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Tues – Sun 12 – 6pm

## Newsletter

Dec 2004

Greetings to one & all,

The Wheel turns and we now find ourselves almost at the peak of the year – The Summer Solstice on at 1.42 the 21<sup>st</sup> of December.

The “**Forum**” has got off to a slow but enjoyable start!

- We have had a wonderful slide presentation from Dianne. She came along and shared her experiences of pilgrimage to the “**Crown Chakra**” of the planet in remote Nepal. She encountered Nepalese and Tibetan peoples living as they have for centuries– tribal village communities who were friendly and curious about westerners. She also had some less than friendly experiences with the Chinese border police and their treatment of both the visiting westerners and the locals was an eye-opener. Dianne shared with us the ups and downs of the trip... literally. Her slides revealed magnificent mountain scenery and the character filled faces of the locals. It was inspiring to hear of their journey and many of us left with the hope to one day do a pilgrimage such as this.
- Andrew Cox facilitated a laugh filled evening of learning & sharing some fantastic **essential oils**. He educated us so that we now know that the key to top quality, high vibrational oil is not just the organic growing but also the method of harvesting and distillation. An organically grown plant can have its oil extracted using chemicals and extreme heat and pressure with the obvious loss of vital energy ie vibration. The vibration of the oil is what brings the response – physical, emotional and spiritual. We experienced 7 oils – some single oils and a few blends. “Joy in a bottle” was a crowd winner!! These oils are now available from the Sun Moon and Star... just ask me, and I’ll be more than happy to show you.
- Ziv presented his **numerology** findings to a select group who were blinded by his science of numerology! Ziv made links to Pi as the name of God and demonstrated how knowledge of ancient languages can yield even more meaning from numerology. Participants left with a life grid for their own personal use and an insight into the scope and depth of numerology. Ziv is now in the process of writing a book.

Future topics include **Soul Music and Sound Healing, Living in a Conscious Spiritual Community**, a personal account of **Chi Kung**, a repeat of the Essential Oils Experience and hopefully more Planet Chakras.... If anyone has any other topic suggestions or people of interest please let me know.

The **revamp** of the centre has continued in small ways – new shelves and display cabinets, finishing touches to the treatment / healing room, now affectionately known as the green room and shelves over the sink. The final projects will be a new entry and window mural and some moveable screening

between the circle area and the shop front; there are several designs at the moment but it is a bit tricky so if anyone has any ideas....

You may notice a couple of changes to the services on offer. I would like to say thanks and goodluck to those who have moved on to new adventures – Alana, Dale, Hasita, they are all available for occasional sessions by appointment and I'm sure they will drop in from time to time. A warm welcome to Dee and Gisella.

**Dee** is a highly qualified and experienced healer. She offers Reiki, Therapeutic Massage using a variety of techniques; Shell and Flower Essences, Tarot and Angel card readings & Kinesiology. Dee is also a Reiki Master and has trained with **Doreen Virtue** to use her many wonderful cards to give readings and personal insight in your life. Dee is at the centre on Saturdays so please call to enquire.

**Gisella** is the talented artist and author of the **Open Heart Healing Cards**. She is available for readings with her cards and / or Tarot and is offering a fabulous opportunity to develop your own oracle cards in a **3hr workshop** on Saturday 10<sup>th</sup> July or Sunday 11<sup>th</sup> July in the morning. Gisella will share her experience and lead you through the process of making your own cards... it promises to be a fun and hands on workshop. Please call for more info.

I have run **Sunwyse...** Celebrating the Wheel of the Year again and we have had a really lovely time with a delightful group of people. My next series will be a seven week course called **Goddess Chakra Dancing**. We will learn about each chakra and the Goddesses associated with the chakra. We will open and activate the chakra with an oil and chant and then go into a moving dance meditation. Notes, all equipment and refreshments are included.

**The Herb & Resin range** has expanded... we now have 280 different dried herbs and raw resins. We also have vegetable based (empty) capsules, and we are expanding to stock **raw materials** for those who want to make their own body care products. French and Australian clays, Dead Sea Mineral, anhydrous Lanolin, Floral Waters, Shea Butter and Pumice are all available so please ask. I have also found a range of beautiful **jars and bottles** in clear, amber, blue and green glass. Plastic containers, pump sprays and droppers are also available.

**WWW** We will soon have an online presence where you can check out all the news, including workshop, course, forum and guest speaker info and dates.... There will also be a message board, photo files, staff profiles and the newsletters. Watch this space ☺

**DIARY DATES:** **Sunday 29<sup>th</sup> of August** is our **7<sup>th</sup> birthday!** You are invited to come along and join the party. There will be lots of fun stuff happening all day... door prizes, special offers, balloons and cake. Back by popular demand is the Sun Moon Star Community Shopping night & Christmas Party to be held on **December 16<sup>th</sup>** from **7.30pm** so.... put these dates in your diary NOW!!

Our shared Vision of a spiritual community centre is alive and well... people and ideas are coming together all the time and together we can manifest our dream for the greatest good of all... and so I ask you all to continue to hold the vision in your heart and be ready to be part of its materialisation.

I do hope that everyone is travelling well and enjoying the scenery of their chosen path.  
Blessings of loving abundance to one and all

**Tamara**