

# Star & Moon

## Reach for the Stars & Wish on the Moon

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### MOON ACTIVITY

#### 7th July

Lunar Eclipse Capricorn

#### 22nd July

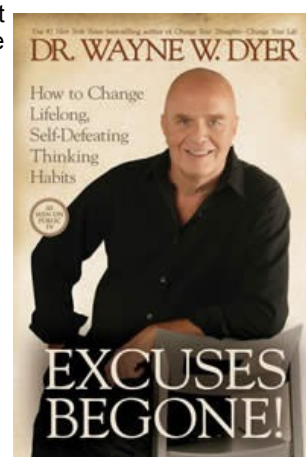
Solar Eclipse Cancer

### CAN YOU LET GO OF EXCUSES?

Dr. Wayne Dyer is an author many customers just love. I have thoroughly enjoyed all the books I have read by Wayne, but it still surprises me the level of dedication and devotion so many of you exhibit towards his work. In fact, the minute his film was released I sold copies instantly just by waving it quickly in their field of vision. So the excitement and number of queries about his just-released book was actually not a surprise. **Excuses Begone!** is the long awaited follow up book to **Change Your Life, Change Your Thoughts**, and follows his sojourn as a director and actor in his film called **The Shift**, released here as **Ambition to Meaning - Finding Your Life's Purpose**.

Preparing for **Excuses Begone!**, Wayne surveyed people to find the excuses which prevent them moving forwards in life. Not too many surprises, except when you catch yourself using the phrases as a reason why something is just not possible. Have you uttered the following:

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 1. It will be difficult         | 10. I'm not strong enough           |
| 2. It's going to be risky       | 11. I'm not smart enough            |
| 3. It will take a long time     | 12. I'm too old (or not old enough) |
| 4. There will be family drama   | 13. The rules won't let me          |
| 5. I don't deserve it           | 14. It's too big                    |
| 6. It's not my nature           | 15. I don't have the energy         |
| 7. I can't afford it            | 16. It's my personal family history |
| 8. No one will help me          | 17. I'm too busy                    |
| 9. It has never happened before | 18. I'm too scared                  |



With these often lifelong excuses on the table, now is your chance to examine the thinking behind them. Are they really based on truth? Might they be convenient ways to avoid pursuing your fullest possibilities and attaining the highest levels of success, happiness and health. Take for instance "I'm scared". Wayne tells his story of fear around a yoga backbend posture called 'the Camel'. Worrying he was not capable of bending backwards for the pose, he avoided it for years. Acknowledging his fear, Wayne finally tried and succeeded. He now demonstrates the posture to new students!

I experienced my own hesitation around fear of failure with headstands and even around riding a bike with gears. Moving through the fear I now wonder why I was scared to have a go. This business of changing habitual thinking patterns is really the business of eliminating the same old tired excuses. Do you notice yourself using any of the excuses listed above? Do you defend those excuse patterns as if they were actually true? Removing the excuses involves examining these thinking habits under a new and truthful light. **Excuses Begone!** is Wayne's effort to help anyone learn how to discard those old thinking habits, and discover the infinite possibilities of life! Perhaps you know what to think, but find it terribly difficult to change the thinking habits that have been with you since childhood. Let Wayne change your world with **Excuses Begone!**

### HOW TO BREAK FREE & BE FREE

Watch for synchronicity showing you are on the right path in life. What does this have to do with breaking free? There are no more excuses!



The start of winter is also a key time for me to start a detox - well 2 years in a row is a bit of a trend! What do I use to detox? I can't go past the **Be Free** habit free formula which sells in Star & Moon, because I know it works. Recently added to the Ultra Lite professional weight and health management company 21 Day Weight Loss program, **Be Free** does so much more than just aiding in weight loss. It's a gentle liver detox supporting your mind, because, let's face it, your mind often derails all your good efforts to break out of certain habits. Indeed, **Goddesses and Angels** by Doreen Virtue reminded me why I use **Be Free** as a transition tool.

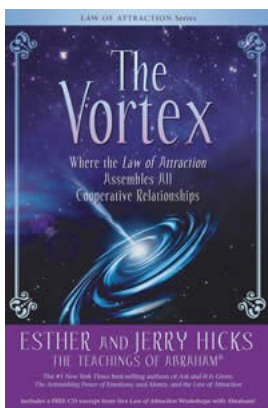
*"You may believe your angels are trying to ruin your fun by asking you to change your diet and lifestyle, but they are actually guiding you to a higher energy level in answer to your prayers. They know that the simplest way to raise your frequency is for you to avoid low frequency foods and beverages such as sugar, white flour, meat, alcohol, caffeine, nicotine, and dairy products. The angels can eliminate or reduce your cravings for these substances if you just ask for and accept their help."*

The angels delivered Susan Gianevsky to Star & Moon last year with her Homoeopathic remedy, the **Be Free** habit free formula, which has been helping customers to break out of their habits and break free. During the July sale you receive a 10% discount, so **Be Free** is just \$35.95 per bottle to help break a habit in 21 days. Stay on track with a special offer for a 6 week program with 2 bottles of **Be Free** for \$69.95.

## DANCING FROM GRIEF TO JOY

Recently I came across a short clip called Grief to Joy from Esther & Jerry Hicks (best known for the Law of Attraction and wisdom channelled by Esther from Abraham). In the clip a lady is grieving over the loss of one parent, and the impending loss of the other, but it can equally be applied to the loss of anyone in our lives through death or separation. With some high profile deaths coming just after the winter solstice, where we let go of things, this clip I shared with friends became profound in ways I did not imagine before hitting send.

Pain results from the loss of connection with our own soul, and it is this connection that the other person helped you achieve. Experiencing pain is



your body telling you that you've moved away from the vibrational level that your soul requires. You can't change the conditions, but you can insist on feeling good. This works along the lines of "this too shall pass" as each moment in life is fleeting and you can choose where to put your focus with mindfulness.

Many people are eagerly anticipating the new Esther & Jerry Hicks book titled **The Vortex: Where the Law of Attraction assembles all Cooperative Relationships**. Available early September, order your copy now, and request the link for the Grief to Joy clip by contacting [jane@starandmoon.com.au](mailto:jane@starandmoon.com.au)

## HOW TO COACH YOUR SOUL

I have a fond respect for Denise Linn with her moving autobiography. But I just love her Soul Coaching Oracle Cards. The recent cards I've drawn include Voyage ... yes maybe it is time for a short break after well over a year meeting and connecting in such amazing ways with you all. I've drawn Action and Strength also and they have guided me to be true to myself. Tonight as I sit inspired to write this newsletter and share my journey with you, I have drawn Sanctuary. "It's in times of retreat and inner sanctuary that you can truly hear the voice of your Soul... reflect on your heart's true desires." And that I will.



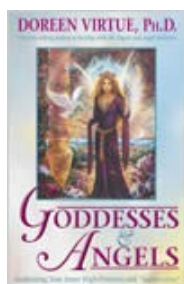
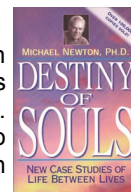
## CHAKRA TUNING

Chakras are personal energy centres, a system in the body which modern medicine may not acknowledge, but metaphysics certainly does. Having attended Helen Paige's Energy Medicine workshop I am clearer on the need to have the chakras balanced. I also now understand that her CD **Guardian of the Light** helps achieve this. I know this because I use the CD regularly but recently after a shock my solar plexus and brow chakras were out of balance. Yes, a very emotional experience! There are other wonderful Chakra Dance CDs and books; it is an area worth delving into, as Chakra in Sanskrit means 'wheel of light'.

## WHAT IS THE DESTINY OF SOULS?

"All the world's a stage, And all the men and women merely players: They have their exits and their entrances; And one man in his time plays many parts". I've always loved this passage from Shakespeare's play *As You Like It*. Does it make life easier, to imagine it as a play, where you take on a role? Beyond the concept of reincarnation, I started to learn about past lives and how healing is possible by virtue of re-discovering past life experiences. This knowledge came through many of Dr. Brian Weiss' fabulous books. Just when I was ready for the next step, I heard of Dr. Michael Newton

who has pioneered research into Life Between Lives. In **Destiny Of Souls**, Michael explores life in the spirit world between incarnations. Using hypnosis, he has regressed clients to past lives and then moved with them through their prior death scenes and into the spirit world, where they are reunited with their soul group and can reflect on the life they lived and the roles they played. To learn more about hypnosis and past life regression, Beverley McKie runs introductory workshops ph. 9364 1274.



## TRACKING DOWN GODDESSES & ANGELS

There was a time not so long ago that I did not really understand the angels. In particular I felt no calling to Angel Oracle Cards nor to the lovely gilt edged Goddesses cards by Doreen Virtue. Well, you may laugh at the last issue even featuring a deck of Goddesses Knowledge Cards! I have to admit though, that I have a new found respect for the prolific work of Doreen Virtue in the field of Goddesses and Angels. Having dipped my toe in the water, so to speak, with her short **Earth Angels** book regarding realms, I spied a book aptly titled **Goddesses & Angels** while on a research trip. It is easy to miss books released a few years ago unless I get recommendations. This time though, synchronicity drew me in, as I glanced through chapters detailing Lemuria and Merpeople, which have become an interest. I became transfixed in the Chitzen Itza and Mayan astrology chapters, with information about Indigo,

Crystal and Rainbow children woven into the journey. This book tells tales as Doreen travels the world giving workshops and messages from the angels. She writes so openly it is hard not to bond with her through the experiences. I looked on with amazement tonight as I read a chapter where she caught up with her friend Ron Roth. I had just received a mail from a friend who found a quote from one of Ron's books to be so enthralling she was after the book. The quote had come to me in a Hay House email that celebrated the life Ron led as a fitting tribute to his recent death. In the most simple words, an Arab asked a wise old man whether having due faith in God he should tie his camel up at night. The wise man responded "trust in God - and tie up your camel". The message being that we live in a material world, and even though we must have faith as we follow the spiritual path, we should not denigrate matter. Hence we must seek balance by having one foot in each world, both material and spiritual. It is a balance I aspire to as I read each book on my journey.