

Aquarian News

Eagle Heights Centre

Dear Readers

As I'll be in Singapore for the Wesak festival again this year, I'm writing a quick note before I go. This particular issue of the newsletter contains much information on the three major spiritual festivals of 2006. Some of you will have heard it before, but I feel it's important enough to remind you again. If you are keen to tune in to the energies of these festivals year after year, you'll keep this newsletter somewhere you can take it out again in 2007. If not, I hope the information it contains is of interest to you right now. The balance of my message today is an adaptation from one of my books. It contains a message that's extremely relevant right now.

The heart and mind can only be expanded with the application of truth in your daily life - for truth will sustain all vibrations. Truth erases negativity and penetrates the darkness. It comes with a White radiance, the level of purity of which depends upon the quality and strength of conviction within the form. In other words, the effectiveness of Truth depends upon the degree of realisation you carry within.

At this time of your existence, many of you have created a surrounding wall, built from lack of Truthfulness to yourselves and those around you. It's the ego that prevents you from acknowledging your mistakes, just as it spurs you on to refuse to recognise that you build barriers against the Truth of Universal Intelligence.

Before you can travel the Path of Light and Righteousness within the Cosmos, you need to move past the ego so you can break down these barriers. Learn the truth and live the truth. Become a reservoir of knowledge and have the strength of your convictions.

The difference will be as that between Earth and Heaven - the coarseness, negativity and darkness of earth and the light, truth, harmless and Will of God of Heaven. The coarseness comes from mental attitude and the manipulation of the heart. As a result, the mind needs to be penetrated with the Truth of the Universe.

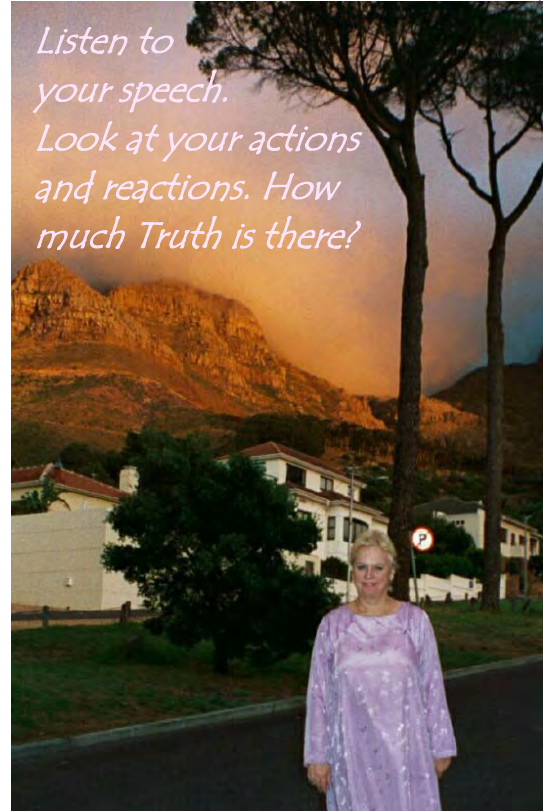
The laws of nature will penetrate your personality, which can be controlled through truth and harmlessness. Your thought-forms enter the Heart and flow on to the Solar Plexus, creating a chain reaction. This reaction affects the blood and cell production. The rebirth of cells can be enhanced through the exercise of meditation and it's resultant benefits. However, it occurs mainly by the recognition of the need for Truth to oneself.

Though your Soul has lived through many incarnations, with learning you will become able to recognise the depth of Truth within those with whom you come in contact. So, begin to live life consciously, every second of the day. Listen to your speech. Look at your actions and reactions. How much Truth is there?

Truth is the keyword. It is part of the central core of discovery, the channel that will touch your Eternal Body. Recognise the truth of Oneness within your expansion and you will begin to see beyond the illusion of separation.

With Love and Light
EK

*Listen to
your speech.
Look at your actions
and reactions. How
much Truth is there?*



Eagle Heights Centre Rainforest Retreat

Thanks to the incredibly beautiful energies that have been built up over the last 25 years, the Eagle Heights Centre Rainforest Retreat is the perfect place to recharge your batteries. Whether you're staying overnight, for a weekend or during a workshop, the 146 acre property is a wonderful place to be. Some of the accommodation has private facilities, others is shared. Discounts apply for workshop participants. Phone **Warwick** for details on **07 5545 3903** or **www.eagleheightscentre.com.au**

Easter

The example of Easter made history that has already lasted thousands of years. It happened so that humanity would begin to be able to understand how our life could evolve - hopefully, on a conscious level.

What Christ was trying to teach us was that even though we go through pain and suffering - in his case in its worst possible form - is that we are capable of great strength. No matter the situation that presents itself, we continue to have the ability to achieve the ultimate meaning. Which is oneness of Self and God in Body, Mind and Spirit in its highest form.

In other words, no matter what happens, it is possible to overcome and control any challenge that presents itself. You could say that Christ was giving us the knowledge that we can be in control ... that we can be in touch with the help and advise that is always there via the alignment of our Heart-Head-Spirit.

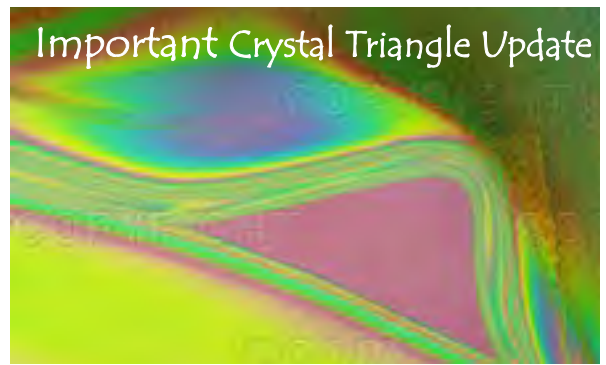
Once this has been achieved, communication can take place between your Soul-Spirit-Self. In other words, you place yourself in the centre of your own mechanism.

How is it achieved? By experimenting and following the subtle directions that come from within and without. Of course, life is very intricate and we should allow it due time.

The celebration of Easter, like Wesak and other important occasions, was given to us to remind us what we came to do. Realise the miracle of our own existence, which was given to us as a gift.

Planet Earth is unique in the fact that it was giving the direction to help bring enlightenment to all the lives in and around its vibration. As such, it allows humanity to walk upon its being. But there is a condition attached - that we become self-realised and heighten our consciousness to become one with each and all living things upon it.

Humanity has only recently become conscious of its own power. Now we simply need the time to learn how to implement the perfect way to achieve this ultimate oneness. And then we will become reborn ourselves.



As you no doubt know, there's only one thing that never changes ... and that is that everything always changes. The Crystal Triangle is no exception. As we learn and grow, what we need to ask our personal guides to do **through our Crystal Triangle** alters subtly.

The fifth-dimensional system is on the border of our system, fully manifesting on Earth in 2007. These new energies will manifest into the system through the brain/mind. But first, we have to become perceptive to it.

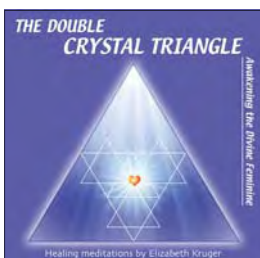
Right now, most of us have minds that are still synchronised with old patterns of perception. Cluttered with third dimensional habits and karmic influences that have been with us for eons of time, we need to clear these outdated ways of thinking so the new frequencies that are streaming down around us can get a better hold on our thought patterns.

Your Soul is born through the form you possess. It **needs** your form and its resident personality to develop. Because the higher the vibration it develops, the greater the attention it can attract from the Universe.

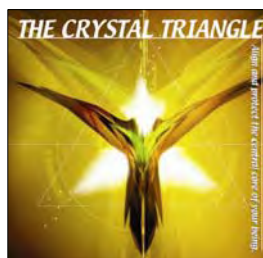
Remember, spirit within is neutral. So it is the human elements that need to adjust and this has to be done by the will of the individual.

In other words, we have to take responsibility for it ourselves. **We** have to do it. So, every night when you refresh the Crystal Triangle, say: *I thank my guides for helping me through the day. I create a new Crystal Triangle for the night to heal my physical body, my spirit body and my mind. I ask that I be protected and healed during my sleep so that I wake up tomorrow feeling refreshed.*

Healing Meditation CDs



\$20



The Double Crystal Triangle

- △Channelled message from EK
- △Awakening the Divine Feminine
- △Balance the Male & Female Aspects

The First Crystal Triangle

- △Channelled message from EK
- △Intensive chakra align & protect
- △Healing energies for the world

Price include s GST/VAT and excludes postage and handling. To order, call +61 7 5545 1880 or email info@eagleheightscentre.com.au

Inside this issue:

Message from EK	1
Easter	2
Important Crystal Triangle Update	2
Wesak	3
Upcoming World Goodwill Festival	4
Goodwill Meditation	5
New 7 and 9 Year Cycles	6
Healing Meditation	7
Colour Consciousness	8
Next meditation at Eagle Heights	8

Wesak

During the festival of Easter, we had the opportunity to rebirth ourselves (Aries being a sign of birth), aligning more closely with our own soul purpose. At this time, as always, I stress the importance of standing on your own two feet. In other words, taking responsibility for your own spiritual cleansing and growth.

This is not a new concept. Over 30 years ago, Foster Bailey wrote: "We cannot escape the results of our folly except by changing ourselves. And the most constructive way to change ourselves is by active usefulness to others.

Many seek to escape from themselves as they now are by body postures, breathing exercises, special diets and auto-suggestion. Many say it is all the error of mortal mind. Many do not see value in any of these ideas and habitually pass the buck to others and resign themselves to enduring life as it comes to them. These are the negative ones, the blind ones who are forfeiting their birthright of controlling their own destiny.

So, in turmoil and fear the cry goes up for leaders. We as children think we will be safer if we have leaders who will tell us how to live better. We want leaders to blame for our suffering. We think we need stronger authority, better enforced to control us. We do not know the value of freedom, although we demand it. But, in fact, giving any government or any religion or any dictatorship more power over us means continuing to be children, refusing to accept responsibility and just enduring things as they are."

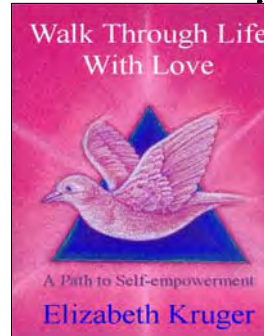
Wesak, the second of three extremely important yearly spiritual festivals, is another opportunity for us to make a choice. Which route are you choosing?

On a physical level, Wesak takes place in a sacred valley in Tibet where, each year, pilgrims from around the world gather to meditate and chant in celebration of Buddha's birthday and his attainment of enlightenment. According to legend, at the exact time of the Wesak full moon, the Buddha, the Christ and many other Great Ones and Masters descend in their etheric form to our third dimensional world to bless all of us who're celebrating this festival.

Remember, both Buddha and the Christ came to show us how to grow. Through their example we can begin to understand how, in time, we can enrich our life and the world we live in. So, we are here to mature, develop, grow into a light being that is able to carry soul, spirit and body as one.

Humanity lost our bearings eons ago when we were robbed of our DNA, which contains our true essence. The task of reclaiming the power, reality and wisdom that DNA contained is an enormous one. It's been a long and tedious journey, but it's paying off now.

EK's Inspirational Books



\$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.

Price includes GST/VAT and excludes postage and handling. To order, call +61 7 5545 1880 or email info@eagleheightscentre.com.au

Unfortunately, not everyone agrees with this. However, despite themselves, they will come to the realisation that they simply can't go on living the way they do. Although there is little or no real quality in the love energy that is present in the world right now, humanity is in the throes of regaining it as they move beyond the third dimension we've existed in for so long, through the fourth and into the fifth (in 2007).

Like with many things that are worth having, it doesn't always come easily. This powerful energy of Love is often preceded by a slight feeling of depression, which many of us will already have experienced to some level or another. The Universe's advise it to take care to prevent yourself sinking into it too deeply so it can't take hold.

A word of caution to those who're keen to grow. First and foremost, we have to exist in this world for what it is **now**. If we try to increase into the dimensions beyond too soon we will discover it's a lonely life as we will no longer have anything much at all in common with our fellow man. Of course, ultimately it's your choice whether you move further or not. I simply want you to realise that few will understand you and it would be like living as a foreigner in your own country. Many still decide the growth is worth the price. So, as with all things, the choice is yours. And now is an especially powerful time in which to make that choice.

Before we're ready to move there though, we have to bypass the brain so that we can penetrate deeper into space and time - hence the important new exercise on Page 2. Every cell in your system has an intelligence and purpose. We're now learning to harness and focus the energies that are all around us.

The driving force behind this all is Love Wisdom and Compassion, along with determination and focus - for which we need our human will. Through this, we'll be able to focus the Universal Will, bringing it ever closer to our Earth plane.

The Festival of Goodwill

11 June 2006

On June 11 (the exact date depending where you are in the world), we celebrate the festival of Goodwill or Humanity and World Invocation Day. Occurring on the full Moon of Gemini, it is a day when people from every spiritual path join in a universal call to those who guide humanity, asking for Them to send the light, love and spiritual direction needed to build a world of justice, unity and peace.

During this time, energies will be transmitted that stimulate the Will To Love - so humanity will seek to live together cooperatively – and the Will To Action - that will lead people to start those activities which lay the foundation for a better and happier world.

In April we celebrated Easter, the great Christian festival. Wesak, the great Buddhist and Hindu festival has just passed in May. Celebrated by lightworkers worldwide, these two major festivals - one of the West and one of the East - celebrate the achievement of two of the greatest Sons of God, Christ and Buddha.

In all three festivals we seek to invoke spiritual energies through prayer and meditation, as close as possible to the time of the full moon when the energies of transformation sent to us by the Enlightened Ones are more readily available. Of all the full moon festivals, these three are thought by many to be the higher interlude of the spiritual year – when the highest spiritual inspiration is possible.

The rest of the year, known as the lower interlude, is a time when there is the greatest opportunity to ground this inspiration in forms that will best serve humanity and all living creatures. The purpose is to come together as a group to invoke these energies. The aim is to create a unified field of thought that can telepathically reach the Great Ones, those spiritual beings who are sensitive to and responsive to this call.

Their response is sent out as spiritual energy to those who are awakened. Through these people, this energy will reach the minds of humanity, carrying inspiration and revelation that will lead to the spiritual unfoldment that is occurring all around us.

There is no denying that there has been great growth by most of us reading this newsletter. However, we are all still striving, looking for balance in a world that seems increasingly chaotic. In order to do this, we need to let go of the old. Respecting it but moving on. Never criticising, just moving on.

Think for a moment, “What do I really believe about the Source of all”? “What do I **really** believe? Not what I write on a piece of paper, but in the very

heart of my being?” What is it?

Because once you find that out, you're free to grow even further. However, remember, with growth comes sensitivity, which can be challenging when not all of those around you are on the same path. That brings moments of real testing. And, if you can keep your kindness, if you can keep your goodwill during those moments of friction, that is when you are doing the real work of alchemy and redemption - at those times when you are able to hold your centre and your alignment even when it feels bad.

And that is the testing we face – to maintain our calm, our centre, our principles - all that we stand for, in the face of any opposition. How we react to any given situation is the true measure of our mastery.

A way to realise our mastery – in every situation and every moment of our lives – is, I believe, through compassion. This is the Way of the Heart. By heart I don't mean sentiment, but the sense, of synthesis. Compassion commonly means to suffer with. I think it is a way of looking at the world, of invoking powers beyond the self.

It *is* possible to look at every living being on the planet Earth, whether they are suffering or not, and be filled with compassion. For you are as they are as you. We *can* look at all our works here in this world with utter compassion. You *can* look at all of nature, the very pulse-beat of creation, with compassion. For the wilderness, the trees, the stones, like us, are working out something of awe here in this world.

The whole science of invocation and evocation is based on the fact that everything in the universe is in constant motion. And, because energy follows thought, it means that every time we think, we create motion of some kind on the inner planes. How inspiring that every time we meditate we are causing spiritual motion - raising not only ourselves, but the whole of creation up towards the light!

Similarly, we are drawing the kingdom of God down to Earth. Perhaps not a lot in the overall scheme of things, but every little act of redemption has significant ramifications; a knock-on effect. A lone voice in the mountains can cause an avalanche. A pure thought of light and love can change our environment, perhaps more than we realise.

Give up working in a vague or mystical manner, for we are participating in a kind of scientific process – one that is achieved by the carrying forward of a certain set of procedures. It is not hopeful, rather it is will-ful ... full of will. As in prayer, invocation generally uses words to align with higher energies. The words act as 'stepping stones' to certain levels of abstract thought.

During this time the consciousness is focussed in as high a state as it can be while doing two things at once – which is attempting to come to a much deeper understanding of the words and, so, the results to be achieved by them ... *plus* a sending forth of the words to bring about a down pouring of Will energy.

If we manage to maintain goodwill and alignment with purpose, if we are mindfully aware of our environment,

kind to ourselves and are emanating benevolence into our environment, then we lead a life that's of service, enlightenment and invocation.

Sometimes it is easy, sometimes not. Realise that you are not getting it wrong when it is difficult. It just means that you are human and have hit some turbulent waters. In the greater scheme of things, it's how you deal with it that really counts.

MEDITATION ON GOODWILL

1. Link up in thought with all those people throughout the world who are working with this Goodwill Meditation Group.
2. Reflect upon the fact of relationship. You are related to: your family, your community, your nation, the world of nations, the One Humanity made up of all races and nations.
3. Use this mantram of unification: **The souls of men are one and I am one with them.**

I seek to love, not hate.

I seek to serve and not exact due service.

I seek to heal, not hurt.

Let pain bring due reward of light and love .

Let the soul control the outer form

And life and all events.

And bring to light the Love

That underlies the happenings of the time.

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate and outer cleavages be gone

Let Love prevail.

Let all men love.

1. Reflect upon your own and humanity's relationship with the spiritual Hierarchy - the inner Government of the planet.
2. Imagine that you are standing within the centre of the spiritual Hierarchy and are immersed in the consciousness of the Christ, the Heart of Love within the Hierarchy.
3. Maintaining that high point of contact, let your thoughts reach out to include all members of the human family in whom the energy of goodwill is active.
4. Silently voice the affirmation:

In the centre of all love I stand;

From that centre I, the soul, will outward move;

From that centre I, the one who serves, will work.

May the love of the divine Self be shed abroad

In my heart, through my group, and throughout the world.

1. Visualise the energy of love flowing from the spiritual Hierarchy, through the men and women of goodwill, and into human hearts and minds, infusing them with goodwill and creating loving and harmonious human relationships.
2. Meditate on ways of spreading goodwill, creating right human relationships and restoring peace on Earth.
3. Realise that you are helping to build a channel between the spiritual Hierarchy and humanity, through which the energy of goodwill may flow, uniting the human family, solving its problems and healing all differences and cleavages.
4. Linked in thought with men and women of goodwill all over the world, say the Great Invocation. Say it with deliberation and full commitment to its meaning, knowing that you are radiating its potent energies to humanity:

From the point of Light within the Mind of God

Let light stream forth into the minds of men.

Let Light descend on Earth.

From the point of Love within the Heart of God

Let love stream forth into the hearts of men.

May Christ return to Earth.

From the centre where the Will of God is known

Let purpose guide the little wills of men -

The purpose which the Masters know and serve.

From the centre which we call the race of men

Let the Plan of Love and Light work out

And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

OM

OM

OM

For more information, go to www.lucistrust.org

2005

63 years from the start of the WW2 conflict, the 7 and 9 year cycles coincide.

At the start of new seven year and nine year period ($7 \times 9 = 63$) the nine-year cycles are broken down into three 3-year cycles.

Djwhal Kuhl states:

"Have these dates carefully in mind and thus lay your plans for the future. Thus will you be working with the law and along the lines of least resistance. Make each three year cycle conform to the rhythm of creation.

In the first year, lay your emphasis upon the activity of the manifesting principle, using that which appears and with which you have to work.

In the second year, let the clarity and the quality of the note to be sounded by the manifesting form appear and be heard.

In the third year, behind the form - and expressing itself through the quality - let the livingness and the work of the indwelling life emerge for all to see.

Bear this in mind as you consolidate the work.

The keynote of the first year's work is consolidation, that of the second year must be expansion whilst the keynote of the third year must be the making of a definite impact upon the public consciousness, **by the sounding and the emphasising of some one clear note**. If this cyclic measure is kept thus in mind, no serious mistakes will be made."

It is impossible to do good work where a sense of failure or lack of attainment is found. You are in process of gathering together your forces for another cycle of activity in connection with the New Group of World Servers. Forget not, all creative processes proceed with a cyclic rhythm. The rhythm set by the New Group of World Servers is a three year cycle and to this rhythm you will find yourself conforming."

We are now in the first year of the first three year cycle of three 3-year cycles that encompass the next nine years to 2014. Hence 2005-2006 is the year of crisis and consolidation and we lay our emphasis upon the activity of the manifesting principle, using that which appears and with which we have to work. This, of course, relates very much to the seventh ray of ceremonial magic.

With thanks (and editing to fit) to
Phillip Lindsay © 2006

1996-97	Crisis/Consolidation	Crisis/Consolidation	Tension/Expansion
1997-98	Tension/Expansion		
1998-99	Emergence/Impact on Public Consciousness		
1999-00	Crisis/Consolidation	Tension/Expansion	Tension/Expansion
2000-01	Tension/Expansion		
2001-02	Emergence/Impact on Public Consciousness		
2002-03	Crisis/Consolidation	Emergence/Impact on Public Consciousness	Tension/Expansion
2003-04	Tension/Expansion		
2004-05	Emergence/Impact on Public Consciousness		
2005-06	Crisis/Consolidation	Crisis/Consolidation	Emergence/Impact on Public Consciousness
2006-07	Tension/Expansion		
2007-08	Emergence/Impact on Public Consciousness		
2008-09	Crisis/Consolidation	Tension/Expansion	Tension/Expansion
2009-10	Tension/Expansion		
2010-11	Emergence/Impact on Public Consciousness		
2011-12	Crisis/Consolidation	Emergence/Impact on Public Consciousness	Emergence/Impact on Public Consciousness
2012-13	Tension/Expansion		
2013-14	Emergence/Impact on Public Consciousness		

A Gift of Healing

This is a meditation from **Patricia Cota-Robles** to help you prepare, for the influx of Light that she says is due to flow through all Life when the patterns for the Garden of Eden are reactivated in August. There is a Cosmic push underway by the Company of Heaven and the I AM Presence of every evolving soul and this meditation is designed to assist you in raising the vibratory rate of your Earthly body.

Please sit comfortably in your chair with your arms and legs uncrossed and your spine as straight as possible. Gently rest your hands in your lap with your palms facing upward. Know that as we invoke this Healing experience for ourselves, we are invoking it for all Life evolving on this sweet Earth.

The following activity of Light was given to Humanity in stepped-down frequencies in the past. Now it has been raised up in vibration the maximum that Cosmic Law will allow.

I breathe in deeply, and on the Holy Breath, I go within to the secret place of the most High Living God. I focus my attention on my Immortal Victorious Threefold Flame in my heart, and I AM filled with the Love and Harmony of God. This Divine Essence expands into my Earthly bodies, and the vibration of every electron of my physical, etheric, mental and emotional bodies is accelerated. I feel myself being lifted into the embrace of my mighty I AM Presence.

I now experience myself fully present in the Realms of Infinite Light. I absorb the wonder of this octave of Light, and I realize that this Healing is dedicated to reestablishing the Divine Blueprint-The Immaculate Concept-within my physical, etheric, mental and emotional vehicles. Through this exercise, I will energize each vehicle until the pulsating force of my I AM Presence and my Solar Light Body are secured within that vehicle. Once that is accomplished, vibrant health, eternal youth, radiant beauty and Divine Order will be restored physically, etherically, mentally and emotionally in my Earthly bodies.

I breathe in deeply, and suddenly, I AM standing before a magnificent crystalline Temple of Healing in the Realms of Perfection. I AM enveloped in the Light of this sacred place, and I feel an overwhelming sense of peace and love.

A radiant Being beckons me, and I Ascend the crystal staircase of the Healing Temple. I pass through the massive Golden Doors, and the Being of Light escorts me through the alabaster hallway into the majestic Flame Room in the center of the Temple. I look around, and I notice that at each of the four cardinal points of the Flame Room, there is a chamber representing one of Humanity's four Earthly Bodies.

In the center of the Flame Room, there is an enormous crystalline Lotus Blossom. Blazing within the center of the Lotus Blossom is a Madonna Blue Flame with a white aura. It is the Flame of The Immaculate Concept. Responding to the prompting of my I AM Presence, I enter the Lotus Blossom and stand within the scintillating essence of the Flame of The Immaculate Concept. As this Sacred Fire envelops my Earthly bodies, the vibratory rate of my physical, etheric, mental and emotional bodies is accelerated.

My mental body is raised into a higher level of Divine Consciousness, and I perceive, more clearly than ever before, the Divine Blueprint for each of my vehicles. Beloved Mother Mary now projects her luminous Presence into the Flame Room. In the Cosmic Tones of her celestial voice, she invokes the most intensified frequencies of Healing Light that Humanity can withstand at this time.

This multidimensional and multifaceted frequency of Sacred Fire flows forth from the Core of Creation as a mighty pillar of Light. It passes through my four lower vehicles within the crystalline Lotus Blossom. This Healing Light is pulsating with the Divine Qualities of Healing, Restoration, Transformation, Resurrection and Transfiguration.

After this shaft of Healing Light passes through my four Earthly bodies, it is anchored within the Flame of The Immaculate Concept. From there, it expands like mighty laser beams out to the chambers at the four cardinal points.

Mother Mary holds the sacred space for me, and I consciously project my EMOTIONAL BODY and all of my feelings from all time frames and dimensions into the chamber at the cardinal point to the EAST. The Healing Light blazes in, through and around this vehicle, transmuting and healing every trace of imbalance or imperfection.

My I AM Presence now projects the Immaculate Concept of my emotional body through this vehicle, and it begins pulsating as a Light pattern. My emotional body is instantly Transfigured into the limitless perfection of my Solar Light Body.

I now consciously project my MENTAL BODY and all of my thoughts from all time frames and dimensions into the chamber at the cardinal point to the WEST. The Healing Light blazes in, through and around this vehicle, transmuting and healing every trace of imbalance or imperfection.

My I AM Presence now projects the Immaculate Concept of my mental body through this vehicle, and it begins pulsating as a Light pattern. My mental body is instantly Transfigured into the limitless perfection of my Solar Light Body.

As Mother Mary continues to hold the sacred space for me, I consciously project my ETHERIC BODY and all of my memories and records from all time frames and dimensions into the chamber at the cardinal point to the NORTH. The Healing Light blazes in, through and around this vehicle, transmuting and healing every trace of imbalance or imperfection.

My I AM Presence now projects the Immaculate Concept of my etheric body through this vehicle, and it begins pulsating as a Light pattern. My etheric body is instantly Transfigured into the limitless perfection of my Solar Light Body.

I now consciously project my PHYSICAL BODY, every atom, cell, gland, organ and function reflecting all time frames and dimensions into the chamber at the cardinal point to the SOUTH. The Healing Light blazes in, through and around this vehicle, transmuting and healing every trace of imbalance or imperfection.

My I AM Presence now projects the Immaculate Concept of my physical body through this vehicle, and it begins pulsating as a Light pattern. My physical body is instantly Transfigured into the limitless perfection of my Solar Light Body.

After this purging and healing process is complete, Mother Mary sounds a Cosmic Tone, and my I AM Presence magnetizes my purified, balanced vehicles back into the Flame of The Immaculate Concept within the crystalline Lotus Blossom. One by one, my Earthly bodies are brought into perfect alignment within the Flame of The Immaculate Concept: first my physical body, then my etheric body, then my mental body and, finally, my emotional body. My vehicles are now returned to the full dominion and service of my I AM Presence.

I now return my consciousness to the room, and I allow these Divine Energies to be assimilated into my physical, etheric, mental and emotional bodies.

It is done, and so it is. Beloved I AM.

For more information, please go to www.eraofpeace.org

Colour Consciousness

The earth feeds us with the lower frequency colours - red, orange, yellow and green - which relate to physical and emotional spheres. Blue, indigo and violet are drawn from the sky, space or ether and relate to mental and spiritual spheres. Gold feeds our male aspect and is absorbed from the father sun. Silver feeds the female aspect and is absorbed from moon and mother earth.



Gayle Friedman first started working as a health consultant after she completed a course in the study of Yoga (Science of Life) in India due to her own health problems. In the 22 years that have followed, Gayle has expanded and honed her skills nationally and internationally. Using the Sunshine Colour Academy as her base, she now helps others to achieve their full potential, using a variety of modalities. She has woven the power of colour throughout it all, with wonderful effect.

During your one-hour session with Gayle, you'll receive

- ✧ Reflexology on the feet in order to read and treat the entire body.
- ✧ Aromatherapy body massage using colour treatment via coloured towels, lights, crystals, aromatherapy sprays and oils formulated by Gayle herself, as well as time spent on visualisation.
- ✧ A gentle head massage.
- ✧ A treatment on the back of the body to release tension from the neck, back spine and legs.
- ✧ A colour energy balance and earthing.

Gayle works intuitively to help you connect to your Self and centre within. The treatment begins after a consultation to determine what you - and your Higher Self - would benefit most from. Colour breathing is used by both the client and Gayle to unlock blockages (contracted physical body areas, negative emotions, mental stresses). This helps the allow the light/ colour to flow into the body.

Another area that Gayle spends a lot of time working within is yoga for new and expectant mothers ... and their children. To find out more about what's on offer, log onto www.sunshinecolouracademy.com

You can also buy Elizabeth Kruger's books and CDs from Gayle. To order, please contact her on 021) 461 6402 or 0829 584 801. You can also email her on info@sunshinecolouracademy.com



An elderly Chinese woman had two large pots, each hung on the end of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. And it's these very cracks and flaws we each have that make our lives together so interesting and rewarding. Think on it.

NEXT MEDITATION - 16 JULY 2006

Join Elizabeth Kruger as she talks about what's happening in the world energetically and how we can work *with* the energies, rather than struggle against them. Focus will be on one of the latest energetic events, maximizing its potential. Each participant will receive an individual blessing and personal message from EK.

Starts at 10am

Costs \$11



Real-Life Quotes

"Elizabeth was spot on! It helps immensely as I needed just that kind of confirmation.

This is sent with many blessings.

Jackie

"I am feeling absolutely fantastic after the healing. Actually, I am amazed!"

Eileen

Eagle Heights Centre

168 Macdonell Road

Eagle Heights

Queensland 4271 Australia

Phone 07 5545 1880

Email: info@eagleheightscentre.com.au

www.eagleheightscentre.com.au

