

Aquarian News

Eagle Heights Centre

Dear Friends

You don't need to read this newsletter to know that all of humanity is experiencing a time of great change. We stand within the stream of the coming enlightenment process and each and every one of us will have our own way to approach this flow.

Just as we each choose our own actions and reactions to this stream of consciousness, so there is a plethora of different terminology and interpretations - especially when it comes to spiritual subjects. Remember, at all times, that there are many ways of seeing or feeling what is happening. And, at the crux of the interpretations, is the level of development the 'interpreter' has achieved. Also remember that, along with all of the helpful information, is a fair amount of misinformation.

So, how do we know what is the 'right' information and, at the same time, manage to achieve the level of stability that is so sorely needed in our world? What will get us through ... is love, intent and an ever-consistent focus on living in the light while we're going through this awakening process.

Allow the stream of incoming light to flow through you. Help it to generate into you. Work with it as it circulates through your whole system. Don't just observe it as it streams in. Become involved. Make it part of your very Self. This way you'll be going a long way towards ensuring that you bring your entire being into alignment with minimal blockages.

Realise that the Soul is the manufacturer of all things that happen in your life. It is your 'silent partner', so to speak. Surely you can see that it's best to befriend it. And the way to do this is to connect, consciously, with it every day through your Crystal Triangle. Ask it to help you on your

journey while you're here on this Earth. You will find that it will aid you more than you think and you will enjoy greater success in many ways.

I cannot emphasise enough the importance of this process. The 5th dimensional system is drawing ever nearer and it's constantly pressuring us to become self-empowered and self-motivated on all levels. So, do your best to make sure that your system is clear of karmic and self-imposed obstructions by following this practice daily.



EK in South Africa during 2005

I hope this will help in these difficult times. The good news is that if we are receptive, the 5th dimensional system gives us greater opportunities to remove blockages and work out karma. Listen to your own inner guidance. Your Soul will tell you how to do it. And if you work with it, your process will be swift. If not, you'll stagnate and end up behind the eight ball. The choice is yours!

Also, swift on the heels of the 5th dimension, comes the 6th. Did you know that we cannot bring any past karma with us when we move into the 6th dimension? We have to work it out first.

Humanity, as a whole, has been given till the year 2012 to be ready to move into the 6th dimension - en masse. Realise that being one of the few in the 6th dimension, ahead of

the rest, won't be all sunshine and roses. It will more likely be an enormous challenge. Your energetic vibration will be so refined, you'll struggle to deal with those around you that haven't advanced as far. So, although I urge you all to do your best to clear your Selves of old-dimensional blockages and move along in the enlightenment process ... being in a hurry to move into the 6th dimension is not necessarily right for everyone.

I wish you all the best in your process.

Love and Light, EK.

NEXT MEDITATION - Sunday 24 September 2006

In August, the 8-8-8 energies were extremely powerful. In September there's the Summer Equinox, giving us another opportunity to tap into and make use of these transformational energies. Join EK as she talks about how we can work *with* these forces, rather than struggle against them. Each participant will receive an individual blessing and personal message.

Starts at 10am Costs \$11

If you don't have to rush off afterwards, you're welcome to join us for a chat. Please bring a plate to share.



EARTH / SKY - LIVING IN THE HEART

A FIVE-DAY EXPERIENTIAL WORKSHOP WITH

DRUNVALO MELCHIZEDEK



Join Drunvalo Melchizedek, the master who brought us the MerKaBa meditation and the Flower of Life, for five intense days in beautiful Marysville, deep in the heart of the mystic mountains of Victoria.

This time together will be focused on helping you remember your intimate connection with the Creator, who lives within the Sacred Space of your Heart and to live this connection here on Earth, now.

In this time of rapid change in our lives, where the Earth's environment is being threatened, know that a bright and holy Light shines in within our Hearts. A light that offers living hope to the entire world ... and to you, personally.

Ascension into the higher spiritual worlds is not a process only the saints and holy ones could achieve. It can be realized without leaving this world, as the outer world is but a reflection and creation of an inner world that has long been forgotten within our own Hearts.

28 NOVEMBER TO 3 DECEMBER 2006.

TO BOOK, CONTACT MARIE ON 03 9587 6475

or eiram33@optusnet.com.au. Registration form, payment and details are found on www.drunvalo.net

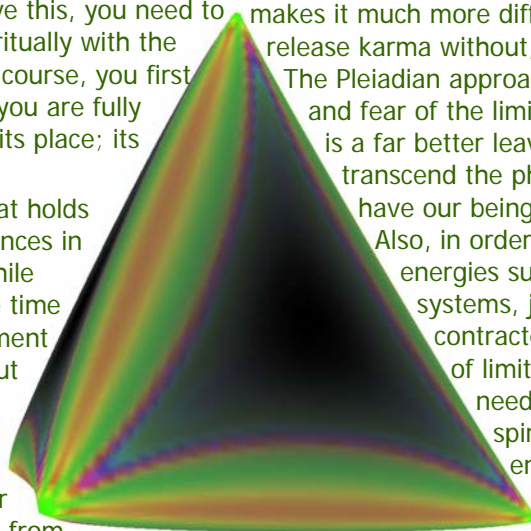
Grounding through the Crystal Triangle

Although grounding means many things to many people, it essentially means being in your body, fully conscious of your surroundings and being present and available for whatever happens. In order to achieve this, you need to align yourself both physically and spiritually with the central core of Mother Earth. And, of course, you first **evoked the Crystal Triangle**. Once you are fully grounded, your spirit will be 'held' in its place; its identity anchored here.

It's almost like creating a garment that holds all the memories of your own experiences in this incarnation and that you wear while you're here, on this planet. When the time comes to depart, you leave your garment here until you come back, ready to put it on once again. Furthermore, the more you Ground yourself, the more effective your 'garment' is.

To a certain extent, we all ground our base chakra when we take substance from the planet through eating and breathing. But it needs conscious intent to make it work properly.

A lot of those who meditate regularly, as well as those who have yet to develop awareness, have not learned



how to ground themselves properly. As a result, these people often tend to 'hang out' in the ethers above the body. That state leaves them susceptible to taking on foreign energy from other people or even entities. At best, even if you are not being a psychic sponge, it makes it much more difficult to master your emotions or release karma without, first, being in your body!

The Pleiadian approach is to transcend your belief and fear of the limitations of the physical plane. It is a far better leaving your body in an effort to transcend the physical. After all, we live and have our being right here in the physical!

Also, in order to clear the lower-frequency energies such as repressed emotions, belief systems, judgments, control and other contracted energies that are the source of limitation in the 3rd dimension, you need to fully descend into matter spiritually. As you clear these lower energies, you make way for your Higher Self to completely blend with your incarnated self - as

the Christ, Quan Yin and Buddha did. This results in full chakra cellular enlightenment - rather than escape! So, do yourself a favour. Constantly align yourself with the Earth's central core through The Crystal Triangle.

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MASTER EK BACK IN SINGAPORE



Elizabeth Kruger will return once more to Singapore for the entire month of November and will, of course, be holding her private sessions while she's there.

Master EK's first appointment will be on Saturday, November

the 4th and the last day for bookings will be Wednesday the 29th.

Please contact Elene in Singapore on 9739 5378

to make a booking.



MAKE YOUR OWN EARTH DAY!

STEP ONE: Celebrate your environment.

Because parties are fun, they are an easy way to learn things. People feel

better after sharing a good time together. They talk and get new ideas to help the Earth and our fellow creatures. If every neighborhood lived in harmony with nature, most of the world's environmental problems would be gone.

STEP TWO: Celebrate your neighbourhood.

A stronger feeling of friendship on the block will make people feel better about it. People will look out for each other more readily. More people out doing things on the block can also help reduce crime as people who steal don't want to be seen.

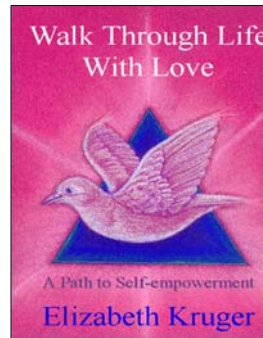
There may also be people who need help on your block. But if no one knows them, then no one can help. Your Earth Day will help people get to know one another better.

No experience is necessary to put on a successful Earth Day. It's just a block party with a theme.

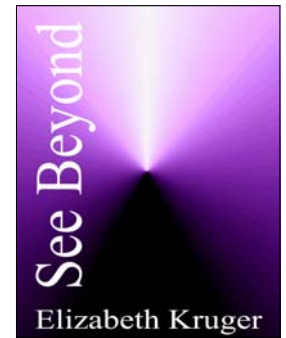
Simply count the houses on your block or a small group of blocks. Then print up flyers announcing a meeting where you decide how to do it. Be sure to invite the kids. This event could be a turning point for a young environmentalist. If you are a kid, try to get an adult to help you organise the day.

One idea is that, before eating, people go to various places on the block to plant gardens or trees or pick up trash. When everyone has done what they set out to, it's great to share what's been accomplished while sharing your meal.

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.

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

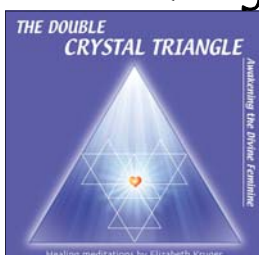
Shanahan Family Appeal

Earlier this month, one of our Gold Coast office staff and single mother of two, Lynley Shanahan, tragically lost everything in a house fire. The fire was started by a candle burning in her eldest son Aaron's bedroom. Aaron had briefly stepped out to make a snack and, on his return found smoke billowing out under his door. He tried, in vain, to extinguish the flames with a garden hose. Neighbours called the fire brigade. Nonetheless, everything was destroyed. Lynley, who had gone to drop her youngest son, Callum, at her mother's, returned to the smoldering rubble. Lynley was so overcome that she was admitted to hospital with suspected heart trouble. When she was released the next day, she discovered that what little had survived the fire had been looted by heartless individuals the night before.

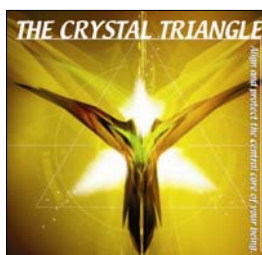
The one bright spot in the story is that no one was injured in the blaze. The Shanahan family are starting to rebuild their lives with the help of family, friends and strangers like yourself.

If you feel that you spare something at all, you can make a donation to the Shanahan Family via The Eagle Heights Centre, 168 MacDonnell Rd, Eagle Heights Queensland 4271. We will ensure that they receive them and convey their gratitude in advance.

Healing Meditation CDs



AU\$20



The Double Crystal Triangle

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

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The First Crystal Triangle

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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.

888 The vibration of 2006 is in the form of an 8 looping around itself creating an interconnectivity that is difficult to be deciphered by those with a lesser heart. It awakens ancient DNA within us and unties the 'time slip-knot', creating an open road that beckons us to restructure into new patterns of thought. The light within both the unexpected and the unexplained is turned up so high that even the 3 blind mice can see! Now is your chance to leave

the energy of what has distracted you and move into a place of sharp focus. *Choose to see all.* Do not turn a blind third eye to the possibilities that are unfolding.

August 8, 2006 (8-8-8) was the marriage of matter and antimatter - a place where the polarities meet and heaven and earth sip from each other's glass. The very ends of your DNA will now open to infinite possibility that is worth its wait in gold.

COUNCIL OF ANU

We are the Council of Annu of Ancient Sirian origin, beyond your measure of time and space. We are in awareness of what the light within you yearns to become. We are genetically encoded within the crust, plants and water of the earth. We live deep within the ancient flesh of human beings.

At this time there is a dimensional flux that you enter in order to retrieve encodings that have been hidden from your sensories. You stand silently at this sacred portal. Upon this portal is a mirrored Light. The key that unlocks the portal is your own true reflection. The key to unlock the reflection is radiant self love beyond measurement of time or family.

In your mind's eye, see this portal, this doorway. See the mirror within it. As you look deep into your own reflection, how do you feel? Is there joy that stands in front of you? Remorse? Distaste? Or is there love?

It is now more imperative than ever that you to place yourself in a garment of radiant self love, for it is the vessel that will take you to the place you so seek. As with Alice and the Looking Glass, you have repeatedly fallen down the rabbit hole of self and doubt.

Within you lives a time safe trigger. **The doorway is you. The time is now.** The sole entrance code is the energetic signature of your love for your self. It is not a handprint ... nor an eye scan... nor a thumbprint. It is a heart print that allows you entrance. Your love for you, is how you gain entrance into a bright future.

Your planet is known as the seeker. For, as one is born into the flesh, one begins to seek. You seek your self, your heart, your mission, your partner in life and love. When you are fulfilled and have accomplished all of that, you still continue to seek - for nothing of earth can fill you. Nor has it ever. So, always, you are seekers. Never resting enough to taste the nectar of what you have manifested, or what has come to you. For the light within will only be fulfilled once it sups upon itself.

The Hall of Records that is hidden within the belly of the Sphinx and the Inverted Pyramid is also hidden within your own belly. It lies from the (solar plexus) bellybutton down, encompassing all the lower earth chakras. You all have cleared debris from your heart, your words, your third eye, your crown - but you are yet to reach for the basement of emotional and sexual debris, anger, and fear. It is within those subterranean chakra chambers that you will discover how much love

you can resuscitate ... within the deep, dark parts that do not really want to be seen, loved, or known about.

Look at each tainted, tattered, shattered, shredded and angry part of yourself. Love it as if you would a stranger that simply needs a chance in order to be beautiful, healthy and balanced. For eons mankind has concentrated on purifying everything above the waist, forgetting to do the laundry in the lower chakras. You scooted it to the back of your plate and, even though it is now cold, stale and mouldy, you need to ingest it to gain entrance to the Heart of the Light.

There are places in your personal and soul his-story when you were not merciful, not so nice and enlightened. We ask you to embrace this time and go down deep to the belly of the beast. Look and see and feel and love. When you stand at that intersection of mirrored reflection, knowing who you are in totality, the light-key codes will open the doorway to the next level of you.

There is nothing here on your world that comes to get you or hurt you - unless you decide it is so. There are no Karmic contracts - unless you decide it is so. Everyone that you meet has the potential to be in your heart - if you decide it is so. Open up this doorway as you enter the subterranean chambers of the Ancient You. The you that took down planets. The you that saddled and rode asteroids. The real you!

There is nothing meek and mild about anyone on Earth. All of you are warriors. It is time that you recognise that. Knowing that you are a warrior, what will you fight for? Healing in every cell of your being? For love beyond any measure you have ever tasted? For remembrance? For truth that is shinier than any truth that has been seen throughout history?

Will you fight for you and what you believe in and who you are and how you are? *The 888 energy separates those who will and those who will not.* It separates those who choose to move forward and those who choose to stay and stagnate in comfort.

We are the Council of Anu, Sirian of Light and Origin. Our blood, fiber and genetic encoding runs within each and every one of you. On August 8th. Sirius broadcast a genetic remembrance. Each light packet activated a Sirian encoding that will bring to the surface what you need to know in order to move past the obstacles of those that would like to keep you toddling.

Edited version of talk channeled by Gillian MacBeth-Louthan. For more info, go to www.thequantumawakening.com

888 MINI MEDITATIONS

Our fear, limitations, doubts, anger and so on entangle the strands between the Chakras. It is time to stand in your Personal Power, holding the energy without reacting to what comes at us. This is part of becoming the 'unmovable, unshakeable force' that we have to be in order to do our job. So, here are some mini meditations that may help.

Visualise a lemniscate or infinity sign (figure 8) passing through the 12 energy centres. Begin at the Heart Centre, move down the right side, below the feet, up the left side, through the heart, over the head and back to the heart. Repeat this whenever you think of it.

This will assist in untwisting the strands between our chakras and help seal the connection between us and our "Greater Beingness". Use the energy of

the lemniscates to help you stay in balance during the day.

After waking in the morning, see the lemniscate traveling from the Heart Centre, in front of your body, down through the chakras, below the feet, up the back, through the Heart Centre, up behind your body, over your head and back down into your Heart.

If you feel yourself becoming angry, frustrated, etc., try this to dissipate the energy: Holding the heels of your hands together, place your hands under your chin, with the palms over your face. Move them up your face, over the top of your head and down the back of it, so your fingers end up touching together at the back of your neck. As you do this, say, "I release my old _____ (fear, anger, helplessness, frustration, etc.). This will help move that energy out of you.

The Attribute of Happiness

Your life is like a movie in which you get to play all the parts. You can typecast yourself as an emotional masochist or you can typecast yourself as the inspired, wise and powerful one. The emotional masochist is barely on the fringes of happiness. After all, guilt, fear, repression, greed, anger, woe, criticism and apathy fill the emotional masochist's days. They are energy robbers, seeking to deplete happiness - yours or another's. You rarely see them smiling in their movie.

The inspired have an expanded self-awareness that allows an expansive outlook on life. They are content because they have escaped the need for drama to validate them. They know who they are and are inspired by Life. They are in the center of happiness. They know that happiness results from their relationship *to* life, not from what they do or do not get *from* life. They know that happiness is an aspect of their Divine nature and they don't have to wait for an outside occurrence to have it. They steal happiness from no one. You often see them smiling in their movie, in spite of earthly circumstances.

Happiness occurs through direct contact between you and your true identity. That's where you will find happiness - inside. It is unfortunate that humanity believes happiness comes from without, be it a beautiful day, the perfect relationship, a lush garden or financial abundance. All are situations or circumstances that bring the momentary *feeling* of happiness, but not sustained happiness. It is important to appreciate them and express gratitude for them, but you weaken yourself once you become dependent upon them for your happiness.

Happiness is your Divine nature that has attained self-sovereignty by mastering the mind, the intellect, the ego and the personality traits. It depersonalizes all of these and discovers happiness as a state of being, in which there is no emotional upheaval.

The happiest humans are those who leisurely move through the moments of life, find the blessings in each and seek quiet communion between activities. Doing so allows them to take strength from the Light and Love within and accept strength from the Love and Light above. And so they can continue on with their day without becoming hostage to outer influences or the internal, often painful, quickening.

You might ask, (and believe me I was) "How can I leisurely move through the moments of my life, while in the midst of turmoil?" Here is the answer. It's like eating, or making love, caring for an "angel in fur", planting a garden or raising children. There is more than one way to do it ... and it's up to you (us) to discover and instigate the way that will bring *up* the most happiness from within. That is our responsibility.

Since happiness is already within you, use your heart's awareness to apply a loving new way to resuscitate the warmth, aliveness and comfort of it. Happiness returns to all those who seek new ways to live the lives they have created. Give yourself a big hug for having the courage to redefine the ways in which you can - and will - be happy. Happiness is a powerful antidote to pain. So please find it, once again, and love, protect and nurture it. Don't let anyone get in the way of it! Not you and not another!

Happiness needs to fit into your life. You have the right to be happy. It is an attribute of your Divine nature. It's dependent on nothing external. Your tiniest inspirations or tender observations of that which is good and peaceful in your life spur it on. Playing an emotional masochist is lower consciousness wearied by neurosis. Being the inspired human, happy in your own skin... you will notice ... is quite another story.

The Sacred Masculine

Since the late 1950's a series of energies referred to as the Divine, or Sacred, Feminine have been moving through Earth. During mid-August, we saw an increase in the events and energies associated with the new Sacred Masculine energy. Each dimensional level carries its own unique blend of these. As we enter the 4th and 5th dimensions, brand new aspects of what we now see as two energies will be revealed.

Sirian Portal.

Every year a particular portal opens between Sirius, our 'Father' region, and the solar system we inhabit. During this time, usually July 23 - September 17, there is an especially strong connection with the Cosmic Masculine energy from which this entire region of space was born.

The flow of Sacred Feminine energy has been constantly assimilated into the physical plane of our planet for over 40 years. We don't anticipate that the assimilation of Sacred Masculine energy will take as long. In fact, we postulate that by 2012 the Sacred Masculine energy will reach its own golden mean point, a mere 13 years from its introduction.

A few years before that, say 2009 or 2010, all the Sacred Feminine energy that can express itself into the third dimensional world should be reached. It is at this point, with the complete entry of Sacred Feminine, as well as Sacred Masculine at and beyond its golden mean point of entry, that we will be able to change our reality in the anticipated manner by 2012. However, this shift won't occur until there is sufficient understanding within the consciousnesses that exists within both the Sacred Feminine and Masculine energies.

Historical Perspective.

I do not wish to make this sound as if the Sacred Masculine energy has just arrived out of the blue. In fact, it has been a behind-the-scenes player for some time. Bits and pieces of it have been 'leaking' into the planet through larger acts of humanity's mass unconscious since the 60's.

Symptoms of Sacred Masculine energy not being properly assimilated may include feeling off center, less grounded than usual, being frantic to complete a large number of tasks immediately, feeling pulled off-track or noticing that you are in your head more than usual. Just as the masculine archetype is associated with action, so the Sacred Masculine energy helps to create in our physical realm. When used in tandem with the Sacred Feminine energy, it will allow us all to manifest on the physical plane more and more quickly.

Multidimensional Creation.

A warning here, however. That which you manifest always reflects your unconscious choice, which seldom is perfectly aligned with your conscious mind! As a result, the Sacred Masculine energy is entering slowly, so we might learn how to use it and our powers of manifestation accurately. Think of it as kindergarten - here is another crayon to color with, but we won't give you the whole box and leave you on your own

just yet as you would naturally begin to draw on the walls and floor. Yes, this Sacred Masculine energy, wielded without constraint, can cause extreme damage to the planet and other areas of space in nearby dimensions.

Our Experience of the Sacred Feminine and the Sacred Masculine.

Let's take a moment to define the Sacred Masculine and the Sacred Feminine energies. It will not be experienced the same way in all dimensions. For example, as you move closer to Unity Consciousness in the 8th dimension, it appears to be a continuum of ideas and energies. On the level of the third dimension, however, it appears to be two disconnected energies, each defined by, and creating, unique qualities.

The Sacred Feminine energy appears motionless. It is that which fills. It might be comparable to air. On the other hand, the Sacred Masculine is that which acts. As a result, it could be considered that which puts the Sacred Feminine into motion. It would act upon the air by bringing direction and movement.



Oftentimes the profane masculine has been mistaken for the Sacred Masculine ... and the Sacred Feminine as being the Sacred Masculine. Yes, Sacred Masculine. That's because the Sacred Masculine energy is always gentle, never invasive or intrusive. If you see it as either of those latter qualities, it's only because you're using the profane masculine with which to interpret it!

Creating with Sacred Feminine and Sacred Masculine.

Within our reality, no human may fully embody the Sacred Feminine or Sacred Masculine. Each person who embraces these energies will continue to embrace a trace of the profane versions as well. Knowing whether one is creating out of the sacred or profane can be felt and also witnessed. Actions born of a union of

Sacred Masculine and Feminine energies will feel complete in the moment they are decided upon. These actions will feel uncommonly easy to those involved and are apt to be quick to manifest into physical reality - with little or no resistance.

If an action should be born of the marriage of the profane masculine and feminine energies, it will veer away from its path, manifesting immediate chaos. It will be hard to miss the 'crash' of the resulting energies - somewhat like cars racing toward the same intersection - without braking!

Evolutionary Results.

Embracing the Sacred Masculine requires the release of both the archetypal profane masculine and its need for external leadership. The more you use the Sacred Masculine energy, the more you will find that another layer of your personal ego drops away. It also presents you with an opportunity to become more honest in wielding your own power. And it is through these acts of dethroning the worldly King, that you will be able to, finally, embrace your personal King.

Edited from an article by Norma Gentile

Latest Alert from Lisa Renee - Particle Conversion

Between July and December 2006, we are going through some rather fascinating dynamics that have many of us experiencing a bevy of curious energetic spectrums ... including emotional upheavals and physical challenges. This is because



we are clearing up and completing a lot of our 3D leftover patterns and projects. Many of us are also feeling more tired as this is a grid project we have been working on, where we leave our physical bodies at night. There are many "Ascension" projects in progress at this time.

The 3D Earth is going through the beginning phases of an expedited process of Particle Conversion that will catalyze humanity's progress further. Without exception, our downward or upward spiral of personal evolution will be exponentially increased by these forces. We are in the interesting fulcrum of these two spirals of evolution and experiencing a greater level of resultant amplification. These are from activations earlier this year that are now hitting critical mass in both the planetary and our own energetic fields.

This Particle Conversion period is described as the Separation of the "Time Lines" within the Earth's Shield/Field. This event is a progressive separation of the global particle fields, which is expected to become permanent by the end of 2006. In previous articles, The Guardians have mentioned, several times, a new delineation of space and time occurring in early 2007 - between the 3rd Dimensional and the Multidimensional consciousness. What's happening now appears to be a precursor of that.

Our Family of Light, The Guardians, continue to strengthen and progressively amplify a protective "Field Buffer Blanket" for an array of purposes. This Frequency Field Buffer will collect and absorb the Stellar Activations forthcoming, holding these frequencies in suspension until approximately 2012, (unless otherwise updated) when they will be fully released into the Earth's Planetary Field. This also is being utilized to keep any interference from occurring by various counter evolutionary forces and their technologies, such as their "frequency network systems". These systems potentially disrupt the planetary grids creating further intense weather or other surface cataclysms like storms, earthquake, tsunami, volcanic activity, etc.

The Amplification this polarity drama will be experienced even more dramatically in this upcoming reality from 2006 and onward. It is extremely important to refrain from becoming entrenched in illusion and allow ALL to choose whatever reality, whatever perspectives they desire. Our choices and beliefs will create the experiential reality we will perceive. If we are to acknowledge what these challenges present and be informed of what may be up coming and we hold the belief of loving mutual resolution, we will gain mastery and the highest capacity of our reality experience. It is an amazing opportunity.

Please continue to connect with your Higher Self, the Twelfth Dimensional Blueprint and its platinum wave spectrum, while cultivating your Higher Sensory Perceptions. Talk and communicate with your Higher Self and Guidance daily.

Know how much we are loved and that we are really embarking into a completely new way of living, a place with unlimited expression and with great joy. Stay in the luminosity of your heart and soul path; we are here as ONE!

An edited version of what was written by Lisa Renee © 2006 <http://energeticsynthesis.com>

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

Feng Shui. An Argumentative Year?

Because of the Argument Star No 3, the Centre of your home has an argumentative energy residing within it this year! So if your central space is taken up by a convergence area such as a dining or living room, this will mean plenty of in-house fights that may even lead to permanent enmity between those living there!!

Weaken the effects of this anger-mismanagement Star by simply using the colour red! Red represents the crucial Fire element that can weaken this Star's Wood element. So, to cure it, decorate your central location with a red lampshade, a red carpet, red candles, red cushions or, even, a picture with red in it. Just make sure that you like the object and that when you place it, your intent is that of calming down the argumentative energy.

You can also use incense burners: the smoke wafting from these is a good way to summon up the Fire element that weakens the effects of this fight-happy star.

Also ensure that you work at keeping it from taking over. Calm your home with relaxing music. Burn lovely aromatherapy oils. And take out time to be quiet and meditate.

For more tips and hints on feng shui in your home, email Sue Williams on williams18@austarnet.com.au or visit the website www.nms.qld.com

THESE INTENSE TIMES -- A brief Astrological look

Cycles of Uranus in Pisces and Saturn in Leo

A combination like this does not occur often as Uranus' and Saturn's cycles rotate between being about 86 and 411 years, alternating steadily down through the centuries. The short 86-year periods seem to be the most intense and growth accelerating. e.g. 1417 to 1504 saw the European Renaissance and 1919 to 2006 covers, arguably, one of the most extraordinary growth periods in human history. However, most curiously, 2007 starts a second 86-year cycle. The last time this occurred was from 259 to 84 BC. This may explain the intensity of the times: a double spurt of growth! There may well be a unique opportunity to blend these forces of Love and Will in a way that has not been available in any other cycle.

Saturn and Uranus: Lords of Karma

It is also important to note that both planets are related to Karma. Although Saturn is more commonly associated, Uranus - via its rulership of the seventh ray of Ceremonial Order or Magic - may well take the appellation as one of the 'Four Lords of Karma in this solar system. Both with seven-year cycles, Saturn represents the 'ring pass not' of the solar system whilst Uranus signifies that which pushes through Saturnian boundaries. Both planets are related to the manifestation of ideas into form. Saturn is closely related to creation of thoughtforms on the mental plane and the grounding of them, especially through its sign Capricorn. Uranus is closely associated with the physical plane, yet also with Spirit that seeks to find expression in Matter.

Israel, Lebanon and World Peace

Peace is a desirable state for any person of goodwill. Yet when these flashpoint crises surface, how effective are peace marches, candlelit vigils and email petitions? Yes, group meditations can help, but only if the combined group mind is powerful enough to concentrate and, then, project thought. To be really effective, they need to be conducted regularly by those who have the ability to truly concentrate, shutting out the lower mind completely, thereby entering the realm of the higher mind/soul.

This brings up the question of personal responsibility for peace. How much have we been working upon our 'inner disarmament'? Remember, all our unresolved inner and outer conflicts contribute to the expression of conflict somewhere else within the world. The lesser feeds the greater and vice versa, in a repeating pattern for which we must discover a circuit breaker.

Likewise with the revenge cycle of 'an eye for an eye, a tooth for a tooth' in the Middle East. As some students are aware, the Jewish Race functions as the planetary solar plexus, wherein much of the desire nature and emotional life of Humanity is processed. A 'karmic clearing house' as

it has been somewhat shockingly described. Bottom line? The conflict in Israel, where approximately one third of the Jewish Race live, is not just 'their problem'. It is Humanity's problem. The Jew is the proverbial Prodigal Son finding his way back to the Father. As Alice Bailey says:

"Peace has relation to the emotional side of life and was the goal in Atlantean days, where peace was a great spiritual issue. But peace and the love of peace can be a deadening soporific ... It is usually selfish in purpose and people long for peace because they want to be happy. Happiness and peace will come when there are right human relations. Peace and war are not a true pair of opposites. Peace and change, peace and movement, are the real ones. War is but an aspect of change, and has its roots deep in matter. The peace usually desired and discussed concerns material peace and, in every case, is related to the personality, whether it is the individual personality or that of humanity as a whole. Therefore I deal not with peace, but am concerned with love, which oft disturbs the equilibrium of matter & material circumstance, and can consequently work against so-called peace."

The above passage is not presented to condone current events. The focus is DK's comments about love disturbing "the equilibrium of matter". Similarly, the reappearance of the Masters of Wisdom, culminating with the return of the Christ, paradoxically brings conflict. Matter in *all* kingdoms is 'stirred up' and seeks to equilibrate itself with the higher vibrations pouring into the planet - which is occurring now. Furthermore, maintaining inner peace revolves around **not** identifying with any of the conflict going on around us or the monotonous diet of pain and violence on the evening news.

The End of the Piscean Age

This is all par for the course as Humanity, although still well and truly in the Age of Pisces, is feeling the pull of the Aquarian Age strongly - hence the terrific conflicts. We're placed on the cusp of Aquarius (whose astronomical beginning is in 2,117 AD) and the fullness of expression for the Piscean Age passed long ago. So all we're dealing with now is its shadow, created over the past 2,000 years.

Remember, it was an age characterised by religious belief systems whose ideologies clashed many times in the name of their respective gods. Because, of course, it was an age that was strongly influenced by the sixth ray of devotion or abstract idealism.

Sagittarius is *the* sign of religion and philosophical systems whilst Pluto is the Lord of the Underworld who brings the unconscious/subconscious to the surface. Hence Pluto's transit through Sagittarius (until 2008) is revealing the worst aspects of all world religions and redundant, fanatical ideas. It may get a lot worse before it gets better so I suggest you cultivate your optimism and directed thought!

Edited from Phillip Lindsay's August newsletter © 2006.

Please note: our email address has changed.

If you would like to ask EK for healing, send in an article for this newsletter, or find out when next EK will be in your country, please contact us on eagleheights@bigpond.com.au

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