



# Star & Moon

## Reach for the Stars & Wish on the Moon

### SYNCHRONICITY, TIME & SUGAR!

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#### MOON ACTIVITY

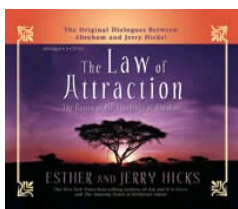
**13th November**  
Full Moon in Taurus

**27th November**  
New Moon Sagittarius

#### GARDEN BY THE MOON

Requests for Moon Calendars follow a broadcast on 774 radio discussing how to garden by the moon.

2009 Moon Diaries are also in stock, printed on recycled paper in Australia with all important Southern Hemisphere times so you know where the moon is.



#### ESTHER & JERRY HICKS IN AUSTRALIA

Initially it seemed an odd story to include in a book about Money and the Law of Attraction, but the tale of a father who is troubled by his son's bed wetting has a powerful message about how we think. "When you become aware that something you do not want to happen has happened, if you would stop for a moment to acknowledge the thing that has happened that you *do not want* - asking yourself what it is that you *do* want, asking yourself *why* you want it - not only would *you* feel immediately better, but you would soon begin to see the results of your positive influence." So the father turned his thinking to wanting his son to "wake up happy and dry and proud of himself and not to be embarrassed."

When things feel bad that is a great chance to observe

Are you learning to take notice of the little synchronicities appearing in your life?

I notice regularly that topics keep showing up. First it was simply learning about synchronicity and co-incidences in books like the Celestine Prophecy and The Celestine Vision. Then I started seeing topics like body clocks, relating to shift work, and tying in with the Traditional Chinese Medicine view of organs being aligned with 2 hour time slots in the day.

The articles in Living Now by Jost Sauer are fabulous and explain how you can live the perfect day. Check his website for previous articles [www.jostsauer.com](http://www.jostsauer.com). What made an impression, was Stomach time between 7 & 9am when you should be eating a warm nutritious breakfast, (the Special K eat breakfast ad is good, but warm food is best - so warm milk with your cereal anyone?). Breakfast helps prepare your body for Spleen time between 9 & 11am when you will get stuck into your task list, completing the most important tasks for the day. Yes, I omitted to mention the idea of rising somewhere closer to 5am than 7am to give yourself a holy hour, time to meditate, do yoga and exercise, essentially time for you. This of course is something I am working to achieve, but I'm taking baby steps at getting there! Even on The UK version of The Apprentice last night it became apparent that top executives and people who get the most out of life are the ones who get up early. Hmmm, bugger, I really have to work on that!

What appeared after the whole best timing for every activity in your day theme? Well something about sugar (and no, not Sir Alan Sugar from UK's The Apprentice). Actually many things about sugar or glucose appeared. An article on Hypoglycemia and the link to Candida (most simply thought of as an excess of yeast internally). Then a link between sugar or glucose and cancerous cells which can be detected in PET scans due to the high concentration of glucose, which they require to multiply and grow. Scientists in drug companies know the connection between glucose and cancer, so you may wonder why there isn't a lot of information about this link. It might seem simple to cut back on the amount of sugar you consume. However, with a little research you will find that so much pre-packaged food is high in sugar and that carbohydrates are also turned into sugar in the body. So this month's goal is to reduce the sugar in my diet.

what you don't want in life. Think of it as inner guidance speaking to you through your emotions, and learn to take the next step and think about what it is you do want in your life. In doing so you will have changed your thinking. When you think about what you want, ask yourself why you want it. Take care not to get caught in the problem, but think more about the solution and what it offers. Focus on what you want and you will start to attract more of that. Titles in stock including The Law of Attraction books, The Astonishing Power of Emotions, Ask and It Is Given, & Abraham Secret Behind the Secret DVD.

Discover the most powerful law of the universe with bestselling authors Esther and Jerry Hicks who will be conducting a workshop in Melbourne on 12th December, 2008. [www.hayhouse.com.au](http://www.hayhouse.com.au)

## TOP PICKS FOR CHRISTMAS

**The Mastery Club** - the best selling book in the shop hands down ... no contest. Great for children and comes on CD for long car trips. An award winning empowering story.

**A New Earth** - starting to run off the shelves and into the arms of people ready for an awakening. Easier to read than The Power of Now, this is an Eckhart Tolle classic.

**Louise Hay You can Heal Your Life DVD** - a fantastic movie with interspersed footage of



many Hay House authors, including Esther & Jerry Hicks, Doreen Virtue, Wayne Dyer, Gregg Braden & many, many more.

**Ian Gawler Meditation CD's** - flying off the shelves faster than I can re-order them.

**Meditations for Children CD** - a firm family favourite and ideal for relaxing children.

**Kids! Indigo Children & Cheeky Monkeys** - with a quiz to establish which little monkeys you have and how to help them thrive.



### Out 'n about in the Mind Body Spirit World

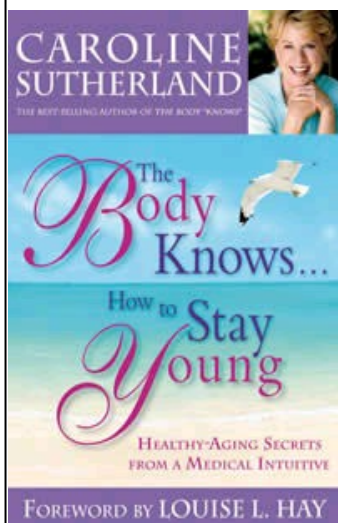
If you want to indulge yourself in the most amazing Yoga venue, I can highly recommend trying **Perfectly Balanced Yoga**. Why did I go along? Well it helps to have a persistent friend who knows that you can benefit from focusing more on your Body. But yoga is actually more than just body work, it really is Mind Body and Spirit.

The Yoga room at Natural Pathways Healing Centre is nothing short of amazing. This is the type of space you might find at an up-market retreat. A huge expanse of glass at one end of the room reveals vistas through to the Dandenongs. I couldn't think of a more soothing and inspirational place to have a yoga class. And I would not ever have expected this in Mitcham. I also didn't expect to get out there at 6pm at night in under 20 minutes from Mont Albert, but most nights it seems possible, sometimes quicker. What I loved about this class was that

as a beginner who had only glanced at a few yoga postures in some of the books I sell, I was able to follow along and the directions for postures are given clearly and in a way that is appropriate also for experienced yogis. Yes my technique was corrected, but pointers were offered for others in the class also. Ok, so I knew I was lagging in some of the postures, and I will be doing some work to improve, but I felt thoroughly included and supported throughout the session. I can't think of a better way to start or continue your yoga practice.

**Meditation** has been a bit of a theme in October, could it be the spring weather helping to get people out and about communing with nature? Getting in touch with their inner selves. If you would like more than a CD, book or DVD from me, Perfectly Balanced is running Meditation Workshops in November and December, Sundays 1-4pm. [www.perfectlybalanced.com.au](http://www.perfectlybalanced.com.au) OR call Karen on 0406 338 959

## THE BODY KNOWS HOW TO STAY YOUNG



### *Medical Intuitive.*

Do you want to live a long and vivacious life and fulfill your destiny? Absolutely!

Do you believe that the body has the ability to heal itself? I'm seeing this a lot lately.

If you answered yes, you will find this book riveting. Something the friend who dropped by and purchased the book (the day the stock arrived, almost grabbing it out of my hands) will attest to, and she is a nurse and healer. Addressing the specific afflictions that start affecting us around our retirement age, and delivering advice to

help slow down the aging process, author, Caroline Sutherland is a health educator and medical intuitive. Take a look at her picture. She is a vital, energetic woman in her mid-60s, so it is highly likely there are a few secrets that are worth sharing. As more of our population approaches retirement age, and a staggering amount is spent on vitamins and anti-aging therapies, men and women are eagerly seeking the answers and information about a healthy lifestyle during their later years. The sugar connection with cancer as per the main article came from this book. Enough said!

## GIFT IDEAS

**Sukin organic skincare** makes a thoughtful gift, and you can try it yourself if you get some in November so you know what a great scent it has and how well it works.

**Ecoya organic candles** - either soy or palm wax pillars, they look stunning and smell divine. Most people smell the shop before they see it based on the candles alone.

**Crystals** - hand selected for the energy, there are many beautiful tumbled stones, wands, hearts, generators and some stunning pendants, bracelets and necklaces.

Plus the popular 3 for \$2 **Incense** range

## RICK COLLINGWOOD

As on Channel 10's Dave & Kim show, Rick Collingwood is not one of those flashy Hypnotists who make people do silly things for TV ratings. His CDs are designed to help you improve your life. Are you Happy, Healthy, Calm, Fit, and Relaxed? If not, there is a CD for you. With so many self help books, CDs and DVDs around how do you know if it works? Anyone can be trained to hypnotize people. But a skilled hypnotherapist is able to take the client to a deep level of hypnosis and provide appropriate messages to the subconscious mind to bring about the desired change. Rick's results stem from his in depth knowledge of the habitual, emotional and attitudinal issues.