



GODDESS SPEAK

The Goddess Within
PO Box 1284, North Haven SA 5018
Tel. 08 8248 1281 Fax. 08 8248 1406
beyondtheordinary@adelaide.on.net
www.goddesswithin.com.au

April 2004.

Welcome to the April edition of the newsletter. In February Mandy and I went off to do a workshop with Kathryn Alexander on her detoxification program. She was brilliant. We really loved it and are both following the program which makes the most sense of anything I have heard in the past 20 years re health. If you have overtaxed your liver through eating sugar, white flour, alcohol, western diet then the results are that your spleen and digestion don't work either. This results in bloating, indigestion etc. By detoxing your liver you assist your entire body in healing and Kathryn studied at the Gerson Institute. Max Gerson has a very profound record in assisting cancer patients to recover completely. In my opinion, the best in the world. If someone in your family is ill and wants to do something different from taking drugs, then I would suggest going to the www.getalife.net.au and checking her out. She will be coming to Adelaide in about 3-4 months time. If you are interested let me know and I will send you a registration form. I have her book for sale, Get a Life, the detoxification Diet made easy. The cost is \$30. Recipes in the back.

Also Mandy and I attended the inaugural GMO meeting in Adelaide after having heard Jeffery Smith speak about his book The Seeds of Deception (which is brilliant and a must read for everyone interested in what is really going on. I think one of my major concerns is that the public have no clue as to what genetic modification is really about and the dangers involved. So basically we have a handful of giant corporations with patents on food plants giving them exclusive control over that food. They have altered the minute life-processes of food by removing or adding genetic material in ways quite impossible in nature and it is being quietly slipped onto supermarket

shelves without proper labelling. You know me, if you want to drink Diet Coke knowing what you know about Aspartame then that is your choice.... However my challenge has always been that *most* people don't know and when they do, they stop drinking it!

Please get the True Food Guide published by Greenpeace on how to shop GE free. You will be totally amazed, e.g. butters and spreads by Country Gold, Coles, Farmland, Allowrie, Goldn' Canola, Woolworths Home brand, Meadow Lead, No Frills, Olive Grove, Western Star butter are ALL given the thumbs down! Our thoughts are that we need proper labelling so that we have a choice... and that is what we are going for so if you agree with this concept, do something about it! Write to your local member or to the Premier and Prime Minister and demand your right to know what is in the food you eat.

The results of GE testing is not encouraging. Scientists issue cautionary statements almost weekly ranging from problems with monarch butterflies dying from GM corn pollen to the danger of violent allergic reactions to actual health problems with cows fed GM hormones and the humans who drink the milk and who knows what the results will be 10 years down the track. Many geneticists take a shot in the genetic dark and do it with a 'gene gun'. This literally blasts microscopic gold bullets coated with foreign DNA at plant cells and the DNA becomes part of the plant's genetic structure. This is like putting several screws, nuts, bolts, springs into a shotgun cartridge and then blasting them into a running engine to stop an occasional vibration. Genes for the color red placed into petunias not only changed the colour of the petals but also decreased fertility and altered the growth of the roots and leaves. Salmon genetically engineered with a growth hormone gene not only grew too big too fast but also turned green!

My favourite company, Monsanto and Dow and DuPont have bought out many of the growers and brand names you have come to trust. They have spent billions of dollars acquiring seed companies to grow and sell GE food.

The potato they crossed with a snowdrop caused cancer in rats but because big money is at stake here, the potatoes are being sold in UK now.

One of the highly paid Monsanto employees said that: "ensuring the safety of genetically modified foods was not the job of Monsanto but rather the job of the FDA!" Please!!!!

Nestle's boycott of the 70s shows us that the very size of the problem can be an advantage for those of us seeking to make changes. During the boycott Nestle was the most ubiquitous food corporation on the planet with yearly sales in the hundreds of millions. Activists sought to stop their infant formula sales practices in poor countries that resulted in the death of babies. Because Nestles was everywhere the... (continued on page 2)

GODDESS WITHIN

SA - JUNE 26 & 27

Come in at 5pm for the last hour!
Reviewing: Always you will get more the second time around.
Limited places. Cost \$150.

SPIRAL JOURNEY:

JULY 23 (7pm start), 24th and 25th

Brochures now available, simply ask. Residential. Again limited numbers. Spiral starts where Goddess finishes and is a powerful, deep, healing, laughing, crying, singing, meditating, nurturing, releasing, transforming weekend. Like Anne wrote: "Goddess was the entrée, Spiral was the main meal and desert is what I am going to do with the rest of my life now that I know I can!"

Campaigners realised they could create a worldwide network of sister organisations and supporters so that no matter where in the world Nestle turned they would find opposition. That was 25 years ago before the invention of the beloved internet!

Strategy 1. Everyone can engage in quiet, personal activism to reshape our food supply, the most straightforward method of keeping GE foods out of our bodies is keeping it out of our kitchen. Therefore buy organic. Ensure it is fresh and beware of any that is processed, especially with soy. Organic food is a great bargain, while the shelf price is often more than similar appearing food grown in a chemical intensive method, many hidden bonuses come along with the price. Organic food builds our precious soil instead of depleting it, results in clear instead of polluted runoff water, employees more people in small scale farming and preserves the health of the workers and their children, contributes to the health of the people who eat it instead of threatening that health with dangerous synthetic chemicals, and helps keep alive the traditional seed varieties that are the foundation of humanity's food supply. Be aware of label tricks. Foods that say natural or grown without additional chemicals does not mean organic. Farmers who go to the trouble of obtaining and maintaining organic certification should be able to count on informed customers to repay their commitment to safe food.

Strategy 2. Grow your own. Go in with friends, you do tomatoes, they do potatoes. Swap!

Strategy 3. Only buy what is in season

Strategy 4. Link up. Find out more, tell your family and friend. There are magazines like GeneWatch and the Ecologist. It doesn't take much to get informed and information is a powerful tool in the conflict over our food supply. Truth is strong and cheap!

Strategy 5. Activate. What can you do: Phone Mandy on 8363 4664 and join the group here. Join GE Free. Sign the petitions. It may seem we have no say... however like I continually tell people, vote with your purse, your mouth and your pen. Write letters. Sure I know it is boring and it takes time but remember what Anita Roddick said: Stand up for SOMETHING. Be outraged at the taking away of our right to choose.

Every generation or so a social movement arises that defines that era, one that reminds people that masses of ordinary citizens have deep knowledge, extraordinary power and legitimate moral authority. History shows us that civil rights, the fallen Berlin wall, the diminished arms race, the mothballed nuclear power plants give hope to millions of people around the world that their children will live in a healthy, safe and just world – a force more potent than all the quick profits of the GE companies. With a bit of attention from each of us acting individually and together we can restore a secure food supply that will nourish us now and for years to come.

DRUG COMPANY'S STUNNING ADMISSION

A major drug company has admitted that most of its drugs don't work most of the time! The vice president of GlaxoSmithKline, the UK drug giant publicly stated that over 90% of the drugs work less than half the time with cancer drugs working for only one patient in four. What does that say for doctors who write millions of prescriptions a year. Was it a huge mistake? Roses knew full well what he was doing and he is too smart to commit corporate suicide so the thought is that he is staking a major claim for his division into which Glaxo has poured billions of dollars. Glaxo will probably take the lead and soon launch a new approach to therapy based on the patient's genetic make up. Patients will be tested first (what a novel idea) to test the effectiveness of the drug. Genetic profiling may be achievable but this will be probably too expensive for every patient which leaves us with... Drugs that don't work. See the book Secrets of the Drugs Industry, which lifts the lid on drugs that don't work, those that are dangerous etc....

<http://www.wdty.co.uk/shop/details.asp?product=341>

You and I
are the force
of transformation
in the world.
We are the consciousness
that will define the nature
of the reality we are moving into.

Ram Dass

DIETARY GENESIS

In the beginning God covered the earth with broccoli and cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created ice cream and doughnuts. And Satan said, "You want hot fudge with that?" And Man said "Yes!" and Woman said, "I'll have another with sprinkles." And lo they gained 10 pounds.

So God said, "Try my fresh green salad."

And Satan presented crumbled Bleu Cheese dressing and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetable and olive oil in which to lightly sauté the wholesome vegetables."

And Satan brought forth deep fried coconut shrimp, chicken-fried steak so big it needed its own platter and chocolate cheesecake for dessert. And Man's glucose levels spiked through the roof.

God then brought forth running shoes so that his Children might lose those extra pounds.

And Satan came forth with a cable TV with remote control so Man would not have to toil changing the channels. And man and woman laughed and cried before the flickering light and started wearing stretch jogging suits.

Then God brought forth lean meat so that Man might consume fewer calories and still satisfy his appetite.

And Satan created the 99-cent double cheeseburger, and said, "You want fries with that?" And Man replied, "Yes! And super size 'em!" And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

STAY ON DATA BASE.

In December I asked people to contact me if they wanted to continue to receive the newsletter. This is to let you know that if your name is highlighted on the envelope, then I didn't hear from you... and unless I do this will be the last newsletter I send to you as I will assume you no longer want it.

GIRL FRIENDS ARE FOREVER

A young wife sat on a porch on a summer day, drinking tea and visiting her Mother. As they talked about life, about marriage, about the responsibilities and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter. "Don't forget your girlfriends," she advised, swirling the tea leaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you'll have, you are still going to need girlfriends. Remember to go places with them now and then; do things with them. And remember that "girlfriends" are not only your friends, but also your sisters, your daughters, and other relatives too.

You'll need other women. Women always do." "What a funny piece of advice," the young woman thought. "Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake, a grownup, not a young girl who needs girlfriends!

Surely my husband and the family we'll start will be all I need to make my life worthwhile!" But she listened to her Mother; she kept contact with her girlfriends and made more each year. As the years tumbled by, one after another, she gradually came to understand that her Mum really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, girlfriends are the mainstays of her life.

After 50 years of living in this world, here is what I know about girlfriends: Girlfriends bring you casseroles and scrub your bathroom when you need help. Girlfriends keep your children and keep your secrets. Girlfriends give advice when you ask for it. Sometimes you take it, sometimes you don't. Girlfriends don't always tell you that you're right, but they're usually honest. Girlfriends still love you, even when they don't agree with your choices. Girlfriends laugh with you, and you don't need canned jokes to start the laughter. Girlfriends pull you out of jams. Girlfriends help you get out of bad relationships.

Girlfriends help you look for a new apartment, help you pack, and

help you move. Girlfriends will give a party for your son or daughter when they get married or have a baby, in whichever order that comes! Girlfriends are there for you, in an instant when the hard times come. Girlfriends will drive through blizzards, rainstorms, hail, heat, and the gloom of night to get to you when your hour of need is desperate. Girlfriends listen when you lose a job or a friend. Girlfriends listen when your children break your heart. Girlfriends listen when your parents' minds and bodies fail. Girlfriends cry with you when someone you loved dies. Girlfriends support you when the men in your life let you down. Girlfriends help you pick up the pieces when men pack up and go. Girlfriends rejoice at what makes you happy, and are ready to go out and kill what makes you unhappy.

Times pass. Life happens. Distance separates. Children grow up. Marriages fail. Love waxes and wanes. Hearts break. Careers end. Jobs come and go. Parents die. Colleagues forget favours. Men don't call when they say they will. But girlfriends are there, no matter how much time and how many miles are between you.

ERICA

By an Anonymous 2nd grade teacher

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second-grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday.

First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord."

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my Mom starts saying and going, 'Oh,oh,oh!' Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, 'Oh, oh, oh!"

Now the kid's doing this hysterical duck walk, holding her back and groaning. "My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man."

"They got my Mom to lie down in bed like this." Then Erica lies down with her back against the wall. "And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!" This kid has her legs spread and with her little hands are mimicking water flowing away. It was too much!

"Then the middle wife starts saying 'push, push, and breathe, breathe.'" "They started counting, but never even got past ten." "Then, all of sudden, out comes my brother. He was covered in yucky stuff, they all said was from Mom's play-centre, so there must be a lot of stuff inside there."

Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, if it's show-and-tell day, I bring my camcorder, just case another Erica comes along.

DUST

A house becomes a home when you write "I love you" on the Furniture.

Life is short. Enjoy it! Dust if you must, but wouldn't it be better to paint a picture or write a letter, bake a cake or plant a seed, ponder the difference between want and need?

Dust if you must, but there's not much time, with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair,

a flutter of snow, a shower of rain. This day will not come around again.

Dust if you must, but bear in mind, old age will come and it's not kind.

And when you go - and go you must - you, yourself will make more dust!"

POSITIVE ENERGY:
HOW TO STOP PEOPLE
FROM DRAINING YOU

Judith Orloff, M.D.

Each millisecond of our relationships is governed by a give and take of energy. Some people make us more electric or at ease. Yet others suck the life right out of us. As a physician and intuitive, I want to verify that energy vampires roam the world sapping our exuberance, an epidemic that medical texts don't address. In my medical practice and workshops, I've seen their fang marks and the carnage they've strewn. But even my most caring traditional medical colleagues lack the conceptual framework to see what's all around them. Thus, alas, the public remains uninformed, and many of us mope around as unwitting casualties, enduring a preventable fatigue.

Here are some signs to watch for that you've encountered an energy vampire: Consider:

- * Does my chest tighten every time a certain person enters the conversation?
- * Do I run for the refrigerator and stuff myself after an interaction?
- * Do I need a nap after hanging up the phone with someone?
- * Do I have a headache, feel queasy, when a guest at a party starts talking to me?
- * Does my energy bottom out at family dinners? At staff meetings? Or other social gatherings?
- * Do I feel attacked, criticized, or blamed in a relationship?
- * Is a person so needy or clinging she seems to stick to me like fly-paper?

There are many types of energy vampires to watch out for. There is the Sob Sister, who endlessly complains without solutions; The Drama Queen who wears you out with her breathy emotional dramas; The Constant talker who doesn't let you get a word in edgewise; The Blamer who criticizes. The Go For the Jugular Type who maliciously inflicts damage. Even your mates and children can be unwitting vampires. In each case you need to know what to do.

Energy Vampire Survival Strategies

1. Take an inventory of people in your life who give energy, and people who drain. Specifically identify the energy vampires, and begin to evaluate ones you'd like to limit contact with or eliminate. Plan at

least one complete afternoon with people who give off positive energy and avoid drainers. Notice how this beneficially affects your physical and emotional well-being.

2. Set Clear Boundaries. It's crucial to limit the time you spend discussing a vampire's gripes or say "No" to unreasonable requests. When approaching her, remember: the difference between being horrible and setting boundaries is attitude. Instead of saying, "You're selfish and self-obsessed, I can't be with you anymore," which a part of you probably feels, take a breath and shift to your heart.

3. Meditate. Sitting in meditation is a life-line to your center, to the earth. it will ground you when you've been struck by a vampire. By calming the mind, you can re-align with your essence. Close your eyes. Focus on your breath. Then gently extend your awareness downward to strata, bedrock, minerals, and soil. From the base of your spine begin to feel continuity with the earth's core. Picture having a long tail that roots in that center. Allow the earth's energy to infuse your body and stabilize you. If you meditate for five minutes or an hour this is sacred time.

4. Walk away. If you feel your energy being zapped don't hesitate to politely excuse yourself from a killing conversation. Move at least twenty feet from the person, outside the range of his or her energy field. "I have to go to the bathroom" is a foolproof line. Most people are oblivious to how their energy impacts others. For years, reluctant to hurt anyone's feelings, I needlessly endured these types of situations and suffered. How many of us are so loathe to appear rude that a raving maniac can be right in our face, and still we don't budge for fear of offending? In a spot, physically removing yourself is a sure quick solution.

5. Build an energy shield around you. When you're with vampires you can't get away from visualize a protective shield of white light surrounding every inch of you. This lets positive energy in, but keeps negative energy out - particularly efficient for vampires at family dinners or social events where you're trapped.

TWO IMPORTANT LESSONS

1 Care and attention

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello".

I've never forgotten that lesson. I also learned her name was Dorothy.

2. Giving When it Counts.

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the colour returning to her cheek.

Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away".

TANTRA
BALI – AUGUST 4 – 9

There is one spot left if you are interested in attending what will be the best week of your whole life. Contact us for more details.