



energycreations
wellbeing centre

Vicky's Thoughts

Hi Everyone,

Happy New Year (2011), Happy Chinese New Year (Year of the Rabbit) and Happy Valentines Day to you all!

Can you believe it, February is nearly over! Already February and the energy is quite different. Time is definitely speeding up.

For most of us, 2010 was a very challenging year and we were eagerly waiting for 2011 to arrive. However, since January, our nation and our world has faced many other challenges, including the floods, fires, hurricanes, earthquakes, upheaval in government, and many more uncertainties.

Feeling a lack of control, uncertainty, questioning what is going on around us, who we are, and where are we going, as an individual, as a nation, as a whole.

Within our crisis, lies an opportunity to just sit still, to be silent and find our own answers. It's been amazing to watch how everyone has just jumped in to help, assist those in crisis, those who are in less fortunate situations. The compassion, courage and bravery are truly outstanding. Everyone connecting with their feelings, with their heart.

The challenge is to not buy into the drama, but instead to connect, to centre and ground ourselves, to go deeper, to go within, and connect with our core being. It is a time to be grateful for just what is. Accept this moment. Nothing more and nothing less. A time to embrace life and be grateful for life itself.

It is time to change our lens, the way we view life, our environment, our relationships, our way of existence. To fine tune what is really important for us as individuals, being true to ourselves and just going for it, making the most of it.

A time to change our old patterns, our old beliefs, our old way of being. Time to lay foundations for our new future, in our new way of being.

May the light shine within you, now and forever, may the God/Goddess Spirit within you recognise and honour the God/Goddess Spirit within you and everyone else you meet on your journey.

Namaste
Vicky



So where are you travelling on your life journey.....

Notes

We would like to welcome Sarah Crundall who recently joined Energy Creations. She is passionate about the Ayurvedic Therapies and the therapeutic benefits.

Sarah is available Tuesday, Wednesday and Friday by appointment and her specialties include:

- Ayurvedic Massage
- Shirodhara
- Kati Basti
- Relaxation Massage
- Remedial Massage
- Reiki

Click on Sarah's website profile > [Sarah Crundall](#)

What's New?

1. Ecoya Candles have released a new "LOVE" candle, presented in Black Sorrento Jar (hand poured natural soy wax) in an irresistible sweet & fruity pink champagne fragrance.

Encased in beautiful black velvet bag and packaged in a stylish pink gift box, makes a great gift for someone you love. Retail Price for \$39.95. Mention this newsletter - \$35



2. We have also introduced a new range - "Hultquist - Copenhagen" Fashion Jewellery. All Hultquist-Copenhagen jewellery is plated with real silver and gold.

The base is metal alloy and guaranteed nickel free. This base is coated with copper and palladium which gives the plating a better finish and life.

All stones used are selected Swaroski crystal, quartz, fresh-water pearls or Czech glass beads.

Click on the following link to view the range: [Hultquist](#)

Specials!

We have 3 Moon diary's left at 50% - RRP \$29.95, now selling at \$14.95

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

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

Workshops & Classes

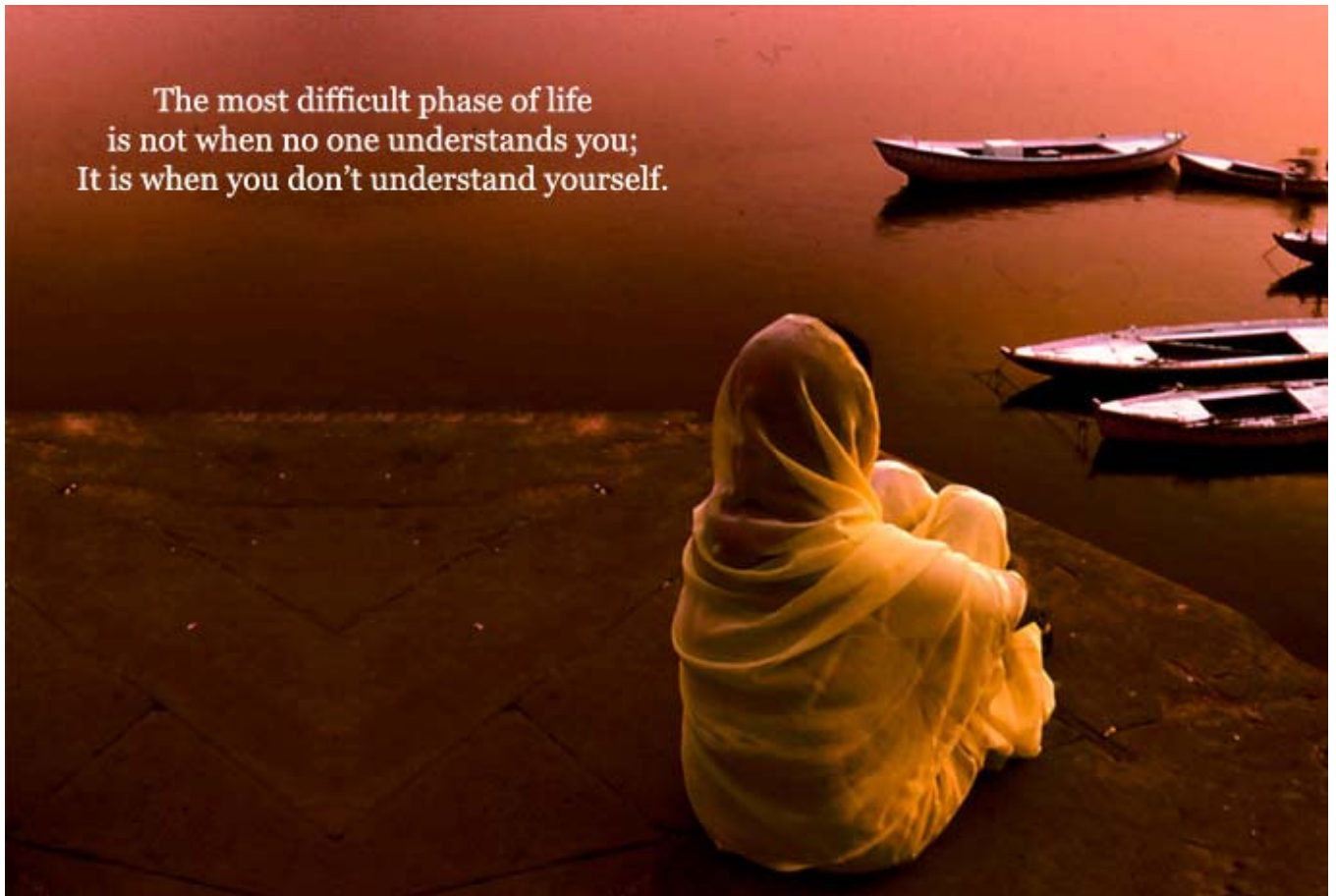
Term 1 classes have commenced. Bookings are essential for all casual classes. Please view our current workshops and classes on offer: [Workshops/Classes](#)

Note: No casual classes run during school holidays.

Quotes

I found these inspirational quotes on the web, with the most beautiful images, that I wanted to share with you...

The most difficult phase of life
is not when no one understands you;
It is when you don't understand yourself.



-- Emmet Fox



There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open . . . It makes no difference how deeply seated may be the trouble; how hopeless the outlook; how muddled the tangle; how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world...

Astrology

During February we are supported by Jupiter's move into Aries that brings us new opportunities for growth and expansion.

However, be aware of all new possibilities; do not overstretch yourself without ensuring the foundations are in place prior to Saturn moving backwards. Slow down and take care as the retrograde motion of Saturn will create obstacles in our attempts to move forward, especially in relationships and legal matters, expect delays.

This is the time when we are required to do the work behind the scenes to set goals, boundaries and foundations in place until Saturn resumes its forward motion.

Venus currently in Sagittarius will leave this fun loving sign for a more traditional romantic outlook as it conjuncts Pluto early in the month. You may find yourself re-reading old letters or re-acquainting yourself with an old flame.

With the Sun and Mars both in Aquarius, we are fully aware of our need to consider our attitudes towards our fellow human beings; and put our energy into making the world and all who live and depend on it; to make it a truly happy more considerate, loving environment.

Astrologist
Margaret Nolan

Crystals

We have some great new Tourmaline pieces, assorted crystal love hearts, crystal jewellery, rose quartz tea candle holders, geometric crystals in wooden boxes, pendulums, chakra sets and much more.

Essential Oils

New supplies of combination Essential Oils have arrived, including Relaxation, Sensation, Motivation, and Concentration to burn in your homes and offices.

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

New Arrivals:

1. We now have the "Ringing Cedars" book series by V. Megre from Russia.
2. Heart Meditation CD by Martine & Toni Carmine Salerno.
3. Chants & Mantras from Imee Ooi.
4. Cat Wisdom and Dog Wisdom Oracle Cards for pet lovers.
5. The Soul of Leadership - Deepak Chopra.
6. Lots more!



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

[EMAIL US](#) | [WEBSITE](#)

You are receiving this email because you are a client or you have joined our mailing list.

If you no longer wish to receive future emails,
please reply to this email with the word [UNSUBSCRIBE](#) in the subject line