



**energycreations**  
wellbeing centre

## Vicky's Thoughts

Hi Everyone,

August already....time is really speeding up and it seems like only yesterday, I was typing up the last newsletter.

With all the changes going on and all the media hype, many of us are buying into the FEAR (false evidence appearing real) that is being projected at the moment. Fortunately, that is all it is, a projection.

Someone made a comment the other day and I have been sitting on it for a while as it had a lot to offer - resonance and wisdom for such a plain sentence. IT IS WHAT IT IS!

Precisely, just that, nothing more and nothing less. We can't change what is going on around us: the chaos; the riots; the economics; and we definitely can't change the media pushing its fear tactics and all the uncertainties on to us.

So what if we looked at each situation differently.

When we don't like a particular situation or outcome, then we reframe the situation with, *it is what it is*. Even saying it, I feel like I just let go, my body sighing and releasing. It changes the whole vibration around that challenging situation.

We 'accept' and 'embrace' the situation, bringing us to the present moment of 'now'. This enables us to think more calmly and to go with the flow. No resistance, just the present moment.

Yes it still can be challenging, and we still may not like it, but at least we are not fighting with it or adding more 'charge' to the situation, costing us a way lot more energy.

Especially now during the many global changes, we are much better off recharging our own energy, mother earth and replenishing and nurturing ourselves.

So, it is what it is, as we let go of our fears and let in love (or others would say let God). Either way, we raise our vibration as we only allow love in the present moment.

Namaste  
Vicky

PS. Hope to see some of you tomorrow, Friday 12<sup>th</sup> August 7pm for the presentation on the Australian Aromatic Essences. Further info below.

Currently offering all Buddha's (outdoors & indoors), figurines, and statues - 30% off the marked price!

Buy two essential oils in one transaction and receive a 12ml bottle of Sweet Orange oil for free!

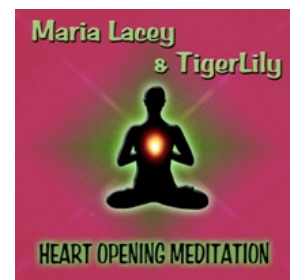
In store specials - Up to 50% off selected items.

## Article

I am currently completing my Reiki Mastery, with beautiful Maria Lacey from Reiki Inspirations. She has a number of meditation cd's, but has just released a new Heart Meditation that can be purchased online. It's exactly what we need in our world right now and couldn't come at a better time!

### New Meditation Release - Heart Opening

Available NOW on iTunes



**Hi Everyone,**

I'm excited to share in the release of my new meditation *Heart Opening* in collaboration with TigerLily. This is available now on [iTunes](#)

If you don't want to click on the link above please copy and paste the below into your browser <http://itunes.apple.com/us/artist/maria-lacey/id423341538>

This guided meditation has been inspired by the *Guardians of the Light*. The singing in this beautiful compilation is channelled from the *sounds of light* and the music and production has been created by *TigerLily*.

**Feel, see and experience the benefits of *awakening the Light* within you**

Below is some feedback from the demo shared in my groups:

- ☺ My whole body is vibrating and I feel aware, bright and grounded.
- ☺ Maria's voice and guidance creates the visual and healing aspects and the music by TigerLily brings through the feeling. It is the best experience I have had for a long time.
- ☺ Not once did my mind interrupt. Wow!

To buy your copy go to iTunes and search Maria Lacey or click on this link **Heart Opening**

Many blessings, Maria

Note: Bookings are essential for all classes.

Please view our current workshops and classes on offer by clicking on the following link: [Workshops/Classes](#).

Reminder:

### FREE INFORMATION SESSION



Friday 12<sup>th</sup> August, 7pm - 8.30pm - Free Evening.

Receive a FREE 🖐️ INNER INSIGHT Mastery Reading.  
Please call to reserve your seat.

Click [here](#) for more information on the essences.

### ***You are invited to ...***

- ✓ Learn about the Moon, its cycles and how it affects your wellbeing
- ✓ WIN a FREE GIFT
- ✓ Receive a Reading (if you wish)
- ✓ Immerse your senses in exquisite aromas as you transform
- ✓ Gain personal insight for your own development
- ✓ Experience a beautiful healing meditation

### ***Align and Replenish your Mind, Body and Soul.***

**Experience the power, depth and benefits of these exclusive formulas.**

Discover what is required for you to:

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**ALIGN EXPAND & SUCCEED, Shifting the Paradigm of Entrepreneurial Success**  
Christine will write a unique personal message and sign the winners copy!

To learn more about the book, click [here](#).

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

**Helen Keller**

Happiness depends upon ourselves.

**Aristotle**

Our minds are as different as our faces: we are all travelling to one destination; -- happiness; but few are going by the same road.

**Charles Caleb Colton**

The [power of imagination](#) makes us infinite.

**John Muir**

First say to yourself what you would be;  
and then do what you have to do.

**Epictetus**

The future belongs to those who believe in the beauty of their dreams.

**Eleanor Roosevelt**

To find what you seek in the road of life,  
the best proverb of all is that which says:  
"Leave no stone unturned."

**Edward Bulwer Lytton**

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

**Pamela Vaull Starr**

So often times it happens that we live our lives in chains  
And we never even know we have the key.

**Lyrics from *Already Gone*, performed by the Eagles for their 1974 *On the Border* album**

In this month of Leo the Lion, a fixed fire sign, we are still in a clearing out process, with Mars entering the sign of Cancer, the home, this brings energy into the home.

Time to spring clean and get moving. Time for detoxing, enjoy more green vegies and healthy foods, and leave behind the warming comfort foods of winter.

Mars will be in a hard aspect to Uranus for the first week or so and also in opposition to Pluto, creating a difficult "T" square. The possibility of more war like aggression, eruptions and earthquakes are to be considered. This is the time to heal relationships of all types and seek harmony and resolution of old issues especially around the 10, 11 and 12 of the month.

Mercury the planet of communication has turned backwards in the sky, causing all sorts of mischievous problems. Be careful of misunderstandings, episodes of lack of concentration and digestive disturbances. The planet turns direct again on the 26th of the month when we will have the opportunity to address and correct our lack of concentration through this period.

There are a number of planets retrograde at the moment so it is a good time to review all of our plans, continue to clear out the old, and get ready for the sunshine of spring to shed warmth and light on all our dark shadowed corners and to create enthusiasm for our upcoming plans.

Margaret Nolan. N.D. CL. Hom.  
Astrologer.

Margaret is available to construct your birth chart. For an appointment please phone her on 0412 078 563 or Energy Creations on 03 9830 2160

Inner Harmony



Outer Balance

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