

Star & Moon

Reach for the Stars & Wish on the Moon

10 Churchill Street
Mont Albert VIC 3127

Phone: (03) 9899 1907
www.starandmoon.com.au

MOON ACTIVITY

14th October
Full Moon in Aries

28th October
New Moon in Scorpio

2009 MOON DIARY

One of the most common requests is for a Moon Calendar. I find that this often follows a broadcast on 774 radio where they discuss gardening by the moon.

2009 Moon Diaries are also in stock, printed on recycled paper in Australia with all important Southern Hemisphere times.

SPRING CLEAN & CLUTTER CLEAR

Spring is sprung, the grass is ris', my goodness look how much clutter there is! No matter whether you are the best organized person, or currently laboring under a mountain of paperwork, clothes, and other paraphernalia, there are times when clutter can get the best of you. Even outward perfection can mask what someone I know refers to as the 'Jesus' room.

There are many great books on clutter clearing and authors often note that we generally don't get taught how to organize our homes and de-clutter them. We add things each day to our house. Not surprisingly, it all adds up and at some point you may become overwhelmed. How many people are reluctant to invite friends over, simply because they are embarrassed by the clutter? And with constantly busy lives, making decisions on how to deal with household clutter can seem like the last straw. Are you afraid to throw out items, sure you will need them at some point in the future? There is a need to look at the reasons we hold onto things. By resolving to trust that things will come into our lives at the right time, we can let go of much of our clutter that is retained, just in case. While you are manifesting all the good things into your life at the right time and in the right place, why not believe that newspaper articles, odd do-hickeys and thing-a-me-bobs will also be there when you need them.

Practical advice includes taking 4 boxes and sorting items between them. You need a box for items you wish to keep, one for those you can give away, another for the rubbish and a box for undecided items. Further tips include checking how you feel about each item. I realized I had no need for a glass candelabra when I was clutter clearing in Singapore last year. It made a great and unexpected gift to a newly married friend. Something that holds memories you no longer need to hang onto can be given with love and if the recipient sends it to Vinnies... well, they made your decision for you!

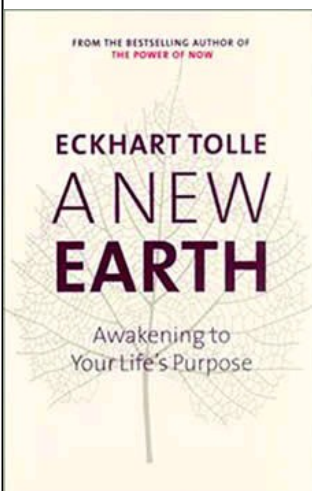
And the undecided box, store it for a year and if you don't use any of it, then chuck it out without looking. Have I done this myself? Yes... but I do look before I throw it out and most items I find I really don't need. So, is this spring time to clear your clutter? Find books to help in store now.

A NEW EARTH - ECKHART TOLLE

Many people have praised Eckhart Tolle's *The Power of Now* as their favourite book. I have to confess it took a long time to get into reading *The Power of Now*. Persevering because of the feedback, the second half of the book was easier to read. Around that time a neighbor who is active in the motivational circuit mentioned that he couldn't

recommend **A New Earth** highly enough. It has the Oprah Book Club sticker on it, but that wasn't why I read

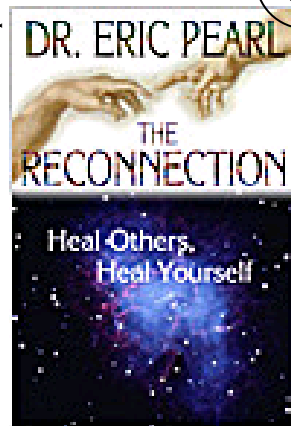
it! **A New Earth** was easier to get into and quicker to read, though still every bit as thought provoking. A funny expression to use given the notion to still the mind and quiet the hum of constant thoughts. *The Power of Now* alludes to staying present in the moment, rather than thinking about the past or the future. **A New Earth** reflects the increasing awakening happening on Earth. Even the process of reading the book is part of the awakening. Try using the phrase "this, too, will pass" when anything bad happens. It helps you let go. Use the phrase also when good things happen, to reinforce the fleetingness of the situation. By losing your attachment to good and bad it is easier to live in the now. Eckhart's anecdotes reflect his increased experience. RRP \$29.95



THE RECONNECTION - DR ERIC PEARL

Why are prominent doctors and researchers all over the world interested in the healings reported by the patients of Dr. Eric Pearl? What does it mean when his patients report the sudden disappearance of afflictions such as cancers, AIDS-related diseases, and cerebral palsy? And what does it mean when the people who interact with Dr. Pearl report a sudden ability to access this healing energy not just for themselves, but for others, too? What is this phenomenon? You may need to reconsider everything you've read up until

now about conventional healing. The "new" frequencies of healing described by Dr. Pearl transcend "technique" entirely and bring you to levels beyond those previously accessible to anyone, anywhere. Read about Dr. Pearl's journey from the discovery of his ability to facilitate healings, to his well-deserved reputation as the instrument through which this healing process is being introduced to the world. Most importantly, *The Reconnection* reveals methods you can use to personally master these new healing energies.



The Reconnection \$24.95

Little did I know when Karen attended The Reconnection Workshop, that I'd be in need of a healing. I was in the early stages of a cold when Karen dropped in to see me. She offered to try a Reconnective healing to see if it would help my cold. A day later I showed up for a session and lay quietly, wondering what would happen. There was no need to meditate, and people may experience the energy differently. I was conscious of wanting to be able to describe the sensations. Initially I felt what seemed like waves of energy across my forehead. The intensity strengthened (no physical contact was made) and it was like a headache forming, though not as painful and it had the sense of honing in on the blockages of a head cold. What intrigued me is that I began to breathe easily through my nose, which had been blocked earlier. I felt a strong energy inside my body during the session, at

times working deep inside my abdomen and at others in my legs and arms. The second session started again with the waves of energy that I could see with my eyes closed. My nose again cleared and this time I experienced the sensation of needing to breathe very deeply to lift a weight off my chest. As the session progressed I felt almost like an energy vortex running up my left leg and through my body. As we discussed the session afterwards, Karen was interested to learn that I had a knee injury many years ago at school. I hadn't thought of it in a long time, but it seemed my leg had kept pulling her back during the session. Recently we realized people had been commenting consistently on how calm I seemed and a lot lighter in being. Karen Bradford also runs Yoga classes with Reconnection energy. Call 0406 338 959 or 03 9517 2669 www.PerfectlyBalanced.com.au

THE HEART OF LOVE - DR JOHN F. DEMARTINI



Your Soul mate is already with you.

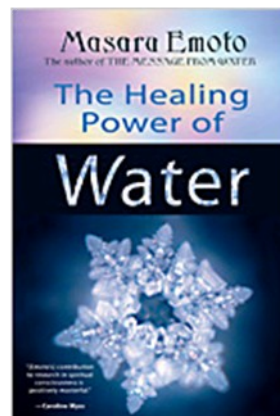
John Demartini has a very mature view on love. He explains that "infatuation is blind to the negatives, and resentment can't see the positives. True love is whole and witnesses both sides equally." John aims to help readers evaluate important relationships of all kinds; love, family, friends, even competitors and enemies. I enjoyed reading the chapter about soul mates, his key point being that "your soul mate is already with you". Sometimes you may not have

one soul mate, but instead will share your life with a group of people who have the qualities you cherish. Look carefully at the attributes of people you attract into your life because it helps you see the qualities you already possess, as they act like a mirror. If you are disagreeing with this statement then I suggest you come and have a look at the book, because all too often we seek things outside ourselves that we already have, if only we look clearly and learn to value ourselves properly. RRP \$24.95

HEALING POWER OF WATER

Louise Hay and many others tell us "your thoughts create your life". In many ways **Dr Masaru Emoto** has proven this. Not with a study of humans and positive affirmations. Instead his photographs of water crystals demonstrate the beauty of certain words like Love, Thank you and Gratitude. At the same time, in contrast to the elegance of crystals formed by beautiful and supportive words, the pictures of crystals formed from hearing words like fool fail to find a struc-

ture. **The Healing Power of Water** both shows and explains the central theories and then offers examples of scientific perspectives of water, as well as healing properties and spiritual experiences. Dr Emoto's work has inspired many people to post positive words where they will see them daily. Find the words to inspire you along with much more information on water, which is something we often take for granted.



The Healing Power of Water \$26.95