



energycreations
wellbeing centre

Vicky's Thoughts

Hi Everyone,

Change, change and more change. I'm definitely making more changes here at work and at home, renovating, de-cluttering and clearing out the baggage.....

It's a very challenging time and it's interesting how much social networking, TV, and media have taken away from our personal experiences. They are influencing our behaviours, our emotions and our reactions. Nothing is private or sacred anymore, everything is about "show and tell" in order to outdo others while sacrificing our respect for other people.

I had an interesting incident the other day when I was dropping my 7 year old at school (he would butt in at this stage and say 7 and a half to be exact). A mother and her daughter were coming from the other direction in the hallway, mother on the mobile, having a loud conversation that was impossible to avoid, with the daughter clinging on to her jacket while carrying her school back pack.

The mother, being oblivious to her surroundings, was having an argument with her partner, crying and screaming, asking him, why are they even married, why are they together? And at that moment, I connected with the girl, same age as my son, with her big, innocent eyes, starring at her mother, for love, attention, clinging on for dear life, wanting assurance that everything was going to be okay. My heart just dropped.

So many questions went through my head in that split second. Firstly, why was this woman having this private conversation in the school corridor when it was a personal, one on one conversation with her partner? Why was she having the conversation in front of her daughter? But mostly how we, as individuals, as a community, as a nation etc have little respect for ourselves let alone for others and for our environment.

In that split second, I questioned, what we as adults do expose to our innocent children, without even thinking of privacy, or their emotional wellbeing. We have become so fixated on our own problems, that we are oblivious to our own feelings as well as others, that we have become so reactive rather than just connecting with our hearts in that moment. Resentment, anger, pain and hurt override love and gratitude in the heated situation.

It is a time for connecting with our core emotions, our very being, rather than rationalising every action, every situation and outcome. It is a time to TRUST rather than act out of FEAR. Some of the deep old hurts, wounds may re-surface but rather than push them back down again, its more about sorting them out right here, right now, facing the

truth as we change our alignment.

So the challenge is to switch off the mental override, connect with our hearts and come from a loving place. LOVE melts all blockages...an old saying but yet so relevant and suited for our modern times.

And yes, through these challenges, physical, mental, emotional or spiritual, in our darkest moment, we find our courage, strength and stamina, to persevere, to continue plodding on, to exist for something better, something greater. Trust! Hope! Yes, it's faith and hope, that we will see the light once again. Trust that we will connect with our core again, as we let go of the old ways, the old way of being to connect with our new being.

And as I keep re-iterating to most of my clients, that when we hit rock bottom, yes, it's challenging, yes, it's damn hard, but there is only one way, and that is UP! Again, through every challenge lies an opportunity that we just can't see yet, as we have too much personally invested in each outcome.

Trust, learn, detach and move on! It's a journey! A journey to live through our experiences, gain insight, grow as individuals and become enlightened as we raise our vibrations.

So where to from here? A place of inner peace, inner sanctuary, living a life of serenity and tranquillity. A time to sit still, to listen to our hearts and gain clarity as we already have all the answers within. A time for nostalgia of the "good old days", when family just loved being together, no judgements, living from our hearts. Time to live life again, by going back to basics. One day at a time.

Mother Theresa had it right. She would only participate in rallies that were for "Peace" only. She never participated in protests for "no war". Energy is just vibration, so where we put our focus on (positive or negative) that's what we get. One way is to continually check in with yourself and what you are vibrating at that moment -

" I GET WHAT I VIBRATE "

(by Michael Losier).

So let's take the next step of our journey together, with open hearts, flexible attitude and open mind! As a collective consciousness, let's heal ourselves, heal each other, and heal the world together. Focus only on what we want!

Namaste
Vicky

PS. Have a great Easter with your family and loved ones. Enjoy the quality time/break together.

It's our 2nd anniversary!!! Saturday 7th May 9.30am - 4pm

Please come in and say hello!

To celebrate we will be offering:

- 10% off storewide (apart from services, herbs & prescriptions)
- \$20 for 15minute tarot readings
- Free 10 minute Anew You Vibrational Essences readings from 1pm - 4pm
- Raffle, Prizes and giveaways
- Tea Tasting
- Lots more....

Toni Salerno (Spiritual Artist) will be available from 1pm - 4pm to sign off any prints, oracle cards or books purchased on the day. A great way to meet him in person too!

What's New?

Baby Amber Bracelets and Necklaces

We now have amber teething bracelets and necklaces for teething babies at great prices. Some information from the internet below:



"Wearing Amber close to the skin is a traditional European remedy for teething. A natural analgesic, Amber will help calm a baby and many parents have also found it useful in soothing eczema."

To further enhance effectiveness, you can leave the necklace in the sunshine to warm up, releasing more of the healing benefits.

While amber necklaces have been used successfully in Europe for generations; this necklace requires obvious parental caution - it is not a toy or for chewing on. Please remove from baby when sleeping or when unattended.

It is designed to break, should it become entangled. Each bead has been individually knotted so if the necklace does break, it will stay in one piece. Fastens with a screw clasp.

How does it work?

When worn close to the skin, the baby's body temperature helps release healing oils from the amber, which is then absorbed into the blood stream.

What does amber do?

It will reduce red, inflamed cheeks & drooling. It has been reputed to boost the immune system, reduce inflammation, accelerate wound healing, reduce inflammation of the throat, ear & stomach & assist with respiratory infection."

Baby Bracelets with elastic or screw ends: \$24.95

Baby Necklaces with elastic or screw ends: \$39.95

Also have a new variety of Amber rings, pendants, earrings, & necklaces for adults.

Specials!

Large Illumination Series (Toni Salerno) Art Prints - Normally \$55, Now \$39.95

All organic herbal teas (25g and 50g) now 50% off.

We still have a number of crystal and dress jewellery at 50% off and a number of clearance items including candles, scarves, body products, lamps, night lamps, soap, cards, and figurines (20 - 50% off).

Selection of crystal rings & pendants at 30% off.

Our one and only large white Buddha, otherwise known as "George", who's been greeting you all at the front of the shop is still available. Normally \$350, now selling at \$175.

Water ball fountain - last one (floor stock). Can be used indoors and outdoors.
Was \$560, Now \$280.

Workshops & Classes

Term 1 classes have ended this week and will re-commence the first week in May.

Note: No casual classes run during school holidays. Bookings are essential.

Term 2 Classes - Commencing Tuesday 3rd May

Tuesday:

10am - 11.15am; Kundalini Yoga - \$20

5pm - 5.45pm; Kidz Crystal Club (7-12 year olds) - \$15

6pm - 7.15pm; Kundalini Yoga - \$20

7.30pm - 8.30pm; Tribal Fusion Belly Dancing - \$20

Wednesday:

10am - 11am; Stress Management - Casual Relaxation Meditation - \$20

4.15pm - 4.45pm; Koali Kids Yoga (9 week term class) - \$120 (first class free)

6pm - 7pm; Stress Management - Casual Relaxation Meditation - \$20

Thursday:

10am - 11.15am - Kundalini Yoga \$20

(5 Casual Card Pass - \$90)

Term 2 Workshops

Reiki with Andrew Quinn

Reiki II; Sat 16th & Sun 17th April; 10am - 4pm; \$350

Reiki I; Sat 4th & Sun 5th June; 10am - 4pm; \$300

Reiki II; Sat 25th & Sun 26th April; 10am - 4pm; \$350

Meditation

One Minute to Peace (Intro The Bright Path - The Ishayas' Ascension);

Sat 7th May; 3pm - 4pm; Free

The Bright Path - The Ishayas' Ascension; Fri 20th May 7pm - 9.30pm, Sat 21st, Sun 22nd

10am - 5pm; \$495

K-Power with Lilian Hasenbos

Stress Release Made Easy; Sat 18th June; 9am - 5pm; \$295 (early bird \$270)

Tibetan Energy & Vitality; Sun 19th June; 9am - 5pm; \$295 (early bird \$270)

(Book both \$550, early bird \$500 paid 3 weeks earlier)

Brain Booster, Boost Your Child's Brain; Sat 3rd Sept; 9am - 5pm; \$245 (early bird \$220)

Beginners

Pendulum for Beginners; Sat 30th April; 2pm - 3.30pm; \$40 with Kerry Anne Angwin

Introduction to Oracle Cards; Sat 14th May; 2pm - 4pm; \$50 with Kerry Anne Angwin

Angel Awareness; Sat 28th May; 10am - 4pm; \$195 with Michelle Kingston

Term Workshops

Koali Kids Yoga 4-7yr olds (9 week term, 1st class free); Wed 4th May; 4.15pm - 4.45pm; \$120

Other

'Essence of Angels' (Universal Life Tools); Sat 1st & Sun 2nd Oct; Details later

For further information/description on the classes or workshops, click on the following link: [Workshops/Classes](#)

Quotes

Be the change that you want to see in the world
Mahatma Gandhi

The only journey is the journey within.
Rainer Maria Rilke

Knowing yourself is the beginning of all wisdom.
Aristotle

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life.
Herbert Otto

Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and good things will be yours.

Swedish Proverb

Make it thy business to know thyself, which is the most difficult lesson in the world.

Miguel de Cervantes

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal.

Pamela Vaull Starr

Courage is resistance to fear, mastery of fear, not absence of fear.

Mark Twain

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

Fear is not of the present, but only of past and future - which does not exist.

A Course in Miracles

Astrology

Expect the unexpected through April, with lots of activity in Aries challenging relationships of all types!! Things need to change even in relationships, spring clean your emotional life as well as those deep dark closets.

Mars conjuncts Uranus in the early days of April setting up more unexpected volatility, bringing along some more unusual weather conditions, either volcanic or earthquake activity especially around the third and fourth of the month, depending on the location.. Also around the twelfth of the month.

It seems that the earth energy is going through its own decluttering process and we can assist this by being aware on every level and doing our bit mentally, emotionally and physically.

Neptune moves into its own sign of Pisces and will assist the healing process but this will be over a long slow period of time.

Pluto retrogrades and joins Mercury currently retrograde until the 25th of the month; this will bring up all sorts of news, communications from behind the scenes, secrets that need to be uncovered. Check all forms of communications now, all details and be prepared for misunderstandings, outbursts, and erratic behaviours. Be ready to change arrangements at a moments notice, without hesitation. Go with it!!!

Jupiter in Aries opposing Saturn still continues with its stop start motion, expand contract, go forward, and stay still. Take it easy and consider all your options before moving forward, especially at the beginning of April.

Be strong and be prepared for an adventurous time ahead.

Create with thought your new life. Dream it into being.

Astrologist
Margaret Nolan

Margaret is also available for personal Astrological Charts & Consultations (date and time of birth required). Enquire for further information.

Crystals

Citrine

We had a client that placed citrine on her tattslotto tickets at work and won \$1100. What an inspiration! Why don't we all have a go!

Citrine (Yellow Quartz) is a very lucky stone, one for good fortune and abundance, so great to carry with you when playing the lotto. It carries the healing properties of the sun and includes:



- Wealth and Abundance Stone
- Great for manifesting
- Helps to gain and sustain wealth
- Great for business
- Success
- Brings Laughter & Happiness
- Contentment, Joy, Happiness
- Positive Outlook
- Dispels anger
- Gives optimism
- Self Confidence
- Aids digestion
- Gives mental clarity
- Balances Solar Plexus Chakra
- Aligns all the chakras
- Stimulates intuition
- Personal Power
- Intelligence & Self Love
- Luck Stone

Frankincense

Wise Men brought it as a gift to the infant Jesus. Gold: for a king. Frankincense: for God. Myrrh: to embalm Jesus' body after death.

Frankincense is considered to be an anti-depressant, anti-infectious, anti-inflammatory, anti-septic and a skin healer. Helps slow and deepen breathing, making it great for meditation, to heal grief and depression. Used as a vaporizer, frankincense can help reduce the spread of disease.

Great for:

- Meditation
- Purification & protection
- Anxiety & nervous tension
- Linked to Psyche
- Deepens & revitalizes the breath
- Wound healing
- Anti-inflammatory
- Stimulates immune system
- Treats scar tissue
- Nourishes the Spirit

Books / CD's / DVD's / Card Decks

ALIGN EXPAND and SUCCEED, *Shifting the paradigm of entrepreneurial Success...*

1 Best-Selling Book! – Co Author – Christine M Long

Has been specifically created at this time to raise the vibration of the planet like never before.

A bestselling book in a number of categories of Amazon is based on the premise that the world is changing at a very rapid pace. We are starting to see that cooperation brings better results than old style competition. It's a new era and we need to work together to create success for everyone, not just for a few.

This book features dozens of conscious entrepreneurs worldwide who share their wisdom, expertise, stories, lessons and insights about the new and exciting shifts that are happening for people in business who want to make a difference. A must read for anyone who desires to live an inspired life personally and professionally.

Retail \$29.95 Sale Price \$24.95

New Arrivals:

1. The Complete Buddhism for Mothers by Sarah Napthali
2. The Map of the Soul by Tricia Brenna
3. Every Little Thing Matters - Oakes, S
4. The Philosophers' Secret Fire by P.Harpur
5. Butterfly Kisses & Dragonfly Wishes Inspirational Cards for Children by Jane Ward
6. Spirits of the Faerie CD by Clookai
7. Om Mama Yoga - Prenatal Yoga DVD
8. Freedom From Stress CD - by Inna Segal
9. OSHO Zen Tarot Set



Inner Harmony

Outer Balance

Vicky Bairamidis – Creative Director & Manager

t: (03) 9830 2160 f: (03) 9836 5315

363 Whitehorse Road, Balwyn 3103

ABN: 63 426 313 929

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