



# GODDESS SPEAK

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As another year moves closer to the end I look around the world and see what is happening in nearly every country and I wonder where humanity is heading. Being the idealist that I am, I know we can turn it around but with the latest Bali bombings sometimes our mind chatter wants to scream that it is impossible. We know however that thought is creative and that the more we let go of old thoughts and old patterns, the more new neural pathways in the brain are forged and new patterns can emerge. Like someone in 'What the Bleep' said: Positive thinking works but for most of us we have negative thinking with a smear of positive thinking thrown in for good measure! What we have to do is examine every thought and every deed and ensure it is framed in the positive... If it is not then forgive yourself, don't beat yourself up, and like the songs says, pick yourself up, dust yourself off and start all over again. We are here to develop our consciousness, to remember who we are and because this is a school, we are all bound to make lots of mistakes but the answer lies in continuing on. So, keep learning and growing and looking at where your Achilles heel is.... Perhaps in the area of self esteem where you take what people say too personally. Perhaps in the area of relationships where you are dependent on something outside yourself for your own wellbeing. Perhaps in the area of health, taking it for granted and assuming that eating junk won't harm you... and it probably won't today, however in time what you put in will show up in your body as you know. Whatever it is I believe we are standing on the brink of an incredible opportunity.... One in which we can really get the truth of the divinity of our lives. Like John Denver said: "It is not just what you do but what you don't do that makes a difference." So ask yourself: What do I need to do to make a difference in my life now? Then set about doing it. My friend Sunni sent me the following 'play on words' and I think it is perfect for now.

## SCARCECITY OR ABUNDANCE?

A great Yogi -- I think it was Yogi Berra -- once said, "When you come to a fork in the road, take it." Well, here we are at the junction of Love and fear, and if we stay on the all-too-familiar path of ScareCity ... we're totally forked. Yes, in a shrinking world we can do the same old same old and get the same old results, or ... we can try something different for a change. Instead of ScareCity, we can go for ABunDance. That is when we get up off of our assets, move our buns, and dance together in rhythm and flow. Can it work? Well, consider what hasn't worked.

ScareCity is the way it's always been. The fear that there isn't enough to go around has caused us to separate into "people like us" and "people who don't like us." No wonder we have nations at odds trying to get even, a dogma-eat-dogma world where misinterpreters have translated great spiritual teachings as "We're going to heaven, and everyone else can go to hell." But living at each other's expense can be expensive. Huge defense budgets, not to mention all the waste and corruption hiding behind defense, are bankrupting the world, financially and morally.

And in a world terrorized by terrorism and, for that matter, anti-terrorism... it's important to understand that fear makes the body politic more susceptible to psychopathogens (i.e., opportunistic organisms with a poisonality disorders). And we all know those fear-gnomes (little gnomes of gnawing fear) that the current Administration has injected into the mainstream society.

Now, of course, we don't want to eliminate fear completely. That's why we have clanging bells and flashing lights at railroad crossings. And badness knows, there is plenty of badness in the world. But when we use evil to fight evil -- well, I'm not a math whiz but it seems to me we're increasing, not decreasing the evil in the world. And it's not just the math, it's the aftermath: A world

stuck in greedlock, ruled not by the highest common denominator but the lowest common dominator.

In a world that seems dead-set on destruction, it's no wonder so many people have looked heavenward for divine intervention. But lately, more and more people are waking up to the notion that we humans cannot expect to be fed intervenously forever. Maybe we have to actually live those spiritual teachings we're willing to fight to the death for. Can I be blunt? Maybe it's time for all of us children of God to become adults of God and finally grow up and take some responsibility. And if we're going to evolve and overgrow the current dysfunction at the junction, we will have to transcend the old nation vs. nation and build the one nation we have in common --imagination. Yes, in a world of scarcity, the one thing we have in abundance is imagination.

## THE GODDESS WITHIN October 22 & 23 MELBOURNE

If you have friends or family that you think would benefit... please advise them of the dates.

## MAN'S INNER JOURNEY October 29 & 30

Nice Christmas present for your Partner, father, brother!

## SPIRAL JOURNEY November 5 & 6

Starts where Goddess ends.  
Profoundly healing.

## TANTRA FOR COUPLES JANUARY 20<sup>th</sup> to 25<sup>th</sup> ADELAIDE

This 5-1/2 days could change your life so if you are interested please contact me for details.

Time to Get Out of ScareCity and Declare ABunDance for All! Here's a wild idea: What if we applied our abundant imagination to find ways we can be fruitful and multiply... instead of staying stuck in fruitless division? What if we came to our senses and declared the current system illegally insane, and committed ourselves to making the world a sane asylum? Sounds crazy? Well, what could be crazier than spending so much of our precious livelihood on weapons of deadlihood?

Seriously. What if we used our religions wisely and taught those old dogmas some new tricks? What if we changed the game from survival to thrival? What if we went for heaven on earth -- just for the hell of it?

Now of course, this is all easier said than done. But if we want to do it, first we have to say it. So I say we declare a state of emerge On see. Let's emerge from our addiction to the old needy-greedy, and see that when we are all dancing together in rhythm and flow, there is no need for greed. So let us begin by using our imagination to imagine how we can create a world where we rise through the Golden Rule rather than fall to the rule of gold. What if we lifted our vision to see above the us vs. them mindset and said, "Wait a minute ... I think we're all US!"

So it is time to ask each other, and ourselves what kind of world do we want to leave for our children and grandchildren? A world where we're all in this together? Or a world where it's every man for himself?

As we stand at this crossroads, I say it's time to make a stand and stand by our stand. Time to choose ABunDance, the only true pro-life choice. Now I know what you're thinking...no really, I do ... you're thinking, how can little ol' me make a difference? Well, the world is made up of 6.5 billion little ol' me's, and each of us chooses every day with our words, deeds, intention and attention. What is out-pictured in the world s the sum total of 6.5 billion in-pictures. By choosing to not choose, you are still choosing, and if you're already choosing why not choose to choose instead of not choose?

It's either ABunDance or ScareCity, folks ... and if you're still sitting on defense, ask yourself this: Which world do I want to live in? ABunDance or ScareCity? State of Emerge On See vs State of Emergency...

Live by the Golden Rule vs Live by the rule of gold... Holistic approach to problems vs Assaholistic approach to problems... One Spirit, many paths vs We're going to heaven, you can go to hell... Concern for justice vs Concern for just us... Liberties given to all vs Liberties taken with our liberties... Wealth for the whole vs Wealth down the hole... A world growing in love vs A world shrinking in fear

Time to Weave a Web of Mass Construction. I say, "Don't get even -- get odd!" Let's go for the odd solution that beats the heaven out of getting even. It is time now to bring everyone together in a new Man-Helpin' Project to weave a web of mass construction and develop new clear power -- renewable, non-polluting energy so abundant we don't need armies to defend it. It's time to abandon the old fission expedition, folks, and go for fusion instead.

Imagine... a world-win campaign where the whole world can win. Time for all of us who choose ABunDance over ScareCity to address each other with deep reverence and respect and say, "May we have this ABunDance together?" Time to turn off the TV and tell a vision instead. Who needs reality TV when you have a reality game where everyone can play and everyone can win: Extreme Planetary Makeover.

Will we succeed? Well, that's what we're playing the game to find out. But even if we don't win, one thing is for sure. "The World Game" is a heaven-of-a-lot more fun to play than the "end-of-the-world game."

### GREAT TRUTHS THAT: LITTLE CHILDREN HAVE LEARNED:

- 1) When your Mum is mad at your Dad, don't let her brush your hair.
- 2) If sister hits you, don't hit back. They always catch the 2<sup>nd</sup> person.
- 3) You can't trust dogs to watch your food.
- 4) You can't hide a piece of broccoli in a glass of milk.
- 5) The best place to be when you're sad is Grandpa's lap.

### ADULTS HAVE LEARNED:

- 1) Wrinkles don't hurt.
- 2) Families are like fudge...mostly sweet, with a few nuts.
- 3) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.

6) Middle age is when you choose cereal for the fibre, not the toy.

### GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster
- 3) Time may be a great healer, but it's a lousy beautician.
- 4) Wisdom comes with age, but some times age comes alone.

### The Wealthy Woman

For the love of a tree,  
she went out on a limb  
For the love of the sea,  
she rocked the boat  
For the love of the earth, she dug deep  
For the love of community,  
she mended fences  
For the love of the stars,  
she let her light shine  
For the love of Spirit,  
she nurtured her soul  
For the love of a good time,  
she sowed seeds of happiness  
For the love of the goddess  
she drew down the moon  
For the love of nature,  
she made compost  
For the love of a good meal,  
she gave thanks  
For the love of family,  
she reconciled differences  
For the love of creativity,  
she entertained possibilities  
For the love of her enemies,  
she suspended judgment  
For the love of herself,  
she acknowledged her worth  
And the world was rich for her.

### MOMENTS

When the door of happiness closes, another opens; but often times we look so long at the closed door that we don't see the one, which has opened  
The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way  
The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.  
When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

## WHAT DO TREES HAVE TO DO WITH PEACE?

Thirty years ago, in the country of Kenya, 90% of the forest had been chopped down. Without trees to hold the topsoil in place, the land became like a desert.

When the women and girls would go in search of firewood in order to prepare the meals, they would have to spend hours and hours looking for what few branches remained.

A woman named Wangari watched all of this happening. She decided that there must be a way to take better care of the land and take better care of the women and girls. So she planted a tree. And then she planted another. She wanted to plant thousands of trees, but she realized that it would take a very long time if she was the only one doing it. So she taught the women who were looking for firewood to plant trees, and they were paid a small amount for each sapling they grew.

Soon she organized women all over the country to plant trees, and a movement took hold. It was called the Green Belt Movement, and with each passing year, more and more trees covered the land.

But something else was happening as the women planted those trees. Something else besides those trees was taking root. The women began to have confidence in themselves. They began to see that they could make a difference. They began to see that they were capable of many things, and that they were equal to the men. They began to recognize that they were deserving of being treated with respect and dignity.

Changes like these were threatening to some. The president of the country didn't like any of this. So police were sent to intimidate and beat Wangari for planting trees, and for planting ideas of equality and democracy in people's heads, especially in women's. She was accused of "subversion" and arrested many times. Once, while Wangari was trying to plant trees, she was clubbed by guards hired by developers who wanted the lands cleared. She was hospitalized with head injuries. But she survived, and it only made her realize that she was on the right path.

For almost thirty years, she was threatened physically, and she was often made fun of in the press. But she didn't flinch. She only had to look in the eyes of her 3 children, and in the eyes of the thousands of women and girls who were blossoming right along

with the trees, and she found the strength to continue.

And that is how it came to be that 30 million trees have been planted in Africa, one tree at a time. The landscapes - both the external one of the land and the internal one of the people - have been transformed.

In 2002, the people of Kenya held a democratic election, and the president who opposed Wangari and her Green Belt Movement was removed and Wangari was made Kenya's Assistant Minister for the Environment. She was 65 years old, and this year she planted one more tree in celebration and thanksgiving for being given a very great honor:

Wangari Maathai has been awarded the Nobel Peace Prize. She is the first African woman to receive this award. After she was notified, she gave a speech entitled, "What Do Trees Have To Do With Peace?" She pointed out how most wars are fought over limited natural resources, such as oil, land, coal or diamonds. She called for an end to corporate greed, and for leaders to build more just societies. She added: "Our recent experience in Kenya gives hope to all who have been struggling for a better future. It shows it is possible to bring about positive change, and still do it peacefully. All it takes is courage and perseverance, and a belief that positive change is possible. That is why the slogan for our campaign was 'It is Possible!' On behalf of all African women, I want to express my profound appreciation for this honour, which will serve to encourage women in Kenya, in Africa, and around the world to raise their voices and not to be deterred. When we plant trees, we plant the seeds of peace and seeds of hope. We also secure the future for the world to celebrate by planting a tree wherever you are. Today we are faced with a challenge that calls for a shift in our thinking, so that humanity stops threatening its life-support system. We are called to assist the Earth to heal her wounds and in the process heal our own."

Can we accept her invitation? As we look around our neighborhood or city, as we look at our own country, what is needed? Where are women and children suffering? Where are people feeling disempowered? Where does the Earth need our help? What is our equivalent of planting one tree? What's yours? Do you recycle all the time? Plant trees? Tithe? Smile at people and speak kind words? What is your contribution to making a difference like Wangari did?

## HEAVEN ON EARTH TRAINING

A Journey from  
Who You Think You Are  
Through Who You Fear You  
Might Be  
To Who You Really Are  
Change occurs  
only when we are ready for it.  
We have a choice...  
to consciously create change...  
or wait for circumstance  
to create it for us

The Heaven on Earth Training is a very powerful transformational experience which takes you through a structured training program including theory & practice of breathwork/rebirthing and other processes. The results are increased options in every aspect of your life.

### Topics Covered

Thought is Creative - Birth  
Parental Disapproval - Prosperity  
Healing the Inner Child - Healing  
Mastery of Emotions  
Intimacy and Sex - Life Patterns  
Relationships - Spiritual Psychology  
Intro to N.L.P.  
and much much more.....

### Course Objectives

To change your limiting beliefs.  
To access your unique creative potential.  
To increase your self esteem.  
To build authentic confidence.  
To clear unwanted patterns.  
To attain deep inner peace.  
To promote emotional fitness.  
To eliminate stress.  
To Improve body's immune response.  
To learn techniques of rebirth counselling.  
To learn life enhancing new skills.  
To gain skills to handle life's challenges.  
To give you the necessary skills to assist others to heal themselves.

The course is also the foundation training for rebirth practitioners and is Certificated. However most people do the course for their own benefit, not because they wish to become breathwork practitioners, but because they want the skills to make their life work with ease and grace.  
For a brochure and dates contact Diane.



## HEALTH PAGE

### LIES WE'VE BEEN TOLD:

**Lie #1:** Prescription drugs will make you healthier.

**Truth #1:** Prescription drugs only mask symptoms. They do nothing to correct the underlying biochemical causes of disease. Simultaneously, most prescription drugs cause nutritional deficiencies which lead to further progression of chronic disease.

**Lie #2:** Mammograms prevent cancer.

**Truth #2:** Mammograms actually \*cause\* cancer. They dose the breast tissues with harmful radiation. Even when they spot breast cancer tumors, they aren't "preventing" breast cancer; they're merely \*detecting\* breast cancer. True prevention requires changes in food choice and lifestyle.

**Lie #3:** Vitamins give you "expensive urine."

**Truth #3:** The most expensive urine in the world is created by taking multiple overpriced prescription drugs, not vitamins. With more than 40% of US population now on prescription drugs, the drug content in human urine is now so high that trace amounts of antidepressant drugs can be found in public water supplies. Compared to drugs, vitamins are cheap

**Lie #4:** The sun will give you cancer.

**Truth #4:** The sun will \*prevent\* cancer due to the creation of vitamin D by the skin. Most westerners are deficient in vitamin D. As a result, tumor cell growth in the breast and prostate is unregulated. Sensible exposure to natural sunlight generates cancer-preventing vitamin D... at no charge! Sunburns are actually caused by nutritional deficiencies (lack of antioxidants in the skin), not by sensible exposure to sunlight.

**Lie #5:** CAT scans are perfectly safe.

**Truth #5:** CT scans expose patients to 1000 times the radiation of chest X-rays. Repeated exposure to CT scans raises a patient's cumulative radiation to levels experienced by many hydrogen bomb victims in Hiroshima

**Lie #6:** You can get all the nutrition you need from 3 balanced meals a day

**Truth #6:** Today's foods are nutrient depleted, and they come from depleted soils. Processed and manufactured foods need to be eaten

at the rate of 10,000 calories a day to meet minimum RDA requirements for basic nutrition. The only way to get adequate nutrition is to supplement with superfoods or whole food concentrates (vitamins, whole food powders, supplement capsules, etc.) along with eating healthy meals.

### IMMUNE BOOSTER TIPS

**Food:** Eat plenty of garlic and onion as these provide specific plant nutrients to the white blood cells that help fight infections.

Reishi mushrooms have shown tremendous immune boosting potential and can be added to soups and casseroles.

Parsley and guava have extremely high amounts of Vitamin C (much more than oranges and lemons) Parsley is delicious finely chopped with a squeeze of lemon, and seasoning to taste, and added to salads, or sandwiches.

Yoghurt (pot set and natural with no added sugar is best) contains healthy intestinal bacteria which is essential for correct immune function.

Zinc is one of the essential nutrients for the immune system. Oysters, brazil nuts, and wheat germ contain high amounts of zinc and are easily absorbed by the body.

### YOUR BODY:

98 per cent of your body is replaced every year. Skin cells replaced every month. Liver cells replaced every six weeks. New stomach lining every four days. Bone cells replaced every three months. Your body is a dynamic, constantly regenerating, self-healing masterpiece co-ordinated through your nervous system.

### HANDY MONEY SAVING HINTS

#### Vinegar: The all-purpose wonder!

##### White vinegar fabric softener

Use the cheapest white vinegar that you can buy - the same amount that you would normally use of fabric softener. It not only softens your washing and leaves it smelling beautifully fresh (no vinegar smells, honest!) but it also cleans the sudsy residue that builds up in your washing machine, thus keeping down the repair bills as well! The white vinegar also has the added benefit of not 'eating' away your Lycra garments such as lingerie and hose, which just happens to be a 'side effect' of fabric softeners! I use Bicarbonate soda and vinegar everywhere and on everything that needs cleaning. It is incredibly cheap and very effective. Keep a brush and a container in the kitchen and the bathroom, use instead of everything!

##### To clean toilet, bath or shower

Wet the area and let most of the water drain away. Sprinkle the whole area with bicarb using a small shaker (you can get them at K-Mart for a few dollars). Then spray with white vinegar in a spray bottle. There is a slight chemical reaction that dissolves

all the mould and dirt. Leave it for a few minutes to work. You still have to scrub a little and you may need to re-do any heavily soiled areas. It also works for bench tops and sinks.

##### Kill weeds with vinegar

To kill weeds simply fill a spray bottle with brown vinegar and spray directly onto the weed. It is particularly great for weeds that grow through your pavers. It works, is environmentally friendly and safe to use around your pets and children.

##### White vinegar or ice for pain

White vinegar has long been used to relieve the pain of insect bites. Just dab on the bites. There is also no better and cheaper pain relief than ice. One piece in the mouth and one on the bite will keep small children quiet for long enough to forget about the offending sting or bite.

##### Vinegar on sunburn

To ease sunburn pain - in fact it will completely disappear overnight - put vinegar on the burn and keep it moist. If it's sore to touch, fill up a spray bottle and spray it on. Otherwise you can wet a piece of cloth with vinegar and dab it onto the burn. The vinegar will remove both the heat and the sting! As long as you keep using the vinegar on the burn for a few hours the sunburn will be all but gone by morning. No more pain, no peeling.

##### Rinse aid

Try using vinegar in your dishwasher instead of rinse aid. It is much cheaper and removes tea and coffee stains from cups. If you put vinegar in the bottom of the machine for the final rinse, it will leave your glassware sparkling.

### SCHUESSLER TISSUE SALTS

Brilliant for the body and overlooked but worth investigating.

They are very inexpensive and work really well. Check them out on the net. There are wonderful combinations also.

Calc Fluor	Elasticity
Calc Phos	Bone Health
Calc Sulph	Blood cleanser
Ferr Phos	First Aid- Immune response
Kali Mur	Glanduar tonic
Kali Phos	Nerve nutrient
Kali Sulph	Skin balance
Mag Phos	Muscle function muscle spasm
Nat Mur	Fluid balance
Nat Phos	Acid neutraliser
Silica	Cleanser and conditioner