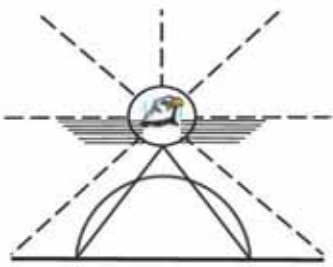


Aquarian News

Eagle Heights Centre



Dear Friends

When we incarnated on Earth, we made a contract with the Universe – to obey the Universal Will and its Law of cause and effect. This contract is extremely important to our future progress. Remember, we all stood in the front line and asked to participate in helping the Universe to increase the abilities for a new humanness. And that's what's happening now.

I'm sure that many of you have been experiencing many shifts and changes lately. It's a bit of a rollercoaster ride ... but the good news is that like all rides this one, too, will come to an end.

These new shifts have come about due to the influence of the 5th dimensional system we have moved into ... plus the change of energetic 'direction'. The planet's energy portals have been moved to countries where their flows will be more available. This shift of portals has, indeed, resulted in a freer flow of energy to us all. It is an extremely beneficial change as it will bring about an even greater opening of consciousness on all levels - for everyone concerned ... planet, human, plant and animal.

Remember, our Souls are in charge of the development of our personality. Right now they are 'programming' us so that our bodies can acclimatise to and, then, access these greater frequencies. Also under their guidance is the individual connection of our seven main chakras to different Universal guides and protectors.

With their help, our chakras will be opened and activated so that they can best utilise these higher energetic frequencies. As new light channels open up, vortexes will appear within us so we can digest and move this energy. As this happens, we will perfect the DNA structure within us and begin to develop into new human beings.

March was a significant time of gifts being increasingly bestowed upon us, helping us achieve what we were meant

to do. April is a time of consolidation and an honest appraisal of Self. Because of the extra prayers that always occur over Easter, there is greater power available to help us end the old energy and create the new world we have so long desired to manifest.

Be prepared for more sudden changes ... even shocking events and setbacks. But do your best to be of good cheer as it will pass once the balance within you has found its new direction. Your masculine essence is undergoing a transformation and rebirth, so be patient.

The presence of the Divine feminine within will help you lose your fear of death, knowing it for an illusion of the ego mind. As we divert more of the ego into the Divine Self, other illusions – like the need to show others how good we are and what we Can do – will also disintegrate.

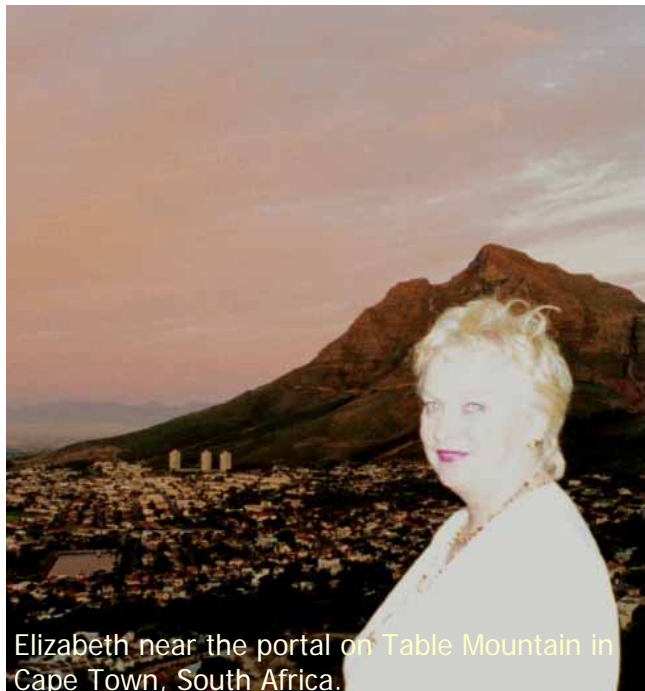
How we live our lives will become all important. Always remember to be compassionate. And cultivate the wisdom necessary to bring that compassion out of our selves. Whatever we do to raise our own consciousness, raises the rest of humanity - because we are all linked.

As we dissolve the boundaries of the ego's illusion, we will enter into sacred union. And the

ego will no longer be of any consequence.

Hopefully these words will give you some insight into the journey you're on. It helps to remember that, despite the turmoil that often comes with this kind of change, how wonderful it is to have the imminence of the Twin Flames of masculine and feminine working within us. With them united, we will finally be able to achieve our destiny of a totally awakened state.

Love and Light,
EK



Elizabeth near the portal on Table Mountain in Cape Town, South Africa.

Laws of Attraction continued

21. You can begin feeling whatever you desire (even if it's not there) - the universe will correspond to the nature of your song.
22. What you focus on with your thought and feeling is what you attract into your experience.
23. What you think and what you feel and what actually manifests is ALWAYS a match - no exception.
24. Shift your awareness.
25. "You create your own universe as you go along." *Winston Churchill*
26. It's important to feel good (((((good))))))
27. You can change your emotion immediately by thinking of something joyful, singing a song, or remembering a happy experience.
28. When you get the hang of this, before you know it you will KNOW you are the creator.
29. Life can and should be phenomenal - and it will be when you consciously apply the Law of Attraction.
30. The Universe will re-arrange itself accordingly.



Spirit Within the Soul and the Form

Further tips on how the Crystal Triangle can help.

Although it is the one Spirit and a part of the Creative Force, there are two aspects to its activation within the Soul and the Form. They are like two poles necessary to keep the balance, or like the Yin and Yang.

The Spirit within the Soul can be looked up on as the positive pole - the one responsible for activation, initiation ... keeping things going and upright. The flow is clockwise. The Spirit within the Form is the negative pole, being the receiver, executor of the will and the performer. The flow is in an anti-clockwise direction. One is necessary for the other, for one cannot fully function in an advancing and evolving manner without the other.

The Spirit within the Soul is responsible for activating and motivating the Spirit within the Form in all aspects relating to Karmic influences or evolution. Note that a Soul incarnating into life on the physical plane has a certain amount of 'earth time' to adjust before expression occurs. Once that adjustment has taken place, the Spirit within the Soul acts like a transmitter, relaying its messages to the Spirit within the Form to prompt it to receive and perform according to the Plan of life.

Apart from activating the expression of karmic influence within the form, the Spirit within the Soul activates the Soul's advancement, progress and learning on the particular level at which the Soul resides. The Spirit within both the Soul and the Form is part of and linked to the Creative Force, or the Universal Will.

Obviously, greater harmony is possible once the form has accepted the existence and necessity of the Spirit. Chaos within the heart and mind is created because of humanity's lack of knowledge of these concepts. Once the form accepts and realises the work the Spirit within the Soul has to do, then it is easier to contact and activate the Spirit within the Form.

This is one of the reasons why I keep saying, "Make sure you

erect the Crystal Triangle around you morning and night. Quite apart from the protection it offers, it brings enhanced sensitivity, psychic abilities and the opening up of the sub-conscious mind. From the moment it's placed around us, we are instantly in the Universal Cosmic Light, 'checked' in to the highest levels of consciousness.

Many of you will also have heard me suggesting that you use the Crystal Triangle around your Soul. Just think how it will help Spirit do what it must.

And it's even more essential now as we are changing. Spirit is changing. The Universe is changing. As humanity learns and gets greater insights, the Souls and the energies around us change as well.

As I said on the front page of this newsletter, even Mother Earth is going through a process of change and, as she changes, so must humanity. Spirit helps to progress the changes within and gives us insights into how we can repair ourselves.

The emotional, or astral, body is the first to be affected by the Spirit in the Soul, resulting in changes to your emotions and your Solar Plexus chakra. The Heart Chakra and the I Am body are affected as well. The I Am body is linked with the Universe, the Soul and all Life Force. If the ego is bloated and inflated, the Soul cannot get through to the Form and can only stay in the outer concentric circles.

Soul is a creative force, an accumulation of goodwill of past incarnations and of the personalities in which it has existed. The Spirit of the Form is about sheer survival, which interacts with the Spirit of the Soul. This is why an alignment between the Form, the Personality and the Soul is so important.

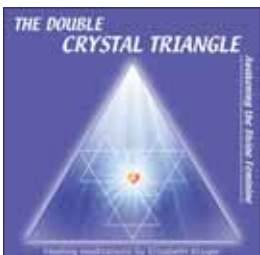
The Spirit of the Soul descends into the personality mind automatically. However, sometimes - as a result of past trauma - it tends to descend very deeply, touching the evolution of the past, exposing the Form to Karmic influences.

Your objective should be to unite yourself with living creative energies. The Spirit within the Soul may, at times, anchor deeply within the Karmic energies. In these cases the Spirit has to be brought back into the Soul.

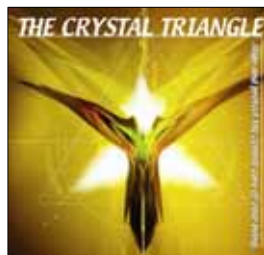
Through the Crystal Triangle, ask the Soul to draw the Spirit back and changing the individual octave to a higher or lower pitch, depending on the rhythm of the personality. It is not necessary to tackle this alone - ask the Master of Karma and the Master of the Ray through which your Soul is expressing for assistance. You may be surprised what eventuates.

Adapted from E.K.'s book, 'See Beyond'.

Healing Meditation CDs



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Inside this issue:

Message from EK	1
Laws of Attraction continued	1
The Crystal Triangle & the Soul	2
EK's upcoming workshops, etc	3
Front Door Feng Shui	3
2007 - Year of the Pig	4 & 5
Astro Alchemy and April	6 & 7
Staying at Eagle Heights	7
Loss is impossible	8

EK'S TRAVEL TALES

Once again, Elizabeth is on the move. She leaves for Singapore at the beginning of May to celebrate Wesak, run a one-day workshop and see many people for healing sessions.

She returns at the beginning of July and will leave for a few weeks in Sydney to do a couple of talks, run another one-day workshop and hold more of her excellent healing sessions.

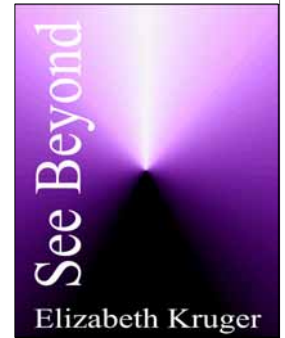
Then, in August, she will be at Harmony Body & Mind on the Gold Coast (over 70 people were there last time), followed a week later by a one-day workshop. Please contact us for exact dates.



EK's Inspirational Books



AU\$25



In these two books, Elizabeth Kruger shares insights, received over the years, that have been inspired by the Ascended Masters. These gentle, yet powerful, teachings will inspire you in your spiritual growth and, as you expand and awaken, lead you gently to the next step toward the fully self-realised person you, as a Child of the Universe, are destined to be. Perfect for bedside tables of seekers on the path.

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Your front door Feng Shui

Our front entrance is where we welcome opportunity into our lives. At home and at work they are the first thing we see when we arrive and the last thing as we leave.

Feng Shui suggests that opportunity and the ease with which people are able to locate our homes and business premises are connected. So, are they easy to find? Do you, and those with whom you work, always give clear directions? Do most people find you easily or do they get lost and become confused?

And don't say it doesn't matter because no one ever goes there! Whether you work from home, a manufacturing plant or a sales-driven business where staff go out to the client, it still has an effect. A smooth arrival means smooth interactions and transactions both in business and personal daily living. There is a flow from one activity to the next.

Luckily, it's often the simple things that make a lot of difference. Like a mirror that's facing directly out of a front door. It's energetically reflecting any opportunities that may be coming to you ... directly away. So move the mirror. You may be surprised by how quickly that – and other little tweaks - can make a difference.

Work out simple directions for the main way to get to your business and, whenever possible, come from that direction yourself. If there are other ways to get there – for example, coming from a different direction - ensure that you are able to give simple directions for that approach also. Opportunity flows to us with the same ease that we can be located.

How our front door looks also directly reflects the calibre of opportunity we receive. If you feel that the opportunities you have received recently have been less than excellent, I suggest that you consider upgrading the entry to your business or home.

✂ Ensure your street number stands out, is easy to read and is not damaged in any way.

✂ Clearly identify the approach to and the location of the front door.

✂ If you are in business, ensure your signage stands out and is clear and concise.

✂ All access gates should open easily and fully. Do not use items to block them.

A \$20.00 Story

A well-known speaker started off his seminar by holding up a \$20.00 bill. Standing in front of about 200 people, he asked, "Who would like this \$20 bill?"

Hands started going up. He said, "I am going to give this \$20 to one of you but, first, let me do this. He proceeded to crumple up the \$20 dollar bill.

He then asked, "Who still wants it?" Still the hands were up in the air.

"Well", he said, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe.

He picked it up, now crumpled and dirty. "Now, who still wants it?" Again, the hands went into the air.

"My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it ... because it did not decrease in value. It was still worth the same \$20.

"Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless.

"But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you.

"The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and WHOSE WE ARE. You are worth it. Don't EVER forget it.

"Count your blessings, not your problems. And remember: amateurs built the ark .. professionals built the Titanic. If God brings you to it ... he will bring you through it."

Sometimes we just need to be reminded!

The views expressed in this newsletter are not necessarily the views of Elizabeth Kruger or the Eagle Heights Spiritual Centre. As we follow no particular creed or religion, we take pleasure in offering a variety of views for your consideration. We hope you enjoy what you read in this and other issues.

2007: YEAR OF THE FIRE PIG

BEST year - Tigers

VERY GOOD year - Goats, Rabbits, Pigs

GOOD year - Roosters, Dragons, Dogs

MIXED year - Horses, Oxen, Rats

DIFFICULT year - Monkeys, Snakes

The 12th and final sign of the Eastern zodiac began on Feb 18. 2006's furnace of Yang Fire now dims and the Fire element becomes the flickering "candlelight" Yin Fire in 2007's Fire Pig year. While the Fire element will still be present, the hidden element in the Pig branch is Water. So, in 2007 we have Fire over Water. It will be the 24th year in the current 60 year cycle.

As this past year of the Dog built structure and a symbolic home it is now time for the Pig to 'furnish' said castle, making it a comfortable, cozy place of safety and security. Occupying the Life Palace of home & family with the Dog, the Pig now proceeds to complete what the Dog has laid foundations for. Finishing touches, tying up loose ends, last stands, curtain calls and closures will be the urging of the year. So, prepare to finish projects, complete goals and even say some goodbyes. Put your ducks in a row, cross your T's and dot your I's in 2007 and the proper Pig will be gracious to you.

Pig years are known for patience, passivity and their respite from strife - but also for indulgence, sensuality and fleshly delights. As the last sign of the zodiac, the Pig represents resignation. The acceptance of human nature as it is - content to live and let live. The greatest risk will be naivety, so by all means avoid confidence schemes and being fooled or duped throughout 2007.

Watch for lost or stolen items and keep all business dealings scrupulously honest and above board. Self-promotion gains little in 2007 as the Pig is not interested in pushing ahead at the cost of another. Sales and marketing ventures advance only if they are sincere and completely legitimate.

All things that occur this year can be looked on as closing or final conclusions in some way. An auspicious year to complete projects, bring projects to fruition or arrive safely after completing a long life journey.

Behaviorally, we may see the choosing of sides and the emergence of the 'white hats and the black hats' as the 'good guys' and the 'bad guys' square off, so to speak. Basically, in 2007, the good become superior and the bad become worse. The enlightened continue on their path to understanding and contentment, while the spiritually bankrupt slip farther away from their true selves. Take a stand, speak your mind and feel the closure of this Pig year.

Fire is in harmony with Earth, produced by Wood, destructive to Metal and is conquered by Water. Elementally, 2007's Yin Fire brings happiness and contentment to those born into Yang Earth years (Earth Rat, Earth Tiger, Earth Dragon, Earth Horse, Earth Monkey, Earth Dog).

It brings unexpected fortune and good luck to those born into Yin Water years (Water Ox, Water Rabbit, Water Snake, Water Goat, Water Rooster, Water Pig) ...while bringing luck with earned wealth to those born into Yang Water years (Water Rat, Water Tiger, Water Dragon, Water Horse, Water Monkey,



Water Dog).

Yin Fire brings opportunities to make beneficial changes to those born into Yang Metal years (Metal Rat, Metal Tiger, Metal Dragon, Metal Horse, Metal Monkey, Metal Dog) ... while bringing life changing or challenging events to those born into Yin Metal years (Metal Ox, Metal Rabbit, Metal Snake, Metal Goat, Metal Rooster and Metal Pig).

Pace yourself during this Fire year to avoid burnout and try not to keep such a hurried pace. Add the Earth element to

your life and home to sooth frazzled nerves, slow down and facilitate relaxation. Gardening, working with clay or pottery, sharing time with your animals and all manner of worship/ church/temple or meditative practices will increase the Earth element in your life.

The 2007 Pig Year Forecast

The Charming RAT An auspicious year to consider adding some new furniture or items to your home. Go ahead and splurge a bit with the money you tucked away last year. In 2007 it is time to solidify your position. If you have been wanting to make some changes in your present circumstances, go ahead and make plans but, hold off on moving residences or making major life changes just yet. Make the best of your present situation and consider that you may need to learn a particular lesson to progress. 2007 slows down the Rat's hectic socializing schedule and more time will be enjoyed at home this year.

The Stable OX A happy home and auspicious business connections await Oxen in 2007. The beneficial astral climate brings new romantic prospects and the ability to connect with those who will open financial and business doors. The year may be a fast paced one however, as the Pig year represents the "Steed" or "Tian Ma" to the Ox pulling them into new territory at rapid speeds. Travel is indicated which will be prosperous yet stress producing at times, as you will wish to keep your roots and enjoy a tranquil life closer to home. You enjoy a greater feeling of satisfaction and confidence in your abilities in 2007 and the astral energies favor comfort, sympathy and understanding.

The Courageous TIGER For Tigers, your "ching qi" (sexual energy) is at it's peak this year as your soulmate, the Pig, surrounds you with an atmosphere of love and indulgence. Matters are felt primarily in the realm of the physical this year as your life palace of "unions" is highlighted. You'll desire to stay closer to home this year and redecorating your abode would be enjoyable and uplifting. Appeal is the name of your game this year and in both personal relations and at work, others are powerfully drawn toward you. This passion poses some danger and yet, such delightful opportunity. Magnetism aside, avoid confrontations with Monkeys and Snakes.

The Discreet RABBIT Rabbits re-establish contact with old friends. Financial improvement is a great help to love and your social life is likely to be lively. In 2007, special sentimental fire-

works could ignite during a reunion or a long term friendship could change to a mutual feeling of passion. A satisfying and positive year for Rabbit natives, the focus of your attention will be on making your environment more comfortable. Follow your hunches and trust your instincts as you will have your hand on the pulse of humanity. No Love or friendship crosses our path, without leaving some mark on it forever. Make some fond "memories for the rocking chair" this year.

The Outspoken DRAGON Pig years bring popularity, celebrity and an increase in reputation to lucky Dragons.

During this year you may acquire income from more than one source and by the end of the year, new dreams may well have become reality. Express your personal opinions carefully, and demonstrate both consideration and respect. An auspicious year to take charge of your inner life and discover its hidden springs! Meditation, healing qigong, reiki or any of the meta-physical arts would be a harmonious pursuit for you in 2007. Use this year to continue plans already in motion, while you also start to branch out into new avenues. You are amongst the few who can do both.

The Philosophical SNAKE Snakes increase their income and a promotion may be heading their way. This paves the way to a much more interesting and satisfying career and this pleasant financial surprise will allow you to purchase something you couldn't previously afford. Take time for a health check-up in 2007 and promptly attend to any illness or injury while this Pig year opposition is in effect. Stomach problems can cause your digestive tract to act up. Be cautious of over-indulging in food or drink. Everything has beauty, but not everyone sees it. A temporary rocky road this year, wait with patience, settle in and learn a new spiritual art.

The Talkative HORSE A traditional and comfortable year of consolidating. Not a good year for great changes but rather for contemplating your future. During 2007, when in doubt or trouble others are prepared to be your safety net and benefactors abound. Go ahead and lean as hard as you need to and ask for assistance if necessary. Emotionally, Horses may be pulled in two different directions romantically. Pull any weeds of misunderstanding, even if it means inflicting a temporary broken heart on an admirer. Be true to yourself but be gentle with feelings as well. Be cautious in sports or play not to re-injure a joint or knee. A year to put ideas up like a fine bottle of wine to age and wait patiently for opportunities to come.

The Artistic GOAT The astral climate of 2007 will be favorable to Goats financially, primarily due to their wise cutting of expenses. Traveling is beneficial to your family relations now. Strive for peaceful and content relations with in laws. Goat natives are magnetic in 2007 and will not lack for admirers. Accept social invitations and actively seek out the company of others. Try your romantic luck with a "receptive Rabbit", a "Horse hottie" or a "perfectly perverted Pig." Romance, partnerships and home comforts are highlighted this year. Your creative talents never fail you - let that imagination of yours soar while under the lucky auspices of the Pig.

The Entertaining MONKEY Attached Monkeys may feel smothered by their partner and rebellious against restrictions in 2007. Arguments center around domestic responsibilities.

For single Monkeys, be cautious of a scandalous affair or romantic drama unfolding with a randy Rat a sexy Snake or indulging a Dragon's debauchery. Secret or clandestine meetings could produce some exciting, yet risky times. Married couples could be plagued by disagreements over money throughout 2007. Refrain from all impulsiveness and request help from qualified people. A brief period of insomnia convinces you to turn financial concerns over to an expert. Tackle only essential projects this year and lay low for right now.

The Industrious ROOSTER In 2007 your energy levels rise. Roosters spend less time at work, yet remain very productive. If you have been considering a change of career or company, this year will be favorable to make the move. Remember to balance your words and frank observations with diplomacy and tact to avoid hurt feelings. Changes will take place in your life during 2007 that will set the stage for future progress. Free yourself of anything that slows your progress or hinders your joy. "Remember to forget" - your happiness is before you, not behind you. A favorable year for reunions, family matters, surprise gatherings and even some intercontinental travel.

The Observant DOG The Pig year is the perfect emotional salve for Dogs who have experienced heartache in the past. You can trust the chivalrous Pig, so don't be afraid to extend your heart this year. A safe, protected year where home and hearth is king. The Dog builds and the Pig furnishes the life palace of home and family. This year will give you many occasions to prove your worth, but in order to achieve your objectives, be prepared and organized. Your nervousness and tendency to worry may peak in April or May, but know that most of what you are uneasy about will never materialize. Service to others is the key to your happiness.

The Honest PIG A prosperous and satisfying year is in store for good-natured Pigs in 2007! You'll expand and work on ideas and have many different paths offered to you. Your energy will be on the upswing and this year has a miraculous effect on your morale. Focus on strengthening your unions and even consider possibly enlarging your family or home. Promotion or re-location could also be in the works. Financially, you are much better off than last year and you should finally have the funds available to enjoy a little well deserved pampering. Consider a romantic getaway with a gorgeous Goat, ravishing Rabbit or tempting Tiger and enjoy!

By Shelley Wu

www.chineseastrology.com



April theme - Keep the Faith by Simone Butler

The March 18 solar eclipse square Pluto, planet of endings and new beginnings, certainly brought change to my life. How about yours?

Targeting my career sector, it triggered the unexpected death knell of my freelance job - teaching goal setting through 'treasure mapping' to guests at a luxury spa.

Though unsettling, the eclipse also opened a new avenue - to a Photoshop class that will help me create artistic, individualized 'Treasure Maps' as desktop backgrounds for personal clients. Pluto must have known it was time for the switch.

Perhaps something has recently ended in your own life and you're a little nervous about what's next.

The next four months is your research and development phase.

Jupiter, bearer of good fortune, turned retrograde on April 5. This inward plunge in the exploratory sign of Sagittarius signals an intensive period of preparation and weeding out of old beliefs to clear the way for success. This four-month phase happens in my solar sixth house, sector of health and work. And, what appropriate timing: That period encompasses both the Photoshop class and the intensive health regimen I'm undertaking.

Jupiter retrograde, strong in its own sign, signals an opportunity to prepare yourself for something new and exciting that will manifest after the planet turns forward on August 6. Meanwhile, patience and faith are required.

Remember, we're in a year of unprecedented spiritual growth - and this is the gestation phase.

It helps that Saturn, synonymous with work, turns forward on April 19 after a four-month retrograde phase. This is good news for those in business, as the gears of progress slowly but surely begin to crank.



The following forecast will give you clues of how best to use Jupiter's inward phase. Check both your Sun and Ascendant, if you know it.

Aries: Jupiter retrograde in your ninth house, the natural Sagittarian realm, is the perfect time to take a class, study a foreign language, write a book or develop a new spiritual practice. Then, in August, you can take that trip, find a publisher or impart your wisdom.

Taurus: Jupiter is retrograde in your eighth house of sexuality, secrets and shared resources. Turn over rocks in your psyche and examine the squiggly things underneath, explore Tantric sexual practices and let go of investments that are weighing you down.

Gemini: Relationships are your focus, with the

Inquisitor retrograde in the seventh house. Make another try with a former partner or commit to a deeper level of connection with your mate. Releasing old relationship habits could bring a new love interest by August.

Cancer: Like me, you have Jupiter retrograde in your sixth house of work, service and health. It's an ideal time to prepare yourself for a new phase in your professional life through taking classes or doing research. Also, health campaigns are bound to succeed.

Leo: Jupiter retrograde in your fifth house of romance, creativity and children suggests that you retrieve your playful inner child, return to romantic practices that worked in the past to rekindle passions in the present, or focus on a creative project to debut in August.

Virgo: Your fourth house, sector of home, family and roots, is highlighted by Jupiter retrograde. Research your ancestry, revisit your place of birth, interview your parents for clues about yourself. Redecorate your house or plan a major remodel to start in August.

Libra: Jupiter retrograde in your third house of speaking, writing, transportation and daily associates asks you to revamp your communication style or brainstorm to find solutions for long-standing problems. Or, get your car fixed, plan a trip, or take a computer class.

Scorpio: Money and self-esteem are your focus as Jupiter backpedals in your second house. Collect old debts, go back to a former method of earning money, examine your deep-seated beliefs about what you're worth and ditch old patterns of self-abuse.

Sagittarius: Your ruler, Jupiter, turns backward in your first house of identity, image and the self. It's time to revamp your physical image. Learn how to present yourself in a more polished way, go on a fitness campaign, throw out old clothes and buy new ones.

Capricorn: You're in deep waters with Jupiter scuba diving in the twelfth house of your chart. Set aside quiet time to salvage old dreams, reconnect to your indwelling spirit, develop your intuition and figure out what unconscious patterns have held you back.

Aquarius: The Gentle Giant is moving backward in your eleventh house of visions, community activities and friendships. Reconnect with groups, pals and business associates from the past. Dust off or develop a humanitarian plan to unveil in August.

Pisces: Career and your standing with the public are highlighted during Jupiter's retrograde phase. A business plan developed during this time, perhaps with foreign ties, stands a good chance of succeeding by August. Good deeds you did in the past pay off.

ASTRO ALCHEMY

The chemists of the Middle Ages sought to transform lead into gold. However, a far more interesting (and effective!) alchemy is internal - transforming the baser elements of the psyche into spiritual gold. Astrology shows us how to spark these changes.

Each planet corresponds with a frequency of energy. You know you're in the vibration of Saturn, for instance, when you're forced to confront "reality" and grow a new structure to contain your evolving self. By contrast, in a Uranus cycle everything is up in the air - breakthroughs are likely, but so is chaotic uncertainty. Lucky Jupiter brings an expansive sense: anything is possible. Pluto takes us down into the depths, teaches us how to let go and births us anew.

Let's say a transit from Uranus or Pluto is telling you it is time you release a relationship that has outlasted its usefulness in your life.

Alchemy teaches that the love you feel for this person belongs to you now - and must be claimed and integrated to help you move on.

By discovering which cycles are happening in your life at any given time - and which planetary energies figure prominently in your birth chart - you can utilize the alchemy of astrology to polish yourself like the facets of a precious gem. With astrological guidance, you navigate



your way through the fog of conflicting choices. It's not about predicting the future, so much as finding a cosmic road map that you can follow.

Astrology for the Quantum Age

Astrology describes how energy flows in the quantum, or causal, realm. An understanding of subtle movements of energy can help us align with our true purpose.

The synthesis of alchemy, astrology, sacred ritual and quantum physics represents the wave of the future.

Between now and 2012, the Mayan calendar predicts that humanity will collectively shift into a dimension in which time and space will infinitely expand, and we will

know ourselves as conscious co-creators with the Divine (www.mayanmajix.com for details).

By imagining this time in our near future - when the gap between the ideal and the "real" will close - we are able to make use of an ancient alchemical tool for manifestation. With the current acceleration of time and consciousness on the planet, opportunities abound to shift into higher levels of mastery. Indeed, we must do so to cope with rapid changes and help create a more enlightened society.

Good luck to all and remember to keep the faith.

"To transform itself in us, the future enters into us long before it happens."
Rilke

Eagle Heights Centre Rainforest Retreat



The extensive grounds of Eagle Heights Centre are a perfect place to recharge your batteries. Whether it's overnight or during a workshop, you'll always remember the incredibly beautiful energies of this unique 146-acre property. Choose between private cottages with their own facilities, or bunk beds with communal facilities. Special discounts are available for workshop participants. Phone **Warwick** on

07 5545 3903 or go online to
www.eagleheightscentre.com.au

A PRAYER FOR YOU

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let His presence settle into your bones and allow your soul the freedom to sing, dance, praise and love.

GOD'S THOUGHTS ON LAWNS

GOD: Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect maintenance free garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honeybees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles.

ST. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers "weeds" and went to great lengths to kill them and replace them with grass.

GOD: Grass? But, it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees; only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

GOD: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS: Apparently not, Lord. As soon as it grows a little, they cut it-sometimes twice a week.

GOD: They cut it? Do they then bail it like hay?

ST. FRANCIS: Not exactly, Lord. Most of them rake it up and put it in bags.

GOD: They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS: No, Sir, just the opposite. They pay to throw it away.

GOD: Now, let me get this straight. They fertilize grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS: Yes, Sir.

GOD: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat That surely slows the growth and saves them a lot of work.

ST. FRANCIS: You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.

GOD: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

ST FRANCIS: You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

GOD: No. What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

ST. FRANCIS: After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

GOD: And where do they get this mulch?

ST FRANCIS: They cut down trees and grind them up to make the mulch.

GOD: Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

ST. CATHERINE: "Dumb and Dumber", Lord. It's a story about ...

GOD: Never mind, I think I just heard the whole story from St Francis.

Loss is impossible.

You cannot lose anyone or anything that is to your highest good.

You cannot lose what which you are meant to have and
you cannot lose that which is of real value to you. (You just think you can.)

So there is nothing to resist through fear
when it looks like something or someone is leaving your life.

You can trust it all.

Everything works to serve your highest good even if you cannot see it at
the time. Just trust and you will have the experience that you can trust.

From The Miraculous Life by Julie Way www.julieway.com.au



Absent healing, etc.

If you would like to ask EK for healing - whether it's absent or face-to-face - send in an article for this newsletter, or find out when next EK will be in your part of the country, please contact us on eagleheights@bigpond.com.au

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