



# NEWSLETTER

MARCH, 2005

## Accelerated Healing *Helping you Achieve Positive Changes*

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## 2005, A NUMBER 7 YEAR?

Just like the stars, numbers have an influence on our lives, everything from our date of birth to the equated numbers of our name, to house number we live in. Anything that has a number is a vibrational influence and can help or hinder our goals.

In Numerological terms, 2005 is a 'Number 7', which influences us in a deep personal way. It offers us an opportunity to develop ourselves more spiritually. This doesn't mean that everyone will become a monk or join a religious order. It simply means that (for some more than others) we will more often than before; look deep inside ourselves for our own personal answers and our own truths. It means that we are more open to understanding ourselves, and people in general. By understanding ourselves and others we become more at peace with ourselves, with who we are and at peace with others. We begin to open our hearts and minds to accepting all that is on offer and believe in ourselves, that all is possible and ours for the accepting, when we are open to it.

When we have that inner peace we are generally happier and able to move through our life challenges, big and small, easier than before, with greater understanding and awareness. We can begin to let go of the past and its limitations, we can begin to let go of our own restrictions and move into a brighter, more open-minded free thinking and feeling, happier way of being. And while on our journey we influence others and our whole environment can improve, home, work, relationships, finances and much more. This positive way of being is the way of being.

Now depending on other factors such as your birth force and birth cycle, the influence of Number 7 can be strong or subtle, but regardless everyone will be touched by its vibration.

### WHY MEDITATE?

Meditation has been around since the dawn of time – it's not a new age fad! But what is it?

Meditation is a way in which you can still the mind from all the inner chat that can sometimes drive us nutty and confuse us even more than we need to be. By stilling the mind we can open up our gut level feeling instinct and hear our own inner self, that knowing self, for the answers we are searching for and need. People from various cultures throughout the ages have been used meditation as a natural and regular part of their lives.

Meditating is can be more difficult that it looks because in our day-to-day lives, we are all under some level of stress and tension. However there are many ways in which we can begin to meditate and let go of our stress and tension.

The styles available are numerous but the more common ones are Creative or Guided Visualisation, Breathing (derived from Yoga), Mantras, Candle meditations and many more. Even within a particular discipline there are variations. It's a matter of personal preference.

### What is Creative Visualisation?

Creative Visualisation is a style that suits everyone because you can use your own imagination to take you on a journey of relaxation and discovery. You don't have to have an overly creative mind, far from it! It doesn't matter how creative you are because we can all imagine something. If you were asked to close your eyes and imagine an orange, some would see it or feel it, some would smell it or even taste it, some would just know or sense that it's there without any details! There are no rules or expectations – everyone is different.

So, in a Creative (Guided) Visualisation meditation you are taken on a journey. It could be to the beach or the bush, somewhere relaxing and comfortable where you could allow your imagination to see, hear and/or feel everything around you. In this space you are able to achieve a level of relaxation that can linger and flow through body for days.

Or you could take a journey to a sacred place where you can reflect on issues and concerns, where there are answers from your inner self to questions that you may have been asking consciously or unconsciously. Here you can let go and allow healing to occur.

Whatever style you choose, just give it a go for a month and notice the difference in your life!

*For more information on classes please see details next page*

## CRYSTAL OF THE MONTH MOONSTONE

Moonstone is commonly found in a natural state, polished tumble stone and in quality fashion jewellery. It has a milky sheen and can often have a bluish shimmer within in the stone.

This stone has a link to the moon and can assist in all levels, emotional, mental, physical and spiritual.

**Emotional** – Balance the mood swings that can be influenced by the moon and its cycles.

**Mental** – Help you realise new beginnings when they present themselves.

**Physical** – For women, it can assist in regulating the menstrual cycle.

**Spiritual** – Intuitive recognition through feeling and knowingness.

**Other attributes** – Enhancing creativity, balancing the feminine and masculine, and the natural cycles and rhythms of the body

Moonstone brings calmness coupled with awareness of self. Its link to the moon allows up to see beyond our own thoughts.

This is a great crystal to meditate with or use to enhance your abilities when being creative.

*Don't forget to clean your crystal to recharge its natural energy for quality use!*

## THIS MONTH'S TIP Cleaning & charging crystals

There are many ways to clean and charging your crystals: under running water, (preferably filtered or natural spring water); under the light of a full moon; imagining a clearing and cleansing white light washing over the crystal, but my favourite is to bury it. However, be careful when burying them, since they move, so I use a pot plant because is harder to lose them (which has almost happened). Crystals come from the ground so exposure to the direct sun can destroy them and some crystals will dissolve under water so please be careful with them.

**Remember when you love your crystals they will love you back.**

## Accelerated Healing

*Helping You*

*Achieve Positive Changes*

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## Inner Expansion

**Creative Visualisation  
Casual Meditation Class**

**Rozelle:** **Mondays – 6.30pm – 7.30pm**  
Rozelle School of Visual Arts  
57 Nelson St, Rozelle

**Newtown:** **Mondays – 8.00pm – 9.00pm**  
Newtown Natural Therapies  
Level 1, 170 King St, Newtown

**Parramatta:** **Tuesdays – 6.15pm – 7.15 pm**  
Parramatta City Council Library  
Level 2, 1A Civic Place,

The above details are subject to change so  
**PLEASE CALL AHEAD OF ATTENDING TO CONFIRM**  
and for any information please call

## ACCELERATED HEALING SERVICES

- Hypnotherapy
- Energy Therapy
- Psychic Readings: Tarot, Crystal Ball, Aura Drawings, Psychometry
- Entity Clearing (Ghost Busting)
- Environmental Energy Balance – Home & Office
- Inner Expansion – Casual Meditation Classes

## Upcoming Events

Some of the various workshops and courses offered this year.

- ★ Intuitive Tarot - Practitioner and Advanced
- ★ Dream Workshop for Personal Interpretation and Analysis
- ★ Inner Expansion Intuitive and Personal Development Course, Level 1 & 2

If you have a particular interest, please let me know