



Border Ranges National Park NSW

Welcome to our August 2012 Newsletter

Dear Phoebe

The focus of this newsletter will be tapping into the power of the unconscious mind, that vast untapped personal resource that is just waiting for us.....and how to use it.

We also have some wonderful specials just for you so keep an eye out for them as they will only be up for a short time.

First up: As many of you will now know our new look website is up and running.

Thank you so much to all who gave us such positive feedback. We so appreciate it and encourage you to keep sending it. It will help us to make improvements where necessary and hopefully help you to feel a part of the adventures as well. After all it was your belief in us and the journeys we set out on that kept us going at the most difficult times.

Still to get a newsletter template worked out that matches the new look and it is on the top of our list of things to do.

A lot of thought and time has gone into presenting a website that reflects more of who we are and what we do. A big thanks to Aaron for all the behind the scenes work he has put in so far. So as you will see when you go to our site for a visit, we have created a place that also showcases more of the photos that we took on our sacred journeys. Not all of them of course as we have over 10,000 from the twelve journeys.

Meanwhile....this is!

Enjoy the read and the specials with many blessings

Phoebe and Paul.

The Power of the Unconscious Mind: Our Greatest Resource.



One of the many beautiful Icebergs we passed on our way to Greenland.

Just as the iceberg above only 5% - 10% of what we do is conscious. The other 90% is below the surface and is our unconscious mind. With that in mind it is easy to see that most of our resources are left untapped and in some cases so hidden that on a conscious level they have become seemingly unreachable. However! it can be accessed and easily with the tools available to us today. Sometimes we need to update our soft ware. We are sure that most of you will agree that on a personal and world wide level some of the old programs we are running no longer serve us, our families, friends or the planet. How do we access this amazing resource.

Here are a few tips that you can use.

1. **GO INTO THE STILLNESS**, meditate or find a place where you can be still inside and out. Ask the unconscious to begin to safely and easily bring forward ideas that will benefit your life in new and exciting ways.
2. **THINK IT....INK IT.** Begin to write down any flashes of inspiration that come to you, on a daily basis. **DO IT RIGHT THEN!** This allows the unconscious mind and the world of spirit to dialogue directly with you...in other words it opens the channels of communication.
3. **ACT ON THEM.** Change requires action. Many of these flashes of inspiration when acted on can change your life in powerful and positive ways.
4. **WRITE DOWN STRONG OR RECURRING DREAMS.** Why because there is a message in there for you. Look at the symbology in the dreams and what context of your life it may relate to. The unconscious is always symbolic not literal. Many messages are given to us in the dream state.

PIES IN THE ATTIC

Paul had a recurring dream that he was cooking pies up in an attic. The room was so small that he he couldn't move around freely and he was burning the pies. At the time of these dreams he was employed as a chef in a very restrictive job that he had not been happy in for a long time. He took this as a clear symbol that it was time to move as what he was doing was restricting the flow of his life and his creativity. He also dreamed that the boss

was disposing of his employees and putting them in the basement. Well and truly time to move on...lol! Trust your dreams and the messages they give you. Paul moved on and the rest is history...as they say.



Tapping into the unconscious mind is a skill and it can take time. It is well worth the effort and it is a practice that has been used by the Ancient cultures as a form of healing for thousands of years. Finally it is coming back into our time in a very significant way. Those of you who wish to take this even further and would like processes and metaphors to help, remember that we have created all our Inner Journeys, Story Telling and Soundscape CDs, MP3s for just this purpose. For this reason and to celebrate our new look we have taken this opportunity to offer all our MP3s to you for a VERY special price. Grab yourself a piece of the pie!

When would NOW be a good time to make changes.

Our specials for October: 8 x 8 offer.

We are offering to you ALL our MP3s for \$1.88each. That's right! each one is now \$1.88 including our double story telling MP3. Stories of Hope for a Changing World. **FOR 8 DAYS ONLY starting from the 8th October....it will end midnight on the 16th October.**

[You have absolutely nothing to lose!](#)



DON'T Buy the MP3s **NOW** because your life **WILL** change when you use them.

If you would like to know more about each one just go to our [LIFE TOOLS](#).

For those of you who have not heard or downloaded "Coming Home" here is the link again. It is our absolutely **FREE** gift to you. Coming Home also has seven tips to an amazing life in the audio as well!!

<http://www.ancientpathways.com.au/coming-home>

Taking time to regenerate and rebalance.

We put in one of our photos from our recent camp out in the Border Ranges National Park at the top of the newsletter. We had originally decided to go to a Corroborree in Tabulam. We were all packed up and ready to go when I (Phoebe) got a very strong pull to not go and so when we got to town we turned right at the main intersection instead of left and ended up in the Border Ranges. Both exhausted from work and daily life we needed to regenerate our bodies and our spirits. For us it is going into the silence of nature. So we sacrificed a weekend of celebrating with hundreds of like minded people and the custodians of the land we live in, for solitude and quiet. The birds of the area thought differently and we were visited by so many diverse species and

in huge flocks. It was hilarious watching the currawongs try to take off with our soap and open our food containers. The satin bower bird was just beautiful to see and obviously the King of the area as even the crows, magpies and currawongs took off when they saw him/her approach. The tiny wrens and finches made the surrounding grasses move like ripples on water as they rummaged through the tufts looking for a meal. On the Saturday we took off on a walk that was meant to take 5hrs. 7hrs later we got back to camp exhausted but filled with the joy of slowly moving through the rainforest with only the trees, birds and the unseen wild life for company. Sitting at the bottom of the valley beside the stream in the cool of the shade of huge old trees, was the highlight for us both. By the time we left on Sunday we felt nurtured, renewed and ready to face the world again. Next time we will definitely be at the Corroboree! from all accounts it was amazing and sometimes you just need to LISTEN to your inner voice and ACT on it, to be able to be in balance once again.



Where can you find us:

We will be at the [Currumbin RSL Whitelight](#) one day event on the 4th of November.
and at the [Sydney Mind Body Spirit Festival](#).....Darling Harbour 8th - 11th November
Would love to have you come and say hi if you are visiting either show.

Please feel free to pass this newsletter on to anyone you feel may benefit from it.

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