

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
jane@starandmoon.com.au

MOON ACTIVITY

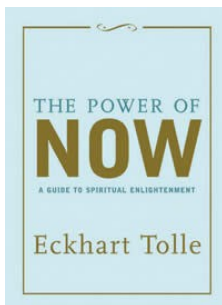
11th March
Full Moon in Virgo

27th March
New Moon Aries

CLASSES

Tarot, Feng Shui & Sacred
Space Workshops
call Natasha 0413 777 378

Helen Paige Workshops
call Helen 9375 3030



HOW WISE ARE WHOLEFOODS?

Do you think food could make you any wiser? Well that is exactly what Don Tolman illustrated in a jam packed seminar in Melbourne this February. Don had conducted a trial with 8 Alzheimer's patients placing them on a program of 3 litres of water, sunshine, walking and a handful of walnuts each day. Following the doctrine of signatures, wholefoods often have a shape or characteristics in common with parts of the body. In this case walnuts look amazingly like brains right down to the two hemispheres, and walnuts are known to improve the memory. The audience were also told that the reason we've been drilled for so long to drink 2 litres of water a day is because the brain actually needs to replace its weight in water each day, and that requires 2 litres. If you're thinking that's ok, I have enough liquid, well, Don also clued everyone in that liquids go to the body, but only pure water goes to the brain. One lady in the trial had not had a glass of water in 18 years. Yikes! Please don't let that ever be you. Drink water daily. At the end of the study 7 out of the 8 had no Alzheimer's. Just goes to show what a wise move wholefoods would be for your body. You can attend Don's Bootcamp in March or order his huge reference books online (yeah, I wish I could sell them). However, you can do any children you know a huge favour by introducing them to the story of Don's life in **The Boy Who Found His Pulse**. In fact you may want a copy of Liliane Grace's new story for the simple guide to which foods help each part of the body.

On Don's website there is a question, "What specific juices or foods would you recommend for the prevention of Alzheimer Disease?" The answer Don provides is "Raw nuts, water and lots of salt. Crossword puzzles and memory exercises, poetry, and jokes etc." It seems that as well as food and water, we also need to use our brain... how tedious! So I have to think, and then I have to meditate to add a little calm to my day. I guess it is all about balance. A few people have asked recently about how to still their mind. Staying in the present moment or in the now (Eckhart Tolle) is important. After that try some meditation. I keep getting told through kinesiology that I need to meditate, and it even came through in a Trance Channelling session I had at the end of February. So there we go, apparently March is Meditation Month. See the March offer for meditation and calming the mind over the page. What will you do this month?

WHEN MANIFESTING DOESN'T SEEM TO WORK

Are you discouraged? Do you think manifesting doesn't work? Are you wondering how the Law of Attraction can work for some people, but never seems to work for you?

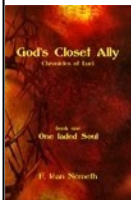
You're not alone. Joe Vitale illustrated this asking:

"If you drop a ball from the roof of a building, does gravity or your letting go make it drop?"

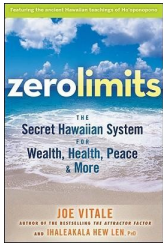
Think about it. Well? Which is it? Gravity or your action? Obviously, it's both. It's the same with Law of Attraction. [Yes,] the Law of Attraction is the same as the Law of Gravity: it's working whether you give it credit or not. [So the question is] how are you attracting what you are getting (or not getting)?"

God's Closet Ally explores what might be happening when you just don't seem to be manifesting what you say you want. It is a conversation with Luci and perhaps I should mention who this Luci character is. To help the author understand what was going on in his life, and you

get all the colourful detail of the frustrations he has faced, he is guided by a channelled conversation with Luci. For those people who are religious, I am about to stretch your thinking. I have an open mind... it helps when you run a New Age Shop! God's Closet Ally spoke to me at a level going beyond what the Da Vinci Code raised for me. A question around the divine feminine and a conspiracy to shroud the true matriarchal power in the background of what has for a long time now been a patriarchal society. Maybe this was for the good of humankind, I'm not sure, but the information coming to light these days is revealing the role of the divine feminine. Now, can you conceive that if God were the father of creation, there may have been a mother of all creation? The mother of creation was Luci. I won't spoil the surprise for you, as there is a bit more to it than that. An enlightening read by Jean Nemeth, author of *The Shift of The Ages*, a novel about 2012 with Jean's fabulous CD Single when you buy now.



WHAT IS SELLING FAST? PLUS A TREAT!



Zero Limits - well I was reading this until a friend looked at the book and said she would be over the next day for a copy and hinted she would buy the copy I was reading. It was that important. Perhaps I should mention having sold 9 out of 10 copies and the last copy is just sitting waiting for its new owner to come and collect it. So yes, order number 2 is on its way. Please let me know if you want a copy held aside this time. I realized over the weekend, that this whole book describes getting back to Zero or creating a void, which is essentially the concept called the Space of Nothingness in chapter 4 of **Guardian of the Light** by Helen Paige. The review of **Zero Limits** in last month's newsletter can be viewed online at www.starandmoon.com.au



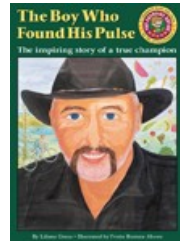
Eckhart Tolle books are selling fast with the media heralding his arrival this month. **A New Earth** is just released in a new purple cover paperback, and has sold over 6 million copies. Create a Better Life!

And a treat for you! Some people take copious notes when they attend seminars. Email a request for notes from:

- Don Tolman's Wholefood seminar
- Joe Vitale's Hypnotic Marketing

There is also an excerpt from **Zero Limits** which I am happy to send you, and you can receive these newsletters by email.

Simply send an email with your request to jane@starandmoon.com.au



DO YOU WANT TO SET YOUR MIND FREE?

Peace of mind comes in the form of a Guardian of the Light Self Healing Meditation CD. Buy the CD for \$29.95 and you get 20% off the current price of the Be Free Habit Free Formula, which calms the mind and supports you through a liver detox. The Be Free Habit Free Formula is going up in price so get it today.

A great March offer to buy Helen Paige's CD and the Be Free Habit Free Formula and save! Pop in store or visit www.BeFreeNow.com.au for more information and testimonials.

Buy a Meditation CD



And you get 20% off a bottle of **Be Free Habit Free Formula**.

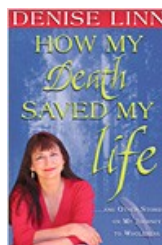


IS THERE LIFE AFTER DEATH?

Not everyone believes in Life After Death experiences. And I can't speak from experience, which is probably a good thing all considered!

Early in my spiritual journey almost 2 years ago, I came across some books by Denise Linn. First and foremost was her autobiography, which somewhat confusingly sat on the shelf with 2 different titles and covers. Selling in Australia as **How My Death Saved My Life**, I found a copy also with the more inspiring title 'If I Can Forgive, So Can You'. The autobiography is a can-not-put-it-down read, and had a number of friends hooked as well, eyes riveted to the pages.

Where is the linkage you might be asking? Well, Denise had a Life After Death experience in hospital when she was in her late teens after being run off the road and shot. This is described in detail in her autobiography, which I read early in my journey of enlightenment, and



it rang true. I don't recall questioning the feasibility of Life After Death experiences, I just accepted the phenomenon and kept reading.

You might find it interesting to read in Dr Eric Pearl's **The Reconnection** of his mother's Life After Death experience when she was giving birth to him. Eric hoped that writing about this would serve to show how his mother was prepared so she would raise him in a less than conventional way for the time. It also reminded me of an article a while back talking about how there may be many unreported Life After Death experiences where people either doubt themselves, or are told that they had never died on the operating table. People often find it hard to get anyone who was present in the operating theatre to corroborate the experience.

It is quite possible that Life After Death experiences are much more common than we recognize.



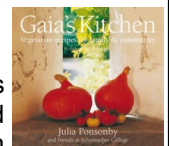
THE SECRET TO GREAT FOOD

Fabulous cookbooks in store now, whether it is simple recipes to get you cooking quick, easy meals, rather than buying prepackaged foods with hidden nasties. Try the best selling **4 Ingredients cookbook** and get the sequel **4 Ingredients 2** which has over 400 new recipes where you require only 4 ingredients. Make cooking simpler!

If you are looking for one of the best Wholefood authors, Jude Blereau is the pick with a gorgeous cookbook called **Coming Home to Eat: Wholefood for the Family**. Gluten Free, Dairy Free and Vegan recipes.



Gaia's Kitchen by Julia Ponsonby & friends at Schumander College in Devon, England serves up the best of Mediterranean, Indian & Mexican vegetarian cooking and also caters for crowds!



Food Matters DVD is a great documentary that showcases some of the myths around food and vitamins. Do you ever question the almost blind faith you place in prescribed drugs? Do you worry that you might overdose on vitamins? Do you want to know the truth? You would be eating much more raw food and taking vitamins instead of drugs if you saw this DVD which puts it in perspective.