



**energycreations**  
wellbeing centre

## Vicky's Thoughts

Hi Everyone,

Just a big thank you once again, to all those who attended our 2<sup>nd</sup> birthday. It was a great day with drinking, Tarot & Inner sight readings, as well as people meeting Toni Salerno face to face! So thank you for all your support so far.

On another note, I recently went to Myer on my way to work, wearing my work polo top and was surprised when a lady, staring at top, stop and asked me "So what exactly is a wellbeing centre? What does wellbeing mean?"

Good point! What is Wellbeing? For me it is wellness on all levels of my being - mind, body and soul. I think this confused her even more.... I had to go to real basics and use language that she understood.

In this moment, I realised how much or little awareness our community has of alternative natural health, wellbeing and spirituality. Also the fact that wellbeing will mean different things to me, yourself and many other people.

So after some research, meditation and reflection, and evaluating where "Energy Creations" is today and where I would like it to go, I have decided to go with another slant that the broader community will understand and be open to.

*Energy Creations - Health and Wellness Clinic.* So what do you think? As much as having the "New Age" Retail Shop and promoting Spirituality, we as a collective team have a lot more to offer.

We at all levels are promoting health and wellness with different modalities being: Kinesiology, Reiki, Feng Shui, Naturopathy, Homoeopathy, Iridology, Ayurvedic Consultations, Relaxation, Remedial, Ayurvedic Massage, Reflexology, Shirodhara, Kati Basti, Energy Healing, Spiritual and Personal Development, Tarot, Astrology, Yoga and Meditation.

With Olivia Newton John promoting "Wellness", there is more exposure and traditional society can relate to the word "clinic". So this is middle ground for us, combining the East and West and re-educating the public that it is safe, acceptable and not being "too out there" for some. It is only a matter of time before they catch up!

This will not change who we are, but change the way others see us, in a new light, bringing us together, raising & expanding our vibration, as a community, as one.....

Namaste  
Vicky

## Specials!

Selection of crystal rings & pendants at 30% - 50% off.

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

All organic herbal teas are being reduced to clear: 25g now \$3 EACH bag and & 50 grams now \$5 each bag.

## Workshops & Classes

Note: Bookings are essential for all classes.

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

Just a reminder that Inna Segal will be presenting at Energy Creations:

**The Secret Language of Your Body Revealed +  
Learn To Heal & Integrate the Power of Colour into Your Life**

Thursday 21<sup>st</sup> of July

7.30pm - 9.30pm

\$70



### New in Term 3:

Psychic Development Classes - Wednesday nights. More info to come.

Sacred Women's Circle - A sacred circle of like minded women, in a safe, nurturing environment. A time to share, explore spirituality, meditation, music, oils, crystals, oracle cards, art, cleansing, protection & lots more. Dates will be published soon.

## Quotes

Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul.

**Democritus**

Happiness is not a state to arrive at, but a manner of traveling.

**Margaret Lee Runbeck**

The more a man knows, the more he forgives.

**Catherine the Great**

A loving heart is the truest wisdom.

**Charles Dickens**

Live each day as if your life had just begun.

**Johann Wolfgang Von Goethe**

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 fact is that in order to do any thing in this world worth doing, we must not stand shivering on the bank thinking of the cold and the danger, but jump in and scramble through as well as we can.

**Sydney Smith**

There are three kinds of people in the world, the wills, the won'ts and the can'ts. The first accomplish everything; the second oppose everything; the third fail in everything.

**Eclectic Magazine**

There is only one success – to be able to spend your life in your own way.

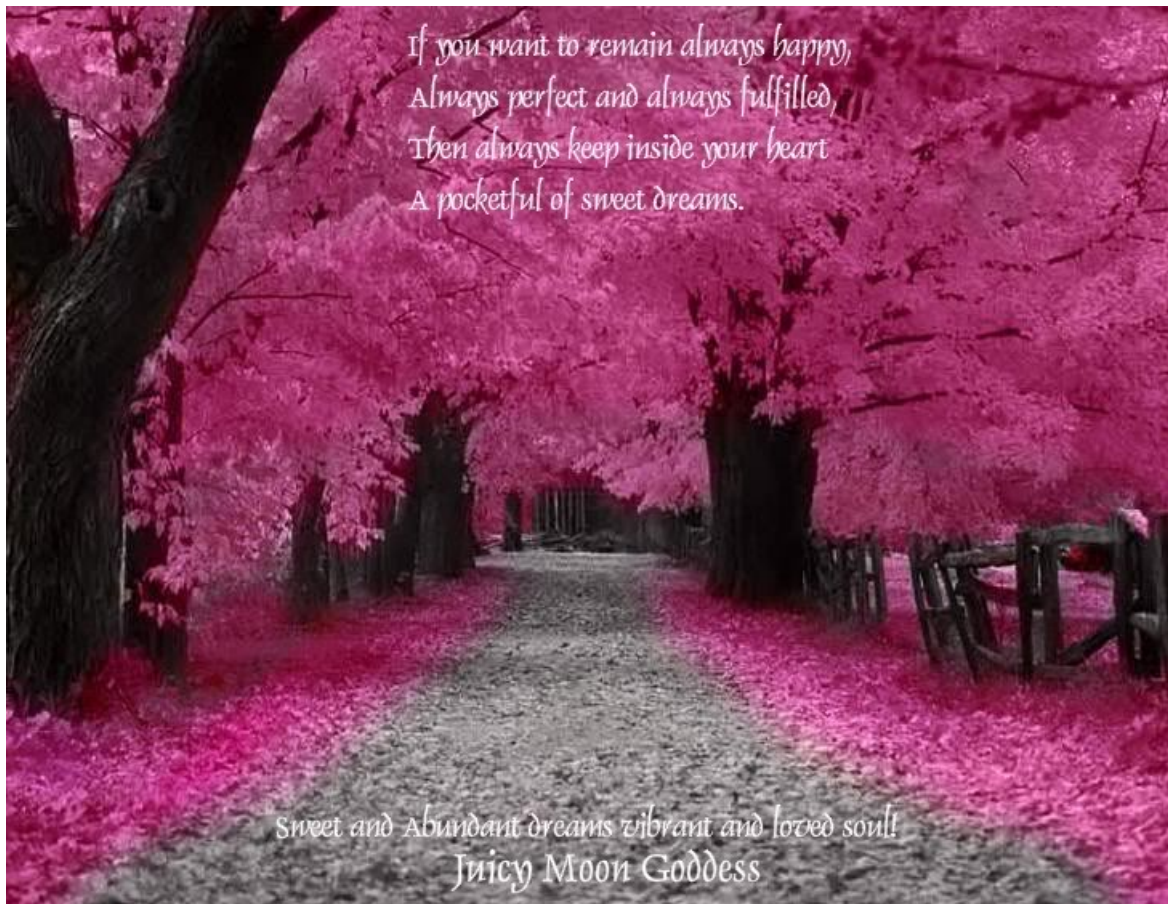
**Christopher Morley**

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

**Epictetus**

Happy are those who dream [dreams](#) and are ready to pay the price to make them come true.

**Leon J. Suenes**



Welcome to winter. Brrr. A trio of planets in Taurus slows things down for us for the next twelve months.

The normally expansive Jupiter enters Taurus bringing with it opportunities for enthusiasm and inspiration, however it is also contracting its energy leading to a little stagnation if we do not use this opportunity for long term planning, eg building, gardening, saving plans etc.. All in all a good time to consolidate for the coming twelve months.

Mars in Taurus also slows things down a bit, extra care is needed to prevent health issues such as swollen glands and infected throats. Boost your immune system, look after your health and energy have good food, but not comfort eating as any weight put on now will be very hard to shift.

The Sun and Mercury are in Gemini bringing a need for lightness and social pursuits but a hard aspect tends to tone this down to a more serious level.

Saturn continues its backwards motion in Libra requiring us to review and make changes to all of our ideals, beliefs and relationships. On the 13th Saturn stops this backwards motion and slows down to turn direct so make sure you do all the internal analysis now to reap the rewards of all your hard work.

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

## Crystals

### **Torquoise** - *"Stone of Wisdom, Awakening and Spiritual Journeys"*

Honoured by the Native Americans as a sacred stone that attunes our physical selves to the highest realms. The true properties of Torquoise come from the heart and the soul of the person using them.

A truth stone, encouraging us to be honest with ourselves and **WALK OUR TALK**. It helps us to better understand ourselves and to bring our ideas and emotions under control so we can see them become fruitful in our reality. You have but to stop and listen, be still and be ready to hear the truth about who and what you are. Only then will you obtain your full power.

Being a protective, healing stone, Torquoise aligns all our chakras, creating a clear channel for the nurturing and creative energy of this stone to come through.

- Protects & Blesses the Wearer
- Absorbs negative energy
- Works on the Throat Chakra
- Opens the Heart Chakra for giving & receiving
- Great for communication
- Healing & Grounding Stone
- Calms the mind & body



## Essential Oils

### Lavender - "Soothing & Nurturing"

Lavender is one of the most safest, versatile, and effective essential oils. It is safe to use in the bath, on the skin, during pregnancy, and with allergies. Lavender is gentle, relieves tension, depression, and nervous exhaustion.

Great for:

- Soothing & Calming effect on the nerves
- Great for headaches, migraines & insomnia
- Nurturing & Healing
- Great with bronchitis, asthma & colds
- Relieves pain with arthritis, muscular aches & pains
- Helps with nervous conditions
- Great for Relaxation & Meditation
- Cleansing the aura & environment



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

Once again, we have all books, cd's, journals and art prints of Toni Salerno available.

### New Arrivals:

1. Lembo, M A - Chakra Awakening - Transform Your Reliaty Using Crystals, Colour , Aromatherapy & the Power of Positive Thought
2. Williamson, M - Gift of Change, The - Spiritual Guidance for Living Your Best Life
3. Gawler, I - Mind That Changes Everything, The - 48 Creative Meditations that will Enrich Your Life
4. Endredy, J - Lightning in my Blood - A Journey into Shamanic Healing & the Supernatural
5. Millman, D - Four Purposes of Life, The - Finding Meaning and Direction in a Changing World
6. Call, N S - Fountain of Youth Exercises - For Vitality, Radiance, Joy & Fulfilment in Fifteen Minutes
7. Dugan, S - Extraordinary Ordinary Forgiveness

Inner Harmony



Outer Balance

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