



energycreations
wellbeing centre

Vicky's Thoughts

Hi Everyone,

December already! How quickly this year has travelled.

And what an amazing, challenging year for us all, allowing us to really let go of the old, heavier, negative energies, to allow for the new, lighter, vibrant energies which is just emerging, on the verge of breaking through.

I almost feel we are at a climax, like the storm before the calm. It is nerve wrecking and exciting at the same time. But throwing us off balance in the meantime!

We have all experienced the ups and downs of this year, in our own homes let alone our environment, our world in one way or another. And yes, it has been difficult at times to see the light at the end of the tunnel.

So what is it that has kept you going? Is it faith, hope or the deep sense of knowing that everything will be okay and we will soon find balance? Or has it been more like what is holding you back? Fear, lack of trust, or fear of unknown?

Many have shared with me recently that some unusual, weird stuff has been coming up to the surface when it comes to close relationships, showing a different reality altogether. But as part of the cleansing, detoxifying process, this had to happen. It's like when the storm is brewing and we can feel the energy ready to explode, the intensity, the anticipation, the tightness of the situation and how stuck we are.

But how liberating is it when the storm kicks in, how freeing, the rain pelting down and washing all the negativity away, washing our tears with it. It is so calming that we have released the heaviness and now are clearer in the head to see the true reality of the situation, relationship, for what it is.

But what I have noticed as a core theme is that as a human race, we are still racing, constantly on the go, thinking and rationalizing, rather than FEELING. We are reacting from our minds instead. Seeking answers, rather than sitting still and allowing the answers from within to come through.

If we trusted our gut feelings, our intuition, and our own inner guide and not dismissed these feelings from the onset, then we would be able to flow through situations more calmly, in a harmonious way. But most have chosen to ignore these feelings and as a result have seen others shine their real, true colours.

So why do we constantly dismiss our feelings, second-guess ourselves, or why do we worry about what others think, or is it the mere fact that we don't want to hurt anyone's feelings by letting them down? But we choose to hurt ourselves instead.

I believe that one of life's biggest lessons is to look after ourselves, first and always, in a gentle nurturing way, to be the role model of how we would want others to treat us too. But this doesn't always work in today's society due to everyone's own value system, agenda and their own life's lessons. Hence why we always react, assume or judge others or situations. If we remain centred, focused and grounded, then we are able to connect to our own truth and own inner wisdom. Embrace the situation for what it is. And when we come from this place, it's from the heart, not ego.

A friend of mine sent me the following quote (thank you Lilian) at a crucial time for me, that was very relevant and pretty much sums up life in general!

Detours, challenges, and crisis, are simply covers for miracles that had no other way of reaching you.

**It's all good,
The Universe**

So, on that note, a big THANK YOU to all of you for your support and kind wishes throughout the year. The staff and myself would like to wish you and your families a great Christmas, to just go back to basics and be grateful, to be amongst loving, compassionate people, to be merry and enjoy each other's company with no preconceived ideas or expectations and to be grateful for the air we breathe and life itself!

2012 is literally around the corner, as we bid farewell to 2011, a suggestion, rather than make a list of the things we want to change, let's make it a list of what we are grateful for in life and what else we want to bring in.....



Take care and see you all soon.

With love and light,

Vicky

PS: I receive regular emails from PAN Melbourne about the energy wave spells that we are entering (following the Mayan Calendar), which I thought has been spot on as a summary for this month.

BLUE STORM WAVESPELL
SILIO 14 - ALPHA 26, OVERTONE MOON
(28/11/11 - 10/12/11)
KIN: 79 - KIN: 91

So what is the agenda for this Wavespell? Let's look at its main characteristics. It is the seventh Wavespell in the Tzolkin and the third Wavespell in the White Northern Castle of Crossing.

The agenda for this 13 day period is changes and disruption. Some things in life become outdated yet are stubborn to get rid of. This is why a storm is a good thing. Disruptive yes, but it takes a big storm to blow away unwanted things.

Allow the winds of change to sweep away the unwanted things in your life. In this Wavespell make those important changes. It may be a bit scary, but we cannot make progress without making changes.

The Blue Storm is the catalyst and the Blue Storm Wavespell is a catalyst Wavespell. Things happen during this time that are not easily forgotten.

'Self-generation' is another keyword because through changes we can generate the energy we need to keep going.

Whereas the Wavespell begins with Blue Magnetic Storm it ends with Blue Cosmic Monkey - 'transcending magically'.

If you would like to receive their emails or know more information, contact Dianne at:

Email: panmelbourne@dreamspellaustralia.org
www.dreamspellaustralia.org <<http://www.dreamspellaustralia.org>>

Specials

We are offering 20% off Storewide till Christmas!!!!

Some items up to 50% off.

Toni Salerno Prints 50% off RRP
(excludes canvas prints)

Christmas Trading

We will be extending our trading hours leading up to Christmas.

Mon - Fri:	9.30am - 5pm
Saturday:	9.30am - 4pm
Sunday:	9.30am - 4pm
Thursday before Christmas 22nd December:	9.30am - 7pm

We will close Saturday the 24th of December at 4pm and re-open on Tuesday the 17th of January 2012.

Note: We will be re-opening on Mondays from February 2012.

Allied Health Professionals

Are you a motivated, passionate and dedicated allied health professional, who wants to take their business to the next level?

Enquire about our rooms for rent.

Workshops & Classes

Term 1 classes will commence week beginning 6th of February 2012.

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

Note: Bookings are essential for all classes.

Crystals

- We have some new stock in store, including pink kunzite, pink tourmaline, malachite, spirit qtz, elestial qtz and lots more.

Aromae Essential Oils have introduced some new combination massage oils in 110ml pump bottles for \$17.95 including:

- Sports Rub
- Just Relax
- Dreamtime
- Passion

As well as introducing a new Christmas blend called **Christmas Cheer** (12ml for \$15.95) which includes Orange, Frankincense, Cinnamon, Clove & Peppermint.



Inner Harmony



Outer Balance

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