



THE GREATEST GIFT

Spend an entire day focusing on "you" at The Greatest Gift, Sydney's newest sustainable wellness event, on Saturday 20 April at Mosman Art Gallery & Community Centre.

Filled with seminars and workshops about living wholesomely inside and out you will be able to tune in and become aware of how you're feeling. Learning to love yourself so you can love others.

Speakers include Therese Kerr (Miranda's mum) from KORA Organics (two-hour DIY facial using KORA Organics products), Michelle McGrath from Sacred Self (focusing on self-love), Melissa Ambrosini from Path to Wellness (focusing on nutrition), Julie Parker from Beautiful You (focusing on body image), Susan Pearce from Mind Gardener (focusing on the workings of the brain) and Gretel Killeen (focusing on authenticity). And, for the first 30 to register, there's a bonus Yin yoga class with Sasha Hawley from Yoga by the Sea!

You can also shop at the Goodness Market comprising social enterprises that give back to communities in need, and bid in the silent auction for charity partner Life Changing Experiences Foundation.

Book today via www.thegreatestgift.com.au. Earlybird tickets are only \$195+GST and are on sale until 15 March. Don't miss out! Group discounts are available.



WOMEN COMING HOME TO THE FIRE WITHIN

Ever wondered what 100 conscious women committed to exploring their sacred femininity want to talk about on a weekend away?

Ill give you a hint: it's not their partners, kids, work or celebrity gossip. In fact & this may come as a shock to some what women really want to talk about is women, & the shared experience of being a woman.

'Being Woman' is a not-for-profit community organisation which is run by women, for women.

Being Woman celebrates womanhood in all its forms, inclusive of age, ethnicity & background. Our mission is simple: to celebrate & honour our womanhood within a loving, supportive community & have fun doing it!

The Being Woman organisation holds one of Australia's best-known annual retreats for women, featuring workshops & activities run by some of the country's most renowned facilitators on women's issues.

The 2013 theme is 'Come Home to the Fire Within'. We are inviting women to consider where they get their inner spark from, & what gives them energy as women in this day & age.

With workshops focussing on body, mind & spirit, we will also be offering free massage throughout the weekend, Red Tent facilities, a sweat lodge & delicious vegetarian food. Relax in the peaceful bushland setting of Ewan Maddock Dam on Queensland's beautiful Sunshine Coast, with luscious swimming & hiking opportunities.

8th-10th March 2013. Information & bookings: www.beingwoman.com.au



MONEY ISN'T THE PROBLEM – YOU ARE

Do you live in a constant state of difficulty around money? Whether it's spending too much, not having enough or having too much?

I've had plenty of so-called money problems myself & up until developing the tools of Access Consciousness I had done so many courses on money that I went cross-eyed at the idea of taking another money class – none of them ever changed anything about the way I approached money; I still had the same 'money problems'.

What I came to realise was that until you change your point of view & beliefs about money, your money situation cannot change. This is because even if you are 'doing' all the tricks you're taught, you're still functioning from the underlying limitations that stopped you from having money in the first place!

So how can you change your point of view?

You can start by asking a question. A question will always open you up to receiving more possibilities from the Universe. Start asking 'if money weren't the issue, what would I choose here?'

This question will begin to give you awareness of what your beliefs about money actually are. To change these, say to yourself "Interesting point of view, I have this point of view" three times or until it no longer feels heavy or stuck in your universe.

The natural state of things here on planet Earth, contrary to everything you've been told, is abundance. Most of us have been taught that this isn't the case, but what if something else is possible? What if your money problem has nothing to do with money but with what you're unwilling to receive?

I've worked with tens of thousands of people worldwide; whether they have \$10 in their pocket or \$1 million in their bank account, they all have the same issue – it has nothing to do with money, it has to do with what they're unwilling to receive.

Learning to receive is the greatest thing you can do. Once you start being more willing to receive (& that includes receiving the magnificence that you are) you may find your money flows start to really flow!

Gary Douglas, founder of Access Consciousness® will be live in Sydney, presenting 'Money Isn't The Problem, You Are' (based on the book by the same name, co-authored with Dr. Dain Heer). 7pm, 11th April, Medina Grand Harbourside, 55 Shelley St, King Street Wharf, Sydney. \$125. www.accessconsciousness.com/money diva@accessconsciousness.com



AWAKE SYDNEY

Created by Rigpa, Awake is a unique evening program centred around a talk by the world-renowned Buddhist teacher from Tibet, Sogyal Rinpoche, also the author of the highly acclaimed *The Tibetan Book of Living and Dying*.

Sogyal Rinpoche received a western education studying Comparative Religion at Cambridge University, beginning in 1971. He is the founder and spiritual director of Rigpa, an international network of over 130 Buddhist centres and groups in 41 countries worldwide.

Awake's aim is to make the Buddhist teachings more accessible to a new generation. By making a connection with Buddhist wisdom, we hope you are able to develop a deeper understanding of your own mind and heart and bring more happiness, compassion and peace into your life. Concluding the evening with DJs (tech-house/minimal) and dance, Awake is a refreshing and relaxed event so be sure to invite all of your friends!

www.awakesydney.com



LOOK YOUNGER; HONESTLY!

Holistic skin health isn't hard to attain!

Women come to me looking for answers – many are pale, tired & low in iron, starved of nutrients, stressed & sun damaged.

Repair starts in the cells, not the surface being removed everyday in the form of enzymes, face buff, glycolic & misuse of acids. The sensitivity & displaced pigment of environmental exposure adds to the abuse even further.

The skin is the largest organ of the body; like an expensive leather handbag, it needs gentle cleaning, conditioning & protection. The right type of emulsion is paramount. Skin under a microscope looks like roof tiles overlapping – that's where moisturiser sits. Water in oil emulsion is preferable because its consistency will act like a barrier so your own oils cannot escape. Lotions are mainly water, so they evaporate, leaving you with nothing to cushion the blows of facial expressions (like frowning).

We need the skin cells to temper the flow of oil & sweat. The water in oil emulsion mixes with the secretion on our skin, warmed by body temperature, & is held in suspension until removed with tissue, then emulsified with water.

Let me help your skin!

Elizabeth Geyson AABth. CIDESCO
20 years experience. 0425 254 302
Gosford NSW. lizgeyson@gmail.com



MAKE THIS YOUR YEAR TO TRANSFORM!

This unique personal development program will take you on a journey of self-discovery. Learn how to connect with yourself and where you are in this present moment and ultimately discover your true power within. Develop confidence in your ability to manifest your chosen reality and take control of your life.

This amazing course will take you on a journey to learn how to identify and overcome your limiting beliefs. You will gain the ability to trust yourself and make powerful decisions so you can clearly define and achieve your goals.

Our web-based program is designed to study over 12 months. It is self-guided so you can work at your own pace and take as long as you need. It is delivered online with optional phone and face to face support and teaching available. This is a life changing course like no other:

- Award winning curriculum
- University accredited
- Self guided, giving you flexibility
- Great value for money
- One off fee for a lifetime course
- Regular course updates and support
- Social mastermind forum so you can connect with others

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BELLY DANCE & EMPOWERMENT FOR WOMEN

Surrounded by toxic body-image messages, it's easy to forget our true beauty and power.

Bellydance gently nudges a woman out of the prison of her mind, into her body, guiding her on a journey to reclaim her authentic feminine core; her clarity of vision, her passion and creative fire, her sensuality and grace, her most honest emotions, and her connection to intuition.

As Liz Byrski put it in her book, 'Belly Dancing for Beginners', "It's the dancing. It got me out of my head and into my body, made me see everything more clearly."

Bellydance is a great teacher. It can take the numb and help them feel again. It teaches the stiff how to be flexible, and the floppy how to firm up. It defrosts frozen hearts. It brings out every woman's innate feminine beauty, whatever her age, shape or size. It is the perfect antidote to the devastating effects 5,000 years of patriarchy have had on women.

'Unveil Bellydance & Empowerment of the Feminine'; available as weekend 'Eco Retreats' in the Blue Mountains, or as an 8-month journey (starting April). Mention this article and receive early bird price.

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