



GODDESS SPEAK

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THE GODDESS WITHIN APRIL 9 AND 10 Melbourne

Come along at 5pm for the last hour
and be back in the energy.

SPIRAL JOURNEY November 4, 5, 6

The workshop is filling fast so if you
want to be part of it, let Rossie know
as soon as possible as there are
limited numbers.

You can pay it off over the remaining
months, just by sending a cheque.

Brochures are now available.

Don't miss out on one of the best
weekends of the year.

WHY PEACE BEGINS WITH YOU

Seven spiritual practices for bringing
peace into your life and the world
around you. By Deepak Chopra
Reprinted from Chopra.com.

The approach of personal
transformation is the idea of the future
for ending war. It depends on the only
advantage that people of peace have
over warmakers: sheer numbers. If
enough people in the world
transformed themselves into
peacemakers, war could end. The
leading idea here is critical mass. It
took a critical mass of human beings
to embrace electricity and fossil fuels,
to teach evolution and adopt every
major religion.

When the time is right and
enough people participate, critical
mass can change the world. Can it end
war?

There is precedent to believe
that it might. The ancient Indian ideal
of Ahimsa, or non-violence, gave

Gandhi his guiding principle of
reverence for life. In every spiritual
tradition it is believed that peace must
exist in one's heart before it can exist
in the outer world. Personal
transformation deserves a chance.

When a person is established in non-
violence, those in his vicinity cease to
feel hostility. ~ Patanjali, ancient
Indian sage

Seven Practices for Peace

The program for peacemakers asks
you to follow a specific practice every
day, each one centered on the theme
of peace.

- Sunday: Being for Peace
- Monday: Thinking for Peace
- Tuesday: Feeling for Peace
- Wednesday: Speaking for Peace
- Thursday: Acting for Peace
- Friday: Creating for Peace
- Saturday: Sharing for Peace

Our hope is that you will
create peace on every level of your
life. Each practice takes only a few
minutes. You can be as private or
outspoken as you wish. But those
around you will know that you are for
peace, not just through good
intentions but by the way you conduct
your life on a daily basis.

Sunday: Being for Peace

Today, take 5 minutes to
meditate for peace. Sit quietly with
your eyes closed. Put your attention
on your heart and inwardly repeat
these four words: Peace, Harmony,
Laughter, Love. Allow these words to
radiate from your heart's stillness out
into your body. As you end your
meditation, say to yourself, "Today I
will relinquish all resentments and
grievances." Bring into your mind
anyone against whom you have a
grievance and let it go. Send that
person your forgiveness.

Monday: Thinking for Peace

Thinking has power when it
is backed by intention.

Today, introduce the
intention of peace in your thoughts.
Take a few moments of silence, then
repeat this ancient prayer:

Let me be loved, let me be
happy, let me be peaceful. Let my
friends be happy, loved, and peaceful.
Let my perceived enemies be happy,
loved, and peaceful. Let all beings be
happy, loved, and peaceful. Let the
whole world experience these things.

Any time during the day if
you are overshadowed by fear or
anger, repeat these intentions. Use this
prayer to get back on center.

Tuesday: Feeling for Peace

This is the day to experience the
emotions of peace. The emotions of
peace are compassion, understanding,
and love.

Compassion is the feeling of shared
suffering. When you feel someone
else's suffering, there is the birth of
understanding.

Understanding is the knowledge that
suffering is shared by everyone. When
you understand that you aren't alone
in your suffering, there is the birth of
love.

When there is love there is the
opportunity for peace.

As your practice, observe a stranger
some time during your day. Silently
say to yourself, "This person is just
like me. Like me, this person has
experienced joy and sorrow, despair
and hope, fear and love. Like me, this
person has people in his or her life
who deeply care and love them. Like
me, this person's life is impermanent
and will one day end. This person's
peace is as important as my peace. I
want peace, harmony, laughter, and
love in their life and the life of all
beings."

Wednesday: Speaking for Peace

Today, the purpose of
speaking is to create happiness in the
listener. Have this intention: Today
every word I utter will be chosen
consciously. I will refrain from
complaints, con-demnation, and
criticism.

Your practice is to do at least one of the following:

Tell someone how much you appreciate them.

Express genuine gratitude to those who have helped and loved you.

Offer healing or nurturing words to someone who needs them.

Show respect to someone whose respect you value. If you find that you are reacting negatively to anyone, in a way that isn't peaceful, refrain from speaking and keep silent. Wait to speak until you feel centered and calm, and then speak with respect.

Thursday: Acting for Peace

Today is the day to help someone in need: A child, a sick person, an older or frail person. Help can take many forms. Tell yourself, "Today I will bring a smile to a stranger's face. If someone acts in a hurtful way to me or someone else, I will respond with a gesture of loving kindness. I will send an anonymous gift to someone, however small. I will offer help without asking for gratitude or recognition."

Friday: Creating for Peace

Today, come up with at least one creative idea to resolve a conflict, either in your personal life or your family circle or among friends. If you can, try and create an idea that applies to your community, the nation, or the whole world. You may change an old habit that isn't working, look at someone a new way, offer words you never offered before, or think of an activity that brings people together in good feeling and laughter.

Second, invite a family member or friend to come up with one creative idea of this kind on their own. Creativity feels best when you are the one thinking up the new idea or approach. Make it known that you accept and enjoy creativity. Be loose and easy. Let the ideas flow and try out anything that has appeal. The purpose here is to bond, because only when you bond with others can there be mutual trust.

When you trust, there is no need for hidden hostility and suspicion, which are the two great enemies of peace.

Saturday: Sharing for Peace

Today, share your practice of peacemaking with two people. Give them this information and invite them to begin the daily practice. As more of us participate in this sharing, our practice will expand into a critical mass. Today joyfully celebrate your

own peace consciousness with at least one other peace-conscious person.

Share your experience of growing peace. Share your gratitude that someone else is as serious about peace as you are. Share your ideas for helping the world move closer to critical mass. Do whatever you can, in small or large ways, to assist anyone who wants to become a peacemaker.

The Best Reason to Become a Peacemaker Now you know the program. If you transform yourself into a peacemaker, you won't become an activist marching in the streets. You will not be "anti" anything. No money is required. All you are asked to do is to go within and dedicate yourself to peace. It just might work.

Even if you don't immediately see a decline in violence around the world, you will know in your heart that you have dedicated your own life to peace.

But the single best reason to become a peacemaker is that every other approach has failed.

We don't know what number the critical mass is—the best we can hope is to bring about change by personal transformation. Isn't it worth a few moments of your day to end 30 wars around the world and perhaps every future war that is certain to break out?

Right now there are 21.3 million soldiers serving in armies around the world. Can't we recruit a peace brigade ten times larger? A hundred times larger? The effort begins now, with you.

POSITION VACANT : Mother, Mom, Mama, Mommy and Ma

JOB DESCRIPTION:

Long term, team players needed, for challenging permanent work in an often-chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed. Extensive courier duties also required.

RESPONSIBILITIES:

The rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5. Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf.

Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, an embarrassment the next. Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

POSSIBILITY FOR ADVANCEMENT & PROMOTION:

Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

PREVIOUS EXPERIENCE:

None required unfortunately. On-the-job training offered on a continually exhausting basis.

WAGES AND COMPENSATION:

Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

BENEFITS:

While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth and free hugs for life if you play your cards right.

HEALTH THOUGHTS

Are solvents commonly used in commercial dry cleaning unhealthy and unsafe for the environment.

Studies show that perchloroethylene--the solvent used by the vast majority of dry cleaning establishments--is both hazardous to human health and injurious to the environment. It has negative effects on the central nervous system. According to the National Institute of Environmental Health Sciences, short-term exposure can lead to headaches, nausea, dizziness and memory problems.

It breaks down into toxic byproducts. Dr. Solomon, a scientist at the Natural Resources Defense Council, says, "Phosgene is an extremely hazardous gas which evaporates and in closed spaces is potentially lethal. Vinyl chloride is a proven carcinogen and carbon tetrachloride is a known liver toxin." And TCA has been linked to the extensive damage done to trees in the Black Forest in Germany, where it was used as an herbicide in the 1950s and 1960s.

A Danish study by Kolstad, Brandt and Rasmussen revealed that pregnant dry cleaning workers are twice as likely to have a miscarriage as pregnant women in other professions. And the University of California at Berkeley found that male dry cleaning workers have more sperm abnormalities and a significantly lower sperm count than men not employed by the industry.

Other alternatives are happening in USA and they will be here no doubt shortly.

CANCER NEWS FROM JOHN HOPKINS HOSPITAL

No plastics in microwave.

No water bottles in freezer.

No plastic wrap in microwave.

Johns Hopkins has recently sent this out in their newsletters worth noting... Dioxin Carcinogens cause cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic.

Do not heat food in plastic in microwaves (you know what I think about the "M" word!) This applies particularly to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies. Instead, he

recommends using glass, Corning Ware, or ceramic containers for heating food. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass,

MORE ON MOBILES

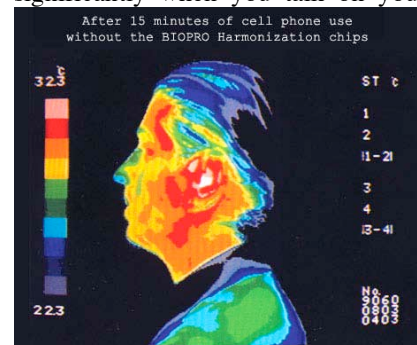
New European research shows a "substantive link" between cell phone use and acoustic neuroma -- tumors of the auditory nerve that cause permanent nerve and brain damage.

Couple that with a Finnish study from 2002 that linked radiation of the type emitted by cell phones to "adverse effects" on human brain tissue and you may have some cause for concern, regardless of what the benevolent, unbiased cell phone industry has to say.

The latest report from the UK warns that CHILDREN should not use mobile phones as they affect memory and learning.

For all those men who care about their sperm counts, the new research which shows that men who regularly carry their mobiles near the groin, on a belt or in a pocket could potentially have their sperm count reduced by as much as 30 percent.

Your head and brain heat up significantly when you talk on your



cell phone or cordless phone. After 15 minutes of using a cell phone, the orange, red and pink show significant dangerous heat! Most heat is generated in your ear canal, which is directly connected to your brain!

What to do about it? Obviously we are not going to give up the convenience of a mobile but it is recommended that you stop kids using them, that you limit your own time spent on them and that you purchase a device to stop the EMFs having an effect. There are many. Tesla have a shield, so do other companies. The picture is from BioPro (which is MLM and I do not belong to it). I love the Tesla shield, it is inexpensive, only \$30 and it works! If you want to order one then just call us. By the way cordless phones are as bad as mobiles.

CANCER 1, 2, 3

A friend of mine who was diagnosed with cancer in October has now been given the all clear. What did he do? Many things. 1. He changed his diet radically, read a book called Cancer, Cause & Cure and followed it.

A woman scientist said her studies into 136 patients with cancer found they all had three things in common.

1. A parasite called Fasciolopsis Buskii that should only be in the human gut - but was found all over the shop. Liver, Brain, Lungs, Kidneys you name it. Tiny little things so small it needs a whopping atomic microscope to see.

2. Higher than normal levels of a type of phosphorus. Ortho Phospho Tyrosine a substance in which the parasites flourish and their eggs migrate beyond the bowel and form colonies that become cysts.

3. Traces of an alcohol used to clean food and beverage equipment and used in so many products from toothpaste to makeup called Isopropyl Alcohol, also rubbing alcohol aka Propanol. The same substance is produced by the colony as a byproduct when they form their cysts - and it seems to accelerate their hatching cycle. It's in most soft drink, milk and fruit juice, vitamins and health food stuff that comes from companies that use this gunk to clean their equipment.

She says: Any one with 1, 2 & 3 is going to have cancer. Sure there are other triggers but these three especially number one are the cause in her opinion. Remove these three culprits and the cancer will stop.

No drugs. No surgery. Cured. Three weeks. Over 125 of her patients did and they are cured.

The book: Cancer: Cause & Cure and it retails for \$24.95. Definitely worth having on your bookshelf.

SWEET MISERY

We just watched a brilliant video recommended to us by Robyn (who offers free Health Talks). It is on Aspartame and its incredible dangers. It amazed us to hear how the Chief of Staff at a hospital, who was part of a guinea pig project on Aspartame actually lost an eye through intra ocular bleeding ... and he wasn't the only one. Heart palpitations are another side effect. Warn everyone!

RESTLESS LEGS: massage your legs with cedarwood and lavender. Miraculous!

WHAT'S HAPPENING:

Sacred Birthing

Weekend: April 23 & 24 - \$330

I heard of Sunni through a friend bought her beautiful book: Sacred Birthing and I absolutely loved it so I decided to bring her to Adelaide.

We remember our birth. Even if our birth story was never told to us, our bodies remember. We know our family history. Even if "forgotten", we know it somewhere deep inside. Our birth story is imprinted within, and runs us by its latent messages - until resolved. Bringing birth out of the subconscious realm and making it conscious, brings holding patterns of a lifetime to resolution.

We cannot stay open emotionally when our conception/womb/ birth trauma is activated. 'Ripples' in our energy field influence all areas of our life. To begin to resolve our history, we make what is subconscious, conscious. As we heal, we are able to be more fully present, with fewer 'ripples' that sabotage. Gently unlocking our birth energetically clarifies our lives, our connection with our Essential Self and our Spiritual purpose. When clear, we are realigned with our Essence instead of our trauma, and remember the vast and unlimited being we are.

Our death is intimately connected with our birth in our next lifetime. The ways we are being born now are similar to the ways we have been dying - in institutions and with morphine, being alone and fearful, with little love surrounding us. What creates our birth? And more importantly, what creates our conception? From what we release in this workshop, we can shift our life, death and next birth into one of love and creativity.

This workshop will bring about profound clearing of all levels from birth and before. Ancient shamanic techniques and the most modern energetic medicine of the QXCI combine to release anaesthesia from our births long ago, and ease the trauma pattern in the brain.

Sunni Karll is a Midwife, past life and Birth Therapist, she has a unique overview of birth and the healing of all types of womb/birth traumas. She is the author of Sacred Birthing, A New Humanity The book is available from us now - \$60.00.

SPIRAL JOURNEY TANTRA IN BALI

Nov. 4 (evening only)

November 5 & 6

RESIDENTIAL

A couple of places still available

This weekend is nothing like Goddess...

It is simply a room of women, healing, laughing, learning, crying, moving into themselves and back out into the world.

An opportunity to heal on a very deep level is given at Spiral.

This is the most profound work I do
Diane McCann

For a brochure or to book in, simply phone or email.

What a weekend! I laughed, I cried, I just sat with myself. This was very important. I achieved more on my journey in these last 2.5 days than I have in the last 2.5 years! I have taken myself right to the very edge, hesitated, been very scared and then just jumped anyway. It was such a safe place to do it in it. Thank you, and thank you once more. Hayley C

I learned the power is within me. I can do it. I can fly. I have changed profoundly this weekend. I have learned about giving and receiving and I am willing to allow that to happen simultaneously. I have discovered a zillion things about life and myself. Thank you. Jane

Spiral has been an amazing weekend. I thought my life had changed after Goddess... what a great preparation for Spiral. I feel so happy to be here now.... I love the space and now I can be in it always. Thank you. Alison

REBIRTHING TRAINING

Held over 3 parts People choose to do a rebirthing training not because they want to be a rebirther but because they want to get clear on the 5 biggies which are: Birth trauma, parental disapproval syndrome, sexuality, money, death, God and immortality. There is heaps of other stuff as well including counselling skills, work on emotions, communication skills, power and how to access it, your purpose and what that is, body types and lots more. This is a certificated course and thus at the end, if you choose to, you can rebirth people. Please enquire if you want a brochure

AUGUST 5-10

"For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation." Rainer Maria Rilke

Physically you will learn specific techniques for joy filled love making

Mentally you will make different decisions about sex, release past negativity and learn to focus your mind, not on the destination but on the journey, enjoying it along the way

Emotionally you will learn to trust, to let go and surrender and to keep an open heart in your relationships.

Spiritually you will discover that sexual energy and spiritual energy are the same. They are both "life force energy"

Energetically you will go beyond anything you have experienced sexually before and learn to connect at a completely different level.

Relationships start off okay but after time, the passion declines and the energy dissipates. Tantra is a way of keeping your relationship emotionally rich, sexually passionate and spiritually evolving.

We are taking bookings now for this training even though the airfares are not out yet. Many people have expressed interest in attending this year and we have limited numbers, so we need to determine how many people are definite. If you would like a brochure and registration form, please let us know.