

# Star & Moon

## Reach for the Stars & Wish on the Moon

### CONNECTING TO LOVE

10 Churchill Street  
Mont Albert VIC 3127  
Phone: (03) 9899 1907  
www.starandmoon.com.au  
jane@starandmoon.com.au

#### MOON ACTIVITY

##### 10th February

Full Moon in Leo  
Lunar Eclipse!

##### 25th February

New Moon in Pisces

### CLASSES

Gita Yoga classes  
call Evelyn 0418 328 681

Meditation Classes  
call Karen 0406 338 959

Basic Tarot Workshop,  
Attracting Love Workshop,  
Feng Shui & Sacred  
Space Workshops  
call Natasha 0413 777 378

Tarot Course/Study Group  
call Anne 9898 7654

I had so many ideas for writing about love given it is the lovely month of February which is home not only to my birthday being a Pisces gal, but also to Valentines Day. Now Valentines Day can bring mixed blessings. Strangely, one of my best memories is a girls party a friend hosted in Singapore where most of our partners were either travelling, living elsewhere, or in a few cases non-existent. And we had a fabulous time, girl power at its best I guess, add a little sparkling, a chick flick and what more could we ask for? Maybe a rose quartz heart like some in store now!

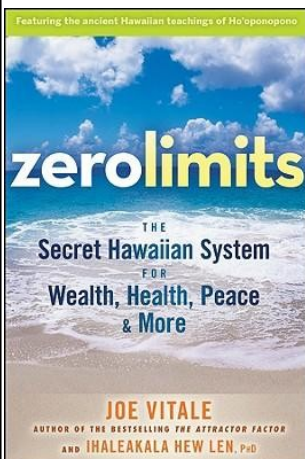
But in the lead up to Valentines Day this year I have been enjoying promos for books to help you determine if you are emotionally available, 'RUEA' is the snazzy title by Suzie Wilks & Deborah Gray. The girls explore their own dating lives ... and I am intrigued to see what Suzie gets up to. Does being a celebrity help or hinder your love life?

Hay House, one of my favourite publishing houses, has been promoting their new title 'Stop Wondering if you'll ever meet him' by Ryan & Jessica Cassaday. I listened to a segment on Hay House Radio (online) where they talked about the concept of dating multiple people until you determine what they are really like and if you wish to pursue a relationship. Now this of course depends on your definition of dating. But like some of my other favourite authors, there is a big push to take a little more time over dating, before falling headlong into a relationship. As we look around and see children growing up oh-so-fast and teenagers trying to live like they are 25, it makes a nice change to slow down the dating process and not be in such a rush to find Mr Right. The authors started writing the book as friends, then began dating following their system in the book and are now married to each other! The ultimate road test.

Since opening I have come across some helpful titles for relationships and love. Drop by if you want more information on viewing your relationships more objectively as Heart of Love by John Demartini is excellent for this. If you are having challenges communicating then 'Why Women Talk and Men Walk' can be an enlightening read.

For me the book I am hanging to read is Eat Pray Love, as I have heard some great reviews.

### ZERO LIMITS - JOE VITALE



Zero Limits came to me in an email from a friend, and I would have no idea how much the simple words and ideas would touch the lives of the people who find Star & Moon. I sent the email out to those I know who would most likely appreciate it and not scoff, because it sounds so simple as to be unbelievable. But for those who have a little faith

and trust these days, it has proven itself to be invaluable. What do they say, sometimes the simple things are the best. Well, often I find that is the case.

The affirmation or mantra is simply saying "I'm sorry, I love you". Many people including Louise Hay have urged

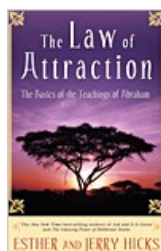
us to stand in front of a mirror and tell ourselves "I love you". Well, no mirror required for this one!

Just try saying "I'm sorry, I love you" to yourself when you think of it. Why? What is it doing? What on earth could it do? What if it worked to clear the limits you place on yourself. The limits others place on you. The limits you have picked up, unconsciously even, as you have moved through life. There is an email I can send you which talks about Ho'oponopono and how it was used by Dr Len to heal a ward of mentally ill prisoners. I know people who have used the mantras and then had communications from the people they had been frustrated with or waiting to hear from. People having issues with someone have worked on themselves and then received an apology. Please note, you work on yourself, not anyone else. The paperback of Zero Limits has just been released, with stock arriving in February and half the order is pre-sold.

## WHAT HAVE I BEEN READING?

### The Law of Attraction

I started with Esther & Jerry Hicks' latest book called Money & the Law of Attraction which actually covers Abundance, Health and Life Purpose. Then I realized I wanted to go over the full basics of The Law of Attraction, The Science of Deliberate Creation and the Art of Allowing. Now I was never a lawyer or scientist, but art I love! And I loved the book!



Snippets of information about time, Life After Death, DNA strands and strings, channellings, past life seminar with Brian Weiss, and talking to Deepak Chopra.

### Article on Eckhart Tolle in the February issue of the Australian Women's Weekly magazine

The Power of Now and A New Earth are going very mainstream when a 4 page Inspiration article makes it into the Australian Women's Weekly magazine.

### The Reconnection - Dr Eric Pearl

I never know why I glance through some books and have to read others cover to cover. But I picked this up recently and was stunned by the number of ahha moments.



Grab your own copy or come and view the article...it's in the shop window. Eckhart is touring in March, once he arrives by boat! Yes, how to avoid jetlag and see a bit more of the Pacific!



## MONT ALBERT SHOPPING VILLAGE

### The Butcher, the Baker, the Green Grocer!

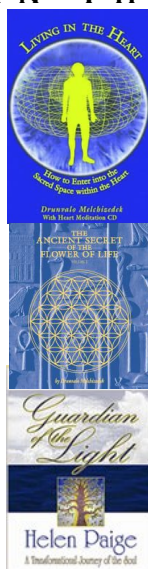
That may not quite be how the saying goes, but people travel to Mont Albert for the Butcher and for BreadStreet, the fabulous bakery. The new Green Grocer, Dan, has fruit and veg with the best vibes and a recipe at the ready to help you make the most of the produce. Ever since I discovered Don Tolman I have been popping round to the Green Grocer much more often. Don is all about healthy natural foods and Dan can definitely help you with that. Eat tomatoes for the heart!

### Café Culture in Mont Albert Village

Mont Albert is home to a number of cafes and it is a great place to meet friends for coffee or lunch. A number of Star & Moon clients do this regularly. I enjoy lunch from The Orient Expresso, especially when I will be rushing off to yoga in the evening. And I do love the cakes and hot chocolate from Zimt, so good in fact I actually have to stay away! The new kid on the block, Churchill's Café, has gourmet larder ingredients, while Country Fare is a hearty crowd pleaser.

## LIVING IN THE HEART

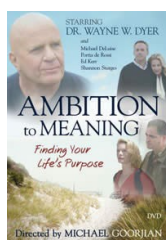
I like getting orders for books I haven't heard of. It often introduces me to new authors and titles in what seems to be a very synchronistic way. Living in the Heart written by Drunvalo (Dru for short) Melchizedek was requested by a lovely lady who travels across town to visit the shop. Dru has also written two books on the Flower of Life, which Helen Paige suggested. Living in The Heart comes with a Merkaba Meditation CD. Merkaba or Star Tetrahedron is Sacred Geometry, "one pyramid faces up and one pyramid faces down" as in Helen Paige's book Guardian of the Light. Dru explains about a machine that used the Merkaba vibration or energy as the pattern to eliminate pollution. The machines were tested in several polluted cities in America in the 1990's and worked very well. Strangely, even though a national body recognized the benefits, the local governments showed no interest in the technology, despite obvious evidence it was working! Dru tested the Merkaba Mediation, which, when per-



formed by a group, could clear smog and pollution for quite large distances. This was tested in Mexico and in England. Dru tells stories of Psychic children in China and other countries who can see when blindfolded. They describe seeing a large TV screen surrounded by many smaller screens. It is unusual apparently for people to volunteer how they see in this fashion, but even a blind lady can see in this way. Another chapter talks of the heart having a brain. This came through in a message channelled by Helen Paige at her book launch last year. At the time I was amazed. Dru points out that the heart starts beating in a foetus before the brain is developed, so there has to exist a brain in the heart. There is also a very small place in the heart called "the Bundle of His" that if touched during heart surgery, means the patient will die, the only remedy I was told today by a lady who works in cardiology, is to have a pacemaker inserted. Finally, an email today describes the Meditation CD as life changing.

## AMBITION TO MEANING

February is an exciting month with the new Wayne Dyer film arriving soon. A number of people follow each new book that Wayne releases, so they have noticed the absence of new titles while he was making this movie. As Wayne says, "I am 68 years old and I have a new career. When I was asked to do this film, I didn't think 'I'm too old to do something I've never done before.' I thought 'I am open to everything. I am willing to change and to learn.' I'm more proud of this film than of anything I've ever done before."



If you enjoyed Louise Hay's You Can Heal Your Life movie, this is the next one to see. Filmed at a retreat, with a storyline, clips of Wayne and a number of other Inspirational luminaries, it features Portia de Rossi, who grew up in Geelong. Did you know that Wayne Dyer was the celebrant when Portia and Ellen DeGeneres married? The extended version of the movie has an extra DVD featuring additional interview footage. I still love Wayne's story in 'Inspiration' of the Monarch Butterfly that stayed on his finger for well over an hour during his seaside walk and even back into his apartment upon his return.