



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

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Here we are at the beginning of a new year. As I sit here typing this I wonder what the years ahead will bring and the thing I know is that once again, we are being asked: Will you choose fear, or will you choose Love? When you look at the stock market, the wars, everything around us points in the direction of fear and our media worldwide encourages that. However, for the new to be born, the old has to die and we cannot sustain our beautiful planet the way we have been for much longer. I therefore wait in anticipation, with my heart open, willing to move with whatever comes my way, knowing that in the end, everything is perfect, even when it doesn't seem to be. I ask that this year you commit more to your personal journey for in the end that is all there is... commit to doing things that make a difference. Remember the art of gratitude; speak only kind words as those vibrations are real; do something nice for someone you don't know, like pay for a pensioner's groceries; ensure that you give yourself time to breathe, time to pray or meditate daily; exercise as it helps stave off depression and builds strength; keep learning and growing; love the unlovable in your life; dream; act; be; do and remember that saying: **What you don't do is as important as what you do do. So do it. Stand up**, be counted, be brave, know you deserve to have it all. I will finish with a beautiful piece by Oprah.

1. What you put out comes back all the time, no matter what.
2. You define your own life. Don't let others write your script.
3. Whatever someone did to you in the past has no power over the present. Only you give it power.
4. When people show you who they are, believe them the first time.
5. Worrying is wasted time. Use the same energy for doing something about whatever worries you.
6. What you believe has more power than what you dream or wish or hope for. You become what you believe.
7. If the only prayer you ever say is thank you, that will be enough.
8. The happiness you feel is in direct proportion to the love you give.

9. Failure is a signpost to turn you in another direction.

10. If you make a choice that goes against what everyone else thinks, the world will not fall apart.

11. Trust your instincts. Intuition doesn't lie.

12. Love yourself and learn to extend that love to others in every encounter.

13. Let passion drive your profession.

14. Find a way to get paid for doing what you love, then every pay cheque will be a bonus.

15. Love doesn't hurt. It feels really good.

16. Every day is a chance to start over.

17. Being a mother is the hardest job on earth. Women everywhere must declare it so.

18. Doubt means don't. Don't move. Don't answer. Don't rush forward.

19. When you don't know what to do, get still. The answer will come.

20. "Trouble don't last always" A line from a Negro spiritual which reminds me of another favourite: This too shall pass.

DR WEISSMAN SPOTLIGHTS STEVE PAVLINA

Growing up, life didn't seem "easy" for me. The health challenges I experienced sent me on a passionate pursuit for the answers to why we get sick and how we heal. And beyond that, how we can thrive. In treating thousands of patients as a holistic physician, I learned that there are Five basics for Optimal Health: Water, Food, Rest, Exercise and Owning Your Power. These became the keys to health and healing for myself and my clients because they helped people embrace self-responsibility, a life-changing mindset of self-love.

I'd like to share an incredible conversation I had with Steve Pavlina, author and speaker, who shows that even when it looks like life is against you, taking self-responsibility (which he calls personal development) is critical to changing your life for the better.

You might not think it's possible for a jail sentence to change your life for the better, but for Steve Pavlina it was. Sitting in a jail cell at the age of 19, Steve was looking at a

CALENDAR

GODDESS WITHIN

ADELAIDE

February 21 & 22

GODDESS MEETINGS:

1st Monday of the month

Regal Park Hotel Barton Tce (around the corner from O'Connell on right hand side) North Adelaide – 7.30 start

2nd Monday of the month

Southern area, phone Cathy 83819088
Or Sue 8386 0097

3rd Thursday of the month

Bowden - Contact Dani 040788 3445
Kimberlee 0417 8812120
Amanda 0488 954 195

Crone Circles

Feb 13, May 22, Aug 22, Nov 22
Contact Judy - 0431 910435
Ali 0403433559 / Sandra 0428717548

TANTRA IN ADELAIDE

Our wonderful training for couples

JANUARY 21-26 2009

Or BALI AUGUST 14-19

If you are considering making 2009 the year for your relationship to blossom, physically, emotionally, mentally and spiritually just let us know and we will send details.

THE LIFELINE TECHNIQUE

With Dr Darren Weissman

5 day Training

March 13, 14, 15, 16, 17

We are bringing Dr Darren here to do Concious Body Concious Mind and Advanced I techniques.

The course is filling so if you are procrastinating, just do it.

2009 CALENDARS:

Our beautiful Enrica in Melbourne has again created a stunning calendar. It is gorgeous. It has all the dates of meetings and seminars on it so if you want one, they are \$10 and that goes in the tithing fund to assist people who can't afford to do our courses. Just email or phone me to get one.

possible two-year jail sentence for felony grand theft. Over the course of three days in jail, awaiting his sentencing, Steve made a pact with himself that changed the course of his life.

"This weight of responsibility hit me...my life was a train wreck and realized I was going down the wrong path. I accepted that the next two years of my life would be spent in prison."

By some glitch in the system, the court mistakenly processed Steve's case as a first offense (even though he had priors), resulting in community service.

"This miracle felt like a gift from the universe so I decided I had a debt to pay back to society. This is when my life started to take a turn for the better. While my life seemed like a wreck, I realized the one thing I had control over was how I directed my focus...or where I focused my attention. Even though I had all these problems that seemed out of my control, I could grow into the kind of person who could solve those problems."

Turning a kleptomania addiction and other challenges around overnight may seem overwhelming, but Steve took a unique approach. Rather than looking for a magic solution, he decided to apply himself to solving his problems over time.

Steve equates this to weight training. A weight may seem too heavy, but if you train yourself to lift weights, over time you develop strength and that once-heavy weight become light.

Today, at age 37, Steve has had a successful software business. On top of that, he's a well-known author of the book, *Personal Development for Smart People*. He has written hundreds of articles for well-known publications and has the most successful personal development blog on the internet.

When you read Steve's book or his blog, you can see that the 19-year old part of him truly made good on his promise. It's almost as if he's continued his community service debt to this day, sharing hundreds of free expert tips on personal development and becoming a role model to millions of others seeking solutions for a better life.

Since that day, sitting in a jail cell, Steve still connects with that 19-year old part of him to make sure he is still living true to his commitment. "I often look in the mirror and connect to that 19-year old part of myself. I stare at myself in the eyes and I ask myself: "am I being true to my promise?"

"I'd be lying if I said I was always on the right path. I've made a lot of mistakes along the way. But when I go back to the mirror, I can ask myself not if I'm following the right path ALL the time, rather, am I following the path with heart? This gut check helps me come back to my heart center."

Over the years, Steve discovered key questions to ask yourself in order to really take responsibility for creating the life you want.

In order to make sure you are living your life in balance, Steve asks himself questions in four key areas:

1. Body - What do I need to do? How do I meet my needs? How do I support myself?
2. Mind - What can I do? What are my skills and capabilities?
3. Heart - What do I want to do? What is my passion or desire? What is it I love to do?
4. Spirit - What is my purpose? What am I here to do?

"In working on my own personal development, I ask each of these questions and get good answers for every one of them. In this way, I can look at all of the possibilities for which direction I want to go in that is in alignment with my strengths."

Over time, Steve found that he could look at where the answers to all of these questions overlapped and that's at the heart path.

"The way I learned that the heart area was the most important path was by trial and error: I tried to generate income doing something I felt was out of alignment with my contributions and I failed utterly, going bankrupt. Focusing just on my skills and talents, I found I wasn't doing what I was passionate about in the long run. And focusing just on my contributions, I didn't feel like I had the means to focus on making contributions as big as other people's while worrying about how I'd feed myself." By starting in the area of heart, doing what I love to do most, I found that all the other areas came into alignment AND I got good at whatever I was doing.

Whether it was developing computer games (something I used to do), writing a speech about personal growth or articles about personal development, I got good at it. Doing what I loved, I was expressing my skills and talents. Doing what I was good at allowed me to make a contribution, to give something of value to people. And I kept doing it because I loved it. What generates value to people generates

income, so all areas fall into place, if you focus from the heart."

How to Avoid Self-Sabotage from Your Subconscious Mind

If you've read my *Infinite Love & Gratitude* book, you know that sometimes, your subconscious mind can get in the way of your best efforts at times. I encourage you to learn more by reading: *The Missing Equation to Making Law of Attraction REALLY Work*.

Steve found a way to avoid potentially reacting subconsciously as the 19-year old part of him that had an addiction to kleptomania. He did this by connecting consciously to that part of him and following a three-part model:

1. Truth - If I see falsehood and denial creeping into my life, I know I'm not in truth.
2. Love - Am I feeling stuck in what I don't want? Am I in a state of joy? Am I being grounded by my desires? Or am I fighting against something? Am I feeling gratitude for the experience?
3. Power - Am I taking responsibility for it? Am I actively moving towards what I want or do I feel like a passive victim?

"Any time I am out of alignment with Truth, Love and Power, I am seeing subconscious patterns taking over my life. When I am in alignment with these three principles, I know I am living consciously. Even if I'm in a situation looks grim, if I am choosing consciously toward what I want, I feel good about it."

I love the way Steve thinks about personal development: it's not about being perfect all the time, it's about making a commitment and taking responsibility for each action.

While this can take time, investing in yourself is surely worth it... it's the ultimate act of self-love.



This is an amazing picture Rosslyn and Enrica Took in Petra on their recent journey. The balls are known as orbs (we had tons of them at the last Spiral). Beautiful orbs of light! A new book coming next year explains all. Ancients drew hair and wings = angels

HEALTH PAGE

Sodium benzoate removed from Diet Coke

Coca-Cola is phasing out the use of the controversial additive sodium benzoate in Diet Coke on the back of consumer demand for more natural products. The company said it began removing the preservative (E211) from production lines in January, and so it should be out of circulation by the end of the year.

However, the additive removal is only currently planned for products sold in Britain. Coca-Cola could not confirm if any other countries would follow suit.

A spokesperson also told FoodNavigator.com that there are no current plans to remove sodium benzoate from any other of its brands, such as Fanta, Sprite, Oasis and regular Coca-Cola.

"The product is very important technically, especially in fruit-based drinks," said a spokesperson. "We are currently able to remove it from Diet Coke and we will look at removing it from products where technically possible."

Possible risks from sodium benzoate Sodium benzoate is used as a preservative in drinks, providing safety and stability for the product. It has proved a controversial additive, as recent studies have highlighted health concerns from its use.

However, Coca-Cola insisted the move was not a result of the studies and was keen to point out that both EFSA and the FSA have granted the product safe, and its removal from Diet Coke is simply a response to consumer preferences for natural.

A spokesperson said: "We have looked at removing sodium benzoate for a number of years in a move towards having no artificial additives. Our decision is based on emerging consumer trends for natural."

Last year, research linked the product to cell damage. The study was conducted by professor Peter Piper from Sheffield University, an expert in molecular biology and biotechnology.

He tested benzoate on yeast cells and found the preservative spurred an increase in production of oxygen radicals, or free radicals, which several studies have linked to serious illnesses and ageing in general.

Benzoate appeared to attack cells' mitochondria, damaging their ability to prevent oxygen leaks that create free radicals. Yeast cells were used because of their similarity to human ones, but no research on humans has been done.

Additionally, sodium benzoate was present in the Southampton study, which linked additives to hyperactivity in children.

In the study, two mixes of additives were given to children. While the European Food Safety Authority (EFSA) decided the study was insufficient to determine a ban on the colours, it has since sparked the UK Food Standards Agency (FSA) to encourage the voluntary removal of the artificial colours from products.

Because sodium benzoate was

present in both mixes but resulted in different effects on hyperactivity, no recommendations have been made on its removal. However, it has not failed to raise concern in consumers.

Coca-cola is not alone in responding to consumer demand for natural, with many manufacturers the aiming for the removal of artificial additives.

Major supermarkets in UK pledged to remove artificial additives from their private label soft drinks last summer, following the furore.

Nestle Rowntree promised to remove all artificial colourings from its confectionery in the summer of 2005. At that time, the company reported a 9 per cent increase on sales of their products, indicating the strategy's popularity amongst consumers.

Last month, Cadbury pledged to remove all artificial colourings from its confectionery products by the end of the year in response to concerns over their possible effects on behaviour.

Source The Lancet 2007; 370:1560-70

PLEASE NOTE THIS IS UK, WE NEED THIS TO HAPPEN HERE..... (don't start me on the aspartame in there!

SELENIUM

Brazil nuts are the best way to add selenium to your diet. A recent study at the University of Otago in New Zealand found that eating *just two Brazil nuts* a day is as effective in increasing selenium status and enhancing glutathione peroxidase activity as a recommended dosage of selenomethionine. Inclusion of this high-selenium food in the diet could avoid the need for fortification or supplements to improve selenium levels.

Selenium is a trace mineral that is essential to good health but required only in small amounts. It is used in creating important antioxidant enzymes that help prevent cellular damage from free radicals. Free radicals are natural by-products of oxygen metabolism that are seen to contribute to the development of chronic diseases like cancer and heart disease. Selenium is also critical for proper thyroid functioning and plays a role in the immune system.

The content of selenium in food depends on the selenium content of the soil in which plants are grown or animals raised. Much of the overall mineral content of the soils used in modern agriculture is depleted, so people have been turning more and more to supplements to get the needed amount of selenium.

People with gastrointestinal disorders may have decreased absorption of selenium, and people with iodine deficiency are particularly likely to benefit from selenium supplementation. Findings from research recently completed indicate that adequate selenium levels are correlated with reduced levels of breast and prostate cancer. Research is currently underway on the protective effects of selenium in humans against aging, other cancers, heart disease, cataracts, arthritis, Alzheimer's disease, and HIV infection.

NATURAL HAIR COLOURS??

Rosslyn tells me that the ones that say "natural" are in fact chemical loaded. Many say they are ammonia free but it means they put more chemicals in them in the first place.

They take a molecule of colour and split it, making two molecules but it is still chemically based.

Colours made here have a 2.7% volume of tint

For the European market it is 5.2%

For the US market it is 70%

So in Australia, normal colours are less intense in chemicals than in other countries.

So now you know!

If you find one that can guarantee that it has less than 2.7% tint then let us know.

Rosslyn (and me) will be delighted.

GINKGO BILOBA

Is now proven to reduce stroke damage by half. Reducing the degree of paralysis and limb weakness. Researchers at Johns Hopkins discovered that a daily Ginkgo supplement offered protective effects, even after just one week. The area of the brain damaged by stroke was 50% smaller with Ginkgo.

X-RAYS

X-rays and other medical scans could be playing a far bigger role in the spread of cancer than doctors have previously thought. New research discovered that x-rays are causing cancer in cells that are not directly targeted. This suggests that current estimates of cancer caused by radiation from medical tests is far too low.

ENERGY DRINKS

So called energy drinks such as Red Bull are claimed to boost mental and physical performance but they do more harm than good. They boost your risk of heart attack and stroke. Australian researchers found that drinking 1 250ml sugar free can of Red Bull increased blood platelet stickiness, raising the risk of blood clots. The results were alarming. Just 1 hour after drinking Red Bull the cardiovascular systems were no longer normal. They were so abnormal they resembled patients with cardiovascular disease. They raise heart rate and blood pressure in health volunteers. Within 4 hours of drinking 2 cans, heart rates went up by 7 beats/minute and systolic BP rose by 10mmHg. Risk assessment in Germany lists heart dysrhythmias, seizures, kidney failure and more. One healthy 25 year old man suffered generalised cerebral seizures after consuming the energy drinks on an empty stomach. He never had symptoms before nor did they occur again after 6 months of abstinence. National Poisons information reports 2 deaths and many symptoms of confusion tachycardia and seizures. France and Germany have already placed tight restrictions on the sale of energy drinks for reasons of safety. In other words, Don't drink them at all!

ANDREW DENTON INTERVIEWS DAWN FRENCH

Andrew D: You write in the book that “I honestly cannot fathom the curious dimensions of my body.”

Dawn F: Yes.

Andrew D: Which is a lovely phrase. How do you see your body?

Dawn F: Well I don't think I do see it. I think this is part of the problem. I think if I was keeping an eye on it and it wouldn't look like this, but I don't really keep an eye on it at all. So long as it does the stuff I need to do which is walking, swimming, sexing, dancing, all that sort of stuff that you need to do in life, so long as it does all that stuff I'm not really bothered about it any other way. As long as I can fit my trousers on which I can, because I bought a shop for myself where you make your own trousers with elastic at the waist, so as long as you can get trousers to fit you which I can, what's the problem?

Andrew D: Yes.

Dawn F: I really haven't got time to be looking in the mirror, weighing, being upset I can't fit into things; I haven't got time for that.

Andrew D: See that's fantastic to hear that in this day and age because mostly you're talking to twigs. Ah when you hear it said, as it has been said of you, that a fat person must be covering up either being unhappy or unwell. How do you respond to that?

Dawn F: Ah, well I've never felt that. I just can't find that. I mean tell a story in the book about how my Dad actually did a really great thing, when I was young, and when I stop and think about where do I think I've got this confidence, this bloody confidence from, where is it from, I could only stem it really to that to one particular moment I remember very well which is when I was going out to a party and I wanted to impress a particular boy and I bought some hot pants, I don't know if you remember hot pants?

Andrew D: Mm mm.

Dawn F: But they were shorts really. And I bought some purple suede hot pants. They didn't really fit me because nothing's ever made in my size. You know, I've always been fat even when I was little. I was less fat then but I was fat, I've always been a big girl. And I eventually managed to get myself into these hot pants, I don't know how and I was going out to this party longing for the attentions of a particular chap that I had my eye on. And my Dad called me into the room where he was and said that we need to have a chat before you go out tonight and I thought, oh you know, it's going to be something about what time I've got to get home yeah, yeah, yeah. And he just sat me down. He was very clever really and I don't even know how premeditated this was, but he stopped me ever feeling that I was less than anyone else, by telling me that I was absolutely ravishingly beautiful. And that I would really distress the family if anything happened to me. And that I should never for a second think that the attentions of men were something that you should be grateful for. It's something that I deserved and I

deserved the best.

Andrew D: And you were 14?

Dawn F: Oh yeah I was.

Andrew D: What a fan.

Dawn F: But he also told me I looked great in those shorts. You know and he told me to walk tall, if you like.

Andrew D: What a fantastic gift.

Dawn F: It was you know. This is what Dad's are supposed to do! I mean my Dad did that completely naturally to me and so I never for a second of doubted that I don't deserve a proper relationship with proper respect in it.

Andrew D: Mmmmm.

Dawn F: And that's the only thing I can put it down to. I meet a lot of big women who really dislike themselves. And I meet a lot of thin women who really dislike themselves. So I can't say it's only to do with the weight, but I would say to a lot of Dads out there, make sure you tell your daughters how fantastic they are!

FROM GO GRATITUDE GROUP A BEAUTIFUL PRAYER

May your brilliance be reflected in the eyes of all you meet.

May the blessings of Life be felt in thought, word and deed.

May you drink deeply from Wisdom's cup.

May you see the gift in every challenge, the sacred in every step.

May laughter roll your belly as you delight in Creation's mystery.

May you breathe freely, Love deeply, rejoice wildly and create passionately.

May you be at peace, whether your bowl be empty or full.

May the Light of Love shine brightly upon your soul.

May you listen deeply within, faithfully heeding the guidance of Spirit.

May you wake to dream each day, remembering NOW is all there IS.

May you feel the energy of co-creation flowing through each hand.

May you remember to honor and give thanks for our Motherland!

May you experience the bliss of a well-lived day ...

Forgiving ignorance; releasing regret, guilt or shame.

May you be sovereign, and to thine own Self be true.

May you remember each person make a difference ...

... and that person is YOU!

The Melbourne Creed for Goddess:
“Go out amongst the women who are alone and teach them to join together for there is hope in two women, help in three women, strength in four, joy in five, power in six and against seven, no gate may stand.

From Gibbons Decline and Fall.
Sherri S. Tipper.

MONEY MONEY MONEY

There's an old parable:

A poor man asked a wise man, “How can I get more out of life?”

The wise man answered, “In order to get, you must give.”

The poor man said, “But I have nothing to give.”

The wise man answered, “Then you must give more”.

In a perfect economy, there is no concept of greed, poverty, or scarcity. Envy is unheard of. Everyone has everything they could possibly need or want, and everyone knows and believes they deserve it. No-one has to take more than their share. Goods and services are traded fairly and for full value.

Money is just an exchange system. Each time you try to pay less than your share for goods and services, you only hurt the economy and ultimately yourself.

If you want to succeed, play win/win. First, you need to win and then allow others to win also. It is the belief that we are all competing for scarce resources that keeps us stuck. The truth is: money is in absolute abundance and there is plenty to go around.

From basic economics, we know that money is not a scarce resource. If it was, economies would never increase or decrease, only the wealth distribution would change. What causes economies to grow is the relative output and productivity of the country, and of the people who live in it. If we allow fear and greed to dominate then we only delude ourselves, and hurt our economy.

Financial freedom is only achieved when we are carefree – not CARELESS – with our money. We are carefree when we have a system in place that manages our money, we are careless when blame our lack of money on others, try to cheat others of their fair share, or become ‘stingy’ with our money and demand more from others than what we are prepared to give in return.

Financial freedom comes from following a system of giving and receiving – of allowing money to circulate freely back & forth. From one person to the next, and then back again. All the great economists knew this. Don't let fear and the belief in scarcity override this. Otherwise, ultimately you are only hurting yourself. (Written by Annie Morosy)

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptise cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the 2nd person.
- 4) You can't trust dogs to watch your food.
- 5) You can't hide a piece of broccoli in a glass of milk.
- 6) The best place to be when you're sad is Nana's lap.

