



## WELCOME TO THE APRIL EDITION!

It's been a long time coming, for this newsletter, for a variety of reasons but mainly because this has been the busiest year of our lives. What an amazing year this is proving to be! Astrology long predicted that 2012 would be the year when people stood up to be counted.... When the world and its leaders in all fields will not be able to get away with lies, deceit or travesties of any kind and what are we seeing, the world waking up!

Hopefully you are all on my [www.facebook.com/thegoddesswithinworkshop](http://www.facebook.com/thegoddesswithinworkshop) page where you will see the things I post that excite me the most. If not however, there are a few in here that I highly recommend you checking out that have happened in the past 2 months alone.

I am excited about the possibilities right now....

**WHAT'S IN HERE?**  
Calendar and What's on  
Health - Cancer/Thyroids  
What to eat and When?

Enrica's Quilt  
The Healing Ground  
Looking for a Website?  
Lose centimetres the easy way  
Goddess in Sydney  
The LifeLine Technique  
Faerie-Lande Miniatures  
SuperCamp for teens  
Angels in Hell  
EC Control and Recipes

Possibilities for each of us to come into our own, to truly own the truth of who we are, regardless of what that looks like in the mirror or what your last school report card said! We are all magnificent and the only thing we have to do is claim that bounty now. We know beauty shines from the inside out, and is not dependent on botox, boobs and bodies... for women.... And Men it is not about how tough you are or how much money you earn but rather about how soft you can allow yourself to be on the inside and how feeling you are for people, animals (and as someone once wrote how patient you are with Christmas tree lights!) For everyone it is about the light in our eyes, the humour and intelligence we have to speak our truth and our willingness to be authentic in spite of our perceived flaws!

## EVENTS

### GODDESS MEETING

Monday 2nd April

Come along and have fun  
with Trish Herreen

7,30 Regal Park Motor Inn  
If you haven't got your monthly  
meeting list, email me for one!

### MEN'S GROUP SA

2nd Tuesday of the month  
6/180 Grange Rd, Flinders Park

### TANTRA IN BALI

APRIL 20-25

AUG 10-15

### GODDESS WITHIN

Vic - MAY 20 & 21

SA - JUNE 2 & 3

NSW - OCT 13 & 14

### MAN'S INNER JOURNEY

Vic - MAY 26 & 27

SA - JUNE 16 & 17

### SPIRAL JOURNEY

SA - July 27, 28, 29

Vic - Nov. 16, 17, 18

### THE JOURNEY CONTINUES

Vic - Nov. 9, 10, 11

So in this time of incredible options what are you going to choose? A life of passion and joy or do you prefer to carry your "story" around with you? (Most of your friends have heard it anyway!) We all know that saying: "If you do what you've always done, you'll get what you've always gotten." What are you going with the rest of 2012? I tasked someone recently to join Toastmasters so that he learns that what he has to say is important and to learn how to communicate effectively. We all know what we need to do differently so just go do it otherwise another year will have passed and things will be the same. Meet new people, learn new skills, have fun, do something outrageous that you never thought you would, leave your comfort zone where it belongs and fly! I believe our Souls are calling us to tell it like it is, to leave what doesn't serve us behind and move into a new future where we follow our hearts and live our dreams.

### Things I love right now:

The brilliant talk on TED by **Dr Terry Wahls, MD**, who came down with MS, and despite the best that conventional medicine had to offer, was deteriorating and could not even sit properly. Within a few months after starting to eat like a 'hunter gatherer' she was able to ride a bike, and she is now fully functional and doing an excellent job educating people. <http://www.youtube.com/watch?v=KLjgBLwH3Wc>

**Nick Xenophon** starting a campaign to bring justice for Ian Humphreys who was killed by Eugene McGee in a hit run and being a high powered lawyer, he managed to escape justice and is now back practicing as a lawyer! If that were you or me, we know where we would be and it certainly wouldn't

be still practicing law! You can go on line and register by going to [www.facebook.com/justiceforian2012](http://www.facebook.com/justiceforian2012) and be part of the campaign. This is the time and we are the people.

**Wildetribes2012** is an amazing concept about bringing together women with their many gifts and talents to partake of a glorious 2012 and share their insights and wisdom. As women, we grow *together*. We resource ourselves through authentic connection. We celebrate triumphs, soothe heartbreaks, and storytell the meaning of our precious lives together. We've gathered some of the women that inspire, excite, challenge, and empower us most. For two weeks they'll let their hair down and let the wisdom flow!

### We Love You - Iran and Israel

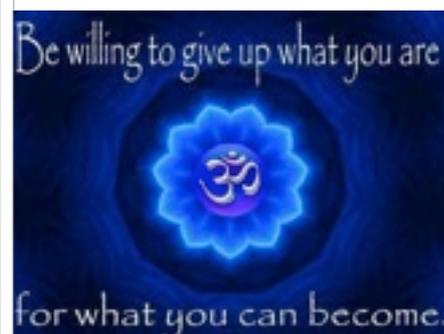
A beautiful heartfelt message by a young man who is Israeli to the peoples of Iran telling them he doesn't hate them, he doesn't even know them and his message has spread with Iranians sending him the same message. Without doubt it is the young ones who will turn the tide and create peace on our planet. <http://www.youtube.com/embed/mYjuUoEivbE>

And of course the **Kony video** - <http://www.youtube.com/watch?v=Y4MnpzG5Sqc> - which went viral in 24 hours. Interesting I watched a piece on TV from the people of Uganda who said where were you 24 years ago (when they were young and being abducted and abused) and that they would rather the peoples of the world stopped trying to stop Kony and started

supporting the survivors of that terrible regime.

Lastly there is this one - <http://oneyoungworld.com/home/> about a world summit in October this year for young people who will stand up and give their ideas and suggestions for the world they are inheriting. Do not doubt it is the young ones who will turn our world around and I have great faith that our future is in safe hands.

Want your heart touched: watch <http://www.wimp.com/operavoice/>



**"If it can't be reduced, repaired, rebuilt, refurbished, resold, recycled or composted then it should be restricted, redesigned or removed from production."**

**Ecology Center, UC Berkeley**

# HEALTH

**CANCER...** So exciting to see so many new techniques available to heal. I loved this piece....Every person has a different reason to be sick and therefore a different journey to health. We feel that our task is, to show you all your options and to explain them in the most logical way. It is not our intent to convince anyone of what we believe is a better choice, but to introduce many more options and insights to you, which we discovered on our quest to find a cure. <http://www.canceriscurablenow.tv/blog/watch-directors-cut-now> <<http://clicks.aweber.com/y/ct/?l=Ixv4s&m=46wK9812wPru48K&b=2MIKh3lAj2lJes6MYJ3Y1A>>

**THYROID...** Many people have over or under active thyroids. A very growing concern and has been for years. This is from a great book I recently read. **The bromine, flour, thyroid connection.**

Wheat flour has a negative effect on the thyroid. Dr. Brownstein believes that the bromine added to flour is what damages the thyroid. Some experts say it's the gluten, but Dr. Brownstein sees it differently (though he attributes gluten to be an issue as well.) He says the thyroid uptakes bromine if there is not enough iodine and this causes interference with thyroid function. The gluten theory is that the body produces antibodies to the gluten protein that are similar to thyroid tissue and these antibodies attack the thyroid as well as the gluten. This has the workings of a classic autoimmune disease. So I'm not sure which one is right (or both), but both outcomes tell you hybridized, processed flour (with excess gluten) is not something you should eat if you want a healthy thyroid – or healthy waistline.

**Skin iodine test not accurate.** Dr. Brownstein has confirmed

(adding to a long list of people) that the skin test for iodine is fairly inaccurate. About 80% of the iodine evaporates, so there's very little science or control involved in this "test" at all. Urinary testing for iodine is the most accurate in Dr. Brownstein's opinion.

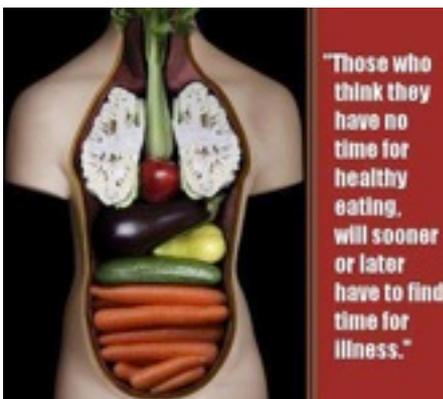
#### 4. Estrogen is everywhere.

You'd think that all the talk you hear about estrogenic compounds everywhere, every man would be turning into women and every woman would have breast cancer. (Well, wait... Maybe we are...)

Plastics and soy are two estrogenic substances that need to be heavily avoided in order to get your hormones back into balance. This means you need to be very careful about your intake so that you don't fake your body out with estrogen it doesn't need. Good news is... Iodine can help modulate estrogen. So having good iodine levels will help you keep your estrogen in check.

#### 5. Will kale destroy your thyroid?

There's lots of talk about cruciferous vegetables like kale and cabbage destroying thyroids (or at least slowing down its function.) Dr. Brownstein confirms that he's seen low thyroid function with those who eat a lot of cruciferous vegetables – but mainly in the vegan patients he sees. This is an interesting distinction that he's seen clinically and I wonder if it's because most vegans / raw foodies eat a lot of kale or if it's a combination of what they're not eating and the cruciferous vegetables. I don't know the answer but I'm going to explore it further.



## WHAT TO EAT & WHEN

### 1. Fat and Sugar do not mix well.

Fat which takes several hours to digest, and sweet sugars which digest and are assimilated very quickly, do not make great belly-mates. Unfortunately, in most raw food recipes, you'll see there is a discouraging number that contain mixtures like dates with nuts, banana with avocado, or sweet fruits with coconut. These recipes are an open invitation for digestive fermentation (never mind what they do for blood sugar issues)!

### 2. Bananas and Acid do not mix well.

Mixing bananas with oranges, is less than ideal. Bananas are a starchy sweet fruit and combine best with other sweet fruits (like mangos) and sub-acid fruits (apples, pears, berries etc.) You should always listen to your body's response to the combinations you try, but avoid combining bananas and durians.

3. Acidic Fruits and Fats are okay for some. The understanding is that these foods actually help digest fats. Thus some nice salad dressing combinations: e.g. Tomatoes & tahini...or Orange juice & avocado...

### 4. Don't Mix Different Fats in the Same Meal.

Mixing different sources of fat like coconut, nuts, seeds, avocado or durian at the same meal = a heavy-duty digestive workout and best avoided. It's a lot more work than necessary for that body of yours.

### 5. Dark, Leafy Greens Go With EVERYTHING!

Mix them in your smoothies, or smother them with your favorite avocado dressing. Either way, leafy greens like spinach, lettuce, celery, etc. combine well with anything! (Greens like broccoli, and cabbage do NOT mix well, and are not considered dark, leafy greens.)

# Things of Interest

## ENRICA'S QUILT Women's Vision United for Mother Earth



Enrica is doing amazing work with her quilt, taking it to various Environmental days. It is growing rapidly and so if you haven't contributed yet, please contact her on <http://www.womensvisionsunited.com/>

## THE HEALING GROUND



First monthly family friendly event coming up for The Healing Ground Mylor Hall - 1pm - 4.30pm, Sunday April 15th  
Opening Ceremony - Creating a Medicine Wheel - Drumming Circle - Energy Healings - Children's Activities - Community Mandala and MORE  
For more info go to <http://www.thehealingground.com.au/events.html>  
Book your place at <http://thehealingground.eventbrite.com.au>  
Contact Deanne on 0417 816 585

## LOOKING FOR A WEBSITE OR HELP WITH NEWSLETTERS?

Would like to learn how to create a newsletter or professional website? Or how about just handing the job over to someone else who cares about how you present your services? Need a brochure, flyer or business card designed for you? Contact Deanne 0417 816 585 or [deanne@lotusfloating.com.au](mailto:deanne@lotusfloating.com.au) She will take the overwhelm and stress out of promoting your business and can train you to update your info on-line. She also offers ongoing support at affordable rates, AND she's got a great relaxation studio too! [www.lotusfloating.com.au](http://www.lotusfloating.com.au) (I just had my hot stone massage yesterday and it was heaven)

## LOSE CENTIMETERS THE EASY WAY... NOW!



Stop wasting time trying pills and constant exercise!  
New, non-invasive, non-surgical fat reduction method for body shaping and skin tightening.  
Ultrasound Cavitation breaks up the fat in the targeted area  
**This magic machine gives you the most amazing results.**  
Most clients experience 2-10 cm of circumference reduction after first session. If you don't lose

centimeters at the first session, you over booked don't pay.  
Phone Carly on 0477 046 643 to make an appointment (North Haven).

**MIJ is only held once a year in SA** so if you are interested, or know someone who is, please refer them to the website [www.man@sinnerjourney.com](http://www.man@sinnerjourney.com)

**Spiral Journey** is filling fast as we have a time payment plan and there are limited numbers so if you are thinking about it, just do it!

**TJC is only once every 2 years for men only.** A Fabulous experience for men, deep powerful and life changing.

**Tantra in April** has a vacancy and August has couples booked in already so if you are planning on doing it, let me know early please to avoid missing out because last August it was booked out and again we have limited numbers.

## NEWSFLASH!!

### Goddess in Sydney!

Very exciting.  
Leanne the promoter is thrilled and unstoppable.  
So if you have friends who might be interested, please let them know to contact her on 0427 007 651

## THE LIFELINE TRAINING

Exciting news on the new changes for 2013.

A DVD will be out in May which you can study, then do **THE LIFELINE EXPERIENCE**, a 5 day event from March 4-8 2013. If you are serious about wanting to learn this incredible technique, stay tuned....

It is really about learning to drive your life just like you learned how to drive your car. You came here with no instruction manual and LLT gives you just that and a whole heap more besides!

**G**etting excited about the new website for Rebecca which will soon be on line... Rebecca makes Faerie-Lande Mystical Miniature Masterpieces and the ones she made for us recently blew everyone away. Keep your eyes posted for the URL and in the meantime be awed by Lizy's wagon and labyrinth. You have no concept of the size until you see it and this absolutely does not do it justice... but the horse feed and water buckets are one mm high! The carriage is the size of a 2-3 cm high! She will be making them for special occasions for the public and they are spectacular.



## SUPERCAMP for teens...

SuperCamp is the most well known established fabulous superlearning camp for teens. Stephanie Burns and Marvin Oka were part of the team then for Supercamp and we brought them to Adelaide and they were amazing. . Supercamp is now coming to Melbourne early April so if you have teens send them. You will never regret it. [www.supercampaustralia.org](http://www.supercampaustralia.org)

## BEING SILENT

On the issue of being "silent" about things that aren't "socially acceptable" to talk about, one of the things I am appreciating more and more as the years go by is the necessity for standing for what we think even if we later discover there were better ways to do it. At least we did it and many people don't. How many times have you not said something for fear that it would upset someone or because you were afraid

that other people would judge you? Isn't it time that

\* We all grew up a bit and said what we think in a way that takes into account our audience?

\* We all said what was on our mind without fear of retribution?

What would the world be like if, instead of feeling ashamed and guilty about things that we have done /said:

We owned up to them,

We asked for forgiveness and thereby We allowed everyone associated with the event to move on, including ourselves.

Speaking out about difficult issues is not only necessary, it is a pre-requisite for growth. This is from my friend Ruby who has just written a great book on Rape (co written by another survivor also) It is called **Angels In Hell** and a great read with ways of counteracting the effects.

## BABIES / TODDLERS / PREGNANT WOMEN

Tiffany runs great workshops for pregnant women and helps women learn how to use Elimination Control.

[tiffany.cowling@internode.on.net](mailto:tiffany.cowling@internode.on.net)



## HAIR CONDITIONER

1 Tb parsley  
1 Tb sage  
1 Tb rosemary  
Pour over 1-1/2 cups boiling water  
Allow to steep  
Add to the juice of lemon  
Pour over hair in final rinse

## RECIPES

### RAW FUDGE

- 3/4 C melted cacao butter  
- 3/4 C cashews  
- 1/2 C agave nectar  
- 1/4 C maca  
- 1/2 C gojies  
- 1/2 C cacao nibs  
Zest of lemon, or orange  
How: First blend the gojies in a big speed blender until it forms a powder. Set aside. Blend cacao butter, cashews, agave, zest and maca. Blend til you have a sort of cream, then add gojie powder, blend again quickly



to mix. Add some cacao nibs in the mixture, put all of it in dish, in the freezer, for about 1 hour. (You can add coconut and whatever else you like really)

# Australia LifeLineTraining ~ Katrina Heuskes

*"Here in this gathering place, our hearts open to join in Oneness!" – The LifeLine Technique® ~ Australia February 2012*

There is something sacred about the nature of the human being who sets aside any judgment of himself, even for a fleeting moment, to embark upon a new adventure of learning and a journey of self-discovery. In one brave act of faith, sixty unique individuals aligned in a collective consciousness to attend the February, 2012 six-day Conscious Body/Conscious Mind & Advanced I training in the beautiful city of Adelaide, South Australia.

So what leads women and men from New Zealand, Malaysia, Thailand, France and every state in Australia to travel the distance in order to discover, and rediscover, the science and philosophy of what it means to live life with an attitude of "Infinite Love and Gratitude." For many, it is a passionate desire to further explore and unravel the principles and essence of the transformative work of Dr. Darren Weissman.

Dr. Weissman's teaching style is open and accessible to a variety of adult learning styles, and he holds the space with integrity, grace and humour, guiding you as a participant into a matrix that provides a fresh perception of how our minds work. Whether you are a Certified LifeLine Practitioner, a first-time student, or returning to review the seminar, you cannot help but experience transformation on a profound level. A consciousness becomes evident among all of us as we learn how to shape-shift reactive patterns of thought and behavior.

We hear it first, in the dialogue

rippling through the room, as the thoughts and paradigms of awareness shift in each person sharing the space. We are safe, and there is a moment when we truly understand that we are not just here to learn The LifeLine as a technique, but to experience it in every cell of our bodies. We become the LifeLine, our faces gleaming with excitement, a spring in our steps, and our eyes sparkling with excitement. Words are supplanted with the "Infinite Love and Gratitude" hand mudra coming directly from a place felt deep within the soul. Hearts are broken, opened wide, and set free in a loving and compassionate way. We reach a new understanding of the importance of feeling the emotions that surface, and when triggered by reactive patterns, we harmonize, transform, and shift, until all is well.

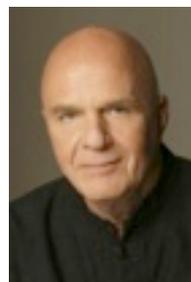
Beyond the seminar room we experience the divine Goddess energy, the Infinite Love and Gratitude corner, the Healing Circles, and the workshop opportunities. The hotel fire alarm is activated while harmonizing the "panic" emotion, there is laughter and play, and friendships are formed, embracing a new attractor field of infinite potential for life beyond the training. We have altered forever our way of communicating with people as we gain access to the truth of who we are; and, whether it is over a beautiful meal and a bottle of delicious South Australian wine, or another glass of filtered water and locally grown almonds, the Aussies know how to get to the "Heart of the Matter" with love and laser-like precision.

Have you ever felt what it is like to be welcomed with an Open Heart? Come and join us in South Australia in 2013 for the LifeLine Experience training seminar, and transform your body, your life, and your

relationships. It will be Summer here, and the water is warm, so take the plunge and Shine!

*"The LifeLine Techique® training in Adelaide was the most amazing experience of my life! I have never been in the company of so many positive, happy, supportive human beings. The energy collectively was inspiring and embracing. The Australians I met were absolutely beautiful and welcoming, and I have made some lifelong friends along the way. I am so looking forward to returning for more of the same and to see your beautiful state. Infinite Love and Gratitude." Sybil, New Zealand*

*"Lifeline training was more than a technique learnt; it was an amazing self healing event where I discovered some minor blocks stopping me from full confidence in knowing my ability to guide the patients to help them heal from within! An uplifting experience; totally worth it!" Kate, Sydney, NSW*



**Dr. Wayne W. Dyer**

**"I have experienced profound shifts as a result of receiving LifeLine sessions, and for this I am eternally grateful.**

**I love this work!"**

**Dr. Wayne Dyer**

**New York Times best-selling author of 10 Secrets for Success and Inner Peace, The Power of Intention, Inspiration, Change Your Thoughts-Change your Life**

**DON'T MISS OUT IN 2013**

**REGISTER YOUR INTEREST NOW!!!**