



# Star & Moon

## Reach for the Stars & Wish on the Moon

### CONNECTING THE DOTS

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#### MOON ACTIVITY

**13th December**  
Full Moon in Gemini

**27th December**  
New Moon Capricorn

#### HONEY KEYS

It is not often that I plug music and there are so many diverse styles. But a friend introduced me to Justin Hunter's music and Honey Keys in particular. I've not heard such an uplifting piano instrumental CD before. Justin plays from the heart. New CD Piano Cities arriving soon.

Do you believe that some books find you? I choose to believe this. You can read above the story of how I met Helen Paige, the author of this book. But as she fully acknowledges this is not in many ways her words. Well, not all her words. Helen's talent is described in the Foreword as she relates the story of her first trance channelling experience. Now I am open to a lot of Mind Body and Spirit concepts. In many ways I would like to believe. And at the launch of this book I saw for the first time what a trance channelling session looks like.

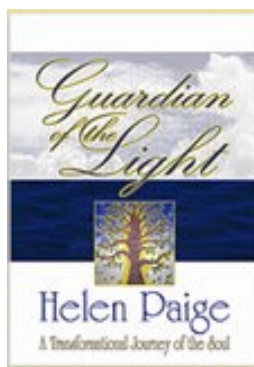
I really did not know what to expect, but I am glad to have experienced it, to understand that this is how the chapters of the book came through Helen. As she herself says, the content of the book is well beyond the extent of her experience (and this is not a slur on my part). To me, in Guardian of the Light, I see the words espousing the theories of some of the best talent in the New Age genre to date. I am amazed, as I dip back into the book time and time again, at how the insight is brought together. In reality the chapters are short but they pack a huge punch. What takes others whole books

Do you know a Medical Intuitive? I am lucky enough to have met at least two that I know of in my life. And I've read a few books of some who I've not met as well, like Caroline Sutherland's The Body Knows How to Stay Young, which was reviewed last month.

If you like synchronicity stories this is a beauty. The first week the shop was open, an angel walked in seeking a little calm away from the madness of the world. Susan became a friend and one day many months later she suggested I get in touch with a friend of hers who was about to release a book and CD. And so I came to be blind emailing Helen Paige, Medical Intuitive and Trance Channel. After a number of correspondences, an invitation to her Book Launch arrived, and still I had never met Helen in person. Arriving at the Launch, I register and head for some water, as I do, I notice a lady in front of me and ponder if this might be Helen. At that time the lady looks up and reaches over to my arm and says "I'll be with you in a moment, don't go anywhere". Yes of course it was Helen, and neither of us has any idea what prompted her to do that. And the reason I love the universe and its wry sense of humour ... is, just as I was writing those words about how I met Helen, the postie walked in with a package of books and CDs from Helen, most of which I have to add I have presold on the strength of showing a few people the copy I have ... which also contains a very special channelled message that Helen added at the launch. There are some people who come into your life to light it up, and Susan and Helen have that impact on me, as do many of the other wonderful people who walk into the shop! I can only hope that in some small way I help to light up your life.

And that seems a fitting point to end this December column wishing you a wonderful festive season and a life filled with Love and Light.

### GUARDIAN OF THE LIGHT



to expand on and properly explain, is covered in but a few pages. Helen commented at her launch that sometimes you just need to hear the right words, you don't even actually need to understand what is said or why you have heard it. And so it is with reading this book. If you trust that you have been brought into Star & Moon in whatever way, then so to, you are now sharing in the Guardian of the Light. It is your choice whether you embrace the book and the beautifully recorded Self Healing Meditation CD. The one guidance I can give is that if you find yourself on a journey at present and are

awakening and wondering at your life purpose then this may be for you. If not, trust that your journey takes you where you need to go.

Note that the chapters should be explored one at a time and in order as they build on each other. You might laugh now, but as you go through it that will probably feel the best way to do it.

Guardian of the Light book \$24.95 and Guardian of the Light Self Healing Meditation CD \$29.95 or both for \$47

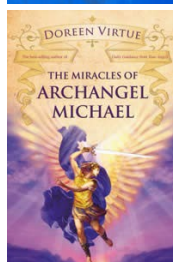
## TOP PICKS INTO THE NEW YEAR

### Theta Meditation - Affirmations by Sharada Rumi \$26.95

A friend mentioned that meditating at a very deep level in the theta state can actually help us look and feel young. Several friends have recently told me about Theta Meditation and this CD will help you get there with ease.

### Archangel Michael - Doreen Virtue \$24.95

The Blue Angel, Michael offers you divine protection, and can reveal your life purpose. Simply ask him to assist! In "Guardian of the



Light" Archangel Michael offered messages in chapter 3 and the special conclusion.

### Be Free Habit Free Formula \$29.95

If you are thinking to make resolutions in the New Year that you want to keep then Be Free may just help set you free. Gain clarity and find the motivation to break bad habits, sleep better, control cravings and shift any weight that doesn't belong with you on your journey. This is a liver detox that doesn't forget the role your mind plays in success.



### Highlights of 2008 in the Mind Body Spirit World

2008 is the year I put my body back together after deconstructing it with 11 years living the corporate life, where it seems I didn't maintain the best balance! So a quick guide as to what has helped me this year for my Mind Body and Spirit

Where is my Chi? articles by Jost Sauer. Explaining how best to live in harmony with the cycles the body goes through each day. Improve your life by living the perfect day. [www.jostsauer.com](http://www.jostsauer.com)

The Physio I turned to is not just a normal physio, he combines in Traditional Chinese Medicine in the most beneficial way for each of his patients. Tight muscles in certain areas indicate internal imbalances based on knowledge of acupuncture meridians. Acupuncture has helped. Wonder why I never tried it before. Matt Radford 9441 0088

Reconnection Healing as in the book The Reconnection by Dr Eric Pearl, this healing helped physically to short cut a cold, and also emotionally in letting go. But there is so much more it can do. Karen Bradford 0406 338 959 or see [www.perfectlybalanced.com.au](http://www.perfectlybalanced.com.au)

Divinely blissful Yoga classes. I'm the first to admit I can be a late adopter in some things and Yoga is one of those. Since I started, I am hooked on the way it helps, not just the body but also peace of mind. The studio feels like a retreat - Karen 0406 338 959

**What is coming in 2009?** Some fabulous people will be running:

Hearing Nature's Whispers workshops - I'm looking forward to being more in touch with nature, using herbs and eating home grown food. The first workshop this year was amazing - Susan 0417 534 778

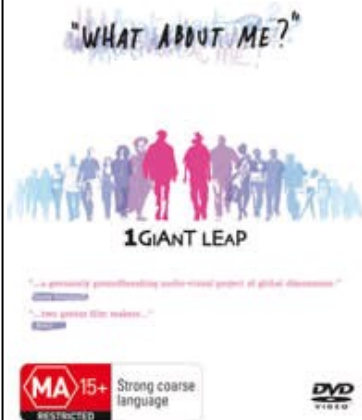
Meditation Workshops - time for me to do more of this!

## WHAT ABOUT ME?

### *Uniting the world with music*

The second film from 1 Giant Leap, have a look at the November issue of Living Now for an interview with the creators. I loved seeing them interview Eckhart Tolle and Billy Connolly. And make music with many local musicians in diverse towns across the globe, plus mix it with some of the best like Michael Stipe. The guys toured the globe with a handy cam to record the film and a lap top to record the music. You love the guts they have just to attempt this. But

it is the revelations they bring us about life in big cities everywhere looking very similar these days that make an impact. Kids with mobile phones walk amidst every kind of advertising. Life looks very similar the world around in cities. Then the guys find themselves in a remote Indian village which has no television or connection to the outside world. It is here that they are moved the most wondering if this is what life is all about, the simple things really are the best. The soundtrack is to be released next year. A great gift for music lovers and anyone questioning where they fit in life.



## LITTLE SOUL & THE SUN ONLY LOVE IS REAL

A parable for children taken from Neal Donald Walsch's Conversations with God and illustrated beautifully. A very special present for a child. The little soul asks God if he can be special. But of course we all are special. The little soul decides to be special by showing forgiveness. Great plan, but this requires someone to forgive. A friendly soul volunteers, but asks a favour. He wants the little soul to remember that when he experiences this act that the friendly soul will have lowered his vibration to commit, that he should remember all souls are divine and some choose to allow us to experience forgiveness.

If you need something to help you believe in Love then this is it. Dr Brian Weiss is a pioneer in documenting his work with past life regressions. Here he details connecting events in two patients past lives at which point he was faced with an ethical dilemma. Letting fate take its course after scheduling their appointments one after the other, it took an unrelated cancelled flight to unite the couple. Yes there is a happy ending, but what is more important is the messages throughout the book that help reveal that Only Love is Real. In this at times mixed up, crazy world, that could be the most powerful message, after all, what is our purpose, if not to connect with people?