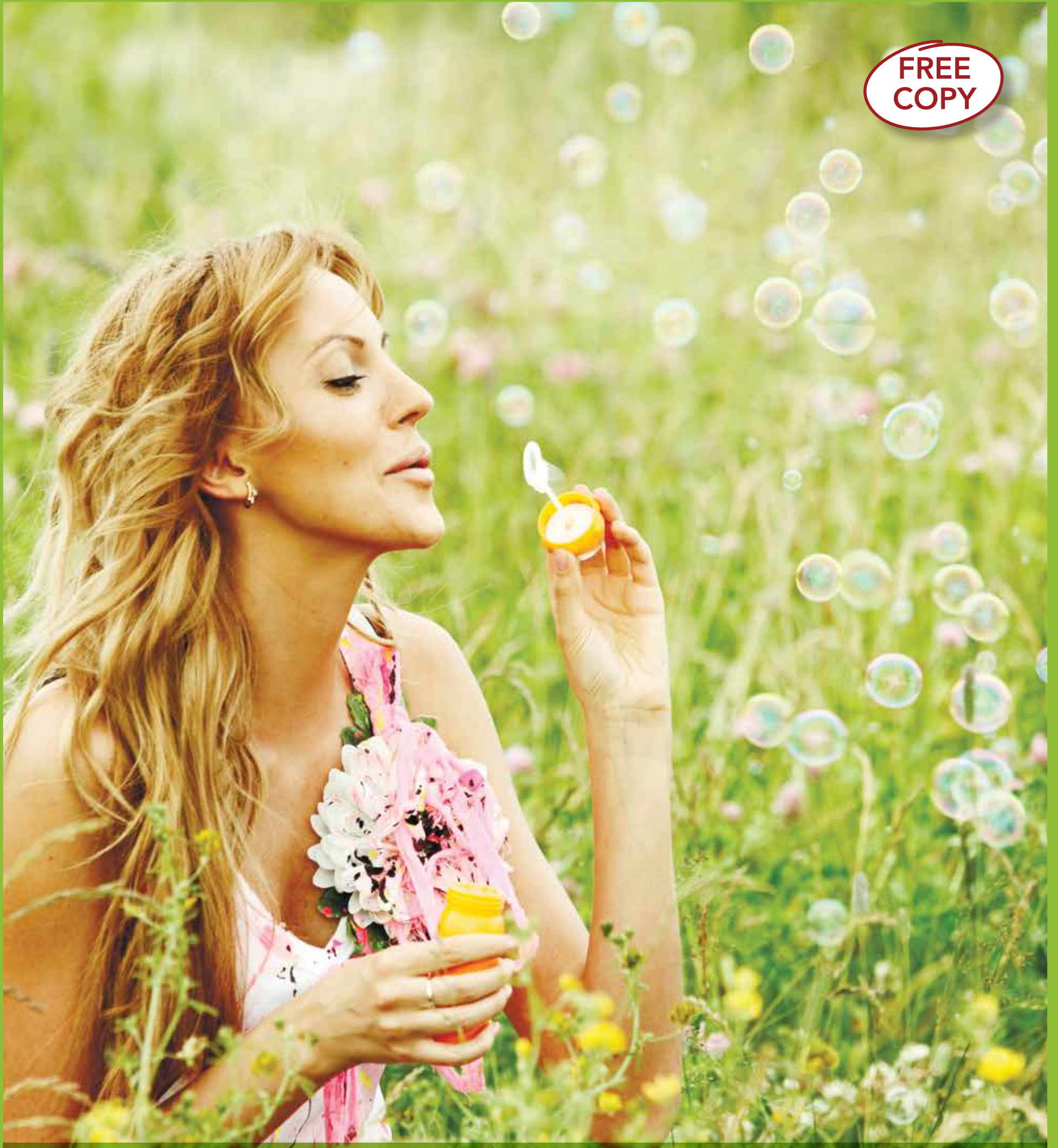




# An Alternative Voice

44TH EDITION ~ NOVEMBER/DECEMBER 2016

FREE  
COPY



The Innocence of Children | by Greg Riley  
Finding the Courage to Trust Your Gut | by Suvi Mahonen  
and more



## AN ALTERNATIVE VOICE

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

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### PHOTOGRAPHY

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### PRINTING

Latrobe Valley Express

### PUBLISHER

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

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# Welcome...

to the November/December 2016 issue of An Alternative Voice

How this year has flown by!

It seems like only yesterday that I was making plans and welcoming the New Year full of hope and enthusiasm. This year in particular has passed so quickly, with a continual feeling of running to keep up as the weeks emerged into another, then into another month, with constant comments of 'Where has this year gone?'

As this year is coming to a close, it's a time of deep reflection, a time to look over the past and another year coming to an end. Personally for me it is a perfect time of deep reflection, a time to look over the last twelve months to now and question what lessons have been learnt, what has been achieved and what could I have done differently. This act of self-reflection enables our capacity within us to reevaluate our life and allows a willingness to learn, grow and change. It helps us prepare for the year to come so we hopefully do not repeat the things we do not want and bring clarity to what we do. Maybe it is a belief about ourselves that we keep repeating; maybe it is about changing situations that don't align with our ideals. Looking at mistakes made makes self-reflection a valuable learning tool.

It has been quite a difficult and challenging year for many and I for one felt it didn't live up to the expectations I had envisioned. Personally it was a year of moving beyond the illusions, seeing situations and people for what they were and staying in my truth and what that truth means to me. I do believe for us to evolve and grow spiritually, we must continuously move and change and if we don't, the universe will certainly give us a shake-up which may be perceived as challenging, it may feel overwhelming and difficult but we

have no choice but to make decisions. Along with challenges comes the opportunity to release, heal and enable us to move on. Yes we can hold grudges and feel the injustices but does that help us? The answer is no, it only serves to hold us in that space.

It's sounding like it has been all doom, gloom and despair but quite the contrary, some wonderful and joyful things have happened for me this year and I am still in awe of how the universe shows me positive signs that I am on the right path. At this time of reflection if I have learned anything, it has been to be more conscious of how precious time is and the importance of enjoying and embracing every moment of life.

It is a poignant time to pause and reflect as another year is about to begin in the never ending cycle of life. What the year will bring, what dreams do we have, what is it we want to achieve, what will unfold for each one of us. To move forward and transform our life, the art of self-reflection helps us to learn more about ourselves and brings to light what needs healing, clearing a new path on this journey we call life.

As this issue will be the last for 2016, I would like to take this opportunity of wishing you and yours a very Merry Christmas and a Happy and Prosperous New Year from the staff at An Alternative Voice.

Maureen Barrass  
Editor in Chief



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## 5. Energy and House Clearing Joyce Kay

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## 6. The Innocence of Children Greg Riley

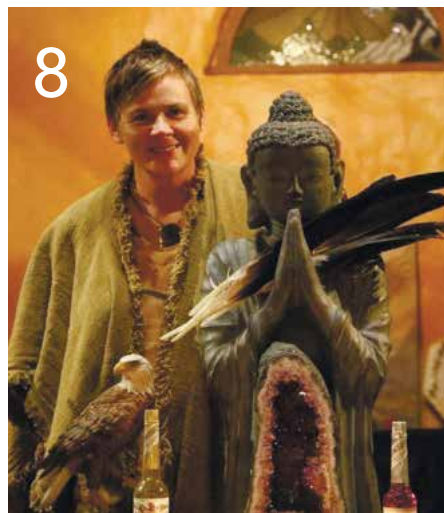
There's a lot going on in the world at the moment. The US and its coalition is bombing Syria and so are the Russians. Pauline Hansen wants to stop all Muslim immigration, Hilary Clinton and Donald Trump are going head to head in verbal tirades...it's just all a mess.

## 7. Book Reviews Includes reviews of the following books:-

Return to Soul  
by Robyn Collins

From Grief to Goddess - Healing the wounded woman  
by Jude Garrecht

In the Key of Peace (Paperback)  
by Jeffree Clarkson



## 8. The Chakra Connection Rachelle Charman

Chakra is an ancient Sanskrit word meaning 'wheel'. The Chakras have been studied and worked with in the art of healing for thousands of years. They are vortexes of energy in the etheric body and are created when the meridian lines of the body cross over.

## 8. Meditation Corner Michelle Kingston

Crystal Guardian of the Turquoise

We welcome you to another meditation in hope that you may benefit some healing, relaxation and de-stressing. So sit back in a peaceful environment and enjoy the messages from the Crystal Guardian Tess. Her spirit name is Te Nay Yah Zi which has the tone for her keepership "Codes of Truth" found in the Turquoise vibration.



## 9. Finding the Courage to Trust Your Gut Suvi Mahonen

Have you ever wanted to run away from a fearful situation but you know you can't? That was pretty much what happened to me when I was forced to restrain my two-year-old daughter while the anaesthetist put her to sleep.

## 12. 5 Steps to Get Your Fabulous Back Marina J

You know how it is - you're doing all the right things, have a shelf full of self-help books and from the outside you look like you have it all together.

# CRYSTALS FOR PREGNANCY



BY ADAM BARRALET

Adam is a renowned presenter, teacher, writer, healer and crystal worker. He has been observing and living in tune with nature since childhood. He is the Author of *Crystal Connections* and *Crystal Diary 2016*. He has just launched his new *Crystal Reflection Diary* for 2017.

“ This green crystal is great for supporting healthy growth of the baby. ”

Over the last couple of months, I've been getting a lot of questions about crystals for fertility, pregnancy and birth, so in this edition I'm taking a different approach and here is my list of recommended crystals for falling pregnant, being pregnant, birth and afterwards.

**RHODOCHROSITE:** This pink and white banded crystal is most commonly found in South America where the ancient belief is that it is formed from the blood of their buried ancestors. Thus, Rhodochrosite is used to connect with those in the spirit world who are of your bloodline. Although commonly used for connecting to past elders, it can also be used to help parents connect with a new spirit to help bring them across to the physical realm.

**MOONSTONE:** Moonstone helps to regulate the cycles of the body such as our circadian rhythms, making it great for regulating sleep if you do shift work or suffering from jetlag. Having such a feminine energy, Moonstone is also perfect support a woman's moon cycle, ensuring it is at its best to support chances of falling pregnant. It also supports the wellbeing of the mother and baby.

**SUNSTONE:** This masculine crystal is perfect for supporting men's reproductive system and enhancing their virility.

**CARNELIAN:** Gem-grade Carnelian is called "Blood of Isis", referring to her menstrual blood since she was an Egyptian goddess of

magic and fertility responsible for flooding the Nile each year. A great crystal for attracting creative and fertile energies into a couple love-making as well as supporting men's virility.

**ZINCITE:** This power-house orange crystal is a must for increasing the libido! There's no more to say...just get yourself some and enjoy the results.

**TIFFANY STONE:** If sex is becoming routine and scheduled, and losing its spark, bring Tiffany Stone into the bedroom. It helps create a more pleasurable and relaxed, turning sex into love-making.

**EPIDOTE:** This green crystal is great for supporting healthy growth of the baby. Wear it over the belly during pregnancy to ensure the wellbeing of the baby. Epidote can sometimes be hard to find by itself but it is the green crystal found in both Unakite and Dragon Stone, so either of these are appropriate substitutes.

**BLOODSTONE:** A crystal beneficial for pregnant or nursing mothers and animals. It stimulates nutrient-rich blood and hormonal balance, and is used to help prevent miscarriages. Bloodstone assists in easing the birthing process, providing strength during labour and supportive vibrations so the infant travels easily through the birth canal.

**ANGEL AURA QUARTZ:** This angelic crystal helps to create a harmonious energy. While

pregnant, the mother can sit in child's nursery, holding the crystal and creating a sense of peace in the room. Then leave the crystal in the room. Once the baby is born, this is great to maintain a soft, gentle energy in the nursery and calls the angels to watch over the sleeping child.

**CHRYSOCOLLA:** This healing crystal helps to support the mother while giving birth and alleviate the pain. It is a great crystal to take into the hospital and hold during birth.

**WATERMELON TOURMALINE:** A crystal of balanced love supports connection between a couple when they are trying to conceive, an understanding of each other's needs during pregnancy and birth as well as balancing responsibilities with the newborn. It also enhances connection between mother, father and child.

**BLUE SAPPHIRE:** This crystal helps you connect with Archangel Gabriel, who amongst the other responsibilities, governs adoptions. Hold a sapphire while praying the Gabriel and place one in the new child's bedroom to make the process a smooth one.

**SUGILITE:** This purple crystal is ideal for reminding adopted children that they are still loved, especially if they have tracked down their birth parents, only to be rejected.

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Facilitator Maureen Barrass is a Counsellor, Clinical Hypnotherapist, Past Life Regression, Metaphysics Teacher, Spiritual & Bio-Etheric Healer.

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# CHANGE YOUR VIEWPOINT



By Lin Walden. Lin is a licensed Avatar Master and can be contacted on 0407 495 392 or email [linw@avatarpacific.com](mailto:linw@avatarpacific.com)

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“ *My own mind was creating a minefield of various flavors of 'I can't do this', 'it's beyond me' and 'I don't have the skills to deal with this mess I have inherited'.* ”

*'Adopting another way of looking at something is a simple act that can have magical consequences.'*

At a time when I was juggling a challenging situation which was going to require me to show up with courage and determination, I could feel one part of me desiring to quit, give up, and move on. In my heart I knew that I would not be able to live with myself if I moved on by applying for and achieving another position. Inside me, the reality would have been, that I was running away from a something that challenged me to my core. I knew in my heart that, at that point in time, it was up to me. It was my job to address issues that needed to change for the benefit of all those involved.

My predetermined perceptions about what I saw as difficult and my beliefs about my own ability to drive and lead the changes were the things that were swaying me. My own mind was creating a minefield of various flavours of 'I can't do this', 'it's beyond me' and 'I don't have the skills to deal with this mess I have inherited'. I was creating pain and physical distress for myself. I didn't have the tools to manage these limiting beliefs. In addition, I was tormenting myself with it all.

In the depth of all the misery about this, a friend delivered this statement 'You can't keep living your life like this'. It jolted me and was just the wakeup call

I needed. She suggested The Avatar® Course. I was ready to look at myself as the first step towards being able to change where I had been heading. We each have a unique mental blueprint. In my blueprint there were conflicting beliefs. Intuitively I knew I had to show up at a level beyond what my mind was telling me was possible. Avatar was, and is, the answer.

Personal transformations occur and with them the magic of creating life afresh from a clear space where hopes and dreams are pursued with courage, determination and a lack of discouragement. Ask yourself if you are ready for this exciting adventure? Are you ready to create 'forward leaning beliefs' rather than holding on to past beliefs where nothing changes? Change the flow of events in your life by changing the beliefs that have shaped it. Create a future that is not based on past assumptions and indoctrination.

Harry Palmer, author of the Avatar materials, says

*'Sometimes a little thing, like showing a person how to deliberately change their viewpoint without being struck dumb on the spot, can produce a remarkable recovery of life. Problems disappear and opportunities appear. Adopting another way of looking at something is a simple act that can have magical consequences.'*

From The Avatar Path, The Way We Came

## 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: Suzie**

My son suicided, is he in a different realm to his spirit family?

**Answer: Rene**

Dear Suzie,  
It does not make a difference if a person takes their life or they die of a natural death as there is no judgement. Your son is with his soul family in spirit.

**Question: Marnie**

I often see something out the corner of my eye, is this spirit?

**Answer: Rene**

Dear Marnie,  
It feels like it is a person that is passed over. I feel this is an elderly woman that is attached to the house and this person is not harmful. However I feel that a specialist in house clearings can be brought in to clear the land and dwelling.

**Question: Michelle**

I often see energy around objects on the wall?

**Answer: Rene**

Dear Michelle,  
When this is occurring you are shifting your own energy this means your clairvoyance and intuition is opening up. I feel it's time for you to trust in what you are seeing as these are messages too. Look at the symbology that these messages are showing you. The messages usually relate to a current situation around you.

**Question: Andrew**

My marriage of 14 years has recently broken up which has left me devastated. There has been a lot of blame from both sides which has led to bitter arguments and hatred between us. This has had a profound effect on both of us and more importantly our family in general. Is it possible to recover from such a traumatic

experience?

**Answer: Maureen**

Dear Andrew,  
It is never easy to go through a separation of any kind regardless of how long a couple have been together. You meet, you fall in love and you think that it will last forever, but nothing is forever. You both came together for a reason and that was to experience growth in this lifetime. When the lessons have been learnt and the contract has been completed then on a Soul level it is time to move on. Time to let go of out grown, out worn patterns. Look back at the years you have spent together without sadness nor regret and look at what you have gained out of your time together. Time heals all things and in time you will realise that it was all part of your Soul's journey.

**Question: Emma**

I have recently gone through the pain and hurt of being retrenched from my job. It was most unexpected and I never saw it coming which has made it all the more harder to accept. There have been times when I had thought of leaving and finding another job, but the security of a regular pay cheque coming in kept me in the comfort of staying where I was. Why did this happen to me and what or where do I go from here?

**Answer: Maureen**

Dear Emma,  
It seems to me that you had reached a point at which time you needed to move on. Maybe you needed to find something more challenging, however you stayed because you thought you were safe and secure there. Sometime when we don't make a decision to move and we are not where we need to be, the universe will take over and give us a kick to get us to where

we need to be. It usually ends up in us being offered a better position and in a job where we are once more being challenged and given opportunities to grow. I feel sure that you are just about to start the next phase of your journey. When we let go and let God magic happens.

**Question: Monica**

I wonder if you could help me understand what it is my partner wants from me. He is so demanding and such a perfectionist that it sometimes feels like I cannot do anything right in his eyes. The pressure of being the perfect partner is causing me so much anxiety and concern that feel like our marriage is being jeopardised by his pedantic behaviour and our marriage will not last.

**Answer: Maureen**

Dear Monica,  
I think your partner is being a little hard on you, inflicting his high standards of perfection on you. There is no such thing as perfection. There is imperfection in everything around us. Even the most perfect rose bud has imperfections. Just because he perceives himself as perfect does not make everyone around him perfect. There is a need for some sort of compromise between you both. A time to sit down and communicate how you feel and explain that his expectations of you are not achievable and his demands are making you feel inadequate and unhappy. I am sure if he loves you he will understand that he is being unreasonable.

### YOUR QUESTIONS ANSWERED:

Send your question to [maureen@alternativevoice.com.au](mailto:maureen@alternativevoice.com.au) for publication in the January/February issue.



# Energy and House Clearing



BY JOYCE KAY

**Joyce Kay** is the Owner of ‘Divine Heart & Soul’ a New Age shop in Croydon where she runs her practice. She is a Clinical Hypnotherapist and International Psychic Medium. She reads and performs on stage regularly at The Psychic & Wellbeing Expos throughout Victoria.

With the change of Season a good “Spring Clean” is usually necessary. Our winter this year, in particular, has been energetically heavy and so, along with clearing away material things that no longer have a purpose, we need to clear “Energy” that may be creating disorder, unease, stale feelings, or situations within a household that make it difficult for peaceful living. I find the best way to clear any space is by making it a ritual. This is a great way of showing intent and with all things our intention needs to be positive.

**To begin a clearing you will need:** A small white sage stick for a 3 bedroom house, a ceramic pot for burning your sage in. A reversing candle, usually white and black, so when it burns the white wax overcomes the black, burning away negative influences bringing healing and purifying your space.

You will also need a feather or fan, “I have a wonderful lace fan that I bought when I was travelling that I love to use and it makes me happy when I use it”. You will also need a piece of Selenite Crystal. Then write a short prayer or you can appeal to a higher source of goodness and love, depending on your belief system.

**What to do:** Make sure your house or workspace is clean and tidy, including your wardrobes and cupboards. Create a small Sacred Space or Altar – preferably in the main room or area of your house. Light the reversing candle which sets your purest intent. *Warning: never leave a burning candle unattended.* Say your prayer or appeal three times. Open windows, back and front doors, all

cupboards and drawers. Place the white sage in a bowl. You may wish to have sand or rice in the bowl to prevent any cinders from dropping on your carpet or furniture. Then light the sage and gently blow the flame out and then fan the smoke with the feather or fan in each room walking anti clockwise. Make sure you smudge inside cupboards, drawers and behind cupboards and around drains. Allow the smoke to dissipate. Place the selenite crystal on top of the front door frame. This helps prevent lower vibrations or negative energy from entering. Return to your sacred space and give thanks to the Higher Source for its assistance. Let the candle burn all the way down.

When complete you can let the smudge stick continue to smoke in a safe environment, if you wish or you can extinguish it. You may feel you want to burn an incense of your choice to “Seal” the clearing, although it is not necessary. Some feel it’s a continuation of the process.

The following is a suggested appeal to a Higher Source of goodness, however I find the intent is stronger if you create your own:

**“I call upon the Highest Source to bring pure light and its force to remove all vibrations that do no serve this space and bring in abundance, love and grace....and so it is!!!**

Please note that removing a “Spirit Energy” from a space may require a different and more complex solution.



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– from a talk by Harry Palmer, author of the Avatar materials.

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

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AN ALTERNATIVE VOICE ~ November/December 2016

5





BY GREG RILEY ©

Greg can be contacted through his website  
[www.gregriley.com.au](http://www.gregriley.com.au)

“There was nothing but just innocent children playing together happily. No race, no religion, no social status, just kids.”

# The innocence of children

There's a lot going on in the world at the moment. The US and its coalition is bombing Syria and so are the Russians. Pauline Hansen wants to stop all Muslim immigration, Hilary Clinton and Donald Trump are going head to head in verbal tirades...it's just all a mess. So it got me to thinking about how we get to this state. How do we get to the state of having so many differences and hate/fear towards each other? Then one day the other week something magical happened.

I was at day care with my daughter and she was playing with all the other kids. She was playing with kids of all different colours, religions, varying social economic backgrounds and many more differences. There was a myriad of different cultures there and guess what...all playing peacefully. Not one fight. The innocence in this moment was just outstanding to watch, it was enlightening. There was nothing but just innocent children playing together happily. No race, no religion, no social status, just kids.

So where does it all go wrong. How do we go from children innocently playing regardless of the above to hating each other? You know where? It comes from us, we teach that. It is us and it is also society. Have a look at the news. It is rammed down our throats how different we are and who's to blame. Every day we hear the words terrorist; no wonder people live in fear. Well its time for some of us to stop thinking that way.

Imagine if I said to my daughter at day care...."sorry you

can't play with that person because she may be a terrorist, or you can't play with them because that person is from a poor family". How ridiculous does that sound but it happens each day. As adults we are very intolerant at times and we label people but yet a child does not. They just see a person who they would like to play with, simple isn't it. I can imagine trying to explain to a child why us adults say things like we do, you know what it would be "daddy why? That person is just like you and me they just wear different clothes."

How do we change this, well its starts with us. How about some of us start acting like our children and seeing who people actually are away from their so-called labels. How about we look at how children see things through their eyes? Maybe the world will be a different place, maybe things could change? See we have a war on terror, a war on drugs, a war on gangs and war on everything else, but when has a war on anything ever worked. Usually it just leaves a trail of destruction behind it.

For me I have made a promise to my daughter. I will uphold the lesson she has taught me and I will follow her lead. Even though we work in the spiritual field sometimes we can get blind sided with what we witness but some of us have to be the solution and the current way of dealing with differences is not working. It has not worked for thousands of years and never will. Anger and hate will never solve anything.

Maybe Clinton and Trump should ask a 5 year old how to behave towards each other!!

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*Greg Riley*

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## Tarot & Oracle Card Review

### SACRED 8 TAROT

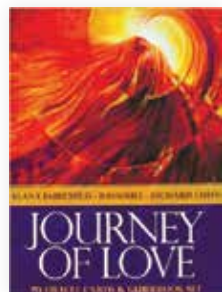
by Roz Tilley



Roz has created her own tarot deck called the Sacred 8 Tarot. This follows on from her past two oracle decks published in the early 2000's. She was originally drawn to make a tarot deck but it wasn't until recently that the time was right. She has illustrated the deck using water colours. This is a deck that would suit an established practitioner of the tarot. Her guidebook offers easy explanations and outlines a variety of spreads.

### JOURNEY OF LOVE

by Alana Fairchild, Rassouli and Richard Cohn

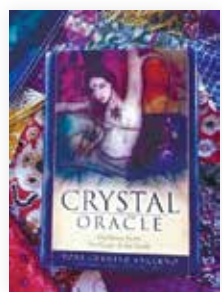


This enlightened oracle deck takes the reader on a journey into their soul. Whether you are feeling the raptures of love for self and others in your world or whether you need the kind slow hand of guidance to lift you up, this oracle provides you with the messages you are looking for. Fairchild gives beautiful explanations into the divine meaning of each of the cards and the meaning is accompanied by a poem from Cohn. Visionary artist Rassouli transcends the ordinary into the extraordinary by taking our perception out and

expanding it across our field of vision. This is a deck that truly speaks to the soul allowing you to connect to the divine love within all of us. Fairchild has excelled in her descriptions, Rassouli creates images reminiscent at times of the greater cosmos, and a deeper connection and insight is provided in Cohn's verses. This exquisite deck allows us to enjoy the dance of life.

### CRYSTAL ORACLE

by Toni Carmine Salerno



In the introduction, Salerno gives wise sage advice about the many different facets to human existence. I really liked how Salerno encourages us to connect to our own divine magic when using the cards. He suggests it is not him but the interpreter's ability to connect to the meaning of the crystals to convey a deep and insightful message to your particular situation. It is not his magic that gives you the answers but your own. Descriptions are given about the special qualities that are formed over the many years of a crystal's

life. Salerno also suggest that we can connect to our inner learning when connecting with crystals that we are drawn to use. This deck is a beautiful way to receive clear and concise guidance and carry you further into working on a physical level with the crystals.

### SACRED GEOMETRY HEALING CARDS

by Emily Kisvarda



Kisvarda's passion for creating high vibrational frequency grid templates for herself and others, led her to creating the Sacred Geometry Healing Cards. These cards are intended to help the user heal on a deep level, not just giving an answer in the moment. Kisvarda has combined all of her knowledge and placed her wisdom into these powerful cards. The cards show the elements of sacred geometry that could be occurring in our lives at this present point. For lovers of sacred geometry, I think you will enjoy exploring and working

with these cards. For people who are new to sacred geometry, these cards will serve as an introduction to this powerful system.

I liked the alignment to the solfeggio frequencies and found it complemented other sound healing techniques. The illustrations also assist the body, mind and spirit in the healing journey. These cards allow you to create your own healing grids for yourself and your loved ones. Kisvarda takes the reader through an explanation of perception, intention and placement when working with the cards. The explanations have definitions, meanings and practical ways of using supportive crystals if you want to further your healing work with the application of grids. Kisvarda gives an easy to understand definition of how to work with grids.

When working with these healing cards I found I had lifts in my vibration and DNA. These cards confirmed for me what I was already experiencing on a metaphysical level and I found working with these cards very supportive.

**On the 10th of November, Emily will be launching her cards at 7pm at Sacred Mist.**

## Book Reviews

### RETURN TO SOUL

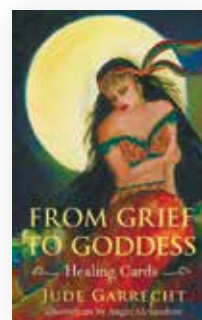
by Robyn Collins



Collins invites us into her world and shares her vulnerability and journey from grief back into hope and belief. She shares with the reader her accumulated knowledge and experiences in a humble and nurturing way. There were times when I wept with her story, and other times when I felt uplifted to continue on with my own purpose. Collin's has dedicated her life to those she loves and to her own spiritual development, this book now shares her insights she has gained along life's journey. Clear and simple guidance is offered, regardless of your faith or denomination. Meditations and practices help you to illuminate your own soul's journey and finally she gives us guidance's on how to transcend the ego and live a life of spiritual freedom. I recommend this book for anyone who has been touched by grief, which is really all of us, and to anyone who is wanting to expand their own spiritual consciousness. There is a feeling of humbleness, gratitude and servitude that emanates from this beautiful book and its author.

### FROM GRIEF TO GODDESS - HEALING THE WOUNDED WOMAN

by Jude Garrecht



Garrecht shares her journey and her vulnerability while discovering the world as a newly single being. As the title suggest we watch her transform out of her grief into connecting to her inner goddess. Over the period of a year we see Garrecht take her pain and heal it, while peeling back the layers to learn more about herself. This learning helped her to grow and develop as a spiritual being. She shares her own vulnerability by acknowledging her light and dark sides.

Gaarrecht transforms herself by learning to trust the universe and in her own inner voice. She plunges back into the realm of dating through the internet and shares her compassion for the men she meets online.

This is a great book for anyone who has had endured the pain of separation from a love relationship.

This book also helps the reader to connect to their own inner goddess, even if you haven't been through a recent separation.

At the end of the book, Garrecht gives clear instructions on how to work with the meditations which will help you to connect to your inner voice. Garrecht developed healing cards to help support people on their journey. These cards give a positive affirmation to lift the spirits of those who are needing guidance. The meditations and healing cards are universal and can help you to connect to the inner goddess in all of us.

### IN THE KEY OF PEACE (PAPERBACK)

by Jeffree Clarkson



"Peace is the hidden key in music, it harmonises with silence and lies between and beyond the notes we know so well. Within the key of Peace dwells a music that dances us to the Stillness of our essential being – to the heart of our most divine soul".

In this book, Jeffree brings us an essential view of peace that originates in the years of his early childhood. Hearing beautiful music playing while in the soothing vibration of nature not only became the guiding influence of his life, but also after many years of composing and performing, led him to the doorway of meditation and the possibility of creating a whole new music. It was through practicing meditation that Jeffree was able to access his deepest memories, and the musical inspirations of his childhood years soon became a catalogue of beautiful healing music for the inner soul.

For Jeffree, composing music for meditation was a feature of channelling. From where the music originated came deep and profound insights that resonated from a place of inner peace existing within each of us. Through his music Jeffree brings us to peace within, and through the composition of his "Simply Stillness" meditation, he provides a means of access to the wisdom of our essential being ... this book outlines Jeffree's extraordinary story from early-life experiences to his latest music creations, and his visionary philosophy for a peaceful world.

# THE CHAKRA CONNECTION



BY RACHELLE CHARMAN

“ A simple Chakra balancing can bring an abundance of healing and wellbeing. ”

Chakra is an ancient Sanskrit word meaning ‘wheel’. The Chakras have been studied and worked with in the art of healing for thousands of years. They are vortexes of energy in the etheric body and are created when the meridian lines of the body cross over. We each have thousands of meridians and Chakras, however most people work with the seven main Chakras in this system, which are located down the spine. The seven Chakras are created when a large number of meridian points cross at the same time, weaving a powerful vortex of light and color.

The seven main Chakras relate to certain traits and aspects we attain through our life’s journey and they awaken and expand as we grow and experience life. The Chakras indicate our evolution and growth on a spiritual, emotional, mental and physical level. They are the focal point of life-force energy and they each have their own specific color vibration. When we nourish our Chakras on a regular basis they begin to radiate a brilliant light that creates balance on all levels of our being.

When energy gets blocked in the body it creates an imbalance in our energy field or etheric body and affects the Chakra system relating to that issue. When the Chakras are blocked and out of balance it can certainly bring a world of confusion and disharmony into our day-to-day lives. A simple Chakra balancing can bring an abundance of healing and wellbeing. It is quite simple to bring the Chakras back into alignment through meditation, intention, color, crystals and energy healing. By working closely with the *Chakra Reading Cards* you will experience a deeper sense of self-awareness, empowerment and healing.

Each card’s powerful affirmation will assist you in clearing away the old and bringing forth a new, fresh energy to your life. You will also find nine quick and easy yet powerful processes to help cleanse and balance each Chakra, making, this dynamic *Chakra Reading Cards* set an amazing tool that will create positive shifts in your life.



## Meditation for cleansing and balancing the Earth Star Chakra:

Lie down comfortably and place a red garnet crystal in your hand or under your feet. The energy from the crystal will support this process. Close your eyes and imagine two roots extending down from each foot. Send these roots deeply into the earth, down, down, down, all the way into the heart of the earth – the centre. Take a moment to wrap your roots, your energy, around the heart of this beautiful planet. She becomes aware of your presence and sends you her nurturing and grounding energy of love, light and healing. Breathe this light all the way back up through your roots, in through your feet and into your body. Take a few deep breaths and inhale this energy into your heart. Now send this energy throughout your whole body, cleansing each and every cell, bringing you back to your optimal health. Align yourself deeply to the earth and activate your Earth Star Chakra.

## Earth Star Affirmation:

“I am deeply connected to the heart of the earth and I feel loved and supported in my life.”

**Chakra Reading Cards have just been launched and are now available at all good bookstores and Rockpool Publishing.**

**For more information go to: [www.rockpoolpublishing.com.au](http://www.rockpoolpublishing.com.au)**

## MEDITATION CORNER – Crystal Guardian of the Turquoise



MICHELE KINGSTON  
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0409 406 446

We welcome you to another meditation in hope that you may benefit some healing, relaxation and de-stressing.

So sit back in a peaceful environment and enjoy the messages from the Crystal Guardian Tess. Her spirit name is Te Nay Yah Zi which has the tone for her keepership “Codes of Truth” found in the Turquoise vibration. If you can hold a turquoise in your field so as you can receive its healing for your throat chakra, is beneficial, as we begin. Taking a deep breath and tone OM 3 times, as the heart & mind link and express out through the throat centre, you will release all debris and blockages this way as all chakras can only be released via sound through the throat.

We now call in our Guardian Angel, The Archangels of the turquoise ray to over light us and build a beautiful temple of aqua blue liquid plasma over us; this temple is a dome that is sitting in the desert of Arizona in the 5th Dimension, very close to where the sand portal circles are being made. These sand circles are portals that open corridors to many worlds in all dimensions. 3 of them open and unlock around us now, light ascends from them going up to the heavens as the 3 rays join above us making a dynamic trinity symbol.

The Crystal Guardian Te Nay Yah Zi descends down into our dome from this trinary point and gifts you with a beautiful turquoise heart crystal designed to shift old cyclic patterns of karma. Hold this heart up to you throat and chant Te Nay Yah Zi 3 times as you feel your throat chakra clearing enabling you

to now sing and speak your truth in all matters. Te Nay Yah Zi explains that soon more crop circles made of grasses and grains will appear in more numbers bringing sacred new heart codes for the land and humanity’s DNA evolvement, they will also be appearing in the sand formations in deserts and in the clouds; these enormous crop, sand and cloud circles will be seen by all and are a sign of great things. They are created and presented by the Arcturians and the Devic Kingdom orb collective.

A large turquoise ray now moves around the dome as you’re being enveloped in this beautiful peaceful colour, a sacred code appears on the dome ceiling, just for you, this is one of your light language symbols that you need right now for a Christed chakra alignment. As you visualize this and breathe it in your divine heart expands and heals distorted or fragmented communications for you from the past, breathe again and focus on turquoise light activation. You are blessed today and fully healed, well done for trusting and giving yourself the time to work with creative visualize meditation.

Blessings of Love, Light & Peace

Michele Kingston - The Divine Light Centre Tel:0409 406 446  
Meditation classes every Thursday morning 10.30am -12noon  
and also evenings 8.00pm - 9.30pm

Email: [cosmicangel@bigpond.com](mailto:cosmicangel@bigpond.com)



# Finding the Courage to Trust Your Gut

BY SUVI MAHONEN



Have you ever wanted to run away from a fearful situation but you know you can't? That was pretty much what happened to me when I was forced to restrain my two-year-old daughter while the anaesthetist put her to sleep. It's the hardest thing I've ever had to do since becoming a mum, and the hurt I felt at seeing her suffer was more than just emotional; it was physical as well.

My hand, which was pressing her little forehead down on the operating table, shook, while my other hand, which was clutching her struggling wrists, was so sweaty that she almost slipped from my grip. There was a hot, sharp pain in my throat and my tongue seemed to stick to my teeth as I told her that I loved her and that everything would be okay. Guilt and worry squeezed my heart: Why is this taking so long? If only I'd acted sooner. What if the scalpel slips? Sounds of metal and electronic beeping and the gas mask hissing filled the theatre but my ears only managed to hear her screams. Then, finally, my vision blurred, as the sedative flowed into her tiny veins and I witnessed the moment her struggling stopped, but I could still see the terror in her eyes.

To be a parent is to expect the unexpected, you hear that all the time. But no one tells you that raising children is like living on a fault line. You can stock an emergency survival kit and write out a plan for when the earthquake hits. But the moment the ground actually shakes will still catch you off guard. And it wasn't until I was in the paediatric intensive care unit, cradling my critically ill toddler, that I realised I should have seen the signs.

It began as a cold like any other ordinary cold: first the tell-tale sneezing, then the runny nose. It was something I'd become well and truly used to ever since she started attending day care and I did what I always did to try and ease her

symptoms. I fed her buttered toast soldiers with the crusts cut off along with warm apple sauce and spoonfuls of lactose-free yoghurt. I kept her warm with extra layers and vigilantly gave her carefully measured doses of Children's Panadol whenever her temperature went above 37.5 °C.

But her cold did not improve. Her appetite petered off, she grew listless, and, most worryingly, her voice began to sound muffled like she had marbles in her mouth. When her fever spiked at 40 °C I finally panicked and took her into casualty. It was a busy Monday night and we had to wait a couple of hours. When the paediatric registrar finally got to us he took a quick look in her ears and mouth and said she just had a viral sore throat. She didn't even need antibiotics. My first reaction: relief. She wasn't going to die. My second: doubt. Was it really just a viral sore throat? Sure, her tonsils were inflamed. But I'd never seen her this unwell. I looked down at my daughter again, pasty lips, drooling mouth. And I wondered what made him so sure. Nevertheless, I took her home, and whenever she spiked a fever, whenever she didn't eat, whenever she'd only take half a mouthful of drink, whenever she'd start drooling, I'd reassure myself that she only had a viral sore throat and she would get better soon.

This was a decision I came to bitterly regret when, four days later, I found myself back in casualty, listening to an ear, nose and throat specialist explain to me that my daughter had a large, life-threatening neck abscess that had to be drained straight away. It needed to be done while she was still able to breathe and there was a risk of damage to her facial nerves which could result in permanent facial paralysis and speech impairment.

I can't recall everything that happened from moment to moment while my daughter was in hospital, but I can measure our time in events: Being

rolled on a gurney towards theatre while my daughter sat on my lap, clutching her favourite doll; sitting silently in the corner of the waiting room, trying not to cry, while I imagined the scalpel blade piercing her throat; seeing her intubated and unconscious in paediatric intensive care, lines running from her body like a spider web; then, after she was awake and extubated, uttering useless words of comfort while she screamed as they wrapped her tightly in a blanket – effectively a strait jacket – so they could force a feeding tube down her nose.

The six days we spent afterwards in the children's ward blended into a blurry haze of nurses' checks, doctors' rounds, beeping alarms, hospital food and torn out IVs, but when I look back on that week, when I try to make some sense of it all, the first thing that keeps coming to my mind is: Why didn't I trust my instincts? It's a thought that has tortured me. I wasn't assertive enough. Why didn't I insist on a second opinion? I should have brought her back to casualty sooner. We could have avoided surgery if I'd demanded she be given antibiotics at our first emergency visit.

My friends tell me not to beat myself up. I'm not a doctor. I had no way of knowing that a deadly bacteria – known as *Fusobacterium necroforum* – had formed an abscess in my daughter's throat. But I can't stop the voice inside my head, soft and persistently accusing: You knew it was more than just a viral infection. Being a parent can sometimes feel like I have the Midas touch in reverse: that I'm the kind of mother who has the best of intentions but everything I do turns to shit. The kind of mother who feels like an actor on stage. The kind of mother who is always unsure if what they are doing is correct.

When you take your child home after spending six days in hospital, the life that you left behind feels trivial. Rather than celebrating, you find yourself trying to reclaim those pieces of yourself that you lost somewhere between the operating room and the hospital's corridors.

You constantly watch your child. You try to salvage any smidgen of self-confidence you might have as a parent and try to accept that you made a mistake. But every time you make a decision you can't stop the gnawing thought that maybe you've made the wrong call.

“ You constantly watch your child. You try to salvage any smidgen of self-confidence you might have as a parent and try to accept that you made a mistake. ”

I used to believe that raising a child was going to be the most joy-filled time of my life. And it has been, a lot of the time. But here's the truth: parenting is also painful. Caring for your child – feeling their hurt when they hurt themselves and kissing their tears when their tears flow – is painful. Loving them till your heart aches is painful. And as much I'd like to believe there's a formula for raising happy, healthy kids, I've come to realise that there are no set of guidelines and no universal rule book. All we can do, in the end, is learn to listen to ourselves. Because somewhere, between what you think you should do and what you actually end up doing, is a quiet space where our perceptions form and our intuition finds its voice. We're not always going to be right. But it's our responsibility as parents to take note of that voice, to have faith in ourselves, and to act according to our instinct.

My daughter is all better now. The other day we were looking at the little photo booklet that I made of her hospital 'adventure'. We came across a picture of her on the bed, with her IV snaking from her bandaged hand and a plastic bracelet circling her ankle.

She looked at me and she looked at the picture. For a moment, I thought she might think it was someone else. The she smiled at me and said, 'I asleep in the hospital'. 'You slept a lot,' I said, and took her gently in my lap. She sat there looking at the photos. I watched her flip to the one at the end. The one where she's standing in the hospital corridor in front of her little red suitcase, white balloon in hand, ready to come home.

'You were very brave,' I said.

**Suvi Mahonen is a writer and former News Corp journalist based in Surfers Paradise, Queensland. Her non-fiction has appeared in various newspapers and magazines in both Australia and Canada including The Weekend Australian, The Sydney Morning Herald and Practical Parenting.**

**Her fiction has been widely published in literary journals and anthologies including in The Best Australian Stories and Griffith Review. A portion of a longer work-in-progress was nominated for a Pushcart Prize. You can visit her page here:**

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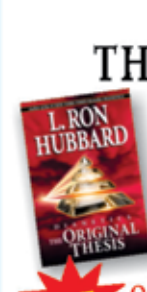


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# SUN SIGN FORECAST NOVEMBER - DECEMBER 2016 WITH KERRY GALEA

## ARIES

20 March – 19 April



It's hot in the work place and tensions abound, but you will soon come up smiling and better than before; so don't worry. Your loved ones are also being challenged so it's time for all of you to take any opportunity to travel, or even to learn. Rumors only confuse and lead to overreactions.

## TAURUS

20 April – 20 May



The intuitive among you will feel changes which will slowly surface over the coming years, while the rest will wonder why you feel so emotional. Lady luck smiles on work opportunities and your sense of responsibility and duty is awakened. Remember that your first duty is to your own health.

## GEMINI

21 May – 20 June



Feeling restless? The time to take action, perhaps take a risk, is coming by the end of the month. Some risks are wonderful but you many find yourself taking a risk that can bite! Later in the season, secrets are revealed and action is needed...but it's not as scary as you thought.

## CANCER

21 June – 22 July



The people around you soon calm down and reach a new normal which means you too, become calmer and settled. You are ready to reconnect with family or expand your home, either with people or possessions. Loved ones and friends are having a huge creative spike, which brings them awareness of choices and possibilities.

## LEO

23 July – 22 August



We all have different images to maintain in all the myriad areas of life in work, in family, in loved ones and in friends. Some of your roles don't live up to your own expectations of your real self. Be natural; be real. Later in the season, responsibility and health, not necessarily yours, becomes important.

## VIRGO

23 August – 22 September



This month may start out with some concerns, but it soon becomes a wonderfully creative time. Good times will cost, but if it adds value then by all means spend it! But if you are trusting in luck and spending more than you have... you soon won't have it!

## LIBRA

23 September – 22 October



You have had quite enough of past family "stuff" and guess what... it's time to make decisions and to let go. Your time to be YOU has come. Your own journey needs to be celebrated, so create a ritual....a coming out..... and rejoice in the creativity and new life around you.

## SCORPIO

23 October – 21 November



You have a way with words and can be very convincing, but now it's time to listen. Loved ones and partners are going through an emotional time, so just listen... don't act. It's only when we have to let go of the need to know what to do, that we find the alternative solution.

## SAGITTARIUS

22 November – 21 December



First you have enough, then you feel you don't, then you feel you do. This is more than just about money; it's about your own self-worth. A connection to a group or tribal (sports/hobby) network will give a sense of belonging but ask yourself... do their values align with yours.

## CAPRICORN

22 December – 19 January



It's time to let go of something old and worn out. The lady goddess, Venus, enters your sign helping you to become irresistible, or at least a little bit irresistible! With her help you can flow with changes, climb mountains, conquer fears, keep on smiling, and grab opportunities.

## AQUARIUS

20 January – 18 February



A restless energy can help you take action but it can also hinder you if you rush blindly ahead. Events bring up feelings you thought long buried, but once you see the past patterns, you can free yourself. Fate happens but destiny is a choice. Soon, Venus will smile upon you and bring benefits.

## PISCES

19 February – 20 March



This is the season to look ahead and think big. It's time to adjust your aim; astronauts do it all the time and so do big achievers. What do you really want to be doing in 2 years or in 10 years? See your future destination and release anything that will hold you back.

Kerry Galea Astrology, Palmistry and Ancient Moon Gardening

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# How to Give Yourself a One Card Oracle Reading....



BY JACKIE ANGEL OF LIGHT

## THE THREE OF MICHAEL, ANGEL CARD FROM THE ARCHANGEL POWER TAROT CARDS BY DOREEN VIRTUE AND RADLEIGH VALENTINE

When pulling out a card from the deck pay attention to your feelings at first sight. How do you feel when you look at the picture? What do the colours of the card represent to you? For example as soon as I look at the card I can see and feel it is disturbing. The young girl is crying and Archangel Michael is spreading his wings of comfort around her. She is sitting on a dark rock. Ask your Angels and your own Inner guide what a dark rock means to you. For me a dark rock is a sign of heaviness.

Behind her is a colour filled mostly with emerald green. Emerald Green is a colour of healing and the flower buds at the bottom of the card represent a new opening. There are dark clouds in the card telling me that the young girl is still holding on to the darkness from the past and a there is a white dove which represents peace in the background of the card. The number three in the Angel Tarot represents tears and releasing of emotions.

Then I look at the bottom messages and pay attention to what stands out for me. For me the second sentence stood out, however it could be the first or third sentence for you regarding the situation you are in at this point of time. Trust your first impression when you look at the particular message that is right for you on the card.

Your first inkling you receive will be the right one for you. It is easy to question and doubt the voice within. Avoid doubting yourself and trust what comes to you right away.

**MESSAGE – Give over your hurts, pain and the past to Archangel Michael. What you can do is share your emotions and pain with Archangel Michael and ask him to dissolve the pain so it can be replaced with peace, love and light. He will perform the miracle. Your role is to accept Heaven's help.**

Jackie Angel of Light

Jackie is available for Angel Tarot and Clairvoyant Readings on phone or skype. Phone: 0412 612 608 [www.healingspheres.com.au](http://www.healingspheres.com.au)



“ Give over your hurts, pain and past to Archangel Michael ”



# 5 Steps to Get Your Fabulous Back

BY MARINA J

SYDNEY-BASED MARINA J IS A RENOWNED RELATIONSHIP COACH, SPEAKER & BEST-SELLING AUTHOR OF TURN YOURSELF ON. FOR MORE FREE RESOURCES GO TO [WWW.MARINAJ.NET](http://WWW.MARINAJ.NET)



You know how it is - you're doing all the right things, have a shelf full of self-help books and from the outside you look like you have it all together. And yet if you're really honest, your life just doesn't turn you on. This is what I call the \*Dry-out (When you feel sucked dry by a part or all of your life.)

Here's how you know if you're in Dry-out: Everything is a chore. You go from 0- anger in 3.5 seconds. You're frequently annoyed by your partner and feel like nothing changes. You can't imagine 2 hours in a row without compromise. You live quite happily in Making-Do-Land, because all your friends do it.

If you 'mmd' at least once? You're in Dry-out. The good news? There's a 5 step plan to getting your fabulous back! If you've never been fabulous and you're reading this now? It just means you're ready! You can do the below in 5 minutes, in 5 days or 5 weeks. Take as long as you desire for each one.

1. **Decide what you don't want**  
We begin with what you don't want. Because when you're honest with how you really feel, you can only make the best decision for yourself. What do you feel done with in your life? Write it out. It's cathartic.

Deciding what you don't want begins to immediately change how you feel. When you've written your list? Burn it. Drown it. Get rid of it. Because you're done with it.

2. **Decide what you do want**  
What do you want? Write it out. Now. Not later. Especially if you've done this before. This is more powerful when you've written what you don't want first because you're clearer. You'll go deeper. When you write what you want, put a date next to it. Or, write it as if you're already living it. I.e. "I love how my new yoga class makes me feel."

3. **Get rid of the obstacles**  
Detox what's in your way from receiving what you've written down. If you're not getting it, then there's something in the way. Call a friend and workshop it. Take this example:
  - a. Look at what situation is in the way. What are they doing to you? Why are you upset? Write it out.
  - b. Go back to what you have written in step A and substitute where you have written they, my, them to "I" or "me."

- c. Close your eyes, ask yourself, "In which part of my life am I doing this to myself, or another?" Congratulations, you've just begun healing what's in your way.

4. **Self-love Action**  
The time to be good to yourself is now. How kind are you being to yourself? Self-love is an action. Take it! No matter how many people you have around you, there will always be about 1/3 of you that can only be supercharged, filled, loved up by you.

5. **Turn ON your fabulous!**  
Walk tall. Take up space. Say it. Repeat after me: I AM beautiful. I AM talented. I AM spectacular. I AM going to treat myself like I'm the most glorious thing in the room. Because I AM.

Live from this point. These steps will get you your fabulous back, because the relationship you have with yourself is the most important one you'll ever have. Your happiness is everything!

## WIN a Summer Reading Pack

No summer would be complete without some books to enlighten and inspire you. 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 the Editor and tell us who the author of the book... Star Gazer is. The winner will be announced in the January / February Issue 2017.

Congratulations to Rhonda Humphreys the Winner of our Spring Reading Pack Competition featured in the September / October Issue.

### FINDING KYLIE By Kylie Stretton

'Finding Kylie' tells the brave story of a young girl born into to a world of poverty, abuse, violence, neglect, mental illness and alcoholism who, after enduring an abortion at the age of 16 – her personal 'straw that broke the camel's back', set out alone to walk home, a long journey back to Cairns, Northern Queensland ... and along the way, fought hard to lose all trace of her familiar self and, in the process, found her true self. After telling her own 'heartache to heroine' story, Kylie

Stretton's book then spells out the **7 Action Steps** she personally took to heal her life; the 7 powerful yet achievable Action Steps you can also take toward 'Finding You'

*'Kylie Stretton is a girl who rose from the ashes to become a flame of pure inspiration'*

### STAR GAZER By Patricia Olsson

Almost twenty-five years ago, as a classroom teacher, Patricia was challenged to come up with a language based program that included other subject areas.

Finding herself in the local toy-shop, she was drawn to buy a grey and white furry rabbit. Trusting that her imagination would help her, she was amazed and delighted to find a story developing around the rabbit which she called Stargazer. Her Year 3 class were captivated from the beginning, by the mysterious phone-call which heralded Stargazer's arrival. Anticipation and excitement grew each day until he finally appeared. The children loved their Stargazer and the tales he shared with them about his life on Planet Axiom. As Stargazer sat on their desks it was delightful to see how each child connected with and talked to the rabbit.

The first five chapters were written in 1990, then for various reasons, the manuscript was put away. In February 2013, a synchronistic evening with Maria Elita and Scott Alexander King led Patricia to a Writers' Retreat, where once more Stargazer saw the light of day. As she worked to complete Stargazer's story, Patricia realised that it could not have been finished earlier. While writing, she found

that the story seemed to take on a life of its own. The names, some characteristics of the Year 3s and some events were changed, yet they may still remember Stargazer. An unexpected deep wisdom and compassion shone through the little intergalactic visitor and the Stargazer Effect was born!

### TURN YOURSELF ON By Marina J

The step by step guide to getting your fabulous back!

Whether you're down in the dumps after a relationship break up, feeling insecure with where you are in life, or just craving a drastic change, it can be difficult to put the wheels in motion.

In the book, Turn Yourself On, Sydney-based relationship expert, Marina J, has written a practical guide to turning your life around, based on over a decade of experience coaching women all over the world.

An Amazon best-seller in just three hours, Turn Yourself On is the ultimate guide to getting your happiness mojo back after upset with him, her, or just life in general. In the book Marina J shows readers how to: Turn on your confidence, sensuality & self-love. Stop self-sabotaging your own success. Heal the deep hurt caused by relationship breakdowns. Get better at asking for (and getting) what you want. Feel secure with yourself, and learn to put you first. Become the positive change you need. Filled with relatable examples, practical tools and techniques, Turn Yourself On is an empowering read to help you live with greater happiness.



# Learn Astrology with Maureen

## Lesson 6: The Meaning of the Sun in Houses 7-12

### 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 7th house

This placement denotes a public personality. Your life is strongly integrated and influenced by those close to you; the marriage partner, the business partner. These connections make or break you as you have a propensity to react to the people around than to initiate projects on your own. You are particularly adept at public relations as you know how to cooperate and deal with others. This is a good position for most careers in sales and promotion. The power of this position will always be in relationships. Your keen sense of proportion permits you to become an arbitrator.

### Sun in 8th house

The Sun resides in the eighth house denoting a deep creativity and a large understanding of life. The chief purpose of the Sun in this house is to give you a sensitivity to other people's values and there probably will be some responsibility in this regard. You have a close identification with social values. Activities often centre on possessions or resources of other people, and you may find your energies invested in collective enterprises. In any field that you enter you are to be very creative, investigative, and thorough as a researcher.

### Sun in 9th house

The Sun in the ninth house is a placement suggesting that your focus may be on idealistic rather than the practical side of affairs. A ninth house Sun often produces the farseeing thinker who expresses ideas on a broad level. You should have lofty and noble motives, but the sense of practicality may at times be lacking. There may be serious interests in spiritual and religious pursuits. Law, religion and philosophy are subject of natural interest. The intuitive mind is highly developed. The ninth house Sun likewise has a desire to cover distances physically. There is a strong desire for exploration and travel, for knowing first hand and understanding foreign culture and viewpoints.

### Sun in 10th house

This placement denotes fame and honour, or sometimes scandal. In either case, this position is one that suggests you will be noticed. You are driven to reach a station of authority, power or responsibility. Often, this is an indicator of some degree of worldly honour, political power, or professional achievement of special note. Your example inspires others and your determination to make a name for yourself will likely lead to a growing reputation. Few with this elevated Sun remain obscure. Respect and social standing are necessary for you, and you may have been born to these. In a certain sense, the term nobility may fit you. You abhor anything demeaning to your dignity and moral respectability.

### Sun in 11th house

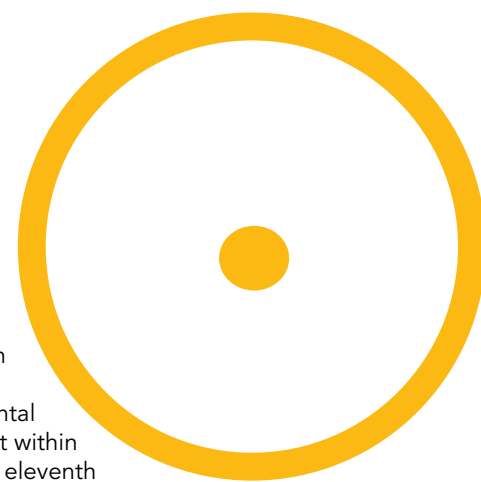
This placement gives the assistance needed from those in a position to help you achieve your goals. You will work toward major goals and objectives within the

framework of friends, associates and group activities.

You have a strong drive to gain recognition through mental achievement within a group. An eleventh house Sun person achieves through association with others, and often with the help of friends. Your approach to life is very liberal and broad-minded, the humanitarian who would prefer popularity to power. The self becomes sacrificed for the achievement of broad goals and objectives. The support of friends is always a paramount issue.

### Sun in 12th house

This placement denotes a private drive for self-perfection. You are one who will seldom receive full recognition for your efforts and accomplishments, but you easily accept roles of relative obscurity. You are somewhat introverted and love the peace and solitude such a situation often affords. Service to others provides you with recognition and fulfilment. Psychology and psychic research may be of considerable interest for you. You need to spend a good deal of time by yourself. You should not be too concerned by feelings of not-belonging, and by failures to mix well with others. Your role may be that of investigation and obtaining understanding, rather than socializing and the attainment of status.



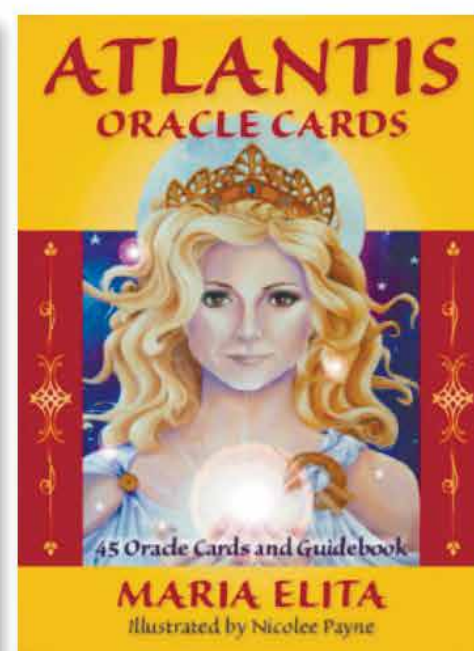
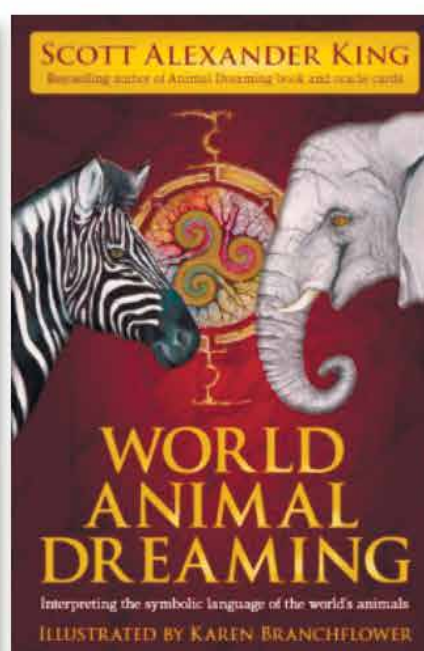
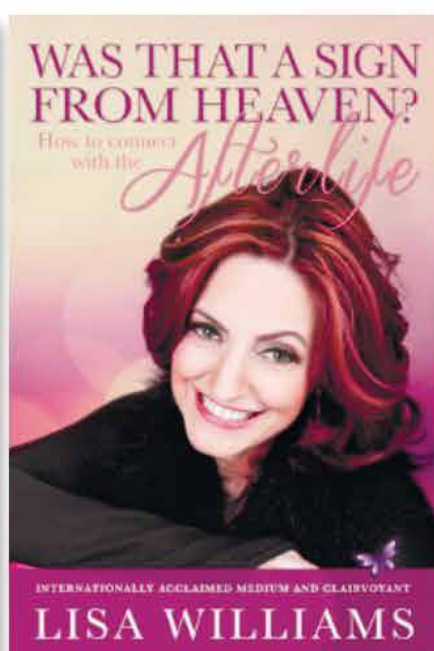
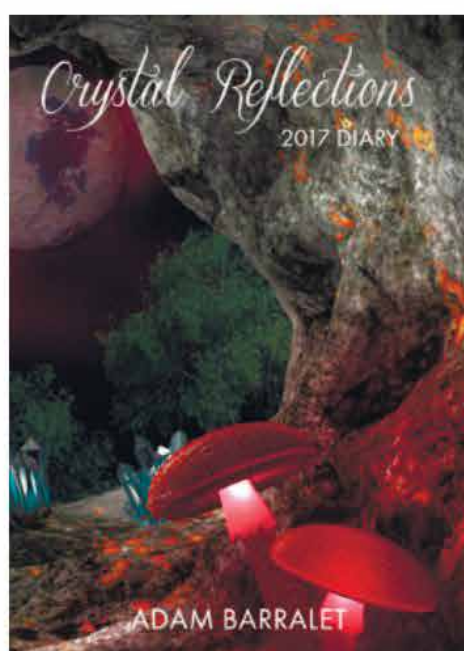
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### Astrology Consultations

Sara Gilbert, FAA Diploma. Call: 0412 235 935 or visit [www.lifespirtconnections.com.au](http://www.lifespirtconnections.com.au) New workshops and courses commencing soon.

### Learn Basic Astrology – 10 week Course

In this course you will learn the basic of astrology. You will gain an understanding of a Birth Chart, the meanings of the Planets and Luminaries, the Lunar Nodes, the Zodiac Signs, the Houses and how all of this is brought together in a birth chart. Commencing: Saturday 18th February 2017 2pm till 4pm. Cost \$40 per class. Contact: Maureen 0411 260 339

## CLASSES, COACHING & WORKSHOPS

### Create Your Own Crystal Infused Dreamcatcher

Learn to create and make your own Crystal infused Dreamcatcher with Stephen Lovell. Saturday 5th November 12.30 – 4.30pm Cost: \$77. For bookings call 9500 8220 or Stephen 0403 329 844

### Card Deck Launch – Presented by Sacred Geometry Healing with Emily Kisvada – FREE Presentation

Emily will be introducing her new card deck, talking about the meaning of the deck and how to work with them in healing, how they came about and what is Sacred Geometry. Thursday 10th November 7pm – 8.30pm This is a Free Entry presentation.

**Create Your Own Mandala Workshop –** Create your own healing Mandala or Wheel of life with Lesley Williams. No experience necessary just a willingness to create. Saturday 12th November 1.30pm till 4.30pm Cost: \$50. For further information & bookings call: 9500 8220 or visit: [www.sacredmist.com.au](http://www.sacredmist.com.au)

**Animal Dreaming Publishing Presents an Evening with Scott Alexander King** Meet Scott the owner of Animal Dreaming Publishing who will talk about self-publishing. He will introduce some of his Authors. Monday 21st November 7pm till 9pm Entry: FREE

### Crystal Gridding Workshop with Adam Barralet

Adam will take you through a journey using the knowledge of crystals and how to create a crystal grid. Thursday 24th November 7 – 9pm Cost: \$25 Bookings essential Cost: \$25

### Crystal Connection – 1 Day Workshop

Adam Barralet author of Crystal Connections will be presenting a one day workshop on crystals. This will enhance your relationship with crystals and nature. This workshop introduces you to the extensive uses for over fifty crystals, teaches you new ways to included them in our life and guides you towards self-development. Sunday 27th November from 9am till 5pm. Cost: \$165. Early Bird \$125 if paid before 31st October.

### Spiritual Guide & Angel Drawing Workshop

Learn to draw your own angel & spirit guides with Maureen. Saturday 3rd December 12.30pm till 4.30pm \$50. For more information call: 9500 8220.

**Learn to Read Tarot – 10 week Course** Commencing Saturday 18th February 2017 10.30 am till 12.30 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 18th February 2017 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](http://www.sacredmist.com.au)

### Bio- Etheric Healing Certificate Course – Level One Saturday 31st January 2017

‘A breakthrough in Alternative Therapies’. This is a one day workshop level, 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. Date: Saturday 28th January 2017 Time: 10am till 4pm Cost: \$250. Early bird price is \$199 if paid before the 1st January 2017. Bookings: 0411 260 339

### 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](http://www.lifespirtconnections.com.au)

### Learn Basic Astrology – 10 week Course 2017

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 18th February 2017 2pm till 4pm. Cost \$40 per class. Call: Maureen 0411 260 339

### The Avatar® Course

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

### Your Intuitive Body - 6 week Course with Inna Segal – Commencing 27th February 2017

Are you ready to wake your body up, re-energize it, release unhealthy thought patterns in minutes, reprogram your nervous system and discover keys to have wonderful health and stress free life? Inna Segal the award winning author of ‘The Secret Language of Your Body’, will show you a step by step process for tuning into your body, asking the right questions and receiving answers which could be crucial to your own self-healing.

This is a 6 week course commencing Monday evening from 27th February till 3rd April 2017 6pm till 9.30pm Cost: Early bird \$1,195 to be paid in full by 15th January. Regular investment: \$1395 to be paid in full no later than the first class. Bookings: Please connect Dianne via email [dianne@innasegal.com](mailto:dianne@innasegal.com) or to book on line head to [www.innasegal.com/events/](http://www.innasegal.com/events/) Payment plan options are available. Please contact Dianne for further information.

### Spiritual Guide & Angel Drawing Workshop

Learn to draw your own angel & spirit guides with Maureen. Saturday 11th January 12.30pm till 4.30pm \$50. For more information call: 9500 8220.

## 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

### More Than a Concert with Jeffree - Composer, Author & Visionary – Saturday 10th December

This is a rare opportunity to experience the totally STRESS – FREEING sound of Jeffree’s incredibly beautiful music – along with his compelling and transformational insights. Friday 9th December 7.30 at Sacred Mist in Malvern. Admission \$25 Bookings essential call Phone: 9500 8220.

### 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. FREE WORKSHOP. 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 10am till 11am. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

### Psychic & Wellbeing Expo – Rosebud 2017

Sunday 8th January 2017, 10am – 5pm. Up to 40 exhibitors. Mediums on stage & free workshops. At the Rosebud Memorial Hall, 994 Point Nepean Road, Rosebud. \$10 entry Kids 12 & under Free. Early Bird Special ½ price entry from 10am till 11am. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

### Psychic & Wellbeing Expo – Inverloch

Saturday 14th January 2017 10am – 5pm. Up to 45 exhibitors. Mediums on stage & free workshops. At the Inverloch Community Hub, 16 A’Beckett Street. Inverloch. \$5 Entry Kids 12 and under free. For further information call: 9500 8220 or 0411 260 339. Exhibitor enquiries welcomed.

## HEALING

### Shamanic & Spiritual Healings - with Savannah

I have practiced Spiritual Healing for over 10 years and was taught the art of the Sharman 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

### Bio- Etheric Healing Certificate Course – Level One

‘A breakthrough in Alternative Therapies’. This is a one day workshop level one, 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. Date: Saturday 28th January 2017 Time: 10am till 4pm Cost: \$250. Early bird price is \$199 if paid before the 1st January 2017. Bookings: 0411 260 339

## 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](http://www.sacredmist.com.au)

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### Past Life Regression & Life between Lives

Maureen Barrass Clinical Hypnotherapist for past life and Life Between Life regression. As taught by Michael Newton. Also Hypnotherapy to deal with trauma, weight Loss, smoking cessation, stress, anxiety etc. For appointments in Malvern ring Maureen Tel: 0411 260 339

### Losing Weight with Hypnotherapy

The Virtual Gastric Band Program through Hypnotherapy is conducted over a 5 week period. To be presented in group sessions at half the regular price to those who are serious about losing weight. Free CD included. New 5 week group sessions commencing on Saturday 22nd January 2017 10.30 – 11.30am. 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.

## MEDIUMSHIP & PSYCHIC DEVELOPMENT

### Expand Your Channel of Guidance – Friday 25th November 7.30-9.30pm - Sacred Mist - Malvern

An Evening of Channeled Wisdom, Healing and Energy Activations. This Evening will comprise a Channeled teaching from ‘Galactic Guides’ who are collectives of the Sirius, Arcturan and ‘Council of 9’ frequencies. It will include an interactive Q & A, in which participants can ask questions of the Guides directly. These Guides are multi-dimensional and see us in the same light. Their unifying message is that we are all part of an infinite ‘Galactic Playground’. They offer perspectives on personal and planetary healing and tangible, practical guidance for our everyday lives. This event will a focus on activating our inner



knowing and conscious awareness of our multi-dimensional, co-creative nature and purpose. A digital recording will be made available free to all participants. Cost is \$40.

Please book in via link [www.carolemckeracher.com/book-now/](http://www.carolemckeracher.com/book-now/)

You can learn more at [www.carolemckeracher.com](http://www.carolemckeracher.com) or call Carole on 0411 109 984

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

## Metaphysics & Psychic Development Classes - Malvern

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

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Therapy rooms & workshop spaces available for hire. Suited to holistic & natural therapists & counselors. Enquiries 9500 8220

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## TAROT / PALMISTRY / NUMEROLOGY

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For appointments call Karin 0414 503 797 email: [teawithkarin@gmail.com](mailto:teawithkarin@gmail.com) website: [www.teawithkarin.com](http://www.teawithkarin.com) Berwick area.

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### 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 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 February 2017. For further information or bookings call: 9500 8220.

### Psychic Mediumship & Tarot Readings

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

### Learn to Read Tarot – 10 week Course - 2017

Commencing Saturday 18th February 2017 10.30 am till 12.30 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

## WORKSHOPS & COURSES

### Awakening to Self- Love Workshop - With Caserd Circle Facilitator Tamara Paterson

Saturday 29th October 10am till 4pm

The Divine Feminine Presence workshop will help you reconnect and reclaim the disowned parts of you that are part of your essential nature as a woman. It is time we take responsibility for our own pleasure and sensuality and tap into our true power and wisdom. This workshop will begin the healing of our Sacral chakra and you will come away with everyday practical tools to use for your own self-care which are radical acts of self-love and we all need to love ourselves a little more fiercely. This is important work and women who sit in sacred circle are caring, supportive and empowered. It is time we are more aware of our natural feminine power as the world needs us now! I will be introducing the Jade Egg as one of the tools and we will be practicing rituals, writing meditating, sharing, connecting, getting in touch with our pleasure and sensuality.

There will be oils and crystals and qigong and chocolate and love and laughter. So dear souls it is an honor to present this sacred circle and to share this important work and I honor your courage for stepping into your power. Cost \$145 tamara. [patterson11@gmail.com](mailto:patterson11@gmail.com) Mobile: 0438 068 018 or contact Sacred Mist on 9500 8220

Bookings Essential

### Create Your Own Crystal Infused Dreamcatcher - Saturday 5th November

Learn to create and make your own Crystal infused Dreamcatcher with Stephen Lovell.

Saturday 5th November 12.30 – 4.30pm Cost: \$77. For bookings call 9500 8220 or Stephen 0403 329 844

### New Card Deck Launch – Presented by Sacred Geometry Healing with Emily Kisvada FREE Entry

Emily will be introducing her new card deck, talking about the meaning of the deck and how to work with them in healing, how they came about and what is Sacred Geometry. Thursday 10th November 7pm – 8.30pm This is a Free Entry presentation.

### Create Your Own Mandala Workshop –

Create your own healing Mandala or Wheel of life with Lesley Williams. No experience necessary just a willingness to create. Saturday 12th November 1.30pm till 4.30pm Cost: \$50. For further information & bookings call: 9500 8220 or visit: [www.sacredmist.com.au](http://www.sacredmist.com.au)

### Animal Dreaming Publishing Presents an Evening with Scott Alexander King

Meet Scott the owner of Animal Dreaming Publishing who will talk about self-publishing. He will introduce some of his Authors. Monday 21st November 7pm till 9pm Entry: FREE

### Crystal Gridding Workshop with Adam Barralet

Adam will take you through a journey using the knowledge of crystals and how to create crystal grid.

Thursday 24th November 7 – 9pm Cost: \$25 Bookings essential Cost: \$25 call 9500 8220 for bookings.

### Expand Your Channel of Guidance – Friday 25th November 7.30-9.30pm - Sacred Mist - Malvern

An Evening of Channeled Wisdom, Healing and Energy Activations. This Evening will comprise a Channeled teaching from 'Galactic Guides' who are collectives of the Sirius, Arcturan and 'Council of 9' frequencies. It will include an interactive Q & A, in which participants can ask questions of the Guides directly. These Guides are multi-dimensional and see us in the same light. Their unifying message is that we are all part of an infinite 'Galactic Playground'. They offer perspectives on personal and planetary healing and tangible, practical guidance for our everyday lives. This event will a focus on activating our inner knowing and conscious awareness of our multi-dimensional, co-creative nature and purpose. A digital recording will be made available free to all participants. Cost is \$40.

Please book in via link [www.carolemckeracher.com/book-now/](http://www.carolemckeracher.com/book-now/)

You can learn more at [www.carolemckeracher.com](http://www.carolemckeracher.com) or call Carole on 0411 109 984

### Awakening to Self- Love Workshop - With Caserd Circle Facilitator Tamara Paterson

Saturday 26th November 10am till 4pm

The Divine Feminine Presence workshop will help you reconnect and reclaim the disowned parts of you that are part of your essential nature as a woman. It is time we take responsibility for our own pleasure and sensuality and tap into our true power and wisdom. This workshop will begin the healing of our Sacral chakra and you will come away with everyday practical tools to use for your own self-care which are radical acts of self-love and we all need to love ourselves a little more fiercely. This is important work and women who sit in sacred circle are caring, supportive and empowered. It is time we are more aware of our natural feminine power as the world needs us now! I will be introducing the Jade Egg as one of the tools and we will

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There will be oils and crystals and qigong and chocolate and love and laughter. So dear souls it is an honor to present this sacred circle and to share this important work and I honor your courage for stepping into your power. Cost \$145 tamara. [patterson11@gmail.com](mailto:patterson11@gmail.com) Mobile: 0438 068 018 or contact Sacred Mist on 9500 8220

Bookings Essential

### Crystal Connection – 1 Day Workshop

Adam Barralet author of Crystal Connections will be presenting a one day workshop on crystals. This will enhance your relationship with crystals and nature. This workshop introduces you to the extensive uses for over fifty crystals, teaches you new ways to included them in our life and guides you towards self-development. Sunday 27th November from 9am till 5pm. Cost: \$165. Early Bird \$125 if paid before 31st October. Call 9500 8220

### Bio- Etheric Healing Certificate Course – Level One

'A breakthrough in Alternative Therapies'. This is a one day workshop level, 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. Date: Saturday 28th January 2017 Time: 10am till 4pm Cost: \$250. Early bird price is \$199 if paid before the 1st January 2017. Bookings: 0411 260 339

### Learn Basic Astrology – 10 week Course - 2017

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 18th February 2017 2pm till 4pm. Cost \$40 per class. Contact: Maureen 0411 260 339

### Learn to Read Tarot – 10 week Course - 2017

Commencing Saturday 18th February 2017 10.30am till 12.30pm. 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

### Losing Weight with Hypnotherapy - 2017

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 in Saturday 22nd January 10.30 till 11.30pm. Bookings please contact Maureen: 0411 260 339.

### Tarot Practice Circle

Maureen Barrass. Learn & practice Tarot. Malvern area. First Saturday of each month re commencing in February 2017. For further information & bookings call: 0411 260 339.

### Spiritual Guide & Angel Drawing Workshop

Learn to draw your own angel & spirit guides with Maureen. Saturday 26th November 12.30pm till 4.30pm \$50. For more information call: 9500 8220.





# Psychic & WellBeing Expos

*A Mind, Body, Soul Experience*

EXPO  
DATES

Come and enjoy an inspiring and relaxing day at one of our upcoming expo's. 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 \$10 Adults, Kids under 12 free.

Early bird special ½ price entry between 10am till 11am

Open 10:00am till 5:00pm

## Sunday 13th November

The West Waters Hotel  
10-20 Lake Street  
**Caroline Springs**

## Sunday 27th November

Pakenham Hall  
Crn John & Henry Street  
**Pakenham**

## January to June 2017

### Sunday 8th January

Rosebud Memorial Hall  
94 Point Nepean Road  
**Rosebud**

### Saturday 14th January

Inverloch Community Hub  
16 A'Beckett Street  
**Inverloch**

### Sunday 19th February

The Hungarian  
Community Centre  
760 Boronia Road  
**Wantirna**

### Sunday 5th March

Cranbourne  
166-178 Gippsland Hwy  
**Cranbourne**

### Sat & Sun 18th-19th March

Echuca  
**Venue TBC**

### Sunday 3rd April

Pakenham Town Hall  
Crn John & Henry Streets  
**Pakenham**

### Sunday 9th April

The Whitehorse Club  
298-336 Burwood Hwy  
**East Burwood**

### Sat & Sun 29th-30th April

Beechworth Memorial Hall  
101 Ford Street  
**Beechworth**

### Sunday 21st May

The Kernot Hall  
Crn Princes Drive & Monash  
Way  
**Morwell**

### Sunday 18th June

Hampton Park  
16-2- Stuart Street  
**Hampton Park**

**These dates are subject to change, please check our website for any updates.**



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

