

HOLLY MOON MAGAZINE

JULY 2010

SACRED EARTH RETREATS©

Before printing this, please consider the environment!

Note: This magazine is intended for the sharing of information about the Earth, so please feel free to pass it on, or if you want to be removed from the circulation list, just send an email reply to info@arthurianschool.com with the word "unsubscribe" in the heading. Thank you.

IN MY SOUL

**In
my soul
there is a temple, a shrine,
a mosque, a church
where I kneel.**

**Prayer should bring us to an altar
where no walls or names exist.**

**In
my soul
there is a temple a shrine, a mosque,
a church**

**that dissolve, that
dissolve in
God.**

(Rabia, Sufi)

The traditional African philosophy of *Ubuntu* that essentially says,
"No person is an island."

*The essence of being human is that we cannot exist in isolation.
It speaks about our interconnectedness. We cannot be human all by
ourselves, and when we have this quality of Ubuntu,
we are known for our
generosity.*

When you do well, it spreads out; it is for the whole of humanity.

Hi everyone!

DISSOLVING INTO ONENESS

I am sure that many of you have been feeling the speeding up of the Earth's energy since the solar eclipse that happened on 11th July and for those of you who have been wondering what the buzzing is in your bodies, or that things just seem much

more chaotic than ever before, it is the energy effect of this eclipse that is now starting to translate into our bodies and the physical plane.

In ancient times, eclipses were rightly "feared" because it brought mighty kings and empires to the fall and everything, but everything changed dramatically over a period of time thereafter.

During the last eclipse, bands of old consciousness were removed from the Earth's centre and we are now able to move more freely from one dimension to the other-
The ability to merge and feel unity with everything and everyone!

And with that there is more and more evidence of our world shifting.

Those of you who have been following the Gulf of Mexico crises will have seen the upheavals caused - not only environmentally, but also politically and economically, with BP reeling from the impact in a way that was almost unthinkable before. And how wonderful to witness the united feeling of so many to do something about it together!

Everything is shifting - beyond what has happened before and there is a tremendous drive for personal freedom. It is as if everything is expanding, and if you have the ability to clairvoyantly see the Earth's energy field, you will notice a magnificent expansion of her light body beyond what is comprehensible to our normal thinking minds. Yet at the same time there is a feeling of stability and progress, of things being much more stable and easy than before.

With the opening and expansion of the Earth energy field there has also been an expansion of our hearts- the two have to go hand in hand and so you may also be feeling a vulnerability that at times may be uncomfortable and emotional but is so absolutely necessary for us to merge and grow into a very real experience of our oneness with everyone and everything around us.

Only if we are able to blur our boundaries of who we think we are, are we able to connect and feel the oneness of the Heart. And so it is only through this energetic opening of our Hearts that we CAN feel our total interconnectedness to everything.

We are truly being drawn together as our consciousness expands at exactly the same time. A type of push and pull effect that helps us to become more enlightened and open.

ANCIENT CIVILISATIONS OF THE PAST

And as we race forward towards a more enlightened and enlightening world, we are also being drawn closer to the ancient civilisations that had always lived like this before.

It makes sense- they have done it - we are now doing it now - too.

We are shape shifting ourselves and our worlds into new realities that match the high frequencies of the past. We are at a point where it is possible to do the "impossible".

SHAPE SHIFTING INTO THE IMPOSSIBLE

The South American shamans are known for their extraordinary abilities. Not all shamans are shape shifters, but those who are, have mastered the art of living consciously in Oneness. They KNOW that ultimately everything that we see as separate from us, is really a reflection or part of us and so - the bat that flies in the jungle is also the human walking there, the stone that lies in the river is also the girl that looks at her reflection in the water.

What keeps us from consciously becoming that bat, or that stone is simply our belief that we are separate and also the fear that we have of becoming lost when we shape shift and "lose" our old identity.

It comes from us judging one thing or experience to be better (or worse) than another and so we alienate ourselves from having the richness of many different ways of being.

The story is often told of a Chinese wrestler who could not perform in public. Taught by his master to "dream" himself into becoming the rolling waves of the sea, he became invincible and many opponents described themselves as having the sensation of "drowning" in defeat. And the seeming impossible act of cutting with a karate chop through a block is just another example of the art of shape shifting and understanding that all is One.

Someone was telling me recently how it is known that many souls are still caught inside the Great Wall of China. This happened when Initiates suddenly realised that they were able to shape shift and literally become part of the wall! And instead of moving through the wall, the shock froze them with fear – and so they became stuck in the Wall.

Yet at this time of our evolution it is precisely what we are being asked to do:

To shape shift!

No, not so much on a physical level although surely that is possible and can happen, but more on a level of changing our identity. Moving from one kind of career to another that is more honouring of the Earth, moving from one country to another to be of assistance there, transforming one way of being that we are used to into another – shape shifting our thoughts from one way of thinking to another.

We are all shape shifters in some way or another, we just don't see it that way and what I find the most useful about looking at my life as many shape shifts that I made, is that it gives me a sense of there being a purpose to it all, instead of viewing those experiences just as failures.

Why are we in the Western World so obsessed and afraid of failure?

It is just a shape shift that we went through and that we can learn from! It is no better or worse, just different! Judging the experience and ourselves as a failure, stops us from being in acceptance and staying in the flow.

And – in any event, ultimately there is one shape shift that we ALL HAVE TO LEARN TO DO - DEATH!

The Ancient Egyptians were masters of studying the art of shape shifting and particularly of the shape shift of moving into a different form of reality called the after life. Look at all the mummies and royal tombs - and even their huge and magnificent sculptures could be said to be part of some form of shape shifting- as if the spirit of the person shape shifted into a physical sculpture and literally became it.

Some of you may notice “faces” in the mountains or environment- another form of shape shifting. It holds the energy of something that has changed itself into another form.

Because shape shifting is really the ability we have to consciously move energy from one form into another.

The Mayans knew this- they simply shape shifted into a new reality and left no trace behind!

SHAPE SHIFTING OUR WORLD

Having just gone through the magnificent experience of South Africa hosting the World Cup, it occurred to me that South Africans achieved an amazing shape shift of identity- to change their old identity of being separate from the world into a new one where they are embraced and worthy of it. Wow!

Do you have issues in your personal life, work environment, global perspective that you just cannot solve?

Look no further, we have been given the answers! You need to shape shift and become that block, that issue, that system that oppresses you and limits your freedom - move your focus into it without judgement and embrace the experience- feel it, be it - and then you are ready: to consciously and with intention move a new awareness into it - to shape shift what is there, into something quite new.

There is nothing that you cannot do. It is all to do with energy.

With Love

Elizabeth

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PRINGLE BAY

www.arthurianschool.com

info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277 local mobile: (0027) 783716343 international 0783716343 local

“Revitalise and Enlighten your Life with the Moon”

THE MOON CYCLE OF JULY & AUGUST

We have just had the full moon in Aquarius on the 25th July (Sunday) and the moon will now be waning and losing light until the 8th August (the dark moon).

This cycle of the Moon that started on the 12th July is called the Holly Moon, the Claim Song Moon and Lightning Moon in the Celtic tradition.

The last full moon is called in the pagan tradition “Lunasa” Full Moon which is traditionally the start of the harvest, a season of ripening, transformation and peace. In the Northern Hemisphere it is the height of summer when the Earth is most alive –so you over there wallow in the warmth of the sun and the greenness of the Earth!

Lunasa is also known as the feast of the Celtic god Lugh- the king who distributes riches and creates equality: a coming together of people from far and wide. At Silbury Hill in the UK, a mound of the Earth that is 4500 years old, people would gather round to symbolically watch the mound – seen as the pregnant earth goddess- give birth to the start of the harvest.

The 22nd of July is called Saint Mary Magdalene’s Day in the Christian tradition.

On the 6th of August it is once again the anniversary of the nuclear bombings of Hiroshima and Nagasaki in Japan. Meditate on peace for the world.

The Maya calendar dates that fall from 23rd July – 26th August are said to be especially powerful, especially the period 17-26th August. During this time: “The volatile energies will be lessened when we use our light and energy for service and raising the collective consciousness regarding the unity and oneness of all life.- Alunajoy”

WHAT ARE THE PLANETS UP TO AT THE MOMENT?

Three planets have been dancing in the sky: Venus, Mars and Saturn in the western evening sky. You can watch their dance each evening, as the triangle they make gradually changes shape.

On 31st July Mars passes south of Saturn and on 6th August the planet Mercury is furthest out from the sun in the evening sky, best seen by us in the southern hemisphere.

On the 8th August, Venus passes south of Saturn, with Mars nearby. As the three planets set, Jupiter rises over in the east and dominates the sky for the rest of the night. The Moon is nearby on 30th July.

ENVIRONMENTAL MATTERS

Mexico Gulf:

Thanks to everyone who forwarded to me the meditation from Dr Emoto to do with water- and for those who have not received it, here is some information that came from Linda Tucker of the White Lions (thanks to Tatiana who forwarded this to me!)

So much still has to be done and what the Gulf crises has also focused our attention on, is the general neglect and pollution of our seas and waters nearby- right where we live....

Place a glass of the purest water available to you over the representation of Mother Earth, and put a droplet of your saliva on your finger then into this water, while holding your intention of loving protection for Mother Earth, her precious creatures, and all-important water systems.

(For those not aware that water is telepathic, kindly familiarize yourself with the water experiments of Dr Masaru Emoto *et al*)

Change the water in the glass daily, but hold your intention and prayer constant.

The message from the White Lion, the White Buffalo and the other ‘prophetic animals’ of our time is one and the same:

Humankind must unite spiritually at a time of ecological and psychological crisis on Earth to bring about a positive solution.

Thank you for uniting in loving protection of our Great Mother...

In love and unity,

Linda Tucker

*100s in captivity. Their genetics modified. Technically extinct. 2 Prides in their natural habitat * CEO
**GLOBAL WHITE LION PROTECTION TRUST [IT 8575/02 ; 048-299 NPO ; 930019129 PBO] PO Box 858
 Hoedspruit S.Africa 1380 015 7930657 info@whitelions.org www.whitelions.org**

Newsletters to inspire

I would love to share with you a new magazine that Tracy Armbruster is sending out. It is beautiful, inspiring, awesome!!

“My newsletter will be released... every second week called...~ **Consciousness of One** ~as in **“We are all One energy... and our consciousness is united by One love... co-creating a new reality.”**

Within these pages I hope to inspire you to fulfil your highest potential... to walk each moment in awareness... to be conscious of the light you shine. To nurture and love yourself more. To be aware that happiness... love... and joy are but choices... that being in the present is a conscious shift ~ moving away from the mental clutter... the thoughts.

Namaste

Tracy”

Tracy has strong connections to plants and their wisdom. She also often includes delicious recipes of her organic dinners business. Check it out!! You can email her at tracy@manifestingutopia.com to have her put you on her email circulation list. And here are some interesting extracts from her latest magazine:

[Underground caves discovered beneath the Pyramids ~](#)

What is going on beneath the Giza plateau in Egypt? News has been coming out of underground cave systems that have been uncovered. There have also been rumours and stories about the secret archaeological excavations taking place in the vicinity of the Sphinx. Objects are rumoured to have been taken out and a lot of speculation is going around on the web about this. So what is the truth? What is the story on this? We are going to begin to talk about the discovery of Giza's cave system, Egypt's "duat", the real underworld that exists underneath the pyramids. Andrew Collins is with us, the man who in modern times has re-discovered these. We hear the story of how he found the entrance to this natural cave system at the "tomb of the birds", located at the plateau's north cliff. Where does the story begin? Who discovered them first? How has Zahi Hawass of the Supreme Council of Antiquities dealt with this story? This is an explosive discovery that could rewrite the whole story of Egypt and how their underworld myths came about. Topics Discussed: Hall of Records, Henry Salt, Caviglia, Tombs, Sokar, Rostau, Edgar Cayce, Caves and Pyramids Under the Pyramids, Lion, Entrance, Mouth of the Passages, Giza, Nuit, Hathor, Duat, Tomb, Crystal, Diamond, Subterranean Chamber, The Edfu Texts, Myth of the Primordial Mound, The First Temple, Duat n Ba, Underworld of the Soul, "Bnnt" Antediluvian world, 11000 BC, Dogon, Southern Hill, Well, Memphis, and more. Don't miss hour two for more on the "secret excavation" rumours.

Listen to the 1 hour interview ~ go to:

<http://www.redicecreations.com/radio/2010/07jul/RIR-100704.php>

St John's Wort

A perennial herb that grows one-three feet tall in uncultivated areas. Flowers appear midsummer. This wonderful herb is best known for calming anxiety and banishing depression. It truly chases away negative spirits, thoughts and feelings. It is said you must pick St John's Wort with your left hand after asking the plant for permission. It is most powerful if picked on a summer evening. For protection and to attract abundance, plant a St John's Wort bush near your front door. If you are looking to deepen your spiritual connection, soak the dried leaves in olive oil and then put the mixture in a bottle. Place the bottle outside where the moonlight can shine on it. Leave it there for a month. You can then use the oil to anoint yourself and others. Apart from emotional respite this herb is marvellous for the skin... so use the oil liberally on your skin. It is also used to treat bladder problems. Given as a tea before bedtime, it will help children who are struggling with wetting the bed at night. It will also help relieve chronic lung congestion and clear up urinary tract infections.

Plant wisdom: Deepens connection to your instinctual nature. Repels negativity.

Utilising the Earth's natural resources

Someone said that to be abundant is not a matter of having plenty, but rather having the absence of needs. How we are all learning about the magical healing properties and uses of ordinary items in our kitchens. Here are some interesting examples (– thanks to Yvas Chetty for these!):

COLDS

Mix a gram of cinnamon powder with a teaspoon of honey to cure a cold. Prepare a cup of tea to which you

should add ginger, clove, bay leaf and black pepper. This should be consumed twice a day. Reduce the intake as the cold disappears.

GINGER FOR COLDS.

Ginger tea is very good to cure colds. Preparation of tea: cut ginger into small pieces and boil it with water, boil it a few times and then add sugar to sweeten and milk to taste, and drink it hot.

DRY COUGHS.

Add a gram of turmeric powder to a teaspoon of honey for curing dry cough. Also chew a cardamom for a long time.

BLOCKED NOSE.

For blocked nose or to relieve congestion, take a table spoon of crushed carom seeds and tie it in a cloth and inhale it.

SORE THROAT.

Add a tea spoon of cumin seeds and a few small pieces of dry ginger to a glass of boiling water. Simmer it for a few minutes, and then let it cool. Drink it twice daily. This will cure cold as well as sore throat.

CAROM SEEDS FOR ASTHMA.

Boil carom seeds in water and inhale the steam.

CURE FOR BACKACHE.

Rub ginger paste on the backache to get relief.

GARLIC FOR HIGH BLOOD PRESSURE.

Have 1-2 pods of garlic first thing in the morning with water.

HONEY AND GINGER FOR HIGH BLOOD PRESSURE.

Mix 1 table spoon and 1 table spoon ginger juice, 1 table spoon of crushed cumin seeds and have it twice daily.

MIGRAINE.

For the cure of migraine or acute cold in the head; boil a tablespoon of pepper powder, and a pinch of turmeric in a cup of milk, and have it daily for a couple of days.

BITTER GOURD/KARELA IS GOOD..

A tablespoon of amla juice mixed with a cup of fresh bitter gourd juice and taken daily for 2 months reduces blood sugar.

TURMERIC/ARAD CURE FOR INJURIES

For any cut or wound, apply turmeric powder to the injured portion to stop the bleeding. It also works as an antiseptic. You can tie a bandage after applying turmeric.

CRAMPS

You must do a self-massage using mustard oil every morning. Just take a little oil between your palms and rub it all over your body. Then take a shower. This is especially beneficial during winter. You could also mix a little mustard powder with water to make a paste and apply this on your palms and soles of your feet.

HEADACHES.

If you have a regular migraine problem, include five almonds along with hot milk in your daily diet. You could also have a gram of black pepper along with honey or milk, twice or thrice a day. Make an almond paste by rubbing wet almonds against a stone. This can be applied to forehead.

Eat an apple with a little salt on an empty stomach everyday and see its wonderful effects. OR When headache is caused by cold winds, cinnamon works best in curing headache. Make a paste of cinnamon by mixing in water and apply it all over your forehead

TURMERIC....

FOR ARTHRITIS.

Turmeric can be used in treating arthritis due to its anti-inflammatory property. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day. It is also used as a paste for local action.

GOOD FOR THE HEART

Turmeric lower cholesterol and by preventing the formation of the internal blood clots improves circulation and prevents heart disease and stroke. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day.

GOOD FOR INDIGESTION

Turmeric can be used to relieve digestive problems like ulcers, dysentery. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day.

HONEY IS A GOOD CURE FOR ALL DISEASES

Mix 1 teaspoon honey with a teaspoon cinnamon powder and have at night.

HICCUPS

Take a warm slice of lemon and sprinkle salt, sugar and black pepper on it. The lemon should be eaten until the hiccups stop.

HIGH BLOOD CHOLESTEROL

In 1 glass of water, add 2 tbsps of coriander seeds and bring to a boil. Let the decoction cool for some time and then strain. Drink this mixture two times in a day. OR Sunflower seeds are extremely beneficial, as they contain linoleic acid that helps in reducing the cholesterol deposits on the walls of arteries.

PILES

Radish juice should be taken twice a day, once in the morning and then later in the night. Initially drink about a cup of radish juice and then gradually increase it. OR Soak 3-4 figs in a glass of water. Keep it overnight. Consume the figs on an empty stomach, the next day in the morning.

VOMITING

Take 2 cardamoms and roast them in a dry pan. Powder the cardamoms and thereafter add a tsp of honey in it. Consume it frequently. It serves as a fabulous home remedy for vomiting. OR In the mixture of 1 tsp of mint juice and 1 tsp limejuice, add tsp of ginger juice and 1 tsp honey. Drink this mixture to prevent vomiting. OR Limejuice is an effective remedy for vomiting. Take a glass of chilled limejuice and sip slowly. To prevent vomiting, drink ginger tea. OR In 1 glass water, add some honey and drink sip by sip.

WARTS

Apply castor oil daily over the problematic area. Continue for several months. OR Apply milky juice of fresh and barely-ripe figs a number of times a day. Continue for two weeks. OR Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks. OR Rub cut onions on the warts to stimulate the circulation of blood.. OR Apply milk from the cut end of dandelion over the warts 2-3 times a day. OR Apply oil extracted from the shell of the cashew nut over the warts. OR Apply Papaya juice OR Apply Pineapple juice.

URINARY TRACT INFECTION

In 8 oz of water, put tsp of baking soda and drink it. OR Drink plenty of water, as it aids in flushing out the waste products from the body. OR drink Cranberry juice. You can also add some apple juice for taste.

SINUSITIS

Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A. OR Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals. OR Fenugreek leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period. OR Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

TONSILITIS

Take a fresh lemon and squeeze it in a glass of water. Add 4 tsp of honey and tsp of salt in it. Drink it slowly sip

by sip. OR Milk has proved beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days.

SHAPE SHIFTING MEDITATION

For energetic help during this meditation, bring in the loving assistance of the following two amazing crystals by simply focusing on them and their qualities. Imagine them being with you during the meditation to assist - and always remember to thank them for being willing to be of service to your spiritual growth.

Watermelon tourmaline- the super activator of the Heart, it links you to your higher self. It instils patience and teaches diplomacy, alleviating depression and fear to promote inner security. It assists an understanding of situations and for you to express your intentions clearly. It treats dysfunction and releases old pain.

Kunzite – it dissolves negativity, automatically raising vibrations in its environment. It is often used to dispel possession of outside and inside influences, providing protection on the outer area of the aura. It also acts as a shield from unwanted energies.

Meditation:

You can do this either physically with actions, or you can visualise the process- whatever you prefer:

Start by kneeling, with your body pulled into a ball, forehead against knees, arms beside the legs, fingers in fists. Feel your energy being totally contracted, just like a seed that is waiting to burst open.

Visualise and feel an energy that is connected to your heart and surrounds you like a ball. At the same time feel a light that is gently pulsating and awakening in your third eye area (between and slightly above your two eyes) as this light helps you to become more and more focused.

Now consciously start to feel your identity dissolving and of you moving yourself into the energy of a seed that is planted deep within the Earth.

Feel your enormous desire - as the seed to burst open and reach for the Sun. Remember that seeds are able to penetrate through concrete.

Build this energy with focused concentration. Look deep within yourself and feel!

Become the seed that is about to open.

Slowly allow your fingers to open- one by one – and your head to rise. Feel the plant starting to become alive, sprouting from the seed that has been buried deep inside the Earth's darkness. As the emerging plant, let yourself move as you want, eventually standing and reaching out your arms.

All the while continuing to feel the spirit of the plant.

With your eyes still closed, see what is around you- listen, gain the wisdom of this world that you have shape shifted into.

Stay in this space for as long as you need.

When you are ready, feel yourself returning and slowly open your eyes. Lie down for a few minutes and rest. Allow your body to absorb everything that has happened.

Write down any images that may come to you during this meditation exercise to keep as a record. You may wish to repeat this meditation a few times and see how it changes.

Happy shape shifting!

(see also the American author, John Perkins' book -Shapeshifting).

UPCOMING SACRED EARTH RETREATS

Please see the attached document called MOON MAGAZINE JULY 2010 RETREATS INFORMATION. There are so very interesting retreats coming up- why don't you join us!

THE ARTHURIAN SCHOOL
PRINGLE BAY

www.arthurianschool.com
info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277 local

mobile: (0027) 783716343 international 0783716343 local

This magazine's stated intention is to be for the Highest Good of All, and to harm no one.

"Revitalise and Enlighten your Life with the Moon"
