

Star & Moon

Reach for the Stars & Wish on the Moon

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MOON ACTIVITY

9th May
 Full Moon in Scorpio

24th May
 New Moon Gemini

HOW TO KEEP MUM CALM?

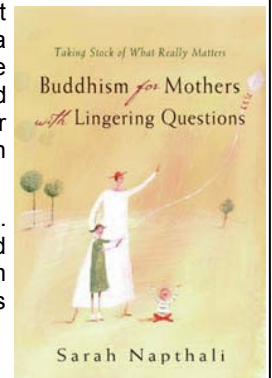
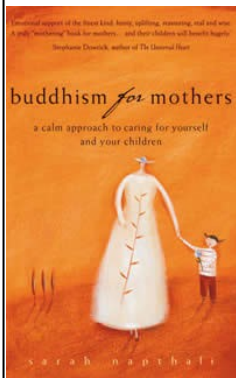
Some Mums are literally Superwomen. Do I think I could be one of those? I've no idea!

What I have learned through the books I've read is that you can approach the role in many different ways. And, some game plans work out better than others! One lesson I've learned, or perhaps am still learning, is how to receive. It is great to be grateful, but it is also important to allow people to do things for you, and to let them give you things... like this newsletter. Rejecting offers of help, or gifts, is akin to rejecting the person themselves. So, next time, when someone offers you help, catch yourself before you automatically refuse, and see if instead you can accept the offer. I learned this from a book called *Things will get as good as you can stand* by Laura Doyle. This book is one of my little secrets because I will try anything that can make life easier just through a shift in attitude.

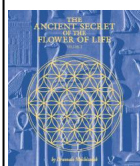
A more recent discovery is Sarah Napthali, who describes herself as a very ordinary woman. I love down to earth people, and in her book *Buddhism for Mothers*, Sarah weaves wonderful wisdom with simple truths. Essential topics include finding calm, dealing with anger, parenting mindfully, meditating, living with partners and putting it all into practice. As Sarah thoughtfully shares "being thrust into parenthood can provoke inner turmoil for a mother yet parenting literature invariably focuses on nurturing children rather than the mothers who struggle to raise them." I enjoyed the experiences that are woven into the helpful text and really liked the following quote from a meditation teacher. "Watching the breath gradually becomes

likes a white background. If a speck of dust is placed on a white background, it is easier to see its form than if it is placed on a dusty surface". I love this idea because it is completely aligned with the concept of clearing which Joe Vitale and Dr Hew Len espouse in their book *Zero Limits*. Clearing out memories and returning to a state of Zero is akin to that white background. Once you are clear and free, you are ready to observe when a speck of inspiration arises within you. And inspiration is a wonderful thing.

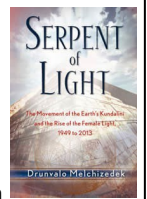
The second book is *Buddhism for mothers with lingering questions...* Questions like who am I? Who are my children? How can I be my best? And what can I do about all the housework? So, "how does practicing Buddhism help you as a mother?" The most common answer that Sarah Napthali hears is "It makes me calmer." I'll have some of that thank you! Happy Mothers Day!



Product Feedback in April: "Goddess Incense is awesome" ~ "Lotus candles are the only ones I will buy now"



"Zero Limits was amazing" ~ "Can I order the other *Ancient Secrets of the Flower of Life* book?"
 "I love Eckhart Tolle so I have to have *Milton's Secret*" ~ "I need to read *Serpent of Light*"



WHAT DOES 2012 REALLY MEAN?

Should you be afraid of 2012? Some people would love to scare you! I prefer a view I encountered on a free online video called *The 2012 Enigma* by David Wilcock, who explains that the future is very much what we create. For that reason we have a choice to believe that 2012 will represent an awakening and expansion of consciousness. In line with that view, I choose to spend time enhancing my own spirituality, and sometimes that is as simple as reading the *Buddhism for Mothers* books reviewed above. At other times I go searching a little more in depth. There are two amazing volumes I will happily show you in the shop. They reveal the *Ancient Secrets of the Flower of Life* as told by Drunvalo Melchizedek. What could be just a pattern is found in too many places around the world to be a coincidence. The Flower of Life is constructed from circles, which are considered feminine, yet, when you add back some missing circles to the design, it holds the keys to all the sacred and masculine geometry in our world. These books are not a walk in the park. They are in fact extremely intellectual, presenting right and left brain explanations in a way that

both satisfied and challenged me. The question might be how far on the enlightened path do you have to be to take this information on board? Have scientists found enough proof to support some of the more radical claims? There is a mix of real hard proof and concepts you may just have to take on faith. Sometimes those concepts are channelled or delivered by angels. I accepted many concepts because Drunvalo tells you when he is uncertain of facts and advises you make up your own mind. I've been reading about the Merkaba meditation in Volume 2 at the moment and think it will be very important going forward for people. The current edition contains many great updates (often scientific) since the original text was written.

Available only recently, Drunvalo's new book is *Serpent of Light - Beyond 2012*. A story about his journeys, I loved reading about the temples in Mexico that represent each of the chakras, along with special ceremonies in Moorea and Hawaii. Drunvalo also brings together people from all over the globe for special events in Peru and even New Zealand.

WHAT BOOK DID A CUSTOMER LEND ME?

The Gaia Project by Hwee-Yong Jang

A gorgeous customer brought me in a book to read just after Easter when she picked up Volume 1 of the *Flower of Life* books. *The Gaia Project* supports much of the material I have already been reading about 2012. It is written by a Korean guy, which I found interesting as I had a brief business trip to South Korea in my past incarnation in the corporate world. If you have an interest in 2012 or just wonder what on earth might be going on, on earth, then I can highly recommend this book... and will be stocking it to add to the growing band of 2012 literature. Another customer was told about the book and knew she had to have it. What are you thinking? Does some instinct tell you that you should be reading this book? We are all learning to trust our instincts more and that is just one of the changes as we head to 2012.



Coral Club Meditation - Botanical Gardens

The Corals are a group of like minded women who enjoy their connection with nature and are able to bring out their fun, playful side. We meet for a group meditation holding hands and each month is a little different. Further details available on request.

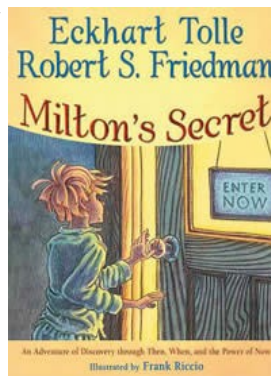
Don Tolman is in Melbourne on May 26

I loved Don's seminar and eat a lot more fruit and vegetables now having a better understanding of the body. Ask how you can attend his seminar for FREE and have a look at the childrens book with his life story.

How to Save Paper? I like sending these newsletters by email, send requests to jane@starandmoon.com.au

COULD ECKHART TOLLE WRITE FOR CHILDREN?

I had to order *Milton's Secret*, a new childrens story by Eckhart Tolle and Robert S. Friedman. Like so many people, I love Eckhart Tolle's books and was thrilled at the prospect of a story for children about living in the Now. Oh what joy as I opened the book and started reading. Gently the book eases you into the story, and then suddenly you are in the midst of a Power of Now gem of wisdom that young Milton will benefit from. Yes, he is having nightmares after being bullied at school, but this is all real life stuff. I loved the fact that when in his dream he opens the 'Enter Now' door you see on the front cover he finds himself in an ice cream shop. Milton and his Dad love going for ice cream in the evenings, so this is a



happy place for Milton. I won't spoil the rest of the story... nor your dinner with the ice cream! However, Milton comes to the conclusion that "it feels good to be in the Now". And so it does!

This is a great story for your children if you've read Eckhart Tolle's *A New Earth* or *The Power of Now*. New DVDs in store on Meditation and *Finding Your Life's Purpose*.

Other childrens books we love include *I am That* by Louise Hay and *Little Soul and the Sun (and Little Soul and the Earth)* by Neal Donald Walsch

WHAT IS SPECIAL ABOUT MAY & JUNE?

I have been sharing a message with people as I have the little chats that happen in the shop and by email, so I thought, why should you miss out. The message is actually from Merlin and was channelled by Helen Paige. Have you been seeing the name Merlin more and more lately? So, if you are open to it, there is something very special about May and June for manifesting. Where sometimes manifesting may take a little time, you will find during the next two months that you will be able to manifest things almost **instantly**. You need to get some of the basic steps right, like being in a state

of appreciation, and also determining if you truly desire things. Apparently, May is all about preparing for what you would like to manifest, and June will be for receiving it.

Would you like Helen's newsletter with the full Merlin message? You can send me a request, or for this and details of the new **Helen Paige Empower Workshop Series** which includes topics such as Medical Intuition and Trance Channelling please refer to www.helenpaige.com or call Helen's assistant Nikkie on (03) 9375 3030 or 0439 710 740

WHAT KIND OF WOMAN IS JENNIFER ANISTON?

Are you wondering what Jennifer Aniston has to do with a New Age newsletter? Me too! Here's the story. Customers often ask for a referral to an astrologer. Some mentioned Sean MacNamara, mainly because he is no longer seeing clients. So when I was referred to an astrologer for a chart for *The Difference*™ film project that we're both involved in, and after casually mentioning Sean's name, it turned out she studied with him for 2 years! I have spoken at length with Monika Barbour and find she has her finger on the pulse as an astrologer. With a wonderful website and many great reports available for order, you get real value for money paying only \$15 for reports I saw elsewhere for \$24.95 USD. Monika also offers free additional support and I'm not sure how long that offer will apply, so make a beeline to www.astrologysolutions.com.au for these insightful reports. I especially liked the Just for Women report, which is where you can find out exactly what kind of a woman Jennifer Aniston is. This report is designed to give you a female perspective on your natal chart. I have read a lot of astrology reports and done much research into astrology since I was 10 years old. So it amazed me how within the

first page, the Just for Women report had my character nailed, in a way that many people might not get to even after knowing me quite some time. I was truly amazed and hope you will be too. Oh, Jennifer's report says she takes special care of her appearance, projecting "an image of independence and vitality" and that her "social calendar is important". Indeed!

I was also thrilled with the solar return reports exploring your year ahead. A few years ago I learned that you can travel for your birthday to change the year ahead. In conjunction with the reports, Monika can advise you of possible improvements to your solar return chart by travelling to a different destination on your birthday. I have tried this and believe it does work.

Monika's website also shares tips on Void of Course Moons and personal planets in retrograde motion. Mercury Retrograde in May means it is a great month to review and revise plans. This seems to tie in with the Merlin message above whereby May is all about planning what you want to manifest in June. By the way May is also good for decluttering and Karen Kingston's *Clear your Clutter with Feng Shui* is still my favourite book on this topic.