



Star & Moon

Reach for the Stars & Wish on the Moon

10 Churchill Street, Mont Albert VIC 3127 Phone: (03) 9899 1907

Web: www.starandmoon.com.au Email: jane@starandmoon.com.au

MOON ACTIVITY

8th June

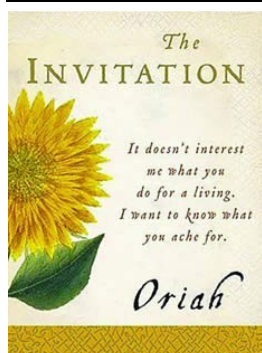
Full Moon Sagittarius

23rd June

New Moon in Cancer

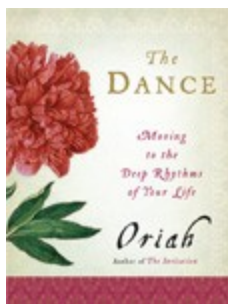
HAVE YOU HEARD OF ORIAH?

I could ask, have you heard of a poem called *The Invitation*? Or maybe you have heard of Oriah. Oriah Mountain Dreamer, as she is known, lives in Canada, and wrote a poem encouraging us to fully examine our lives, to learn to live with intimacy and joy, and, above all, to be true to ourselves. As Oriah writes in *The Invitation*, "I wrote the prose poem, *The Invitation* one night after returning home from a party. I don't usually attend parties but on this occasion, berating myself for being anti-social, I made an effort to go and be friendly. I returned home feeling frustrated, dissatisfied with the superficial level of the social interaction at the party. I longed for something else."

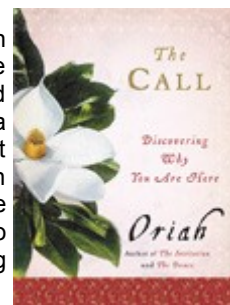


In her second book, *The Dance*, Oriah expands on the journey begun in *The Invitation* revealing how to let go and enjoy the dance of life. In contrast to most self-help books that tell us how and what we need to change to become happy, *The Dance* is an invitation to embrace our true selves. To dance, alone, or with others, is to slow down and realize that who we are is enough. When we stop striving to be someone else, we are able to live with passion, energy, and honesty -- and truly experience the dance. When we are physically and emotionally stressed and our spirits are depleted, we must realize that happiness has not vanished but is buried beneath the clutter of our harried lives. So savor the everyday world of family, friends, love, and work with clear minds and open hearts. Oriah's three books in this series show a rare courage and honesty to confront life as it is, without the need to sugar coat experiences. Instead, she speaks both from and to the heart. Her inspiring poems are complemented with chapters studded with compelling stories from her own experience, exploring stanzas from the poems and offering us tools to become fully the person we already are. Her message is not about change, but instead acceptance. "To dance -- to live in a way

that is consistent with our longing" -- is to discover a gift that we can give ourselves again and again over a lifetime. To dance, alone or with others, is to be who we truly are as we fulfill our soul's desires. To do this, we must learn how to let go and slow down, returning to the sacred emptiness where we encounter our true self. That reminds me of *Zero Limits* but that is another story! Oriah's books are practical, inspiring, and profoundly illuminating. All three books are available in a great value Box Set. *The Dance* is an invitation to discover a place of connection, serenity, and joy that is uniquely our own. I love to dance as it's where I find myself, where I am free to be me.



The final book is *The Call*, where Oriah shows that each of us has our own calling, our own specific place in the universe, and a contribution that only we can make. How clearly I see this as I work with a wonderful film project called *The Difference - Opening Humanity's Heart*. If you are looking to make a difference in the world, and feel you have a calling to help people, you might enjoy the huge potential of opportunities with this exciting film project. You can get involved with and contribute to *The Difference*, and I am happy to share more information and connect you to the right people. My heartfelt thanks to Karen for connecting me with *The Difference* and also to Beck for introducing me to Oriah's book, *The Invitation*.

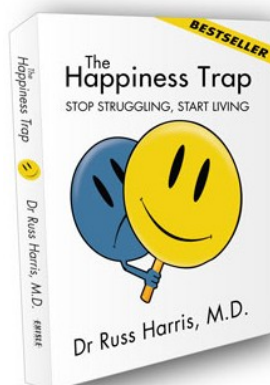


WHAT IS THE HAPPINESS TRAP?

Are we trapped in a world which strives constantly for happiness? Perhaps this is the focus of the material world. Are we laboring under the misguided notion that we are meant to be happy 100% of the time?

So, can we be truly happy all the time? Or do we need to look at the definition of happiness? Is happiness different when it comes from material possessions rather than from accepting yourself and enjoying the simple things in life? Perhaps we can be happy all the time, but we need to alter our perception of what this happiness is.

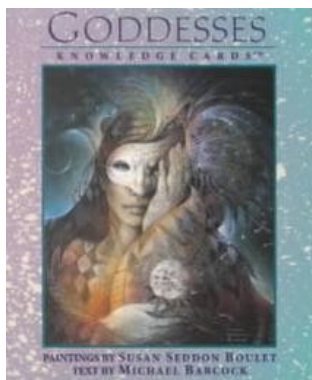
Some customers mentioned *The Happiness Trap*, and piqued my interest. I glimpsed just enough to realize that in some ways



society might be leading people into what they refer to as *The Happiness Trap*. The theory is new, and dispels ideas featured in most other conventional wisdom. Called ACT (Acceptance & Commitment Therapy), this is a model developed from cutting-edge research in behavioral psychology and reported in Time Magazine. ACT helps you clarify what is important and meaningful to you in life, and to develop mindfulness - a mental state that enables you to live fully in the present moment, and to handle painful thoughts and feelings more effectively. We need to accept what is out of our personal control, while committing to action that will improve our quality of life. Often we perceive others to be perpetually happy. But is that just an illusion?

G O D D E S S E S & H E A L I N G

The **Goddesses Knowledge Cards** are neither a Tarot nor Oracle Deck, but instead features 48 cards depicting goddesses from cultures around the world including Middle Eastern, Chinese, Scandinavian, Egyptian as well as Greek and Roman. The cards are lovingly crafted with wonderfully mystical paintings. Even the cover of the deck is evocative of an illusory experience making them feel like a very special set of cards right from the start. Designed more for learning and meditation than for divination they are likely to help tap your unconscious, touching your soul and bringing strength and healing to any situation you face in daily life. The paintings are by divine artist Susan Seddon Boulet and I am looking to source her book also as certain products are out of print.



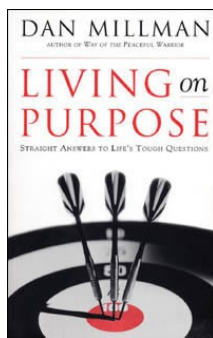
Books arriving soon include **Excuses Begone!** by Wayne Dyer, **Destiny of Souls** by Michael Newton, **Who would you be without Your Story?** by Byron Katie, along with extra **Zero Limits** stock.

Helen Paige's Empower Workshops cover topics I want to learn, like Energy Medicine, Trance Channelling and more. Please visit www.helenpaige.com or call Helen's assistant Nikkie on (03) 9375 3030 or 0439 710 740 to secure your place.

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

L I V I N G O N P U R P O S E W I T H A P E A C E F U L W A R R I O R

Dan Millman's **Way of the Peaceful Warrior & The Life You Were Born to Live** literally walk off the shelf year round, but **Living on Purpose** was a book I restocked each time it sold, wondering what it was about. The monthly theme in The Difference film project for June is living with purpose, so I took a closer look. And am I glad I did! Sub-titled "Straight Answers to Life's Tough Questions" it has a question and answer format, but I really loved the verse at the start of each of the 30 key principle sections, along with the quotes interspersed through the text. Here is but a brief summary of Dan's wisdom. "Daily life teaches us all we need to know for the next step on our journey." This is the perfect



accompaniment to a question where a young parent asked if they should leave their son to travel to India on a personal spiritual journey. The answer alluded to the fact that there is no better place to learn, than as a parent going about daily life. "Mentors can point the way, but we must make the journey." It is said that "every choice leads to wisdom", and indeed "the challenges of relationships have much to teach us if we're paying attention. If not tougher lessons eventually get our attention." Life is what happens while we're making other plans. Are you living on purpose?

H O W T O M A N I F E S T Y O U R N E T W O R K I N J U N E ?

Last month I shared a message channelled by Helen Paige. Where sometimes manifesting may take a little time, you might be finding you can manifest things almost **instantly** at the moment. While May with Mercury Retrograde was about reviewing what you want, June brings in a lovely energy for receiving things that are for the higher good of all concerned.

One of the most lovely things I am manifesting is a circle of likeminded ladies with whom I can have conversations. Sometimes the chats are amazing, informative, and pertinent, at other times they are just everyday

conversations, but they are always heartfelt. So as before, I offer you a chance to connect with a group of lovely women at what we call the **Coral Club**. We might each be a little coral bead, but together we form a beautiful necklace with a wonderful connection. Hard to describe, but important to experience. Drop by or email me for more details.

And if I can help you with a referral to someone I trust, an astrologer, a homoeopath, a physio, a remedial masseur, a numerologist or just a couple of great healers, yoga teachers and tarot readers... well you know where to find me to ask!

P E R S E P H O N E & T H E P O M E G R A N A T E

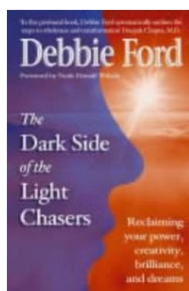


Persephone lived a peaceful life in nature before becoming the goddess of the underworld. So the story goes, you can hardly blame Hades for abducting her, because in Greek mythology, the underworld was the realm of the sleeping and the dead. It probably needed some "brightening up", and the young goddess Persephone's radiance would have most certainly livened up the place.

Once in the Underworld, Hades offered Persephone the seeds of the pomegranate. The act of ingesting pomegranate seeds symbolizes the consummation of their relationship, which is a beautiful poetic touch. Hereafter, Persephone, who was previously known as Kore ("the maiden") is regarded as the spouse of Hades, and inhabited the Underworld. After a time she was released, but having consumed the pomegranate

seeds, Persephone had to return to the underworld for a season each year. When Demeter and her daughter were united, the Earth flourished with vegetation and colour, but for several months each year, when Persephone returned to the underworld, the earth once again became a barren realm.

Pomegranate The Ultimate Health Food describes the benefits of the pomegranate, a fruit packed with antioxidant, antibacterial, antifungal and antiviral qualities to help prevent and treat numerous health conditions.



The Dark Side of the Light Chasers by Debbie Ford came to mind given Persephone has elements of both the darkness and light. By denying our dark side, we reject aspects of our true natures, rather than giving ourselves the freedom to live authentically. Here Debbie shows that it is possible to acknowledge and accept our so-called weaknesses, in fact proving that these qualities may be important, hidden strengths. Thanks to Susan and her Be Free formula for inspiring the journey with Persephone.