



## GODDESS SPEAK

Beyond The Ordinary  
PO Box 1284, North Haven SA 5018  
Tel. 08 8248 1281  
beyondtheordinary@internode.on.net  
www.beyondtheordinary.net.au

January 2011

**TANTRA**  
BALI - AUGUST 12<sup>TH</sup>-17<sup>TH</sup>

**THE LIFELINE TECHNIQUE**  
FEBRUARY 11<sup>TH</sup> - 16<sup>TH</sup>

**THE GODDESS WITHIN**  
ADELAIDE MARCH 12 & 13  
MELBOURNE - MAY 21 & 22

**RETURN TO THE SACRED SELF**  
April 1-10

**RELATIONSHIP & YOU**  
ADELAIDE MAY 7 & 8  
MELBOURNE JULY 16 & 17

**MAN'S INNER JOURNEY**  
ADELAIDE - JUNE 25 & 26  
MELBOURNE - MAY 28 & 29

**SPIRAL JOURNEY**  
FRIDAY, JULY 22<sup>ND</sup>- 24<sup>TH</sup>

### From Diane's Desk:

From the words of one of my favourite songs from this time of year: John Lennon... What have you done? Another year over, a new one just begun! So, what have you done? What has changed in your world since last year? For us a great deal. We have a new house literally with changes in every room. I had a reading in November and have decided to live my life differently! I have some plans in the air for how to achieve that and I will keep you informed. I am pretty much a raw food eater these days with rare exceptions. I have booked to spend a week in April with Victoria Boutenko one of the world's leading exponents in raw food and intend to relish in the time I have given myself. For us workaholics it isn't easy to slow down let alone stop but I am determined that

this will be a more internal year with time to listen to the guidance of Spirit in my life. More time to play, have fun, experience joy, read more, learn more, love more and that sounds pretty good to me. What about you?  
I received this and thought it appropriate for this newsletter.

### Ways to Show Unique Gratitude

Tell someone face to face how much they mean to you.  
Write a thank you note (via snail mail).  
Pack your lunch and then give it to those you come across who need it.  
Put a sticky note somewhere random make someone smile  
Leave a creative smiley face for your spouse/kids (I make mine with a banana and two apples in the kitchen).  
Smile ear to ear at everyone you see  
Call someone you know is in a tough spot and just listen.  
Give your books a new home with a new mind.  
Call, email or write your closest 5 people in your life and let them know the unique impact they have on your life.  
Pay for coffee for someone behind you in line.  
Buy a dozen sandwiches and pass them out to homeless folks in a busy area  
Give an anonymous donation of whatever you can afford.  
Take that coat or jacket you never wear and give it to someone on the street (do this with anything you haven't worn in the past 6 months).  
Make a friend their favourite meal.  
Share an experience with someone you love- perhaps a sunset or special walk.  
Open a door for someone.  
When someone's having car troubles, stop to help.  
Give genuine compliments to those you hardly know  
Leave a huge tip  
Donate a week of your life to a good cause  
Leave an inspirational book on the bus.  
Leave a \$5 note on a random windshield.  
Take a picture for a tourist.  
Plenty more ideas can be found at [RandomActsofKindness.org](http://RandomActsofKindness.org).

Writing the above makes me reflect on my life so I thought I'd share...

### What I'm Grateful For

- \*A husband who's my best friend.
- \*My children and grandchildren who love me unconditionally.
- \*My friends who support me totally
- \*Doing what I love to do
- \*Having the willingness to learn more.
- \*Living where I live
- \*Having what I have
- \*A body that is healing and changing
- \*Knowing there is tons more to know
- \*Getting older/hopefully wiser!
- \*My veggie garden
- \*People who inspire me
- \*DVD's/utubes that make me cry
- \*Being able to cry... and laugh
- \*Being alive and grateful

There are of course tons more, like flowers, sunsets, trees, water etc.....

### There is always something to be grateful for.

No matter what your circumstances, as dark as they can seem at times, there is always something worth appreciating. Often the most important times to be grateful are during the most difficult times. Gratitude is a powerful emotion. When you are truly grateful in the moment, it's impossible to feel fear or stress or anxiety, or any of those negative emotions that keep us from experiencing our potential. Allow gratitude to take over.

### Infuse yourself with gratitude today

Realise just how awesome you have it. Go for a walk or just sit outside, take your journal and start to write what is amazing right now.

- \* What have you created for yourself and others?
- \* What unique dent are you putting in the world?
- \* What are you truly grateful for?

These can be as big as selling your business or as small as seeing a smile or waking up above ground.

**The simpler things you can find gratitude in, the more often you'll find yourself inundated in it.**

What could you do for others to help them experience this? What simple things will bring a smile to those around you? Dedicated a small (or big) portion of your day and you'll begin to experience life on a whole new level.

**Every purpose involves helping others.**

We are not complete on our own. What makes life rich is the way we interact and serve others. The more you do it, the richer the results. Go out and touch some people in a way only you can.

**Start with the simplest (and most powerful) show of gratitude there is:**

Spend time with the people you love and those who love you. Simple as that. Be there with them and be purely present. There is no sign of love, thanks and kindness more genuine.

## GUARDIANSHIP

One of the greatest gifts we can give another human being is to act as their guardian. Whether this gift is related to a specific situation or is representative of an ongoing commitment, we each benefit from the association. To protect someone is to walk with them in challenging times and see them through safely to the other side. In doing this, we grow with them. And those under our guardianship derive confidence from our support and assistance, enabling them to persevere through almost any conditions.

Sometimes just holding the space for somebody allows them to do what is necessary to grow or heal. We may simply want to see that our friend or loved one is taken care of and equipped to prevail over difficult circumstances. We may also sense that we are in possession of knowledge our loved ones are lacking yet need in their current stage of development. Our offer to serve as a guardian may also be both unsolicited and unrelated to any one situation. Instead of helping someone we care about cope with a specific challenge, we may find ourselves providing them with a more general form of emotional sustenance that prepares and strengthens them for challenges yet to come.

Our ability to empathize with those under our guardianship is our greatest asset because our comprehension of their needs allows us to determine how we can best serve them. Even when this comprehension is limited, however, the loving intentions with which we enter into our role as guardian ensure that our care and protection help others grow as individuals while living their



This is a wonderful new magazine on the market. Available from newsagents. Fabulous stories. I wrote an article for this one titled Consciousness. It is worth subscribing as they have great things on offer. Very reasonable and this month has fantastic articles. Check it out or go on line [www.theveritasmagazine.com](http://www.theveritasmagazine.com)

I love the integrity of the guy who started it so support an Australian mag.



## ZEN CHI MASSAGER, NEW



The beneficial effects of Chi (energy) stimulating exercise are now within the reach of every household.

**Do you suffer from lack of exercise, stress, back pain, poor circulation, nervous tension or menstrual pain?**

If so the Zen Chi Relaxerciser machine can help alleviate the symptoms of these ailments.

The Zen Chi Relaxerciser machine is a device used to stimulate the body in order to improve one's health.

It produces a motion through the recumbent body, similar to a swimming fish, which opens the vertebrae alleviating stress and tension on the spinal column. Special price \$200.

Kindness in words creates  
CONFIDENCE  
Kindness in thinking creates  
PROFOUNDNESS  
Kindness in giving creates  
LOVE  
Lao-Tse



## The Knots Prayer

Dear God:  
Please untie the knots  
that are in my mind,  
my heart and my life.  
Remove the have nots,  
the can nots and the do nots  
that I have in my mind.

Erase the will nots,  
may nots,  
might nots that may find  
a home in my heart.

Release me from the could nots,  
would nots and  
should nots that obstruct my life.

And most of all,  
Dear God,  
I ask that you remove from my mind,  
my heart and my life all of the 'am nots'  
that I have allowed to hold me back,  
especially the thought  
that I am not good enough.  
Amen

Author Known To God



## THINGS I HAVE LOVED

### KNOCKOUT

By Suzanne Somers  
Probably the best book I  
have read on cancer.

I will be getting some in 2011 to sell.

### GIFTED HANDS DVD

A fabulous true story about what is  
possible when the odds are against  
you and you do it anyway.

### WEBSITES

Where people sing in public or who  
thought they couldn't sing and do  
anyway and make me cry!

**MY FABULOUS ASSISTANTS AT  
SEMINARS AND ON THE  
COMMITTEE & CIRCLES .  
THANK YOU XXXXXX**

## SYMPTOMS ARE GIFTS IN STRANGE WRAPPING PAPER



The leaves on the trees in US have begun to express a subtle shift in their colorful hues of yellow, red, and orange. I've noticed flocks of Canadian geese commencing their seasonal migration as the morning air feels cooler and darkness seems to appear at an earlier time of the day.

The same cycles that the natural world experiences from season to season are also going on inside of you. These cycles represent a circadian rhythm that helps to maintain a dynamic balance point between our internal and external environments on both a biological and behavioral level. The ability of your body to digest, metabolize, detoxify, and eliminate food is also directly related to how you digest, metabolize, detoxify, and eliminate emotions.

Many people don't always recognize the subtle shifts in nature just as the emotional changes occurring in our bodies or lives are often overlooked or even ignored. Patterns of migration and transformation are a necessary expression for survival. They're a protective mechanism that we learn to trust as we evolve. Even more they reflect the beauty and mystery of the interconnectedness we share with the infinite universe. Being mindful of the value of these natural changes awakens the magnificent power to thrive. A statement that I feel sums up this concept is what I call The LifeLine Law of Transformation and Creation: *"Emotions transform energy; energy creates movement; movement is change, and change is the essence of my life. The more I choose to change the freer I feel."*

The secret to creating a life of thriving is buried beneath the surface of our daily reality, within the subconscious mind. In his book *The Biology of Belief*, Bruce Lipton, Ph.D., explains:

*When it comes to sheer neurological processing abilities, the subconscious mind is millions of times more powerful*

*the conscious mind conflict with the programs of the subconscious mind, which "mind" do you think will win out? You can repeat the positive affirmation that you are lovable over and over or that your cancer tumor will shrink. But if, as a child, you heard over and over that you are worthless and sickly, those messages programmed in your subconscious mind will undermine your best conscious efforts to change your life.*

Dr. Lipton goes on to further state that the conscious mind can process about forty bits of data per second but the subconscious mind can process forty million bits of data in the same second. The relevance is simple. The subconscious mind is one million times more powerful as an information processor than the conscious mind. The conscious mind is perceived to be the driving force of life, but in actuality it only represents approximately 2 to 10 percent of our awareness. The subconscious makes up the other 90 to 98 percent. It directs the function of our 50 trillion – plus cells like a symphonic orchestra in perfect harmony. The subconscious is both a filter and a distiller of information, experiences, thoughts, and feelings – from your beating heart and the regeneration of your cells to food metabolism and waste elimination. The subconscious mind is also the storehouse of emotions, memories, and beliefs whose effects are vivid, hypnotic, illusionary, pervasive, and deep-seated. It's the reactive mind; it reacts to the environment so that we can adapt and survive. In other words, it shields and protects us like a tour guide through an uncharted land.

You can better understand the influence and power of the subconscious mind through this example: Imagine that your body is covered with a bright red itchy, painful rash. Notice how just reading about a rash causes you to scratch! How does having the "rash" make you feel? Angry? Frustrated? Or do you feel ashamed or insecure? If given a conscious choice, would you ever choose to have a bright red itchy, painful rash? Would you choose to feel angry, frustrated, ashamed, or insecure? Of course not – the rash and the emotions associated with it are subconscious and reactive in nature. You'd never consciously choose any unpleasant symptom, stressor, or disease; while at the same time you know that everyone experiences them – so where do they come from? Just like nature, the subconscious mind does not choose or judge, it simply reacts when it gets activated. Being able to discern

between conscious actions and subconscious reactions is the first step to acknowledging the value of symptoms. Symptoms and perceptual stress are a dialogue – a feedback mechanism – that let you know that you now have the ability to live intentionally. They represent the gap between your conscious awareness and subconscious knowing. When you have an experience that's painful, scary, or stressful and you lack the conscious resources to process it, the subconscious mind will initially and immediately create a gap as a means of protection. Like the letting go of leaves or the migration of Canadian geese, symptoms let you know that it's time let go, get back on your path, and shine your true colours as you are Divinely designed.

An exercise you can begin is to simply observe your body. Notice what symptoms you feel as you go throughout your day. Rather than feeling limited or identified by any pain or pressure, ask yourself this simple yet practical question. "Would I ever choose to feel this way?" The answer will always be "Never!" Now, as with any gift, embrace the symptoms and stress of your body and life with love and gratitude knowing that a part of you is speaking as a means for you to own your power.

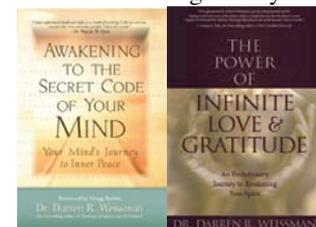
Keep shining!

With Infinite Love & Gratitude~

Dr. Darren R. Weissman

## THE LIFELINE TECHNIQUE FEBRUARY 11<sup>TH</sup> TO 16<sup>TH</sup>

This training is not just for people who wish to become practitioners..... It is for anyone who wishes to shift the subconscious patterns that keep you stuck... the body symptoms that won't go away.... The relationships that don't work. It is above all a self healing tool to make life work... in fact to make life thrive. Anyone can learn it if you have the intention. Most people find they do it for themselves and finish up assisting family, friends and then others to heal their lives. Exceptional. Can't recommend highly enough that you consider learning it for yourself.



Both books available from the shop at [www.goddesswithin.com.au](http://www.goddesswithin.com.au)

## HEALTH INFORMATION

### Important, New Information about Olive Oil

Extra-virgin olive oil is a good monounsaturated fat that is also well-known for its health benefits. However, it's important to realize it is NOT good for cooking. It should really only be used cold, typically drizzled on salads and other food.

Due to its chemical structure and a large amount of unsaturated fats, cooking makes extra-virgin olive oil very susceptible to oxidative damage. However, according to Dr Mercola I learned that extra-virgin olive oil has a significant draw-back even when used cold – it's *still* extremely perishable!

As it turns out, extra-virgin olive oil contains chlorophyll that accelerates decomposition and makes the oil go rancid rather quickly.

If you're like most people, you're probably leaving your bottle of olive oil on the bench top, opening and closing it multiple times a week. Remember, any time the oil is exposed to air and/or light, it oxidizes, and as it turns out, the chlorophyll in extra virgin olive oil accelerates the oxidation of the unsaturated fats.

Clearly, consuming spoiled oil will likely do more harm than good.

Dr. Moerck recommends treating it with the same care as you would other sensitive omega-3 oils:

- \* Keep in a cool, dark place
- \* Purchase smaller bottles rather than larger to ensure freshness
- \* Immediately replace cap after each pour

To help protect extra virgin olive oil from oxidation, Dr. Moerck suggests putting one drop of astaxanthin into the bottle. You can purchase astaxanthin, which is an extremely potent antioxidant, in soft gel capsules. Just prick it with a pin and squeeze the capsule into the oil.

The beautiful thing about using astaxanthin instead of another antioxidant such as vitamin E, is that it is naturally red, whereas vitamin E is colorless, so you can tell the oil still has astaxanthin in it by its color.

As the olive oil starts to pale in color, you know it's time to throw it away.

You can also use one drop of lutein in your olive oil. Lutein imparts an orange color and will also protect against oxidation. Again, once the orange color fades, your oil is no longer protected against rancidity and should be tossed.

This method is yet another reason for buying SMALL bottles. If you have a large bottle, you may be tempted to keep it even though it has begun to oxidize.

### The Worst Cooking Oils of All

Polyunsaturated fats are the absolute WORST oils to use when cooking because these omega-6-rich oils are highly susceptible to heat damage.

This category includes common vegetable oils such as: Corn, Soy, Safflower, Sunflower, Canola

Damaged omega-6 fats are disastrous to your health, and are responsible for far more health problems than saturated fats ever were.

Trans fat is the artery-clogging, highly damaged omega-6 polyunsaturated fat that is formed when vegetable oils are hardened into margarine. Never use margarine when cooking. I guarantee you you're already getting far too much of this damaging fat if you consume any kind of processed foods, whether it be potato chips, pre-made biscuits or microwave dinners...

Trans fat is the most consumed type of fat, despite the fact that there is no safe level of consumption; they are linked to heart disease and type 2 diabetes. My favourite is Coconut Oil but it has to be pure virgin... because it is resistant to heating damage, but also a great source of medium chained triglycerides and lauric acid.

So, cleaning these oils out of your kitchen cupboard is definitely recommended if you value your health.

## SUPERFOODS

**Chia Seeds** definitely are a 'superfood'. They were once a staple of the Aztecs and were/are known, for their ability to increase endurance. They have all the essential amino acids (protein), except for taurine, and are also a great source of omega-3 oils, which is not found in so many foods. It's important to get a good balance of omega-3 to omega-6 oils in your diet, and adding these seeds to salads and smoothies is a good way to provide that balance. They also have more antioxidants than blueberries!

**Raw Cacao...** You have heard dark chocolate has high levels of antioxidants? This is due to the high quantity of pure cacao in it. Cacao beans, when eaten raw, are extra good for the body. It is said that cacao, like chia seeds, has higher levels of antioxidants than blueberries. It also has lots of minerals, like zinc, chromium and magnesium, and plenty of vitamins and beta-carotene too. It also has quite a kick and wakes you up in the same way tea does, but gives a steadier stream of energy. *NB. Please remember that Cacao is not for everyone. It is very much a stimulant and one needs to monitor it's affects on your individual chemistry.*

**Goji Berries.** As we all know, berries in general are super good for our health, and are easily added to a smoothie to make it extra healthy. Goji berries have 18 kinds of amino acids (the building blocks of protein); a high quantity of calcium, selenium, zinc, vitamin B2 and C, beta-carotene and potassium; and they are thought to boost your immune system and help lose weight. Soak before eating is best. (Just 15 minutes)

**Maca Powder.** The Female Viagra! Absolutely delicious and you can add it to deserts, smoothies etc. It is a member of the radish family. Working in tandem with the body's natural rhythms, Maca helps rebuild weak immune systems, remineralize poorly nourished bodies, and increase energy and endurance.

## ORGANIC OR NON ORGANIC?

**Apples:** An apple a day is a good idea, but eat organic apples. Apples in any form may contain chlorpyrifos and methyl parathion.

\* **Grapes:** Look for organic grapes, imported or domestic. Conventionally grown grapes have been shown to contain such chemicals as dimethoate, methyl parathion, and methomyl – an insecticide noted to be an endocrine disruptor.

\* **Green beans:** Buy organic green beans to avoid three nervous system toxins:

\* **Peaches:** If you buy no other organic fruits and vegetables, your choice in peaches should be organic. Peaches are probably THE worst of non-organic fruits. Non-organically grown peaches register high levels of iprodione residue. In addition, a bite of non-organic peach also contains methyl parathion.

\* **Potatoes:** Potatoes are a root crop, and as such, they are saturated with pesticides. Non-organic potatoes usually contain dieldrin and methamidophos.

\* **Raspberries:** Compared to others in the top ten organic fruits and vegetables, organic raspberries may seem expensive. If you are going to eat raspberries, however, choose organic berries to avoid the triple dangers of captan, carbaryl, and iprodione.

\* **Spinach:** Spinach is claimed among the best non-organic vegetables, but spinach often contains dimethoate and permethrin – a potential carcinogen.

\* **Strawberries:** Really important to eat organic as the little markings hold pesticides.

## ALWAYS READ LABELS

Magnesium Stearate is a toxic metal additive. It is in tons of stuff. Dibasic calcium phosphate (DCP) inhibits absorption.

## RELATIONSHIPS AND YOU



**A 2 day interactive workshop delivering the tools to develop, nurture and enhance the relationships in your life, especially the one with yourself!**

**Open to anyone, singles, couples.**

**We will explore in detail the inherent differences between men and women and how that impacts the quality of relationships.**

**Learn skills of:  
Communication**

**Power  
Intimacy  
Listening  
Sex  
Vulnerability  
Truth  
Self Esteem  
Trust**

**We know successful relationships are a primary means to happiness. This weekend you will learn skills to enhance your life in all areas.**

**WHEN: MAY 7 & 8**

**From 9am to 5pm**

**Where: Adelaide**

**Cost: Normally \$400 each**

**Special as it is the first one in Adelaide...**

**\$325 each or \$600 a couple.**

**Bookings absolutely necessary.**

**Email Diane for a  
Registration form.**

## RETURN TO THE SACRED SELF



**It is a well known fact that long term trainings offer the best & most long lasting results. This training will be conducted in three blocks of time, starting on the Friday night and concluding on the Sunday morning, (10 days) – it will be held over the year starting in April.**

**It will be held on the River Murray, residential, home cooked food, beautiful scenery, a chance to breathe and just simply be.**

**Some of the areas covered:**

**Thought is Creative - Birth - \$ -  
Parental Disapproval -  
Healing the Inner Child -  
Mastery of Emotions – Past Lives –  
Intimacy and Sex - Relationships –  
Prosperity - Spiritual Psychology  
God, Death and Immortality  
Neuro-Linguistic Programming -  
Presentation Skills - Life Patterns  
Spiritual Psychology & much more.**

**Why do it? ..... To...**

**Change beliefs** no longer serving you.  
**Access** your unique creative potential.  
**Create** & increase authentic self esteem.  
**Clear** unwanted patterns.  
**Eliminate** stress or anxiety.  
**Allow intimacy** with self & others.  
**Improve** the body's immune responses.  
**Attain** deep inner peace.  
**Promote** emotional fitness by releasing unconscious, limiting emotional blocks.  
**Develop skills** to handle life's changes.  
**Learn** new skills to enhance your life.  
Learn basic techniques of rebirth/  
breathwork counselling.  
Brochure available now.  
Limited numbers

## TANTRA FOR 2011



**AUG. 12-17 BALI**

This training will take your relationship to a place you never dreamed possible. It will give you the skills and tools to be able to remain passionately orbiting in love rather than losing interest.

Tantra takes you to a whole new level in communicating.

We always thought people would come out of it saying they had better sex but that is an absolute by-product really.

It is amazing what we don't know...  
and the truth is we don't know what we don't know.

Sex is something that historically has been hidden behind closed doors and people don't talk about it and if one thing comes out of Tantra, it is a honesty between couples that enables the relationship to blossom and shine.

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

Where did you learn about sex?  
Where did you learn about your own sexuality? Have you ever been in a place where sex is boring?

Do you wish you had "more".....  
time, energy, sex? People spend money having a "holiday" but on returning home nothing in their relationship has changed.

Tantra is life changing and we believe every couple deserves the opportunity to have what Tantra gave to us.

There is nothing to be scared of,  
nothing to be worried about.

Classes are "clothed"...

No funny "surprises" in the room!  
3 hours of lecture then you go off to practice what you learned.

Back to class and same again.

A fabulous way to reconnect and that love goes out into your family.

Brochure available now.