12 and under free. Early Bird ½ price entry special from 10 – 11am For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Caroline Springs
Sunday 13th November 2016, 10am – 5pm.

Up to 40 exhibitors. Mediums on stage & free workshops. At The West Waters Hotel & Entertainment Complex, 10 – 20 Lake Street, Caroline Springs. FREE ENTRY.

For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

Psychic & Wellbeing Expo – Pakenham
Sunday 27th November 2016, 10am – 5pm.

Up to 40 exhibitors. Mediums on stage & free workshops. At The Pakenham Hall (next to the library), Crn John & Henry Streets. Pakenham. Entry \$10 kids 12 and under free. Early Bird ½ price entry special from 10 – 11am.

For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed

HEALING

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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. 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

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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.

Meditation Group – Malvern

In this hour session you will learn and engage in various meditation techniques which include: mindfulness meditation, guided imagery, yoga nidra, pranayama and experience the harmonic resonance of the crystal singing bowls. Available weekly on Tuesday mornings 10.30am till 11.30am, cost \$20 per class. Contact Kim on 0438 230 035.

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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.

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Psychic Tarot Readings – with Savannah

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.

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

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Sunday 25th September

Epping Memorial Hall
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Epping

Sunday 13th November

The West Waters Hotel
10-20 Lake Street
Caroline Springs

Sunday 27th November

Pakenham Hall
Crn John & Henry Street
Pakenham

Please Note

Sunbury Sunday
2nd October has been
Cancelled due to unforeseen
circumstances



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