

# Ancient Pathways September Newsletter

Happy spring everyone in the Southern Hemisphere and Happy Autumn to those in the North.

Winter is officially over for us here in Oz and for us it was a pretty warm one. A few nights that got down to freezing and one or two below but the days have been glorious. Still are and now it may be time to do a rain dance again. Only problem is I don't know how to stop it raining once it gets going and we have had enough. Of course that is if I believe that my dance started the rain in the first place.

Firstly two very exciting pieces of news.

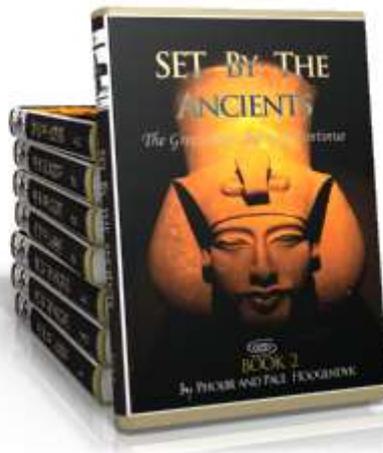
## 1. Book two has been written!

Yeh so excited and spirit is pushing for Book 3 to be done as well.

No rest for the slightly wicked eh!

Almost finished editing and proofing...though I am taking no chances this time and will proof the heck out of it. Then to have it set out. Paul and I will choose pictures this week and I will do my best to convince him that the ones I have chosen are the best. You can however pre-purchase the book and we have gifts for multi purchases like last time.

Just click on the book and it will take you there.



2. We have an exciting [NEW EARLY BIRD PRICE](#) for our [DESERT DREAMING](#) in May 2014.

**ONLY AU\$ 2977 per person + airfares to Yulara.**

Full price is AU\$3450 a huge saving.



Bit of negotiating here and there achieved that. However....there are only four places left and you must pay in full before the end of October to take advantage of this offer. Or get your deposit in for the full payment amount to hold your space. Pretty sure they will all be gone before the end of October though.

We are also looking into the possibility of connecting with some of the most powerful and renowned traditional healers whilst on country. Fingers crossed it all works out and we will keep you updated with all of that and more.

### STEPPING OUT OF TIME.

There are two ways of living on the planet at this point in time. One is the concept of past and future. The other is to live in the ever present now. I know we have touched on this subject before but it is one of the most important messages for our time.

Consider that you have a bank account for energy. Each day you wake up with only a certain amount deposited into that account.

How are you going to spend it?

When your mind is dragging you into the past or future you are loosing vast amounts from your account. Past is gone, future is yet to be. In actual fact neither really exist. So why would you give them any of your precious energy.

The past is only for gathering the positive lessons to have with you and leaving the rest behind...you can do this using our CD [Great Smoking Mirror](#). if you haven't done it already or if you would like to do it again.

The future will take care of itself as we focus on creating the best possible NOW! This technique will also keep you young or younger as aging is sped up when you waste your energy on things gone or things to come. Being in the NOW means you don't age as fast whilst you are in it. You are containing your energy. People often don't heal or are slow to heal because they are stuck in the past or worrying about the future. Meditation is paramount in this day and age.

Science has shown that the majority of people have 50,000 thoughts per day. 5% only of which we are aware. 80% of those are limiting or negative in some way.....and that is sciences stats not ours.

One normal or positive thought to one negative or limiting thought would be considered normal. At the other end of the scale; 1 positive to 9 negative would be considered psychotic. On average the majority of people on the planet run at a 1 in 4 ratio. This is considered as post traumatic stress. This is why so many people now are being put on anti-anxiety medication.

Here is a quote from Dr David R. Hawkins;

*There is no anti-depressant that will cure a depression that is spiritually based. For the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life.*

There are so many reasons for people to be anxious. Yet your safety and security is always in the NOW.

### **WE MUST BE THE CHANGE WE WANT TO SEE IN THIS WORLD**

The answer is staying in the moment, grounding yourself and meditating, keeping your thoughts positive, your mind as still as possible for as long as you can. You can do it momentarily by softening the focus of your eyes, trying not to blink too much and yet keeping yourself aware. Think daydreaming...lol! Just try it and you will find your mind will quieten straight away. Will you get it straight away? Heck no! for the majority of us. The answer is persistence and practice, practice, practice.

Remember...you are not your mind, you are not your thoughts; you are the observer behind them both.

Until next month take care and many blessings to you all.

Phoebe and Paul.