

Man's Inner Journey

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GODDESS WITHIN



WHAT'S NEW  
EARTHING...

8 month old non healing wound  
Middle row after 1 week of grounding  
Bottom row after 2 weeks of daily grounding with a patch on wound.



FROM DIANE'S DESK

Those of you who know me know that I am always researching the latest information and technologies available. Well, 40 years ago my mornings started by me walking barefoot on the back lawn. Of course, like other things, it fell by the wayside over the years. I just read Earthing ([www.goddesswithin.com.au](http://www.goddesswithin.com.au)) which blew me away as it reminded me of this ancient technology. If you want to heal infections of any sort or heal the body of arthritis and pain, then this is worth a go.

Our earth is alive with endless supplies of electrons. When skin touches the skin of the earth our bodies naturally equalize, we fill the low electron levels in our tank. Positively charged free radicals cause ill health and when we connect to the earth, it heals us!

Earthing reduces and prevents chronic inflammation and consistently speeds recovery from exhaustion, acute trauma and minor injuries. Some acute headaches vanish in minutes. Intensity of chronic pain lessens in 20-40 minutes. It is like it switches on an anti-inflammatory switch. Most people don't realise that sleeping with a lamp, clock or radio next to the bed even if they are turned off. The body forms an inflammatory barricade around sites of injury where the immune system focuses on elimination of pathogens

and damaged tissue. Free radicals involved spread and attack healthy tissue leading to chronic inflammation Earthing proves the free electrons penetrates the barricade and neutralize free radicals; resulting in accelerated healing.

The sole of your foot has more nerve endings inch for inch than any other part of the body.

Some of the benefits:  
Helps circulation within minutes. People are calmer, more energetic and less stressed. They wake with less stiffness and soreness. People with asthma and other respiratory ailments breathe better. Heartburn and acid reflux benefit also. It has a stabilizing effect on the nervous system. An acupuncturist reports after sleeping grounded for a year, her mild partial seizures of 15 years stopped. Debilitating arthritis improves, as does eczema, psoriasis, dry skin. Allergies improve and even clear up altogether. It is like you push a button on the computer of the immune system and it switches disease "off".

A 14 year old autistic girl slept on a grounded bed pad from 2008 and had a grounded desk pad at the computer also. Within a month

Calendar

SEPTEMBER 16th or  
NOVEMBER 11th at 7pm  
LIFELIFE PREVIEW  
2-6 Carlton St. Highgate 6.30pm

OCTOBER  
GODDESS WITHIN  
1 & 2 Melbourne  
15 & 16 Adelaide  
MAN'S INNER JOURNEY  
October 8 & 9 Melbourne  
TANTRA  
Bali April 20-25 or  
August 10-15

she was calmer, her speech was more understandable, less frustration, no anxiety, sleeping better. Results of a survey done by her dad on other autistic children was staggering with excellent results.

The Tour de France have employed grounding sheets for faster recovery for their riders.

People say they sleep better. Orlando Bloom "It's the best sleep." Miranda Kerr: "Sleeping grounded gives me sound uninterrupted sleep and I awake feeling refreshed even with all my travelling." A man with severe sciatica for 40 years bought a sleep sheet and experienced immediate cessation of all symptoms. For the first time in years he slept through the night. A man with sleep apnea who used a CPAP mask didn't need it anymore!

I am hooked! You can walk on the beach or grass but I bought the desk pad and noticed the difference immediately so now I have the sleeping sheets and a mouse pad and some bands that you can use to target pain spots. I am not so tired even after hours on the computer so I highly recommend you read the book!

# Health Page



## 5 FALSE CLAIMS....

### #1: Made With 100% Whole Grain

One big claim in whole wheat or whole grain products is that the product is made with whole grains. The whole grain part, which contains wheat germ and high levels of fiber, typically are processed away, leaving only bleached wheat flour. A product needs to have 20% whole grains in order to be worth eating (healthy). Most products fall short, ranging between 5-10%. Read ingredients list, be sure the first ingredient is whole grain flour or some form of whole grains.

### #2: Made With 100% Real Fruit

Products claiming they are made from 100% real fruit need to be examined a little closer. Not only do some of these products contain *little or no fruit* or fruit juice in them, but they are made with *artificial* fruit flavors. Some products use fruit puree. You are getting more real fruit added, but you are also adding more sugar and eliminating the good part of the fruit, which is where health benefits from.

### Claim #3: Trans-Fat Free

Some products claim to be "Trans Fat Free." In order for this to be true, you would think they contain 0 grams right? Not really! A product needs to contain *0.5 grams or less* of trans fats to be considered trans fat free! One of the biggest misleaders in food labeling is how many products claim they are trans fat free, but contain high levels of saturated fats, which naturally contain trans fat. Saturated fat can come in two different forms, natural and artificial. The natural kind are usually found in lean meats and some dairy products which should not overly concern us, but the artificial can contain high levels of trans fats.

### #4: Front Of Package Claims

On the front of boxes, manufacturers are allowed to make health claims about their product, which most of the time is OK if they used enough of the nutrient to support that claim. The products may not contain enough of

of that specific nutrient per serving to live up to the claim. This is true for some kid's cereals, which can contain more added sugar and other artificial fillers that make the product unhealthy and, in some cases, higher in calories.

### #5: No Added MSG

MSG, or monosodium glutamate, is an additive that 'makes food taste better', and occurs naturally in some foods. MSG can lead to many health risks as it is a known neuro-toxin. Foods that are said to have "no added MSG," or "No MSG," can be labeled such because the manufacturer did not add any additional MSG to the product. Instead they added some form of hydrolyzed protein which contains MSG. "Hydrolyzed," means that proteins are either treated with acid, or are enzymes, which will contain some salts of free amino acids including glutamate, which is a main ingredient in MSG. USA's FDA is starting the slow process of tightening their restrictions on such deceptive claims in the food industry. Manufacturers, in turn, are fighting tooth and nail to eliminate these restrictions, claiming they are hindering their First Amendment rights to Free Speech. Whatever happens in the battle, our health is of vital importance. Learning to correctly read a label, or the TGA mandating the labels be easier for us to read, will hopefully lead us to make better choices on what exactly goes into our mouth.

## DO YOU LIKE TO DRINK COLD OR ICY WATER?

Drinking cold water actually solidifies the fat that was in the last meal you consumed, thus slowing down digestion. So in a meal of steak and salad with dressing... the oil in the dressing and the fat in the meat get solidified by the cold water. Once this sludge reacts with the acid it will break down and be absorbed by the intestines, turning to fat. Bad for spleen too!

**"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health"**

## HEART ATTACKS

Most of us know the symptoms of pain in the arm but what about pain in the jaw? This is now known to be a major symptom along with nausea and intense sweating. Forewarned is forearmed.

## MORE EVIDENCE ON MOBILES

World Health Organisation now lists mobile phone use in the same "carcinogenic hazard" category as lead, engine exhaust and chloroform, contradicting its previous claim that no adverse health effects had been established. A team of 31 scientists from 14 countries, made the decision. They found evidence of increase in glioma and acoustic neuroma brain cancer for mobile users, but haven't been able to draw conclusions for other types ... yet.

"The biggest problem we have is that it can take several decades of exposure before we really see the consequences," said Dr. Black. The type of radiation coming out of a cell phone is non-ionizing, not like an X-ray, more like a microwave oven. "What microwave radiation does is it essentially cooks the brain," Black said. "In addition to cancer, there could be other effects like cognitive memory function, The European Environmental Agency has pushed for more studies, saying cell phones could be as big a public health risk as smoking, asbestos and leaded gasoline. The head of a prominent cancer-research institute at the University of Pittsburgh urged all employees to limit cell phone use because of a possible risk of cancer.

Apple manual: "When using iPhone near your body for voice calls or for wireless data transmission over a cellular network, keep iPhone at least 15 millimetres (5/8 inch) away from the body." BlackBerry Bold advises "keep at least 0.98 inch (25 millimetres) from your body. Interesting that the safety standard in in Russia is 1.5mg in Sweden it is 2.5mg (milliGauss is magnetic fields emitted). In Australia it is 1000mg!!! Finally, mobiles emit the most radiation attempting to connect to towers. A moving phone, or an area with a weak signal, has to work harder, giving off more radiation. So, avoid using phones in elevators, buildings and rural areas to reduce their exposure. All the more reason for a Tesla shield. ([www.goddesswithin.com.au](http://www.goddesswithin.com.au))

# The LifeLine Technique returns to Australia on February 18-23 with Dr Darren Weissman

## GOOD TO GREAT

History teaches us that unless we're challenged, human nature has a tendency to settle for good. Good jobs, good relationships, good health, and simply a good time. However, as Jim Collins stated in his Best Selling Book, *Good to Great*, "Good is the enemy of great." And on a certain level, just below the surface of the experience of good, exists a churning feeling of being unfulfilled and a mysterious longing for something more. Yes it's nice to feel good, however there's a part of you that knows that greatness exists in the very same moment.

Why is it then that so many people settle for jobs, partners, health, and the status quo of life's circumstances? Some people use excuses of not having enough money, family support, or social privileges to explain or justify living in the mediocrity of good. Yes, there can be blessings of being born into money that holds the potential to have a wider range of opportunities, however as the Beatles sang in the year 1964 and still rings true today, *Money can't buy me love*. Fulfillment and owning one's power is an inside job and it's the vibration between good and great.

Within everyone exists the same opportunity and potential for self-realization. Helen Keller is an extraordinary example of this. She was the first deaf and blind person to earn a Bachelors of Arts degree. Anne Sullivan – Helen's teacher – helped Helen bridge the gap and sprout her seed of greatness. Helen Keller is quoted saying, *Life is either a daring adventure or nothing. Security does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than exposure. The transformation from good to greatness is a journey whose power is discovered along the way.*

As a doctor of [holistic medicine](#), [author](#), and a passionate advocate for [empowering others](#) to help themselves I have witnessed the awakening and transformation from good to great with thousands of people around the world. What I've come to know is that there is a common ground and universal theme to activate sustainable change and it's directly dependent upon the powerful and illusory role of perception. In fact, in my experience the perspective you have about your present, past, or future holds the keystone to awakening your inner greatness. As Wayne Dyer so eloquently states about perception, *when you change the way you view things, the things that you view change.*

So what keeps people viewing through the same lens of good again and again rather than upgrading and changing their perceptual prescription to greatness? The answer resides within the [subconscious mind](#). Now you might wonder, what's the subconscious mind? Even more, if the subconscious mind holds the key for transforming good into great then I want to know *how to find it* and once I'm there, *what can I do to activate its [transformational](#) power?* Solving the answer to these questions would be as profound as discovering the Rosetta stone for interpreting ancient Egyptian hieroglyphics. Where to begin?

In 1999 – all within a month's time – my Nana died in my arms, my fiancé chose to end our relationship and got engaged right after ending ours, my business almost went completely bankrupt, and I ruptured my left Achilles tendon twice. To say the least, I was living in what I perceived to be a black hole. Little did I know *at the moment of complete darkness was the beginning of shining my light*. These experiences were priming my spiritual engine to

upgrade from living a good life to living a great life.

Fast forward 2 years to 2001 and I'm at the tipping point between faith and fear. I could settle and continue to live in fear – reacting to reactions – or awaken with faith to possibilities that only my imagination could conjure up. The shift for me occurred in an instant like a scene from Star Trek. One moment I'm pacing the floor in my home with fearful hamster wheel like thoughts looping through my mind and in the next second I'm beamed up into a space of clarity and Divine vision. It was amazing! As my mind shifted, my heart opened to a feeling that felt so familiar even though I knew I was experiencing it for the very first time. I wrote everything down that I observed in that moment and the result was the birth of greatness. I awakened to the Rosetta stone of the subconscious mind... a tool that translates physical symptoms of the body and stressors of life into meaningful dialogue. [The LifeLine Technique](#) had been born.

In a single moment – a swing from good to great – I was now able to perceive the blueprint or roadmap to helping others awaken to their own power. Since then I've witnessed people with chronic disease patterns such as inflammatory bowel disease, diabetes, autoimmune and cancer activate their own body's natural healing potential for healing and wholeness. I've participated in numerous sessions with children that suffered with life-threatening allergies to nuts and shellfish that are now able to safely eat these foods. I've shared [The LifeLine Technique](#) with people that have suffered with bi-polar and post-traumatic stress that stemmed from abuse or veterans of war that are now free from the violent shifts in their moods and behaviours as well as no longer having incessant thoughts of suicide.

For many people who personally suffer with these challenges or have a family member or friends with them, these testimonials may be hard to believe or even imagine. I completely understand and appreciate where you're coming from. When I was going through the dark nights of my soul from 1999 to 2001 I was not able to imagine any other way other than what I knew. The ancient Hebrew Scripture called the Talmud reinforces the experience of limited perception with the quote; *we only perceive what we believe*. The fact is that every belief is taught. Just because you learn something doesn't make it true or what may have been true at one point in time may not be true any longer. Here's a powerful exercise to begin your journey of transforming your perception of good into great!

1. Connect to something or someone that causes you to feel stress. Regardless of what or who it is, simply observe where your mind and heart takes you. Acknowledge the stress by appreciating the emotion that it brings up in you. Write this emotion down on a piece of paper.

2. Rating this emotion on a scale of 0 to 10 with 0 being nothing at all and 10 being off the charts will help you to appreciate the level of stress you're currently under.

3. Now ask yourself this question pertaining to the stressful circumstance. *Given the opportunity would you ever choose to create your life, a day, or a single moment feeling or attracting this emotional stress?* (The answer to this question is universally and discernibly no!)

4. Knowing you would never consciously choose this stress helps you to appreciate that the source of its origination is reactive in nature. *Only the conscious mind chooses and if you wouldn't choose the stress then its source is the subconscious mind.*

5. Now we're going to guide and influence your subconscious mind into the land of greatness by focusing on what you do choose. From a place of

*the conscious mind chooses and if you wouldn't choose the stress then its source is the subconscious mind.*

5. Now we're going to guide and influence your subconscious mind into the land of greatness by focusing on what you do choose. From a place of love and the desire of your heart, imagine that you have a menu of infinite possibilities to choose from. What do you choose to feel? Remember, we're going for greatness!!! Write this feeling down on a piece of paper.

6. Now put the words I Am \_\_\_\_\_ in front of this feeling and say it out loud 3 times. Put a smile on your face for extra credit and feel it send ripples all through your body as you declare it to the world!

I encourage you to make a daily commitment to yourself by looking in the mirror deeply into your beautiful eyes while declaring your I Am \_\_\_\_\_ statement. Perform this exercise 10 times in the morning and 10 times in the evening. Writing your statement on a sticky note and placing it on the mirror will help you to remember this important act of self-love each and every day. Go for it NOW, your destiny of greatness awaits you! With Infinite Love & Gratitude~ Dr. Darren

For more information on the course, please contact Diane or look at [www.thelifelinetechnique.com.au](http://www.thelifelinetechnique.com.au)

### DECISIVE ELEMENT

**I have come to the frightening conclusion that I am the decisive element.**

**It is my personal approach that creates the climate.**

**It is my daily mood that makes the weather.**

**I possess tremendous power to make life miserable or joyous.**

**I can be a tool of torture or an instrument of inspiration,**

**I can humiliate or honor, hurt or heal.**

**In all situations, it is my response that decides whether a crisis is escalated or de-escalated, and a person is humanized or de-humanized.**

**If we treat people as they are, we make them worse.**

**If we treat people as they ought to be, we help them become what they are capable of becoming.**

### INCREASING MY SPIRITUAL INTAKE

I will gain more understanding when I realize . . .spiritual malnutrition is a condition that can be cured.

What if you were forced to sustain yourself on a low-calorie, minimal-intake diet for the rest of your life?

Or worse, what if you were told that you could never eat again.

No more chocolate!

No more homemade soup! How would you feel? How would you survive?

If you did not eat to sustain your physical body, you would eventually grow weak and weary. As you used up the reserve resources of nutrients and vitamins, your vital organs would stop functioning.

Your body would begin to shrivel up and waste away. A person can only diet or fast for so long before the body demands to be fed. The same is true of the Spirit.

Some people are suffering from spiritual malnutrition. Some people have deprived themselves of spiritual nourishment for so long, they no longer have the strength to handle the weight of their lives. Their vision is shot! Their sense of Self has been diminished to the point that it is a chore for them to do the simplest task in their lives. Spiritually malnourished people are fretful and frightened, worried and worrisome.

They are drained and draining. They have their eye on someone else's plate, someone else's life, and they will stretch their shriveled and shaking hand out for whatever crumbs can be spared.

There is only one cure for spiritual malnutrition. It is a steady diet of spiritual food. Prayer builds the spiritual structure.

Faith puts meat on the spiritual bones.

Gratitude builds spiritual muscles. If you are feeling worn out, run down or weary, check your spiritual diet! You may need to increase your intake of spiritual nutrients.

Until today, you may have been suffering from spiritual malnutrition. Just for today, increase your intake of spiritual food.

Engage in a few spiritual experiences.

Test your spiritual muscles.

Make the necessary adjustments to your spiritual diet.

Today I am devoted to increasing my spiritual intake!

From Until Today! - Iyanla Vanzant

**"To me there is no difference between one person and another;  
I behold all as soul-reflections of the one God.  
I can't think of anyone as a stranger, for I know that we are all  
part of the One Spirit." Paramahansa Yogananda**

## 3900 SATURDAYS

### Charging the Human Battery

by Mac Anderson

The older I get, the more I enjoy Saturday morning. Perhaps it's the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few weeks ago, I was walking toward the garage with a steaming cuppa in one hand and the morning paper in the other. What began as a typical Saturday morning turned into one of those lessons that life seems to hand you from time to time. Let me tell you about it:

I turned the dial up into the phone portion of the band on my amateur radio in order to listen to the Saturday morning classifieds. Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice. You know the kind; he sounded like he should be in the broadcasting business. He was telling whomever he was talking with something about "a thousand marbles." I was intrigued and stopped to listen to what he had to say.

"Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. It's too bad you missed your daughter's dance recital," he continued; "Let me tell you something that has helped me keep my own priorities." And that's when he began to explain his theory of a "thousand marbles."

"You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I



I know, some live more and some live less, but on average, folks live about seventy-five years.

Now then, I multiplied 75 times 52 and I came up with 3,900, which is the number of Saturdays that the average person has in their entire lifetime. Now, stick with me, Tom, I'm getting to the important part.

It took me until I was fifty-five years old to think about all this in any detail," he went on, "and by that time I had lived through over twenty-eight hundred Saturdays. I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1,000 marbles. I took them home and put them inside a large, clear plastic container right here in the shack next to my gear.

Every Saturday since then, I have taken one marble out and thrown it away. I found that by watching the marbles diminish, I focused more on the really important things in life.

There's nothing like watching your time here on this earth run out to help get your priorities straight.

Now let me tell you one last thing before I sign off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time.

It was nice to meet you Tom. I hope you spend more time with your family, and I hope to meet you again here on the band. This is a 75 year old man, K9NZQ, clear and going QRT, good morning!"

You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about. I had planned to work on the antenna that morning, and then I was going to meet up with a few radio amateurs to work on the next club

newsletter.

Instead, I went upstairs and woke my wife up with a kiss. "C'mon honey, I'm taking you and the kids to breakfast."

"What brought this on?" she asked with a smile.

"Oh, nothing special, it's just been a long time since we spent a Saturday together with the kids. And hey, can we stop at a toy store while we're out? I need to buy some marbles."



### OIL PULLING FOR HEALTH

The past must be coming back at me because I used to do this too in my 20s.

Claimed benefits of oil pulling cover everything from curing gingivitis to facilitating weight loss. Some users even report a decrease in grey hair! Benefits reported with oil pulling:

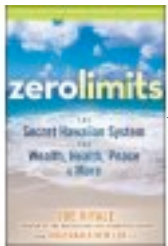
- Whiter, straighter teeth
- Healthy, pink gums
- Increased energy
- Decreased migraine headaches
- Clear sinuses
- Less severe asthma
- Decreased allergies
- Improved PMS symptoms
- Regulated menstrual cycles
- Better sleep
- Clear skin

Oil pulling is known as a powerful method of detoxifying the body. Coconut oil expert Dr. Bruce Fife says, "Oil pulling is one of the most remarkable methods of detoxification and healing I have ever experienced in my career as a naturopathic physician."

#### How to Practice Oil Pulling:

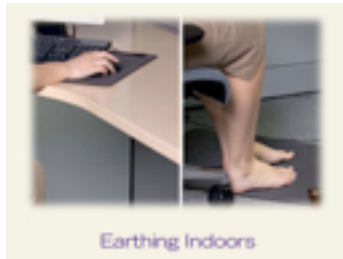
Oil pulling should be done first thing in the morning on an empty stomach, before consuming water or any other liquid.

1. Use one tablespoon of oil
2. Swish the oil slowly and methodically, not vigorously.
3. Make sure the oil reaches everywhere.
4. Be careful not to swallow the oil.
5. Continue swishing the oil for at least 10 minutes, preferably 20 minutes.
6. The oil will become thin and foamy as you swish.
7. Spit the oil out (in the toilet, to avoid clogging pipes) and rinse your mouth thoroughly with pure water.



Amazing book on the story of Joe Vitale and his relationship with Dr Len Hew (the amazing psychologist from Hawaii who closed a mental institution for the criminally insane by simply looking at the files of the people and saying:  
Please Forgive Me  
I am Sorry  
Thank You  
I love You

I loved the whole book and am going to attend the seminar in November.  
Fabulous read. Inspirational  
\$22



Earthing Indoors

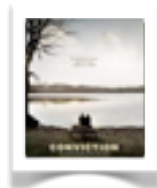
**EARTHING**

as per front page along with all the products, the mouse pad, foot pad, sleeping sheets, pain bands etc.

**Some Great True Story Movies**

While away, I watched

Conviction with Hilary Swank.

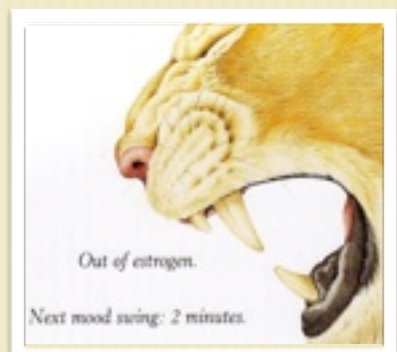
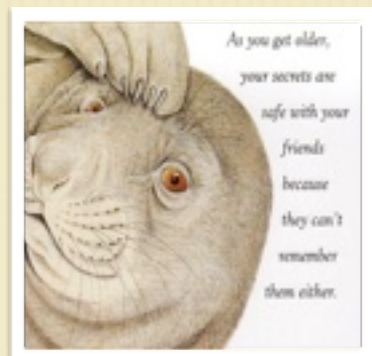
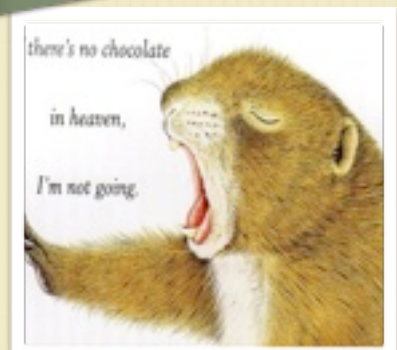


Gifted Hands with Cuba Goodings  
Harry Potter (of course)  
The Guardians (great for kids)



I re-read one of my favourites in Bali. Amazing. I first read it 35 years ago and it was more profound the second time around.  
1 thing I didn't know. Hindu medical treatises are called Ayurveda and Vedic physicians used delicate surgical instruments, employed plastic surgery, understood how to counteract poison gas, performed Caesarean sections and brain operations. Hippocrates (4th Century BC) borrowed much of his materia medica from Hindu sources!

Cute Sayings



It just goes to show you are never too old. Above in middle is Monica (Enrica's mother in law) who attended the last Goddess along with the lovely Marie, who we unfortunately didn't get in the picture but both of them are 82! Doris on the left was given Goddess at 85 and assisted for a few years and this picture is the day before her 100th birthday which we all celebrated at the Melbourne Goddess in May. Along with a 16 and 18 year old and all ages in between it was an amazing weekend for all.



"Human integrity is the uncompromising courage of self determining whether or not to take initiatives, support or co-operate with others in accord with all truth and nothing but the truth as it is conceived of by the divine mind always present in each individual."  
Dr R. Buckminster Fuller