

Creation Journeys

A Travellers Guide



***Includes ... * Songlines & Sacred Sites * Your Totem
Animals * Your Passion, Power & Purpose * Path of
the Rainbow Serpent * Your Thriving Success***

Richard Thomas O'Neill



Nature is the curer of dis-eases - *Hippocrates*

Rhythm is the carrier of Life - *Rudolph Steiner*

Our deepest fear is not that we are inadequate
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.

Marianne Williamson & quoted by Nelson Mandela 1994

"A new idea is first condemned as ridiculous and then dismissed
as trivial, until finally, it becomes what everybody knows"

William James

... All the people in the World are dreaming - *Yothu Yindi (Tribal Voice)*
and "We came out of the water ..."

"Dreaming" relates to the "alpha" state of consciousness, the origins of Creation
ie manifestation from thought energies to physical energy (matter)

Alpha brain wave frequency corresponds with the harmonic frequency of Earth

"Song" is a (harmonic) energy flow. "UniVerse" means "One-Song", a symphony of
all energies including all of yours

Evolution is the process of expanding consciousness.

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Introduction

This book is a creation ... and is intended as a resource for people to **adventure, discover, connect and create** extra-ordinary outcomes for their lives.

It is a collection of ideas and techniques compiled from years of experiences on the journey of personal empowerment, free expression and inner peace. My journey has encompassed many workshops, global travel and experiences with many cultures, and individuals, including indigenous shamans, religious leaders, business leaders, healers and visionary global leaders.

Their contributions to my journey have been varied, and often subtle and at the time unrecognised Some have not been subtle - like being buried in the earth up to my neck for hours, or fire walking with 1 ,500 people to the beat of African drums

I am grateful to all, and to the great spirit that provides this amazing world stage for us to act out our life experiences.

My journey has taken me to all continents of the world, and enabled me to witness the creative energy in everything. When this life force creativity is blocked, as it so often is through win/lose power games we all loose out - and when it is freed, **extra-ordinary and unexpected creativity, innovation and value is released.**

The life force flowing through everything wants to express itself. It can do so when appropriate structure supports it eg our human bodies or a waterfall, or this book. Life force energy coming onto planet Earth is increasing – one measure being increased sun spot activity. Structures inappropriate to support this flow are, or will transform eg our religious, political, financial, communication, education, health – and most other systems.

This book can help access and create that freedom of creative expression, and extra-ordinary value creation.

Richard Thomas O'Neill

In the beginning of Creation is ...



Om (Aum) ... a resonating harmony or vibration, here expressed by the ancient Irish (where the word is Ogham), and in Indian Sanskrit from 5500 years ago.

Your Creation is occurring every moment NOW ...

You Thrive When True to Your Identity & Nature's Principles

Thriving humanity, in harmony & synergy with Nature will increasingly be experienced as people co-create the connection & quality of their relationship with their own true nature - and their unique identity. Those who avoid or deny their "nature within" will increasingly struggle.

The global rise in health, family & environmental issues, and the desire to connect (evidenced by communications, internet, tourism booms) is no co-incidence. It is the evolutionary process of expanding consciousness, seeking enrichment of relationships & the result of accelerating pressure on the human species to evolve (ie adapt to changing environments), excel ... or simply just survive.

Throughout the ages, nature has been our greatest teacher, & as the repercussions of the industrial age are being felt, the information age opens and reveals lost knowledge and new opportunities.

The lessons and wisdom of indigenous people are increasingly relevant as humanity recognises the need for an interdependent relationship with the planet, and all Earths species.

"Keeping the water pure is one of the first laws of life" according to ancient indigenous wisdom.

This is why tribal boundaries are largely defined by water catchment areas - each tribe was a responsible caretaker for the special properties of the water of their tribal area. ie mineral content, magnetism, harmonic frequencies - to maintain resonance (harmony) with the plants, animals & totemic beings of that area) Homeopathic medicine works based on these principles of the subtle energies & memory of water.

Aboriginal and indigenous people traditionally also understand & teach the importance of maintaining connection with nature. The word integrity (from the Latin "one-ness") means living an understanding of our connection and interdependence with all beings of the Uni-verse (one-song).

Integrity for many has lost it's meaning and understanding - our leaders, elders, teachers and media have forgotten it's truth. Increasing harmony in our life and society comes from re-memembering, and living our truth, and true identity, moment by moment.

Singing & dancing in indigenous societies was an important way to maintain harmony with Nature. Stomping the Earth to African or Indian drums or didgeridoo connects the body to the natural rhythms of Nature, and Earth's electromagnetic fields. These energy fields (song lines) have a frequency of now up to 10 Hz (beats/sec). They have been rapidly rising in the last 10 years from a constant 7.82 Hz, with also a major drop in Earth magnetism. This frequency coincides with low alpha brain waves - the state reached in meditation, & is recognised as the most effective frequency for healing, learning & creativity.

Research at UCLA California by Dr Valerie Hunt has measured these human energy fields and confirmed how they significantly affect our mental & physical health. Leading science & religions are now coming to understand what Aboriginal, Indian, Chinese & other traditional cultures have known for thousands of years. This is the leading edge of healing, and human being-ness.

Simple yoga like exercises are an easy way to open the mind & body's cells to nature's frequencies, and Qi (Chi), Prana or life force flow. (also known as Mana (Polynesians), orgone, Wodan (German), great spirit (American Indian) Blockages & distortions of this energy flow can lead to dis-ease. ie reduced ease.

With the thought energies of the "collective ego" or "collective consciousness" driving us to perform - for employer, partner, parent, or something else, we have to increasingly make the effort to be true to ourselves ie our own nature. One of the best ways to do this is by committing time to honouring and loving our nature, and the nature within us, on a daily basis.

People are most effective & powerful (watch a sumo wrestler, or tennis player's stance) when grounded electrically (our body runs on electricity) to the Earth. Trees are expert at this. American Indians say that humans are "walking trees" creating the relationship between heaven & Earth.

Natural Business, VisionQuest, our Re-Creation Journeys to Blue Mountains, Hunter Valley, Kuringai, Garigal, Uluru, Kakadu & Kimberley and our other programs are adventure learning experiences that introduce these principles, expand personal awareness of environments (and "markets"), deliver practical tools and connect people to their own identity & power, through fun & Nature. They open people to new reality, vitality, synergy & creativity, & introduce Natural Principles that are Nature's keys to thriving success. Call for more info or to order our resource book "Enriching Business".

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Our Nature Within

Our Nature within is increasingly being understood and re-defined by science as a moving or dancing field of energy.

Traditional cultures have understood the nature of the subtle energies of our bodies for thousands of years.

This is the basis of traditional holistic medicines.

We are not just a chemical mixture, we are also an electromagnetic mixture of energy fields.

Our energies are affected by all the energies around us including gravity, solar, radio, people's thoughts etc.

We are affected by our environment, and our thoughts affect the environment.

This is the basis of the interdependency of Nature, of which we are part.

Traditional cultures understood these principles, and directed intention and attention to creating the environment.

The environment or reality we experience is a result of our minds filtering and interpretations of the energy mix created by us and those who came before us.

We create the environment of the future.

We have the ability to respond in many ways to the influences or forces and energies around us.

How we choose to react to these influences or energies determines our present moment experiences, and our reality and environment of the future.



Your DNA and the “Rainbow Serpent” work together to lighten and empower your body, and the Earth



Your Creation Journey

On planet Earth, we have choice

Every moment we can choose to Create in our lives more harmony or less harmony
The steps to more harmony are by being true to our Nature Within
When in step with our Nature, Life is a flowing dance
Even a rock is a dance of electrons & energy

These pages explore the adventure of the journey to our Nature within

Earth Spirit

From a Manhattan Indian (New York)

Whenever I go to the city I would always feel a sense of loss and a sense of despair.
One day I realised why I was depressed.
The Earth had been buried and the spirits of the past had been trapped underneath the
concrete and steel. ...
And it was their cries that I felt whenever I came to the city.

Re-Connecting with Earth

".... to heal the earth

We can only heal what we love.

We can only love what we know.

We can only know what we touch."

Sam Keen

Maximise Your Experiences & Relationships

with Self, Everyone & Everything

These guidelines can be considered some of the "Rules of the Game of Life", and are based on principles drawn from ancient wisdom, and modern Masters. They are suited as a foundation for any relationship eg with self, clients, staff, spouse etc

Remember that if there are no rules that are clear & agreed in a relationship, people make up their own rules - which may be different to what you intend, and lead to misunderstandings.

Try these yourself & observe the results, without judgement. (judgement often means devaluation & rejection based on your values in the moment)

Leading companies and communicators use these principles for outstanding results.

1. **Be Open & Support willingly**, the agreed vision, purpose, objectives, policies & goals.
2. **Speak supportingly** (ie input positive energy).
3. **Acknowledge** whatever is being communicated as true for the speaker at that moment.
4. **Complete your agreements.** Be responsible (Able to respond) for your own actions
 - a) Make only agreements that you are willing and intend to keep.
 - b) Communicate any potential broken agreement at the first appropriate time.
 - c) Clear up any broken agreement at the first appropriate opportunity.
5. If a problem arises, first **look to the system** (ie agreements, policies etc) for corrections and then communicate your solution to the person who can do something about it. Most people want to do their best. About 95 % of problems are system problems (research by Edwards Deming master of Quality Assurance movement).
6. Be **effective and efficient**. Optimise every event.... Aim to Do More with less.
7. Have the willingness to win, and to allow others to win. Think & Act & **Play Win/Win.**
8. **Focus on what works.** Know (understand) the results you're getting.
9. When in doubt, check in with your & their **feelings**, their tone and actual words being used. Seek to understand - before being understood. eg if you are not communicating well and can see that other people are reacting differently to the way you anticipated, check the words being used to express feelings. Also check within yourself for your own true feelings, intent and actual thoughts. Seek to know the truth by feeling and listening without judgement.

Trust your intuition. Activate and be aware of all senses.
10. **Agree to agree.** i.e. aim to resolve differences. Resolution not compromise.

Go for the Wins That Are Beyond the Present Reality and Paradigms

Your Energy, Earth Energy & Your Brain Wave Frequencies

All matter, including every cell in our bodies, has a natural frequency of vibration, which is affected by other energies - including gravity, electromagnetic, solar, sound, others people's thoughts etc

Human Brain wave frequencies are measured by EEG (Electro Encephalograph) Machines. We are most effective when at ease, (not dis-eased) and in tune with the natural frequency of vibration of the Earth. This Earth resonant frequency has been measured at a constant 7.82 Hz (low Alpha frequency) since last century. It is now being measured as rising rapidly. Our body senses time from this earth pulse, hence the quickening we experience. Grounding (strengthening earth electrical connection) & Calming to alpha/Earth frequency improves Learning, Performance, Creativity & Health, by opening the body, mind and spirit to natural energy or "life force" flow.

Life force has been well understood in the past, and is known in India as Prana, China as Qi (Chi), Aborigines of the Kimberley as Gi, Korean & Ancient Greek as Ki (Kinetic = flowing energy)

People living a western lifestyle are often stressed, and are in Beta frequency much of the time.

Healing is most effective when patient, healer and Earth are in harmony and in phase at this natural Earth frequency. Dis-ease results from disharmony of these Life Force flows & natural frequencies.

Trees (particularly old growth forests), "Sacred sights" and earth grid (song line) nodes are places where higher amplitudes of energies exist, & can have good healing potential if wisely applied.

Brain Waves - Frequencies & Characteristics

Rhythm (frequency) is measured in Hertz (1 Hertz (Hz) = 1 Cycle per Second)

BETA 28+ Hz - 14 Hz Speaking/Noise - high frontal brain activity, concentration
Terror, Divided Attention,
Fight, Flight, Freeze - Anxiety, Activity
Limited: Learning, Performance, Creativity

ALPHA 14 Hz - 7 Hz Light - Awareness - calm, relaxed, meditation, Dolphin state
Peak: Learning, Performance,
Creativity, Telepathy, Intuition

Earth Beat - 7.82 moving up & now 9 or 10 Hz

THETA 7 Hz - 4 Hz Healing: Dreaming, Meditating, Trance, insight

DELTA 4 Hz - 0.5 Hz Deep Sleep and Regeneration

Thriving Success from Nature's Principles

"To Succeed in the New Economy We Must Operate by the Design Principles of the Rainforest"

..... says Mr Tachi Kiuchi - CEO of Mitsubishi Electric Co & Future 500 USA

Western culture's history has been to put itself above Nature - to create separation from Nature by "conquering" Nature. Integrity as understood by indigenous people is that nothing is separate - all is interdependent. The information age is revealing this lost truth & Science is rediscovering it.

Everything is Energy

Life force energy is the principal driver of all things in the universe. Energy is an omnipresent flow.

Reductionist (separation) & Newtonian thinking of the last several hundred years have led us from this wisdom. Now leading edge cosmology, quantum physics, biology & other sciences are seeing the connection. By aligning and flowing with subtle life energies, and Nature's principles, we can harmonize more with ourselves, each other, and the thriving flow of creation and evolution.

Express True Identity Freely & Be For Giving Toward a Vision Beyond Self

The concept of rainforest species striving to reach the light is analogous to all Earth's species. A rainforest is an interdependent community, with multileveled relationships. Each species or being adds value to the community by being true to it's nature ie energy etc makeup. This giving of value (from a strong energy connection to Earth) to others, creates a richer community, & one more tolerant to change or disease. Loss or misalignment of one member has consequences often not seen or felt for generations. The cells of your body work this way - to serve the greater being - you.

People & organizations that hold a high vision of serving their community, & act with integrity to the true Nature of their components, eg their people - thrive. Fine tuning this is evolution in action.

Continued

Nature's Principles (continued)

Principle of Abundance

The Universe is expanding. Nature is abundant. Seeds sprout many fold. Species are prolific when in harmony with themselves and the environment. Beings expand our Universe as we perceive it.

In business, continually there are ways to add value - by doing more with less. As countries economies evolve they become more services orientated ie value is increasingly added by invisibles, not raw materials or primary industries. Scarcity thinking comes from fear based beliefs and conditioning from power struggles. Clearing limiting beliefs creates abundance, power & freedom.

Principle of Expansion

Organisms or organizations evolve intelligence and consciousness by expansion (of self energy)
eg taking in new ideas and expanding paradigms eg evolving human consciousness or business.

Principle of Diversity

Evolution in Nature is a process of ever increasing diversity (of species etc.)

In business, there are always many diverse ways to solve a problem, and now rapidly increasing diverse networks of businesses.

Principle of Growth Cycles & Completions

All natural processes go through seasons or cycles. Completion of cycles allows the release of energy/stress eg a flower blooms & releases seeds, before a new cycle or rebirth can take place.

Incomplete business dealings create energy blockages. Clear energy blockages for new, vital life.

There are many more ... well worth knowing

Our UniVerse is Co-Created by our thoughts in every moment. People have 50-90,000 thoughts per day.

What are you Creating ? Being true to your Nature creates greater harmony.

Aspecting

Aspecting is a technique that enables expanding & experiencing relationships with objects & self.

To commence, select an object or item that stands out for you, then ...

1. Experience what it feels like to be the object become the object what is the object feeling.
2. Staying in that state of connection with the object, what is the main thing you feel it is lacking ?
3. How does the object feel about that lacking ?
4. What does it want to say to the world about that ?

Stop here - You get greater value from this exercise by doing steps 1-4 prior to continuing. How does that object reflect your own feelings, and what you want to say. Could it be a reflection, or part of you ?

Wholeness

The quality of our life depends on the quality of our relationships with self, partner, family, community, environment with everything "Opposites must exist in a relationship, otherwise nothing exists" - Wandjina people / The Kimberley

Acceptance (non-judgement) of all components of ourselves, including our "negative" qualities or dark side, is acceptance of our wholeness. Integrity means all is within us, including

female	male
yin	yang
east	west
right brain	left brain
art	science
receive	give
nurture	project
synthesis	analysis
spirit	matter
import	export
altruism	egoism
order	chaos
negative	positive
light	dark
creativity	destruction
women's business	men's business

Our wholeness or fulfilment comes from accepting (and loving) all of the qualities of our being (ie the wholeness of who we are). **Judgement** of any of these is denial of wholeness & keeps people & organisations from wholeness & maximum power.

Sacred Places

What is sacredness ? "Sacred space" can be found in Nature, our loved ones, in buildings we create, in our hearts, and in our being.

We create sacredness to the degree to which intentional energy of honouring, caring and loving is given to something How much are you for-giving ?

We have choice to intend to create sacredness or for our energy to go elsewhere.

The recent history of humanity has been to reject much of the sacredness of Nature creating disharmony in communities. Disturbances of subtle Earth energies also creates dis-harmony.

Johannesburg South Africa is likely a prime example of this due to extensive gold mining, which has altered subtle balancing natural frequencies.

Why create sacred environments because this is where harmony, love & peace is found.

Indigenous people created sacred environments (which most people now take for granted if they are recognised at all) by on-going reverent direction of energy of intention and caring.

Creation of Peace & Harmony in Your Environment is your ability and most effective in synchronistic co-operation with like minded beings.

What Makes a Place Sacred - from The Power of Place by Thomas Bender

All places live through the reverence with which we hold them. Without that reverence, they crumble to pieces, unloved unmaintained, abandoned, and destroyed.

In the end, all that really matters is that we approach wherever we live with full attention and an open heart. We must let our hearts guide us in deciding how we will inhabit that place.

If considering *entering sacred natural sites*

Some places on the earth have powerful energies and have been known to create illness and death. There are many stories of this occurring. If you are not clear about what you are doing, understand these risks. Be aware, respectful and responsible.

If you are not clear & grounded, and coming from a space of respect & love, don't do it. Like any new relationship, an introduction is often the best option. If unavailable, the following may help.

On approaching Sacred Places, David Mowaljarlai, one of Australia's most respected Aboriginal elders would stand back from the place and communicate with the spirits of the place by announcing his name, place of origin, and that of the group, and the intention in being at the site.

This is a sign of respect, and has the advantage of being likely to win the greatest cooperation. Remember your intention to respect, show gratitude & create greater harmony is what is important.

An example from David Mowaljarlai goes like this

"Hello spirits of this place, I am and I bring with me. We come from to see you.

Please accept us so we can understand you and learn from you. Thank you for taking care of this place. We thank the spirits of this place." He would then wait to sense a response.

Be aware with all your senses of the response you get. Remember that the spirits of the place may not want you there, or some members of the group. Are your intentions aligned? If a men's or women's site, opposite genders may likely not be welcome. If your intention is to build communication with the place, or anybody, understand and respect the energies there.

From "Bush Business" - Richard O'Neill Tel 02 9251 7866 15/5/99

Creation Key ... The Power of Three ...

... The holy trinity ... **3** ...the basic building blocks of existence .. understood by the ancients .. now being rediscovered by western science



'Ogham' or 'Ogam' (the silent 'language') is pronounced OM in the Irish language.

The building blocks of existence are a structure of 3 aspects in balance and open to the flow of life force (Qi) eg the Egyptian pyramids were triangles with gold tips acting as antennae for energy flow. In engineering and biology, an equilateral triangle is the most stable shape, a marriage (male, female, children (or other shared goal), geomancy recognises 3 Earth (sacred) sites balance a region, molecules (proton, neutron, electron), time (past, present, future), humans (mind, body, spirit), religion (father, son & holy ghost), psychology (adult, parent, child) Indian awareness refers to 3 aspects of existence as Creation, Preservation, and Destruction, i.e. Brahma, Vishnu, and Shiva.

Science & Religion Agreeing Reality is Created by Beliefs

Quantum Physics, the breakthrough science of the 20th century, has shown that ***matter does not exist*** What appears to exist is an energy field between widely spaced high speed electrons and nuclei. Matter appears physically relative to the beliefs (consciousness) of the mind observing it.

This is explained by **Albert Einstein**, recognised as one of the greatest geniuses of our time

"We may regard matter as being constituted by the regions of space in which the (energy) field is extremely intense. There is no place in this new physics both for the field and matter, for the (energy) field is the only reality"

"Matter has a tendency to exist" according to the eminent quantum physicist, Neils Bohr.

Or, as Yoda says "Luminous beings are we, not this crude matter"

The evidence is increasingly being re-understood & everywhere your challenge is your belief. (faith)

Energy in Motion (Emotion) Creates the Material World

Aristotle & Plato taught that Emotion (ie Energy in motion) is a key to creativity. The scientific teachings of the western world, over the last 400 years, which separated things (reductionism) took us away from the understanding of the importance of emotion in the creative process.

Now Dr Deepak Chopra teaches that intention (projected energy/yang) and attention (caring/ nurturing / ying) creates, provided we are not attached to the outcome.

Creation of your reality is happening every moment. You are doing it, so have response-ability for it.

Traditionally, Aboriginal and other indigenous people direct intention with emotion and caring toward creation of Nature, animals and a harmonious environment through ceremony, song & dance. Most people don't do this ... they are unaware of, or disregard the significant contribution emotion has to creation.

Often the majority of emotions (energies) sent out & received by other people, animals or Nature are negative and destructive such as mistrust, non-truth (deception), sadness, loss, resentment, anger etc. This is likely the major reason for loss of Nature ... ie a collective lack of positive emotion or caring.

Many people also deny their true emotions ... due to conditioned habit, to please others, fear of the outcomes, to be "politically correct", to "fit in to society" or the "work place" etc ...

There are too few safe places used to express or release emotions without rejection, or re-enforcing limiting conditioned habits. Increased graffiti, divorce, suicide, youth crime are evidence of this.

Open and frank discussions in an environment of trust (especially around a fire), plus singing & dancing, are ways traditional societies have supported expression of emotions.

The combined emotion of society creates a collective consciousness. This is a powerful energy affecting our thinking, and challenging for most to dissociate from.

With the thought energies of the "collective ego" or "collective consciousness" driving us to perform - for employer, partner, parent, or something else, we have to increasingly make the effort to be true to ourselves ie our own nature.

One of the best ways to be true to ourself is by committing time to honouring and loving our nature, and the nature within us, on a daily basis.

Clarity Leads to Power

Clearing Emotions Leads to Empowerment

Our ego is not who we are. Our ego is a part of us that is a survival tool, that clings to learned security. Our real growth comes from transcending the ego, and the challenges of change.

Your identity is that of a complex energy field holding energy patterns of beliefs, and emotions.

These energies are held and expressed in the electromagnetic field around you, and in the body in different forms including muscle stress, fat build up, acne (energy release) or other dis-eases.

These beliefs have served us, and help define our uniqueness. They are a guide to recognising our unique contributions to our world.

Many limiting beliefs or unexpressed emotions are unrecognised or avoided by an ego keen to hold on to old patterns or stay in a comfort zone.

Non-harmonious emotions may create dis-ease in the bodies energy field which if not cleared may manifest in physical disease of the body. eg cancer is associated with suppressed anger.

Simple grounding of the body's electrical field and chakra opening exercises can be an easy way to open the mind & bodies energy field to nature's frequencies, and Qi (Chi) or life force flow. Chakras are the Indian sanskrit term for the body's main energy centres which include the heart, sexual, thyroid and pineal glands. See p37.

Our chakras are actively opening and closing depending on emotions, and conditioned behaviour. Most people benefit from giving them plenty of attention.

Your thoughts & emotions create Your reality
You have about 50,000 - 90,000 thoughts per day - what are you creating ?

Clarity of your space, time and energy field makes you most effective (ie powerful).

Power from Grounding our Bodies Electricity to the Earth

People are most effective & powerful (watch a sumo wrestler, or tennis player's stance) when grounded electrically (our body runs on electricity) to the Earth. Trees are expert at this. American Indians say that humans are "walking trees" creating the relationship between heaven & Earth.

Our energy field radiates an energy pattern. Some people (especially children) can see this energy as auras. This is Joseph's "coat of many colours" as referred to in the Bible, or by Nelson Mandela as "our light".

Freeing up our physical and emotional energies frees the field and increases the power & beauty of our radiance. We are transformers of electro-magnetic energy.

Energy fields attract and magnify that with which they resonate.

Clearing of the imbalances/dis-harmony of the human energy field is freeing, and can be accelerated by many techniques. Remember that your purpose is to free the energy around the area where chi flow is blocked.

Usually many places need freeing, so work on the most obvious first.

Techniques include breathing more deeply (removes blocked air & tissues), chanting, singing, drinking water (a cell cleanser), speaking your truth (acknowledging), yoga, tai chi, fire ceremonies, incense, reiki, aromatherapy, core energetics, holographic repatterning, kinesiology, meditation, rebirthing, massage, belly dancing etc.

Be guided by your intuition and try what feels right for you. Shamans and medicine people of traditional cultures, and now aware holistic healers understand working with the energy fields, and may be able to help you free yours.

Remember what Buddha said "The only significant things in life are how much you have loved, and how much you have let go"

"Our Greatest fear is our light, not our darkness" Nelson Mandela - 1994

Your thoughts Create Your Reality (ie Your experiences)

You have about 50,000 - 90,000 thoughts per day - what are you creating ?

Enjoy Co-Creating and For Fun what about more Singing & Dancing

Your Identity Defined by Values

Clarity of your own Values is a foundation for Personal Effectiveness or Power. Clarifying your VALUES helps to understand your UNIQUE IDENTITY, for an understanding of your unique contribution to self and society. Know your IDENTITY before trying to fit into other peoples (or employers) ROLES. Know yourself ! Who are you ?

One way people are unique is by placing different emphasis on different values. Values are a means to know the truth about ourselves. Your values define your uniqueness, and your special gifts.

The following is provided as a tool to help you identify and clarify your values. Select your 5-10 most important values. Rank the Importance you place on a value on a scale of 1-10, with 10 being the most important. Then rank your Behaviour (ie how well you live to your values from 1-10). Under action step, list what you can do to bring your values & your behaviour more into alignment.

Values suggestions - Abundance attitude, Achievement, Action, Adventure, Aesthetics, Affection, Altruism, Appearance, Arts (Music, Painting etc), Authority, Autonomy, Balance, Beauty, Career/ Employment, Challenge, Community, Commitment, Compassion, Connection, Control, Creativity, Detachment, Environment, Excitement, Family, Freedom, Giving, Home, Honesty, Health - Body, Health - Mind, Independence, Inspiration, Integrity, Interdependency, Intelligence, Intimacy, Learning, Leisure time, Lifestyle, Love, Loyalty, Meaning, Money, Openness, Order, Nature, Peace, Personal Growth, Pleasure, Play, Power - Others , Power - personal, Presence, Privacy/solitude, Purity, Recognition, Relationships, Religion, Risk taking, Security, Service, Sharing, Socialising, Spirituality, Status, Surrender, Team, Trust, Truth, Unconditional, Wisdom.

Value - Importance - Your Behaviour - Action step

Values are a means to know the Truth ... about Ourselves.

Recognizing distinctions is on the path to Mastery of our lives.

If the results of the exercise show your behaviour is out of balance with your values, this is a sign that prior conditioning may be governing your actions. ie Your actions are based on what other people or influences helped set this conditioned behaviour, rather than on your own true and unique set of values.

Values may be conditioned too - it is important to keep reaching into yourself, to find your Truth.

This is also a test of your integrity Your one-ness.

Remember - Changing your behaviour - will change your results !

"For things to change, First I must change"

From a foundation of clear values, your unique identity becomes clearer, and clearer Objectives or Life Purpose, and subsequent Plan of Action for the future can be made and achieved.

Ignore the Truth, and be a prisoner of your own lifelong conditioning, or

"Know the Truth, and the Truth will set you Free"

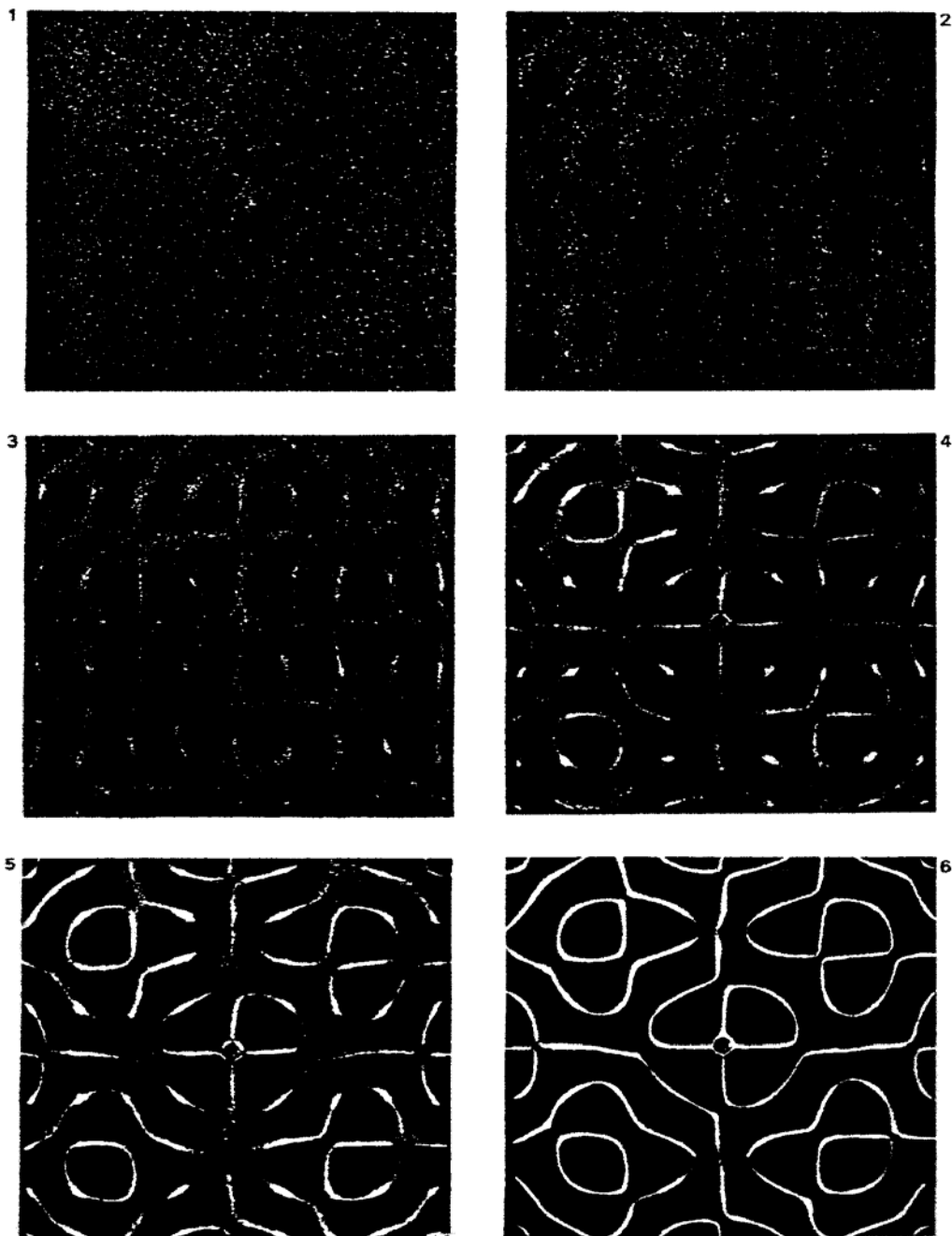
Humans have choice.

Are you committing a balanced amount of time to what is really valuable to you ?

Your Vibes & Resonance Create Unique consistent patterns

Sonorous effect - These images show random sand particles vibrated on a flat plate to resonate at 7560 cycles per second. The result is consistently the pattern at bottom right. Other frequencies produce other unique patterns.

Your human body is a far more complex resonance transformer of energy - producing the unique pattern of resonating atoms and molecules that is you. The below shows if you maintain the same frequency (eg anger) you create the same results.



Getting to Know Yourself

Your Radiating Energy Field & Your E-motions Create Your Environment & Experiences – and Reflect Your Totem

Indigenous cultures understand the concept of frequencies of vibration of plants and animals.

Totem beings, animals or plants are those with a similar harmonic resonance or energy field. Ancient cultures, the mystery schools and religions teach raising our energy or "enlightenment". Science is beginning to recognise these relationships through holographic universe concepts.

Your emotions are your energy field. Your energy radiates a pattern that attracts to you things of similar resonance. eg fear feelings attract danger, abundance feelings attract money.

Indigenous people take note of the energy of animals or people that come to them, and their actions in the moment, because they are reflecting the person's energy. Beings have an energy field that varies depending on "moods", or life force & varies within a range eg a shark's energy is generally lower than a dolphin.

The following table is a generalised, simplistic linear view suggesting some energy field relationships, from generally high vibrations (at top) to lower vibrations (bottom). Actually dynamic crossover exists.

Being aware of animals or people's energy you attract helps our awareness of our field's vibration pattern. Raising our energy field's vibration means we are lightening our burdens of heavier emotions ie enlightening.

Please add/delete feelings you have about these and additional beings.

Your feedback is invited !

Animal Magic - Totem Resonance

<i>Being</i>	<i>Energy / Emotions / Feelings</i>
Dolphin	love joy warrior king lover magician _____
Dali Lama	love joy clarity peace bliss _____
Eagle	King, soaring, overall, visionary _____
Lorikeet	joy, partnership, action, expressive _____
Budgerigar	joy, songful, loving, companionable _____
Willy wagtail-	joy, industrious, busy, happy, inviting, provocative, _____
Kookaburra	Expressive, happy, noble, welcoming & completing kingly, full _____
Owl	Magical, aware, wise, noble _____
Echidna	Grounded, focussed, protective _____
Koala	Aloof, Unresponsive, dreamy, disinterested, overwhelmed becoming extinct _____
Possum	Inquisitive, insistent, determined, needy, accepting _____
Kangaroo	Boundful, outgoing, committed, reflective (when resting), flowing, strong _____
Wallaby	Boundful, outgoing, reflective (when resting), playful _____
Wombat	grounded, friendly, family, diligent, determined, capable _____
Dog	Friendly, team player, worker servant loyal _____
Currawong	Invader, hunter, dominant, intolerant, "wolf" _____
Minor bird	Nuisance, invader, prolific, noisy _____
Snake	Grounded, focussed, renewing, purposeful _____
Cat (feral)	Loner, stealth, fear, hunter _____
Cat(domestic)	Loner, stealth, hunter, aloof, superior _____
Fox	sly, scarcity, secretive, shy _____
Shark	fear, stealth, underhanded, vicious, unforgiving _____

Additional beings & their energy, important to you

What is your favourite animal - what feelings do you like about it ? - how does it reflect you ?

What is your least favourite animal ? _____ Are you judging some energies here ?

The collective consciousness of our societies are creating our natural environments and reducing it's rich diversity to desertification ! ie more feral cats and foxes, less rich bird and animal life.

Your emotions, or lack of, create your environment Your contribution is vital !!!

8 Action Steps to a Dancing Planet

and "Your True Nature"

- Ground - build strong foundations, maintain gratitude & awareness of your Earth connection
- Free your creativity - ease your dis-eases and free the "Chi" energy flow
- Express your creativity & special gifts with high intent, power & passion
- Forgive from your heart, and open your heart to receive
- Speak, Express & live your truth - resonate (sing) your truth with passion
- Clarify your grand vision - expand your awareness of self, be discerning.
- Honour yourself and have faith in your truth, integrity & Spirit
- Lighten Up focus on fun, joy and what you love

Enjoy an enriched partnership with yourself and exciting dancing partners will show up !!!

Our life's experiences & learned habits can make doing these things a challenge.

Know You are not alone. 6 Billion people are here supported by Earth, interdependent with you, and are on similar journeys.

What is important is to be true to yourself, have fun ... lighten up ... Remember what Buddha said !

Regular Massage is a great start. Many holistic health practitioners can also help, and are listed in the Yellow Pages or Planet Newspaper available at newsagents, health foods stores, and holistic healers & bookshops.

Teams or Groups are a key to synergistic creation of the future. We're not all here to create the World on our own.

Regular meetings with people with high intent, clarity, and passion will likely accelerate your outcomes, especially if the space is created to align truthfully with each other and spirit. Many books and teachers can assist these processes. The Celestine Prophecy: Experiential Guide has many great references for a start - ask people in your community.

Recreating Nature through team work can be one of the most rewarding activities. Many community based groups are actively doing this, and welcome your involvement.

Your rewards will likely be outstanding, and unexpected.

Training & Adventure Learning Programs & Tours

Natural Business, VisionQuest, our Re-Creation Journeys to Blue Mountains, Uluru, Kakadu & Kimberley our ***Songline Safaris*** and other programs are adventure **learning experiences** that introduce these principles, expand personal awareness of environments (and "markets"), deliver practical tools and connect people to their own identity and power, through fun & Nature. They open people to new reality, vitality, synergy and creativity, and introduce Natural Principles that are Nature's keys to thriving success. Call for more details excel@excelink.com.au or **Tel 9251 7866**

***** Indoor Day & Part Day Programs Also Available *****



Australian Visions Project



The Australian Visions project enriches and integrates people and planet by inviting people to express their Vision for Australia. Photo Images or Vision Statements are invited (some facilitated by workshops) to be published as “Big Picture” Poster Maps, on the internet and in the Australian Visions Book. Businesses, councils, communities, kids and individuals can all benefit as Australia (and the world) re-members and re-cognises a new integrated identify of gifted creative communities. “Share Your Vision ... and Live Your Dream” see www.AustralianVisions.com.au

Our Nature is Our Identity .. is the Meaning of Integrity



Vision Quest

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- Relax and ReVitalise Easily and Naturally
- Discover New Passion, Power & Purpose and your clear path for your journey on Planet Earth



Have Fun, Learn & Discover ...

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- Visioning techniques to enhance your world view, perception & path clarity.
- Evolution walks – connect your nature, and ancient insights and wisdom.
- Delicious lunch at powerful scenic site –and tips & time to clarify Your "Vision".
- Resonance, Nature's Keys, Teambuilding for thriving success.
- "Talk Circle" for "Conscious Communication", Creation sites, wildlife encounters.
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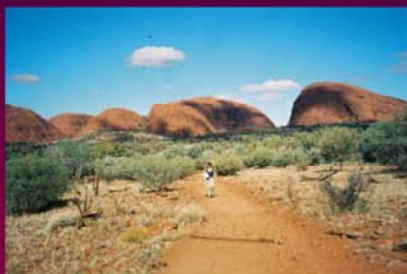
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"By energizing a line across Australia, we will heal the whole country" David Mowaljarlai OAM

I am Paddy Neowara from Wandjina country in Australia's Kimberley. Come & meet us. We'll show you things like you've never seen before ...



Sector 1. Broken Hill, Flinders Ranges, Oodnadatta Track, Coober Pedy, Rainbow Valley, Uluru - 9 Days June 23- July 1

Heartlands Journey to Uluru—Travel the songlines from Sydney via fascinating Mt Grenfell, Mootwingee & Flinders Ranges art sites. Visit Broken Hill, pre-history at Brachina Gorge, Williams Ck, Lake Eyre and hot springs of the Oodnadatta Track. Sleep underground at Coober Pedy (opal country!) and with the stars at mystical Rainbow Valley before 2 nights at awesome Uluru & Kata Tjuta. Option to extend to Alice Springs, Kings Canyon, MacDonnell Ranges, Palm Valley or on to Broome via the famous **Tanami Track** & remote art communities including Yuendumu, Balgo, Fitzroy Crossing & Halls Creek - Tour Code SFU9 \$1,850

2. Uluru - Broome via MacDonnell Range, Tanami Trk & Balgo

meet Aboriginal Artists at Yuendumu & Balgo 13 day/12 night June 30 - July 12. Uluru, Kings Canyon, Kata Tjuta, Palm Valley, Gosse Bluff comet crater, MacDonnell Ranges, Alice Springs, Tillmouth Wells, Yuendumu, Balgo, Wolfe Creek Crater, Fitzroy Crossing, Broome. Visit remote art communities, spectacular landscapes, water holes, rock art, Hermannsburg Mission and art school, Albert Namatjira's home. Explore the Larapinta trail, walk Wolfe Creek Crater, Geike Gorge cruise on the Fitzroy River - Tour Code UBT13 - All inclusive \$ 3,500

3. Kimberley, Mitchell Falls, Gibb River Rd & Bush University

with ART & ROCK ART Festival & Forum - 11 day/10 nights July 12-22 Combine spectacular Kimberley scenery with Bush University - the opportunity to learn, work and play with Aboriginal people on their traditional lands at Murunbabidi. Over 3 days visit remote Wandjina and Bradshaw (Gwion Gwion) art sites. Enriching and fulfilling experiences with the traditional caretakers. Experience incredible rock art galleries with the elders - Aboriginal Lore, men and women's business, spirituality, bush medicines and food, language, history, ceremony, song and dance. Tour departs Broome July 12 overnight Derby for the Mowanjam Festival, then next day depart up the Gibb River Rd to Windjana & Manning Gorges, Murunbabidi camp, remote rock art, **Mitchell Falls (2 nights)**, return via Drysdale & Gibb River Stations to end Broome. (Optional 2 days rest or Cape Leveque tour prior Sector 4) Code KMU11-\$ 3,500

4. Kimberley, Kakadu, Gibb R. Rd, Bush University to Darwin

Rock Art, Waterfalls, Wetlands, Bungle Bungles - 10 day/9 night July 25-Aug 3 Wrap up the Top End from Broome to Darwin via Gibb River Rd & Kakadu - Combine spectacular Kimberley scenery at Windjana & Manning Gorges, walk the Tunnel Creek and share community at Bush University (3 days) Visit remote Wandjina & Bradshaw (Gwion Gwion) rock art. Overnight at El Questro & relax in Zebedee hot Springs. Bungle Bungle/Argyle flight option. Marvel at the Ord & Victoria Rivers travelling the top end escarpments to cruise at Katherine Gorge (more hot springs). Enter Kakadu World Heritage wetlands for 2 nights incl. sunrise cruise with teaming wildlife, Nourlangie rock art, Jabiru, Jabiluka, Window on the Wetlands, Humpty Doo & Fogg Dam to arrive Darwin for farewell night. Tour Code BDU9 \$ 3,300

You can travel one or more sectors & save \$200 per extra sector eg Sydney to Uluru then Broome to Bush University or fly to Alice, Uluru or Broome. Book early & SAVE more. Ask

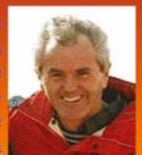


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