

# Ancient Pathways May Newsletter



Ring of Stones at Castle Hill Aotearo/NZ dowsed as having one of the most powerful energies on the planet and is an ancient marae of the Waitaha

Hello and welcome to our May newsletter

Gosh is it May already! 2013 seems to be flying by. So much to see and then so much to get done.

We have run the first of our Back to Balance Workshops and it was a great success. We all had so much fun and we are sure that all who attended got something out of the day to take home and use in the lives to help keep them on an even keel.



Paul and a class full of wonderful women who all played full out for the day even if some were not feeling the greatest.

Congratulations to you all you were amazing and an inspiration to us.

We could post all the pics of the girls receiving their completion certificates and thought we would do just this one of Dianne as we know it will be inspiring for you all.



This is Dianne and she was an inspiration to us all because she is 91 and still learning and participating fully in life! GO Dianne!!!

For those of you who missed out we are offering another [BACK TO BALANCE](#) on Sunday 28th July.

We are also offering a two day workshop intensive [COMING HOME](#) the Journey within..... on the 17th -18th August. [JUMP IN NOW](#) and TAKE ACTION. These two workshops will book out quickly.

Our [DESERT DREAMING](#) journey is getting a wonderful response and we now have only 4 places left once all the registrations so far come in. We are excited about friends from the US joining us for this desert immersion spiritual experience.

C'mon Aussies C'mon.

If you have not been to the centre of Australia and have always wanted to...HERE IS YOUR CHANCE TO DO SOMETHING AMAZING...and you get to see and learn things that others may not...through the eyes and knowledge of the Traditional owners, the Original people of Australia.

It is one of the most beautiful and spiritual places on this planet! If it is calling you [JUMP IN NOW](#) because it will book out soon.

On to other important things.

We were discussing dreams the other day. Paul and I that is. Not the ones you have at night but the ones you have for your life and why some of them remain dreams and never seem to manifest. The ones that seem so far away that we allow them to frustrate the crap out of us and anyone we come in contact with.

It could be that it is not the way the Universe would want your life to go..it has something way more wonderful in store OR it could be that you just have not really believed in it or yourself enough.

So what does it take to bring your dreams into reality?

It is belief!

The kind that has every cell in your body knowing that YOU KNOW that it will happen...that

IT just IS!

That's right unless you KNOW it as truth, as a given it could take forever to manifest. We have so many excuses and programmes running inside ourselves as to why we cannot make our dreams real...

We all hear them every day and yes we are all guilty of using them at one time or another

*I am not good enough!*

*don't have enough time!*

*I am on my own!*

*too far to travel*

*Too many kids and responsibilities*

*I am too old, too young, too challenged on whatever level.*

*Not talented enough!*

*Too poor!*

What is the standard answer we all hear when we ask WHY do you think that, WHEN did you decide that?

*I don't know!*

The thing is we do know! We are just so used to blurting out excuses (running our inner programmes)without even THINKING about the consequences of our thoughts and actions that we fail to see that we are the creators of any and all of our limiting beliefs and decisions and therefore the master planner of our dreams failing to become reality.

YES it is a challenge to overcome our limiting decisions and beliefs...heck its a challenge just to recognise them let alone the fact that there is secondary gain from not changing. That is a whole other hook line and sinker going on inside ourselves.

Those of you who have read our first book will know that we ran a *not enough money.finances etc* programme for years until we changed how we thought about it and then changed what we did about it and a whole new life opened up for us because we committed to change. And that is all we need to do most of the time is to just make the commitment to change to do something about our challenges and our dreams.

Then all sorts of offers and doors will begin to open.

For us the means to travel and how to create it came to us and the rest is history. Every time we find our backs against the wall for whatever reason we look at where our thinking is coming from and where it is going to.....and then we make the necessary changes.

Take the labels off, we are not labels such as an athlete, a single parent, a lawyer, an acupuncturist.....we are all so much more. When we STOP blaming everyone and other things for our situation and start taking responsibility for our thoughts and actions, just watch how things change. For all OUR thoughts have created what and where we are now! and for some of us that is a wonderful place to be. Congratulations to all who are in that wonderful place and intend to stay there.

Throw the box away from around who you think you are and let your inner knowing and talents come out and set you free. Is it going to be easy? For most of us, no! and it does get easier once you have learnt to let go of the reins, once you have let go of who you think you are and begin to understand and trust who you KNOW you are and what you are capable of and I can hear a few of you saying.....*I am not that capable....!!*

What we are saying is, while you think that way you are right! and you will always be right...think about that...

**YOU WILL ALWAYS BE RIGHT..HOW YOU THINK WILL ALWAYS BE RIGHT.**

How do we change? every time you come up with an excuse...stop yourself and see if you can reframe it. In other words change the way you say it, see it and feel about that excuse. You could be in for a surprise. It is all about learning to stalk your thoughts before you put them out, before you express them.

That is why we created our CDs. To help people find a better more appropriate rightness. To remind ourselves of what it takes to change and manifest our dreams.... Commitment, just saying OK this is what I want and I am doing it!! Then let how show up! followed by what, when and where.

To remind you of our CDs/MP3s

*Great Smoking Mirror*....is all about getting rid of those limiting decisions and beliefs as they come up...once and for all.

*Pathway to the Heart*.....to take you out of your head (that box you are in) and into your heart, the place that KNOWS who and what you truly are.

*Return to the Light*....who are you really, why are you here and what is it you have come to do?

*Release*....cutting the energetic ties to all you no longer wish to be connected to  
*Winds of Change*....an incredibly powerful process that connects you with your guides and power animals and allows you space in a place of power to connect with your own inner knowing.

*Sanctuary*.....a journey and story in sound that allows you to take a ride with your own imagination

*Touching the Earth*....*The Greenstone Journeys and Stories of Hope*.....filled with our own journeys, stories and learnings from over 30 years of clinical and in the field practise.

On a lighter note our new puppy Emma is settling in so well and she and Mocha are now inseparable. Mind you they both get into trouble stirring up the dogs next door when they are bored. We go and sit on the bench next to where Bundie is resting and tell him all about them and we guess he knows anyway.

Meanwhile we are into green smoothies. Smoothies rather than juices as the fibre and all the other bits we normally take off, tell the body what to do with the sugars and salts of the fruit and vegetables. It is an amazing way to get a huge amount of concentrated nutrients into our bodies and raw. Of course I (Phoebe) need to watch that in winter I don't trash my spleen with the cold nature of the fruit and of course the taste. So what I do is add things with warming properties such as ginger, tumeric and cinnamon. Some homework for you: Go look their properties up. They are wonderful foods.

We were asked at the workshop what we put into our so here goes.

1 medium carrot  
1 large apple  
3 big leaves of kale  
broccoli  
3 Dandelion leaves  
a handful of sunflower seeds  
chia seeds  
a big sprinkle of cinnamon  
1 medium cucumber  
two to three stalks of celery  
blue berries  
juice of one lime

2 - 3 big slices of ginger and tumeric (tumeric takes some getting used to the taste so go slow  
with that one)  
coconut milk and a sprinkle of shredded coconut  
a beetroot sometimes  
and whatever other green or vegetable things we may have in the fridge.

and yes it is a meal on its own.....we feel so good after a few months of adding these into our  
diets and I can say that most of the "ageing" pain that was in my body has gone.  
Now I will be able to sleep VERY comfortably on the ground in a swag in Central Australia  
in September.  
Blessings for now  
Phoebe and Paul.