

Star & Moon

Reach for the Stars & Wish on the Moon

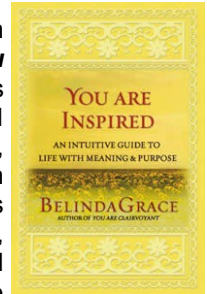
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DO CONNECTIONS EQUAL INSPIRATION?

How do you make a visit to the Melbourne Mind Body Spirit Festival a day of wonderful connections? Join the fairy folk that Lucy Cavendish invites into her magical workshop and hear about her latest book *Lost Lands* covering Lemuria, Atlantis and Avalon. Weaving among people and stands afterwards I started to wonder "Am I beyond attending MBS festivals?" Almost leaping out and physically pulling me inside was a very unusual stand for Zakay Glass Creations. Glistening like a sacred temple, there were beautiful, colourful **Flower of Life** pendants sparkling to catch my eye. Simple sterling silver versions at another stand were not what I had in mind. I want a colourful one! And hey presto, just like a magician, I had conjured up **Flower of Life** pendants in a rainbow of precious stones: Turquoise; Coral; Malachite; Lapis Lazuli; and Black Tourmaline. The talented couple related tales of yesteryear when Drunvalo Melchizedek allowed an exhibit of their glass creations at his workshop in Marysville. Running contrary to Drunvalo's normal policy, it made sense in context with the amazing sacred geometry they create. Here they were, attending their first Melbourne MBS festival, and I didn't want to leave the stand. In fact I hear their gallery in Byron Bay calling my name like a whisper from the ocean. **Lesson #1:** Please don't despair when you sense there is nothing you need coming across your path. An amazing connection may be just around the corner. The dazzling pendants are \$45 and create a buying frenzy, so be quick!



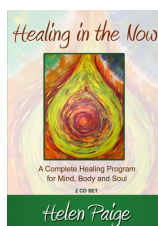
Author BelindaGrace [yes, no space in her name] caught my attention with **You are Clairvoyant**. Realising Belinda was channeling messages at the festival, I immediately purchased her latest book, which very topically has sunflowers on the front cover. Not only does this match the Star & Moon window display, but the title is **You are Inspired** and I was. I'm reading the book (complete with wonderful message from a spirit guide) in between getting ready for a visit from another of my Waitaha family. These visits leave me inspired as we get to discuss and reflect upon our shared experience in New Zealand. **Lesson #2:** Follow sunflowers for inspiration! A mer-lady who lives down the bay chatted with me about Lemuria, the Pleiades and Sirius. It felt like I was in the zone or maybe the Vortex. With little effort, just following my intuition, I was ending up hugging people who 10 minutes previously had been complete strangers. **Lesson #3:** Appreciate and give good hugs. The day at the festival was showcasing how much I had changed in the course of the year, and the final connection was one with spirit, with hilarious Jason McDonald as my friendly spirit medium. I've been to his seminars and daily shows many times, and actually go safe in the belief that I am not going to be singled out for a message. Imagine the surprise as I look to see who else in the back of the room was wearing jade. I scanned again when he said "the lady in jade with the light hair". It was only as he added "with glasses" that I almost reeled in shock. But that's another story. **Lesson #4:** You will get surprises!



ARE YOU HEALING IN THE NOW?

Healing in the Now is a powerful Healing tool you can use in your own home whenever you need it. This double CD pack from Helen Paige follows on from the very successful and balancing *Guardian of the Light* book and CD released last year. *Guardian of the Light* is a consistent best seller. *Healing in the Now* is the result of Helen's own journey to restore her energy after a busy client load began to take its toll. With tracks that encapsulate the best of her Empower workshops and more, the CDs offer the equivalent of many personal sessions with Helen. For \$120 you are placing your healing in your own hands. Need further details? Read on!

After attending the Energy Medicine Workshop this year I was very taken with the sounds used by Charles Dawson in the Dawson Program, which Helen still uses in her practice. Coupled with experiences of both sound and toning in New Zealand during the Waitaha Gathering, I was keen to try out this track first. Helen explains that you should allow your intuition to guide you to the track you require. So I trusted all the signs pointing me to the first track on the second CD and I went with it.

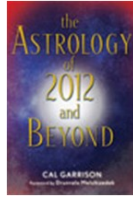


What I noticed only two days later at yoga class was that my range of movement which had been consistent for an entire year had suddenly shifted. During the year I had been having acupuncture regularly until August. Suddenly after this CD I found I had a marked improvement in the range of movement between my right and left hips and also more even flexibility in my shoulders. I could not explain this anomaly. Ok so I am quite flexible, and foxed an American friend who assumed out loud that I owned a yoga studio, when at the time I was only 9 months into yoga classes. I have just had the one year anniversary of starting yoga and mostly make two classes a week, defending yoga evenings pretty staunchly. So it was odd to have missed a few classes recently due to Twilight shopping night and out of town visitors, but last night I tested out my range of movement and still have the improvement since the sound healing. I listen consciously to the track every now and then for best results. I can't explain it fully here but if you already know Helen you will most likely understand the value of these CD's. If not, ask me.

ASTROLOGY OF 2012 DO YOU HAVE TO CRY?

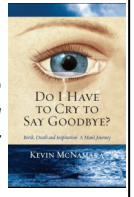
Full Moon - December 2nd (Gemini)
New Moon - December 16th (Sagittarius)

Cal Garrison's *The Astrology of 2012 and Beyond* may not be everyone's cup of tea. Some astrologers won't give a toss about it, but if you are delving into the world of indigenous 2012 predictions (Hopi and Mayan among others) along with the plausibility of pole shifts, you will want to read this new information. An important next step between Drunvalo Melchizedek's original Flower of Life books and a long awaited Mayan book. With no confirmed publication date on this, you can let Cal extend you gently into astrology in this book. Imagine learning how planets impact our lives and recognising some of the ways that indigenous people are deeply in tune with the stars. Cal is Drunvalo's webzine editor and discusses planetary archetypes eschewing confusing astrology terms, and allowing you to glean much from her new release.



2010 forecasts from local astrologer Monika 03 9527 7808

Do I Have to Cry to Say Goodbye? Birth, Death & Inspiration: A Man's Journey - Kevin McNamara



Losing a child to cot death is probably the hardest thing any parent will experience. Writing about that experience is even harder. Imagine what it might be like if a man ripped open his chest cavity, went inside and pulled out his heart laying it bare on the table. Journey from Kevin's own birth to the arrival of his daughter and her death at five months of age. If you have suffered through grief or loss you will resonate with Kevin's description of the grieving process and his emotions. Do I Have to Cry to Say Goodbye? is Kevin's way of saying goodbye to the past and leaving it where it belongs... In the past. How very 'Power of Now' and what a wonderful example for men, where so often these words are not shared openly. In fact for men connecting with their emotions and inner child will be one of the big themes heading to 2012. So start the journey with an ex Policeman who has a few eye popping tales to tell. His book is a gripping read you won't want to put down.

WOULD ULURU ZING YOUR HEART CHAKRA?

Have you ever felt like you are crawling through mud? Not literally, but that it takes more time than expected to get somewhere? This happened on the trip to Uluru. With delays before we even set off, and more once we hit the road, I had a sense that spirit was keeping me from Uluru until the right moment. Before Uluru, we visited Kings Canyon and did the 7km walk late in the afternoon as it was a very hot Saturday in late October. Seeing Kings Canyon pinged my lower heart chakra. Distinctly above the solar plexus which I had felt activate in Coober Pedy. Having climbed up the canyon we were descending at dusk in a beautiful glow of light. After an outback BBQ dinner it was dark and we set off very slowly, only to encounter some local

wildlife. A kangaroo hopped across the road in front of us and soon after two camels were joined by a third who also crossed in front of us. Needless to say a rest stop beckoned and we got up early the next day to drive to Uluru. When I first saw Uluru through the front window of the motor home it zinged my upper heart chakra. It was very clear. I was surprised at how strong the sensation was. Later, in the National Park, I wondered why I did not feel it again. Another friend from the Waitaha trip had the same experience a week after me, and yet another friend also concurred. From this experience I believe our bodies can adjust to frequencies so they are no longer distinct. It is like taking on board the energy and is an important part of being in nature.

REFLECTIONS ON WAITAHA SOUNDS

Don't underestimate the power of sound. We might love listening to music, but it is likely we take sound for granted. Not that I am saying you need to appreciate it in the sense of asking a deaf parent what they would give to hear the first cry of their newborn baby. No, the appreciation of sound is deeper than this. It is timely to ask whether we really understand sound? We live in a world where we have ears to hear sound, and eyes to see light. What if sound and light were actually in union and it is only our means of recognising them, that makes them appear separate? Let's take a trip...

Imagine moving back into the Wharenui (meeting room) to organise bedding, and finding that mattresses had been placed out covering the entire floor. Unfortunately, there seem not to be enough mattresses. Oh dear. There are about 16 other people without a place to sleep and talk of sending us to a motel. Now, sleeping in a motel was not what I had expected. Though looking around, I had to admit that when it said communal sleeping arrangements in the itinerary, I had not quite pictured a sea of mattresses right next to each other. Why had my vision featured camp beds lined along walls with space for our bags next to us? The reality was nothing like that, and believe me, if I wasn't prepared to have a number of people laughing a deep and full bellied laugh over the picture I have just shared, I wouldn't be writing this now. Yes, it would be easier to leave out that little honest truth. It is almost painful how much it says about where I came from and some of what I had to let go of to embrace the journey. In fact I think it is hard to imagine at all what it was like in the shared Marae accommodation with 100 people squeezing into one room on foam mattresses placed on the floor.

Words don't do the experience justice. Meanwhile, here I was standing inside the door without a mattress. What next, you may wonder? At that point a suggestion was made that perhaps if some people were willing to share a mattress, then we could fit everyone in. Suddenly, a friend I had met only hours before motioned me over to her mattress. Never have I been so grateful for the opportunity to share a single mattress! I had a place to sleep! We sat and watched as people adjusted to the surroundings. But I had to admit, it was feeling a little odd for everyone to be in such close proximity. It was then that Te Porohau pulled a master stroke of genius. We were all feeling the invasion of our personal space. What he did next was to get us to start toning. I don't recall which sound we made, but what I do remember is that after this exercise we all started to relax into the situation. We were more at ease with the sardine like conditions. The mood shifted so much, that people closed gaps between mattresses and there were more mattress spaces available. The power of toning had brought about a huge shift in the whole group. I felt a great respect for what was happening at the time, but it is only reflecting now that I see what a big lesson this was for us all. A Waitaha experience of the power of song or tones. Still, I wondered what sound it was, and sent off a query to Te Porohau asking about the sound that first night at the Marae in Auckland. An answer came back that it was the sound of the Mother Prairie Wolf/Dog. In the wild, the dogs with their puppies are a tangled heap of warmth and wonder, anchored firmly in the ability to just be. On that note, the latest book by Eckhart Tolle *Guardians of Being* combines Power of Now wisdom with man's best friend (yes, the dog) in cartoons.

Perfect wisdom to deliver the sound of laughter to Tolle fans.