



**energycreations**  
wellbeing centre

## Vicky's Thoughts

Hi Everyone,

Well what a month! Or should I say, what a year so far!

I'm finding that the people around me, including myself, are becoming so frustrated and impatient, that we want everything now. However, I get a clear sense that this month is about sitting still, going within and just trusting that everything will unfold as it's meant to in our highest good.

But yet, that's what I find is the struggle with most of us, as we have become a society of "go go go", everything is so rushed and quick. Therefore life is just passing us by and we are still not living in the present moment, not connecting with nature or ourselves.

So I am finding that breathing and ensuring that I am grounded and protected is what is keeping me going on. Yes I am tired, yes I am running on empty at times, but this has become my biggest lesson on how important it is to replenish and nurture myself. Like we all should as a matter of priority, not when we've hit rock bottom!

Things are changing so rapidly for all of us; Mother Earth is still re-aligning which is also causing us to feel disconnected, not safe or non-trusting. Fear of the unknown.

De-cluttering, releasing the old, cleansing our homes and creating our new lives. It's like we have a blank canvas and we are given the paints and brushes to re-create ourselves, our lives and our environments. A time for letting go and allowing in the new, creating a new existence, a new truth. It's exciting and scary at the same time!

And what about if we apply "Ho'oponopono" (defined in the Hawaiian Dictionary as "mental cleansing and forgiveness) for each situation by saying the following phrases: "I am sorry, Please forgive me, Thank you, I love you."

We are cleansing, releasing and forgiving every situation or person that is reflecting something that we do not want to see in ourselves. Most cases, we have no idea why we are reacting, therefore probably due to past beliefs, habits and conditioning from our life experiences that are so embedded in us (unconscious).

I tried it this morning, where I was driving on a main road and a driver wanted to turn into the main road. He was waiting patiently and in the peak traffic, I was the last car. However, he decided not to wait for me to pass and cut me off, turning in front of me, causing me to brake suddenly. Yes, I was mad, as I could've smashed into him due to his actions!

However, I took a deep breath and I said the phrases. By using it as a mantra, by the time

I was on my fourth round, I had calmed down, forgiven him and felt much better. It was trivial! It is what it is. We don't need to dwell on it, analyse, rationalise, and break it down - it is what it is!

So this is my new mantra in all situations. Why not give it a go? If I can change the vibration around me, then together we can forgive each and every one of us and raise our vibration collectively as we are coming from a place of love only!

PS. One of my favourite incidents this week was when one of the boys was being silly with the crystals in our Kidz Crystal class. So we decided to create a new super hero, called the "CRYSTAL MAN".

All the kids started giggling, and then the giggles became loud laughs, to uncontrollable big belly laughs, where we all couldn't stop!

And then it hit me....that is what we all need every day, more giggles; the ones that you can't control.....



Namaste  
Vicky

## Workshops & Classes

Term 3 classes' have ended this week and classes will re-commence from Tuesday the 11<sup>th</sup> October.

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

Note: Bookings are essential for all classes.

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### Feng Shui Basics workshop:

Will be going ahead this coming Saturday 24<sup>th</sup> of September from 10am - 4pm.  
Final bookings can be made till Thursday. Please call 9830 2160 if you are interested.

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## Please Note:

Yoga will no longer be running from Energy Creations.  
Thank you to Susan for running the Yoga this year.

Sacred Women's Circle and Meditation classes by Vicky will commence Term 1 2012.

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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:

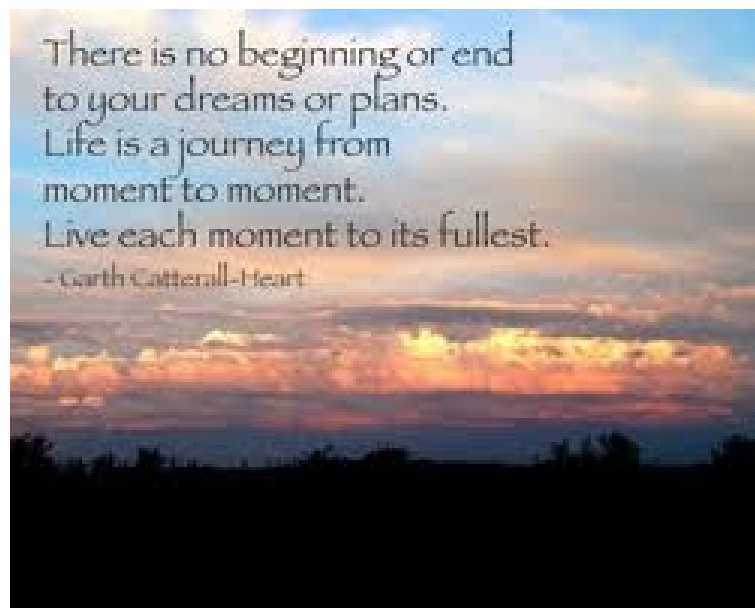
Friday 4<sup>th</sup> November, 7pm - 8.30pm - Free Evening.  
Click [here](#) for more information.

### \*\* 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.

## Quotes



*Remember, if you ever need a helping hand, you'll find one at the end of your arm ... As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others. [Audrey Hepburn](#)*

The future depends on what we do in the present. - **Mahatma Gandhi**

The man of wisdom is never of two minds;  
the man of benevolence never worries;  
the man of courage is never afraid.  
**Confucius**

Life is like a game of cards. The hand that is dealt you represents determinism;  
the way you play it is free will. **Jawaharal Nehru**

Life is like the dice that, falling, still show a different face. So life, though it remains  
the same, is always presenting different aspects.  
**Alexis**



There are no classes in life for beginners: right away you are always asked to  
deal with what is most difficult. **Rainer Maria Rilke**

Life is a pure flame,  
and we live by an invisible sun within us.  
**Sir Thomas Brown**

As I grow to understand life less and less,  
I learn to love it more and more.  
**Jules Renard**



## Crystals

### Mookaite (Australian Jasper) - *"Here and Now"*

Mookaite is a beautiful grounding stone of Mother Earth, a stone of self healing with a range of colours, red, burgundy, mustard, yellow, pink etc. Reminds me of the outback, centre of Australia but is a stone that contains sacred earth energies, and can be used for planetary healing.

Mookaite is a nurturing stone that supports and sustains during times of stress bringing peace and a feeling of wholeness. Mookaite Jasper encourages versatility and helps you to accept change. It helps you to discover all possibilities in a situation and to choose the right one.



Mookaite also grounds and stabilizes the whole body and provides a protective energy that helps to block unwanted outside influences.

Promotes good health by stimulating the immune system, detoxifying the blood and is an excellent healing stone that encourages strength and willpower.

#### Great for:

- Wellbeing in our body
- Thyroid, Water Retention, Stomach disorders and hernias.
- Decision Making
- Protects against negativity and people who play head games
- Assisting with Emotional growth and protection
- Alleviating worry about the future
- Reducing distractions and helps in seeing opportunities
- Settling children into a new home or school
- When moving house or undertaking major renovations
- Promoting inner calm
- Associated with the lower chakras

## Sandalwood - "Balancing"

With a rich, deep, sweeter scent, Sandalwood is a tonic to the immune system, reduces tension and confusion and is ideal for use in depression, hectic daily lifestyles and states of fear, stress, nervous exhaustion, chronic illness and anxiety.

Relieves both chest and urinary tract infections, soothes irritation while assisting the skin in promoting hydration and moisture and is a wonderful balancing oil overall.

Excellent aid to meditation, spiritual growth and for body, mind support. Creates a calming, harmonising and stimulating effect while reducing tension and confusion.

It can take thirty to sixty years for a tree to reach full maturity! Sandalwood has delicate wood notes that add to its reputation as luxurious and exquisite oil.

Great for:

- Treating urinary tract problems
- Balancing both dry and oily skin, and helps treat acne
- Soothing barber's rash, Antiseptic
- Aids in meditation
- More clarity and awareness
- A deeper, more restful sleep
- Treating headaches, depression and tension
- Antispasmodic
- Relaxation, sedative



12ml bottle - \$49.20

We also stock Sandalwood incense at \$2.95.

Inner Harmony



Outer Balance

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