



GODDESS SPEAK

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What a year this has been. I don't think it is just because I am getting older, but everyone seems to feel it whether they are young or old..... that the months have just flown by and it is hard to believe that Christmas is upon us almost. Also a year of many people leaving the planet in unexpected ways. Steve Irwin probably being the most famous. Of course for us personally it has been difficult with the passing over of my mother; not the fact that she died for she didn't want to be here once she had the stroke that took away her independence and left her in a wheelchair, but the heartache was watching my dad (who had loved her for 73 years....) being inconsolable. So hard to watch those we love go through pain on their journey and yet of course, it all part of it. We can't do it for them! Dad came to see Elizabeth's drover's cart and was so stunned by all the people there and how wonderful they all were, open and friendly... he loved it. He then decided to find out who we are and what we really do so he came along to Man's Inner Journey in Melbourne in late October.

What an incredible experience. At 91 he never missed a beat... he joined in everything, his jaw was on the ground for most of the time and he absolutely had a ball. Now he is coming along to TJC. He has put a card my son sent him alongside a picture of my mother and it says: The Journey Has Just Begun! He is a different man. His voice is alive and he is looking forward to whatever the future may hold for him. So if you have a down day and feel miserable, remember Frank, if he can do it at 91, so can you!



THOUGHT IS CREATIVE.

I speak a lot about it because I believe if we can get our minds to work better in our favour, then we can have what we want and create peace. I recently received this great testimonial to just that. Enjoy!

"Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients--without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story.

However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho 'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way.

We're responsible for what we do, not what anyone else does--but that's wrong.

"The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist. He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous.

Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

"Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

"After a few months, patients that had to be shackled were being allowed to walk freely,' he told me. 'Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.' I was in awe. 'Not only that,' he went on, 'but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.' This is where I had to ask the million dollar question: 'What were you doing within yourself that caused those people to change?'

'I was simply healing the part of me that created them,' he said. I didn't understand. Dr. Len explained that total responsibility for your life means that everything in your life... simply because it is in your life, is your responsibility. In a literal sense the entire world is your creation.

"Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another.

CALENDER OF EVENTS

THE GODDESS WITHIN
Adelaide - December 2 & 3

TANTRA for COUPLES
January 23-28th -Adelaide

**For information on any
of these please contact us.**

This means that terrorist activity, the president, the economy or anything you experience and don't like...is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you. The problem isn't with them, it's with you, and to change them, you have to change you.

The truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in his 'oponopono means loving yourself.

If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal you do it by healing you. I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files? 'I just kept saying, 'I'm sorry' and 'I love you' over and over again,' he explained. That's it? That's it.

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

"Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, 'I'm sorry' and 'I love you,' I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance. Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying 'I love you,' I somehow healed within me what was creating him.

I later attended a ho 'oponopono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

"What about the books that are already sold and out there?" I asked.

'They aren't out there,' he explained, once again blowing my mind with his mystic wisdom. 'They are still in you.' In short, there is no out there. It would take a whole book to explain this advanced technique with the depth it deserves. "Suffice It to say that whenever you want to improve anything in your life, there's only one place to look: inside you. When you look, do it with love." (Author unknown)

Obituary

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated valuable lessons as knowing when to come in out of the rain, why life isn't always fair, and maybe it was my fault. Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well intentioned but overbearing regulations were set in place. Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job they themselves failed to do in disciplining their unruly children. It declined further when schools were required to get parental consent to administer Panadol, sun lotion or a Band-Aid to a student but could not inform parents when a student became pregnant or wanted an abortion.

Common Sense lost the will to live as the Ten Commandments became contraband, churches became Businesses, and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense was preceded in death by parents, Truth and Trust; wife, Discretion; daughter Responsibility; and son, Reason. He is survived by three stepbrothers; I Know My Rights, Someone Else is to Blame, and I'm A Victim. His funeral had few there because no-one realized he was gone.

THE PRICE OF A CHILD

Cost of raising a child = \$160,140.00 for a middle income family from birth to 18 without university tuition. It translates

to: \$8,896.66 a year, \$741.38 a month, or \$171.08 a week. That's a mere \$24.24 a day! Just over a dollar an hour. What do you get for your \$160,140.00?

Naming rights. First, middle, last!

Glimpses of God every day.

Giggles under the covers at night.

More love than your heart can hold. Butterfly kisses and Velcro hugs. Endless wonder over rocks, ants, clouds, and warm cookies. A hand to hold, usually covered with jelly or chocolate. A partner for blowing bubbles and flying kites. Someone to laugh yourself silly with, no matter what the boss said.

For \$160,140.00, you never have to grow up. You get to: finger-paint, catch bugs. play hide-and-seek, never stop believing in Santa. You have an excuse to: keep reading the *Adventures of Piglet* and Pooh, watch Saturday morning cartoons, go to Disney movies wish on stars. You get to frame rainbows, hearts, flowers under refrigerator magnets and collect spray painted noodle wreaths for Christmas, hand prints set in clay for Mother's Day, cards with backward letters for Father's Day.

For a mere \$24.24 a day, you get to be a hero just for: retrieving a Frisbee off the roof, taking the training wheels off a bike, removing a splinter, filling a wading pool, coaxing gum out of hair, and coaching a basketball team that never wins but always gets ice cream regardless.

You get a front row seat in history to witness the: first step. first word, first bra, first date, first time behind the wheel.

You get to be immortal. You get another branch added to your family tree, and if you're lucky, a long list of limbs in your obituary called grand children and great grand children. You get an education in psychology, nursing, criminal justice, communications, and human sexuality that no university can match.

In the eyes of a child, you rank right up there under God. You have all the power to heal hurt; scare away monsters under the bed, patch a broken heart, police a slumber party, ground them forever and love them without limits, so one day they will, like you, love without counting the cost. What a great deal!

HEALTH

A brilliant wisdom of the ancient past that has now been confirmed by today's investigative, nutritional sciences, shows that what was once called "**The Doctrine of Signatures**" is uncannily accurate. Spoken of in the classical period of Rome as the "Law of Similarities", it is now called by scientists Teleological Nutritional targeting. The idea is that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a sign or signal as to the benefit the food provides to the eater of the food.

For instance:

Carrots look like an eye. The pupil, iris and radiating lines look just like a human eye and yes, they are good for your eyes.

Walnuts look like little brains, a left and right hemisphere, upper cerebellum. Even the wrinkles or folds are on the nut just like the neo cortex. Walnuts help develop over 3 dozen neuro-transmitters for brain function.

Tomato: Has 4 chambers and is red. The heart is red and has 4 chambers. Research shows tomatoes are indeed heart and blood food.

Grapes hang in clusters that have the shape of the heart. Each grape looks like a blood cell and research shows that grapes are profound heart and blood vitalizing food.

Kidney beans actually heal and help maintain kidney function.

Egg Plant, Avocado, Pears: Target the health and function of the womb, they look just like that organ. Research shows that when a woman eats 1 avocado a week it balances hormones, sheds unwanted birth weight and prevents cervical cancer. How amazing is this, it takes 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 phytochemical constituents of nutrition in each one of these foods and modern science has only studied and named 141 of them.

Celery, Bok Choy, Rhubarb look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones making them weak. These foods replenish the skeletal needs of the body.

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to assist in overcoming male sterility.

Olives assist the health and function of the ovaries.

Sweet Potatoes look like the pancreas and actually balance the glycaemic index of diabetics.

Grapefruits, Oranges and other Citrus Fruits look like the mammary glands of the female and assist in the health of breasts and the movement of lymph in and out of the breasts.

Onions look like body cells. Research shows that onions help clear waste material from all body cells. They even produce tears, which wash the epithelial layers of the eyes.

Bananas, Cucumber, Zucchini target the size and strength of the male sexual organ.

Peanuts: have a large effect on testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine the main component of Viagra comes from peanuts. Ingrid Naiman

Mammograms & Breast Cancer Risk'

Mammograms may increase the risk of breast cancer in women with a genetic predisposition to the disease, researchers revealed today.

A study of 1,600 women with BRCA 1 and 2 mutations, defective genes linked to breast cancer, found they were 54 per cent more likely to suffer the disease if they had ever had a chest X-ray.

For women given chest X-rays before the age of 20, the risk of developing breast cancer before their 40th birthday more than doubled.

Dr David Goldgar, who led the investigation while heading the Genetic Epidemiology Group at the International Agency for Research on Cancer in Lyon, France, said: "This is one of the first studies to demonstrate that women genetically predisposed to breast cancer may be more susceptible to low-dose ionizing radiation than other women. If confirmed in prospective studies, young women who are members of families known to have BRCA 1 or BRCA 21 mutations may wish to consider alternatives to X-rays, such as MRI (magnetic resonance imaging)."

BRCA 1 and 2 are both genes that make proteins involved in repairing damage to DNA in breast cells.

X-rays disrupt DNA, but as long as the radiation dose is not too high, the damage is naturally repaired. Cancer cells do not have the same self-repair ability, which is why X-rays are used in radiotherapy to destroy cancer.

Dr Goldgar added: "Since BRCA proteins are integral in repairing damage

to breast cells, we hypothesised that women with BRCA 1/2 mutations would be less able to repair damage caused to DNA by ionizing radiation. Our findings support this hypothesis and stress the need for prospective studies."

The researchers analysed questionnaires completed by more than 1,600 women taking part in the International BRCA 1/2 Carrier Cohort Study (IBCCS) - a major European investigation of women with BRCA mutations.

While all the women carried the mutations, not all developed breast cancer. The women were asked whether they had ever had chest X-rays, and if so, whether it was before or after the age of 20.

Findings were published in the Journal of Clinical Oncology.

Sunscreens

With summer coming, you may have read advice from experts that you must not rub sun creams into the skin. Instead, they advise that sunscreens should be left on the surface of the skin as a thick 'buttery' layer.

But there's much, much more you need to know about sun creams if you and your children are going to enjoy a safe summer, a special report has discovered. Researchers from PROOF, the consumer guide to all things alternative, have discovered that standard sun creams may be dangerous to our long term health, whether or not they're rubbed into the skin. Sun cream chemicals are easily absorbed into the skin, anyway, and most on supermarket shelves are full of toxins that may cause us greater harm than any exposure to the sun's rays. A typical sun cream may well include: octyl methoxycinnamate, which in studies has killed animal cells exposed to the light environmental oestrogens, which help cancer cells grow more rapidly...

But what are the alternatives, and are they safer while still offering the same protection to our skin? The PROOF research team decided to find out – and found that many so-called 'natural' sun creams you'll find in your health shop contain just as many chemicals as the standard products.

Be really careful what you buy and ensure they don't contain the nasties... keep reading labels!

**In March 2007
THE GODDESS WITHIN
will have been running
For 20 YEARS!**

That is pretty amazing!

I sometimes wonder where those twenty years went and what I know is that I spent a lot of them learning as I am a voracious learner. It is a joy to me to discover new things, new ways of looking at old subjects and gaining information that I can pass on to the people who attend our seminars.

Goddess enables women to re-access the power within them that I believe we all need to harness in order to make a difference in our own lives and then precessionally in our world. I truly believe the time of the Sacred Feminine is upon us and it is time to gather the women to heal the world.... Gather together to see what can be done yet first we have to heal the things that stop us.

Elizabeth Murphy (with the hat on) on the front page had a dream but having no self esteem she never believed she would fulfil it and that it would always remain a dream. She attended Goddess about 16 years ago, very invisible, very quiet and very unhappy. She left with some tools that she implemented in her life and 7 years later she came back. This time she found her courage and her strength and her dream resurfaced.

She joined the Story Teller's Association and learned to be a fantastic story teller.

Two years ago she announced to a Goddess group of women that she was going to find and renovate an original drover's wagon, that she was going to travel from the mouth of the Snowy River, Adelong... and follow the original stock routes back to Adelaide. True to her word and her dream she had the beautiful wagon renovated, filled it with everything old, trained two horses, took her dog and some chickens and set off on her dream trip. What empowered her to do it were the women she has seen attend Goddess over the years (she is a permanent assistant). She watched as people came in on Saturday morning, perhaps nervous, perhaps shy, perhaps totally shut down. Some were happy and looking for 'something' others gave it themselves as a birthday present, yet when they left on Sunday night they were different somehow... almost as though a spark has been lit in their hearts.... Or as though they had rediscovered some part of themselves that had woken up.

More open, more courageous and more willing to accept that every woman on this planet right now has a part to play in the times to come on this precious Earth we live on.

Elizabeth is going to stop at any school that will have her, at any CWA meeting, anywhere in fact where people would like to hear her stories and she is going to raise money for under privileged women to attend The Goddess Within. What a Great Gift she will be to all whose lives she touches along the way.

You have been on this list for however long and while I realize there is always a perfect time for everyone to do whatever they do.... I wonder: Is this your time to do Goddess?

Do you need to feel more Fulfilled... Happier... Excited about Life, Filled with a sense of purpose? Or do you want to belong to a community of women who support each other what a gift. That is what Goddess gives... A sense of community; A feeling of coming 'home' Higher Self Esteem, Greater Self Worth, More Passion

I hope you choose this year to be part of this wonderful seminar experience.

Here are some more experiences from people who have attended the course.

Goddess for me, after 50 plus years and literally hundreds of seminars behind me, was sensational, amazing and gave me more than I ever hoped for. Diane is inspired, totally loving and a great mentor. I received the knowledge that I am loveable and that I do make a difference. DB

Goddess was profoundly meaningful, deeply healing and I am extremely grateful for the love, compassion and understanding of all in this incredible space. I regained my power and came away knowing my life is important. I.B.

This weekend was the most fabulous educational, inspiring, uplifting, encouraging experience of my life... and I will repeat it again because I gained so much. I learned how to love myself which is a big difference from how I felt on Saturday morning. I gained coping strategies and amazing information that provided a tool box of knowledge. Amazing. S.O.

The Goddess Within was fabulous, It was enlightening and empowering and another layer of my onion was removed. I am now ready to go out there and live my life fully and honour my responsibility to myself and the planet. F.M.

"I gave myself 'Goddess' as a gift for my birthday 11 years ago, and remain eternally grateful for whatever led me there. My life was feeling great and yet that weekend was a catalyst for a huge shift in how I experienced myself as a woman, and particularly how I related to men. What I do know is that the 'Goddess' weekend, and being part of that great network since then, has played a major part in knowing and loving myself as a woman, and being able to bring those qualities to my personal & professional life in a way that works. Just do it!" K Pulos

IF YOU NO LONGER WISH TO BE INFORMED OF THE SEMINARS PLEASE SEND ME AN EMAIL AND SIMPLY PUT "REMOVE" IN THE SUBJECT LINE AND I WILL TAKE YOU OFF THE LIST.

IF YOU WANT TO DO GODDESS REGISTER ON LINE... JUST GO TO:

www.goddesswithin.com.au go to the calendar and register from there. If you want to pay it off over time, then simply send me an email and we can discuss it.

THE GODDESS WITHIN

Yes, please register me for December 2 & 3

Name _____

Address _____

_____p/c_____

Email: _____

Tel (H) _____

Tel (Bus) _____

Mobile _____

Payment by: ☐ Cheque ☐ Credit card



Exp date: ____/____/____ Signature: _____

The cost is \$435 however if paid by early November it is \$385