



energycreations
wellbeing centre

Vicky's Thoughts

Hi Everyone,

Hope to find you all well during the rapid changing times we are facing. Can you feel it?

The dizziness, more angels and spirits amongst us, and the fact that everything is just speeding up. Have been noticing that a lot of people are run down and their immune system & life energy is running on empty. Doesn't help that we are already in the last term of this year, with Melbourne cup on next week and then the rush leading up to Christmas.

I say, one step at a time, find the balance and do it differently this year. Let's all be easy and gentle on ourselves, honouring and supporting ourselves first through these changes, rather than rushing everywhere, being erratic and causing unnecessary anxiety. Just not worth it! Time to replenish & re-fuel ourselves. It is all part of the awakening process.

Henry Conlan, a numerologist, sent the following article (Eckhart Tolle) and found it very relevant so I thought I would share it with you.

WHEN YOU TRUST IN THIS MOMENT, WHICH IS TRUSTING IN LIFE. LIFE LOOKS AFTER YOU

Life is difficult and that's a fact,
but when you know life is difficult,
It's no longer difficult when you really know it.
When you know and accept life is difficult,
It's not difficult anymore.

And the good thing, life will challenge you with big things or a small thing.
The small things are continuous.
You are no longer then at the mercy of conditions.
Your inner state is not determined by conditions

Conditions are not here to satisfy you, but to wake you up
They are here to awaken, not to make you happy
And then comes something that is deeper than happiness,
It is the continuous background of peace.

Eckhart Tolle

Acceptance of what is immediately frees you from mind identification
and thus reconnects you with being. Resistance is the mind.

Knowing yourself is to be rooted in being, instead of lost in your mind.

How relevant!

Freeing ourselves and our minds. Again leads me to 'It is what it is', acceptance of every moment for the beautiful gifts & treasures each situation brings us. Bringing us closer to our core being of pure gold.

Namaste,
Vicky

Specials

We are having a Storewide Clearance Sale.
20% OFF ALL STOCK.

Why not Lay-by now and plan for Christmas!

Up to 50% off selected items.

Workshops & Classes

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

Note: Bookings are essential for all classes.



We had a great night at the last presentation held by Christine. Everyone could experience for themselves how the essences work and how accurate the messages are.

The next Australian Aromatic Essence Presentation will be held:

Friday 4th November, 7pm - 8.30pm - Free Evening.
Click [here](#) for more information.

** Note:

Christine will be available prior to the presentation from 5.30pm - 7pm for free individual 10 minute Inner Insight Mastery Readings.

Please call or email to reserve your seat. Bookings are essential!

Knowing yourself is the beginning of all wisdom.

Aristotle

Everybody wants to be somebody;
nobody wants to grow.

Johann Wolfgang von Goethe

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life.

Herbert Otto

Happiness depends more on the inward disposition of mind than on outward circumstances.

Benjamin Franklin

There is only one way to happiness, and that is to cease worrying things which are beyond the power of our will.

Epictetus

There is more to life than increasing its speed.

Mahatma Ghandi

The best way to make your dreams come true is to wake up.

Paul Valery

And one of my favourites:

You must be the change you wish to see in the world.

Mahatma Ghandi



Inner Harmony



Outer Balance

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