



energycreations
wellbeing centre

Vicky's Thoughts

Hi Everyone,

Isn't interesting how the weather changed instantly from the 1st of March? We are starting to slow down physically in preparation for the colder weather, but have our emotions and energy slowed down too? Even though time is speeding up and we are continually bombarded with global challenging situations, the energy seems to be flowing better.

I am noticing that the younger children are getting more anxious too, not sleeping and seem to be genuinely worried and nervous for no apparent reasoning. They are so sensitive and in tune with the environment, they are feeling the vibrations, the changes and reacting in a way that is leaving the adults/parents more confused and baffled. We are becoming more vulnerable to our outside world. It is affecting our health, our immune system, our mental state and mostly our emotional state of being.

So how do we go about - JUST BEING, being in the moment, flowing with life? Not reacting or being affected by past experiences and situations.

Let's start by de-cluttering and cleansing our homes, our environment and our souls. A desire to de-clutter, to let go of the past, change the old stale energy to make way for the new energy. Clearing the clutter allows us to think more clearly, become aware of the energy blocks, what action is required right now in this moment and how to stay focussed while aiming for our goals.

So my realisation is that it is time to set new boundaries with ourselves, first and foremost. To be honest with ourselves, to be clear of our desires and wants in life and to be grateful for what we actually do have. Boundaries provide re-assurance, security and a focal centre point. It is an exchange of energy that allows respect, clarity and safety for each individual while honouring our own personal journey.

To stay grounded at all times regardless of what is happening around us, no resistance, just living in the NOW and eventually everything will flow like a cool, refreshing spring.

So go out in the world, embracing life and focus on your dreams and visions in a gentle nurturing manner, honouring your self, your soul, just pure love and light.

Namaste
Vicky

Notes

1. Balwyn Primary will be having a Carnival on Saturday the 26th of March. We will be setting up two tables, one with crystals and other items, the other table will have mini tarot sessions available. Hope to see you there!
2. It will be our 2nd anniversary in early May. To celebrate we will be offering sales, mini tarot readings and lots more. Toni Salerno will be available from 1pm - 4pm to sign off any prints or books purchased on the day.

More information in the next newsletter.

What's New?

We are happy to announce that we have been selected as one of two preferred retailers in Victoria for Blue Angel Publishing - Toni Salerno who is well known for his spiritual artwork and oracle cards. We have all his items in stock, including art prints, oracle cards, CD, greeting cards, books and DVD's.



Toni Carmine Salerno

Toni Carmine Salerno is an intuitive artist and best-selling author with a strong interest in spirituality, philosophy and energy healing. Along with his wife Martine, he established the 'Blue Angel Centers for Wellbeing' in Melbourne, Australia which evolved into the publishing company, 'Blue Angel Publishing'.

Through his work Toni lovingly explores and portrays both our physical and spiritual realities. The power of his work lies not in its subject matter, but rather, in the energy that each work emanates. Toni works intuitively; he does not plan what he will paint or write. Each work is an unfolding journey, a meditation packed with feeling and emotion.

According to Toni, it is only when we let go of 'control' that the eternal source of creation within each of us, streams through. "Preconceived ideas usually only serve to limit or restrict the true essence of the creative energy that we each possess." Toni believes that this principle can be used not only to create art; but in every area of our lives. Our intuition helps us to connect with our spiritual selves. It helps us to connect to a timeless place that exists eternally within our hearts; a place where all is energetically interconnected and nothing is ever truly missing. Intuition is the guidance that stems from our soul.

Specials!

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

All organic herbal teas (25g and 50g) now 20% off.

We still 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.

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

Workshops & Classes

Term 1 classes will cease Saturday the 9th of April. Bookings are essential for all casual classes.

Kids Yoga will continue running in term 1 as a casual class.

Please view our current workshops and classes on offer: [Workshops/Classes](#)

*** New in Term 2!!!

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

Tribal Belly Dancing - (Tuesdays 7.30pm - 8.30pm)

Stress Management - Casual Relaxation Meditation (Wednesday 10am - 11am, \$20)

Note: No casual classes run during school holidays.

Quotes

Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous?
Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people won't feel insecure around you.

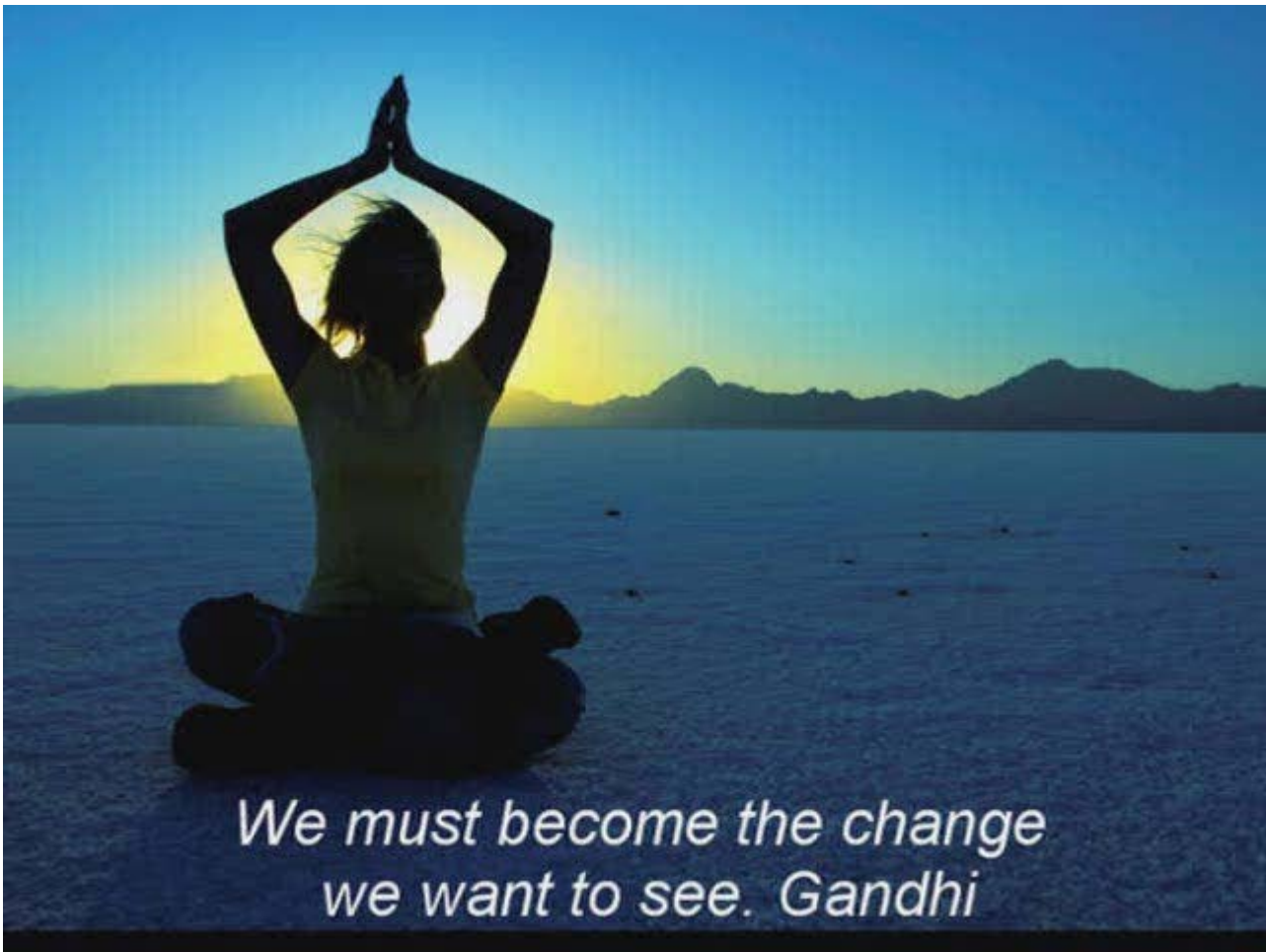
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

Benjamin Disraeli

Nurture your mind with great thoughts, for you will never go higher than you think



Henry Ford

Obstacles are those frightful things you see when you take your eyes off your goals.

Mary Angelou

If you don't like something, change it. If you can't change it, change your attitude.

James Byrnes

Too many people are thinking of security instead of opportunity. They seem more afraid of life than death.

Alexander Bell

When one door closes, another one opens. Often we look so regretfully upon the closed door that we fail to see the one that has opened for us.

Henry Ford

Whether you think you can, or think you can't, either way you are right.

Napoleon Hill

Whatever the mind can conceive and believe, it can achieve.

Astrology

During March there is a lot of activity astrologically, Mars in Pisces enables us to believe and to offer help to those who need our support.

Venus in Aquarius for most of the month helps us to believe in humanitarian and Brotherhood values, exactly what is needed at the moment. Here we have the planets that represent love and energy working together hand in hand supporting each other and also human kind.

The Sun enters Aries on the 20th March giving strength to the efforts of Jupiter and will move into opposition with Saturn on the 29th March. We should feel as if things are ready to improve for us after that event.

Uranus also moves in Aries on 12th March, bringing unexpected surges of energy and disrupted weather patterns.

Later in the month we have a difficult aspect between Jupiter and Saturn, A situation of "Do we start or do we stop?" How do we move forward?

Jupiter is asking us to have a go, be brave, expand and be inspired and share our enthusiasm for life. While Saturn, the time keeper is retrograde until Mid June is asking us to do our homework, be more prepared, do more planning behind the scenes before we jump into new things. The time is not yet right.

Astrologist
Margaret Nolan

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

Crystals

Lots of new crystal heart shapes including Rose Quartz, Clear Quartz, Smokey Quartz, Serpentine, Labradorite, Amethyst, Lapis Lazuli, Sunstone, Aventurine, Rhodochrosite, Sodalite, Tigers Eye, Snowflake Obsidian, Orange Calcite, Moss Agate & Chrysocolla.

We also have some new wands and spheres, including Tourmaline and Obsidian.

Essential Oils

Now in Stock - 120ml in Lavender, Lemongrass and Orange Sweet.

New Arrivals:

1. All Standard and Illumination Series Prints - Toni Salerno
2. Blue Angel Oracle Cards - Toni Salerno
3. The Divine Name (The Sound that can change the world) by Jonathan Goldman
4. Still Point of the Turning World - The Life of Gia-fu Feng by Carol Ann Wilson
5. The Book of Awakening by Mark Nepo
6. Kundalini - Divine Energy Divine Life by Cyndi Dale



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](#)

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