



The Magazine for Personal & Global Change



LETTER FROM ED

Hi there and welcome to Issue Three of Action Change Magazine. This issue features a new advice column by Dr. Judy Moss, a wonderful manifestation technique from astrologer Jeanne Skinner, and an article on 'enfren' cars by yours truly. I love hearing about your experiences with the techniques we write about in the mag, so please keep me posted on what's hot and what's not. Have a fantastic fortnight, keep those contributions coming in and until next time, I hope all of your actions are passionate and fun!

Christine Butler

In this Issue

- Environmentally Friendly Driving
- A New Advice Column with Dr. Judy
- Manifesting Techniques

MORE ON HO'OPONOPONO

After the article on Ho'oponopono in the last issue, many people have told me they've used it in their lives to great effect. Some have said "I'm sorry I love you" to the person who they've had an issue with, others have said it to themselves - healing themselves in order to heal their world - and others have just said it generally. All methods have had positive results.

I've done some more research and have come up with a longer phrase, which may add more meaning to the words you're speaking or thinking. It includes personalising the statement, forgiving yourself, and asking Love to heal whatever has caused the disturbance.

"I'm sorry (your name). Please forgive me for whatever is happening inside of me that manifests as (whatever the problem is). I ask Love to correct/transmute the errors now. I love you."

For more info on the ho'oponopono technique, go to www.hooponopono.org and view the original article in issue #2 on our website www.actionchange.com in 'back issues.'

"The reason adults should look as though they are having fun, is to give kids a reason to want to grow up." - Patch Adams

SOCIAL ACTION -THE FRIENDLIER WAY TO DRIVE

If you like the idea of stepping lightly on the environment yet can't do without four-on-the-floor revving between your legs, check out some of the ways you can get around town with the wind in your hair, and still be able to breathe the air!

1. LPG – IT'S A GAS!

Liquid Petroleum Gas is sited as being better for the environment than petroleum because compared to petrol LPG emits less carbon monoxide and less hydrocarbons into the air. Also it's safer for transportation because if there's a spill, LPG evaporates rather than polluting the ground or waterways. Even though gas is cheaper, your car also uses more per km, so it's a good idea to compare mileage when looking for an LPG-run vehicle In Australia. NRMA recommends both the Holden dual fuel VZ Commodore and the Ford E-Gas BF Falcon. LPG is a fossil fuel, so it's still a non-renewable source of fuel. A benefit of owning an LPG-run car is that LPG is one of the cheapest fuels that is readily available; that's why our taxi drivers use it. It's cheap because it's actually a by-product oil refining, and LPG doesn't currently have the 38.14 cents per litre tax that's put on petrol and diesel by the Federal Government.

2. DIESEL DOES IT

Even though diesel fuel is as, or more, expensive than petrol, it tends to get more mileage per litre. However it still pollutes the environment. The most fantastic thing about a diesel-run car though, is that you can use bio-diesel, a fuel made of vegetable oil, and if you're keen, you can make it yourself from used restaurant oil! Bio-diesel can be used straight in diesel engines without any modifications, or as a blend in petroleum diesel fuel. It has low emissions in comparison to petroleum diesel, 78.5% less CO2 emissions in fact! It's also good for our farmers as we can grow our own oilseed crops such as soybeans, peanut and mustard seed to provide our fuel sources. It's good for the economy as it can reduce our dependence on foreign imported fuel, and it creates local jobs growing, producing, transporting and retailing the new fuel. Sadly, Bio-diesel is not yet available for general supply throughout Australia. There are three producers here, but from my research there's only two retail outlets, North Coast Bio-diesel in Byron Bay, and one in Mossman Qld. If you know of any others, I'd love to hear from you. You can make your own bio-diesel at home, and if you utilise used cooking oil, you'll also help to recycle a waste product.

If you'd like to view the rest of this three page article and the information sources, please click on the website and go to 'More on the Articles.' www.actionchange.com



Two cars get friendly

"You can make your own bio-diesel at home, and if you utilise used cooking oil you'll also help to recycle a waste product."

****NEW******DR. JUDY'S ADVICE COLUMN!***Dr. Judy Moss*

Hi Dear Readers,

Christine has asked me to start an advice column. God help all of you, because what you are about to get will be to say the least unconventional, and possibly a tad irreverent, which just about summarises yours truly, namely Dr Judy. For those of you who are interested to know more, feel free to check out my bio on the website.

After close to 30 years in the business of doctoring, learning about and helping people, not least of which was myself, the most common dilemma that presented itself in new clients, was the helplessness and often near desperation so many of them experienced having tried 'everything' to help themselves and still coming up with a big fat zero in their health and well-being.

Like famous medical intuitive American born Carolyn Myss, 4 years ago, I suddenly developed the extraordinary ability to predict people's pathology results with absolute accuracy. At the same time, and just as miraculous, my eyes became a human X-ray machine, such that I was able to 'see' where the dis-ease was within. In addition, I discovered that I could easily tune into anyone anywhere in the world and just "know" what was needed in terms of the ideal form of therapy and/or advice, just as if they were there with me in the room. And the results that followed were so amazing that my clients dubbed me 'the white witch' and 'the miracle worker.'

So I invite each of you to write in each week with your questions and concerns. I will then tune into each of you and offer you suggestions to explore. The rest as they say is up to you.

We will publish a few entries each issue, however all of you will receive your answers via email. Naturally, all your enquiries and details will be treated with complete confidentiality.

Please email me your questions, and provide your name, email address, and your preferred "nick name", which other than your question and my answer is the only information about you that will appear in each issue, if we choose to publish your entry in the column.

I look forward to working with each of you, to gift you the vibrant health and joyful life that you so richly deserve, and that is your natural birthright.

As always, I send you love, hugs and kisses

Dr Judy

Ask Dr Judy at earthschoolaustralia@hotmail.com

Cool Science

According to the US National Aeronautics and Space Administration's Chandra X-ray Observatory, the 'Hubble constant', the number that tells us what rate the Universe is expanding, has changed. Scientists use this number to guess the size, age and contents of the Universe, so it's pretty important stuff! The Hubble constant is usually measured by the speed at which objects fly away from the earth. Now with the new technology of x-rays and observation thing-a-ma-jiggies, a more accurate number has been 'discovered'. And here it is!...(drum roll)... 77 kms/second/megaparsec. Wow! A megaparsec is 3.26 million light years in case you didn't know. So give or take a few light years, the age of the Universe is between 12 and 14 billion years. Wow again! If you have any reason to dispute this number, as I'm sure some of you will, drop me a line with your theory. (Story from Global Good News Service)



Wacky Facts

♥ "Speak of the Devil" is short for "Speak of the Devil and he shall come". It was believed that if you spoke about the Devil it would attract his attention. That's why when you're talking about someone and they show up people say "Speak of the Devil." Ahh, so everyone *does* believe in the Law of Attraction, they just don't realize it!

♥ "Ma is as selfless as I am" can be read the same way backwards. If you take away all the spaces you can see that all the letters can be spelled out both ways. What this actually means I have no idea: selfless acts are always returned?

♥ 10 percent of all human beings ever born are alive at this very moment.

♥ All nude people in your house must be registered in Kentucky (just thought you should know.)

(Sourced from www.greatfacts.com)

"We are the middle children of History, coming of age at the crossroads of civilization, a generation rising between an Old World dying and a New World being born. We are the 'make-it or break-it' generation, the 'all-or-nothing' generation, the crucible through which civilization must pass or crash. We are a generation inheriting the most monumental responsibility in all of human history: to literally determine the fate of Life on planet Earth." - Joshua Gorman, World Spirit Youth Council (sent in by Jeanne Skinner)

WORLD WIDE ACTIONS – A Focus on Peace

1. WRITE TO ISRAELI AND HIZBULLAH LEADERS!

Send your messages of peace to the leaders, or do ho'oponopono with them in mind.

Israeli authorities

Ehud Olmert
Prime Minister and Minister for
Social Welfare and Science and Technology
Office of the Prime Minister
P O Box 187 Kiryat Ben-Gurion,
Jerusalem 91919 Israel
Fax: + 972 2 566 4838 / 2 670 5475
Salutation: Dear Prime Minister

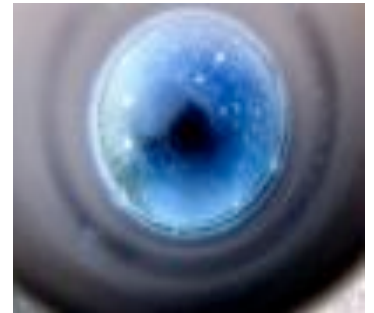
Hizbullah

Secretary General
Sheikh Hassan Nasrallah
Hizbullah, POB 13585,
Beirut, Lebanon
Fax: + 961 1 270 819
Salutation: Dear Sheikh Nasrallah

(details supplied by Amnesty International)

2. BE A PART OF THE 'BREATH OF LOVE' ONE MILLION!

Take a minute each night, with friends or family before dinner, or alone, to take this action. Begin by dropping the mind and becoming still. Then, taking a deep breath in, focus your attention in the centre of your chest (your heart chakra). Hold your breath for a moment as you visualize our little blue planet floating like a ball in space. As you breathe out, imagine your breath wrapping around the earth like a cloak, sending out from your heart - to everything and everyone all over the globe - the blessing of Love. Just one breath of Love each night by a million people will change the nature of what's happening in our world! We will see Love actualized everywhere around us! Please join us, and share this with your friends (sent by Trevor Robinson)



Our little blue planet

3. JOIN THE J-A-M IN JUST A MINUTE!

Just-a-Minute is a dynamic new campaign to create personal peace and is being launched at Wembley Arena on Sunday 17th September 2006. Organised by the Brahma Kumaris, a global women-led spiritual organisation, the initiative introduces regular one-minute periods of silence into people's lives. **JAM** is about experiencing the power of a peaceful and still mind, starting with just one minute at a time. The worldwide campaign includes multi-media tools, such as one-minute spoken meditations to download onto computers or podcast; a creative viral campaign; events in major cities across the world, including Rio, Moscow, Sydney, Johannesburg and Madrid plus a simultaneous minute wave of peace to be linked live on the internet to over 100 countries. Visit the website at www.just-a-minute.org and click on the link to view an animated presentation of j-a-m: <http://www.just-a-minute.org/movie.html>.

*Performers at JAM
include Robin Gibb
and comedienne
Ruby Wax*



Personal Action – Manifesting and Creating

We are Gods, creating in a Universe of our own making. We are a vibrational transmitter and receiver; we attract to us the level on which we are vibrating. Every emotion has a frequency: if we are feeling angry, then we attract to us angry situations. If we are feeling joy, we attract more joy. We can *choose* what kind of magnet we will be.

“What people tend to do is look mostly at what is, and see things as they are, instead of seeing things as they would like them to be.”

- Exercise: Light a candle. Stand near the candle and state “this is who I am.....I am pure light.....” If we stay connected then we are in touch with our creative potential. Whatever other thoughts we have, move us away from the purity of who we are.

So for example you wake up one morning and feel depressed and think “I am depressed.” As soon as you say that, you take a step away from the candle. You have taken it on, and are holding it. Another thought maybe “no one loves me” (another step) “my life doesn’t work” (another step) and before long we find ourselves far from the Source of our Light, and an end result is we get put on anti-depressant medication, making it a lot more difficult to get back to the Light.

Instead, you could say “ahh! this is depression, but it’s not who I truly am.” In that way you are making space, or becoming an observer between the feeling and your true self, and it’s a lot easier to stay connected to the Light.

As we see things as they are - we are attracting more of the same. Like a magnet we are attracting thoughts, people, events, lifestyles - everything that we are living. BUT, as we see things as we would *like* them to be, we attract them as we would like them to be. That’s why the better it gets, the better it gets, or the worse it gets, the worse it gets.

For example: I have a vision, and that vision is that I will make money on stock exchange trades. So, because I have envisioned it, it is here already. So now because I know it’s already here, all I need do is to bring it about by taking action towards it - keep my passion and focus - but if doubt or greed comes in, then the vision gets altered, and another vision appears to match the vibration of that. Doubt = Loss. If we are in touch with our passion, it will keep us on track.

- Exercise: With a friend, or look in the mirror or into the candle: Turn to each other and state what it is you desire. Presume that you already have it. Be grateful for receiving it. Go about your day knowing it is fulfilled.

- Exercise: The Gratitude Walk. In the morning take a walk and think of five different things to be grateful for. You may see a flower and be grateful for that, or it could be other things happening in your life. This daily walk sets up your vibration frequency of receiving for the day. And it absolutely works!

By Jeanne Skinner, astrologer and counselor.

To view this two page article in full, please click on the website and go to ‘More on the Articles’ www.actionchange.com



THE GOOD NEWS GLOBAL ROUND-UP

CHAD-SUDAN: According to Irin news, the border between Chad and Sudan will be reopened and full diplomatic ties resumed after a four-month break. The two committed to 'put an end to their differences' and reopen embassies and border crossings.

(www.IRINnews.org)

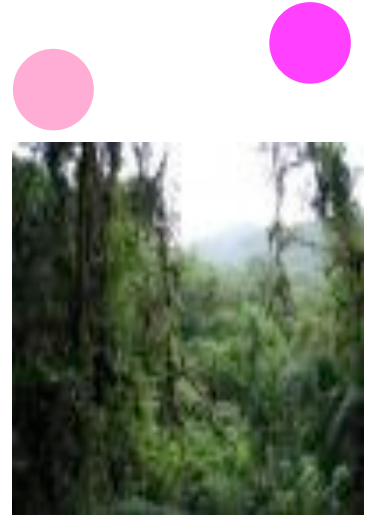
COSTA RICA: Twenty per cent of Costa Rica has been granted 'protected status', as tourism is booming and the majority of visitors want to see the country's national parks and rare wildlife. The program includes a national environment strategy, training for park guards and in the future will include financial self-sufficiency for the protected areas. The project is hoped to be a model for the rest of Latin America

GAMBIA – Sandi Bellaart, a UK environmentalist, is setting up an information centre in Gambia to teach local people the benefits of the Neem tree, which grows in abundance in Asia and Africa and is known as 'the village pharmacy'. Apparently local people don't really know how to utilise the tree fully, and the bark, leaves, flowers, seeds and fruit pulp can all be used to treat a range of diseases such as leprosy, diabetes, ulcers and skin disorders. www.neemfoundation.org (Story from Positive News UK, by Alex Rankin)

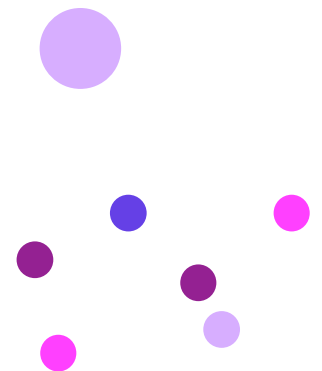
GLOBAL: Did you know that there is a worldwide organisation that assists governments to establish ministries and departments of peace? The Global Alliance for Ministries and Departments of Peace was launched at the First People's Summit for Departments of Peace, held in London, October 18-19, 2005. Governments such as in the Philippines and Solomon Islands have already established secretariats and departments for peace-building, conflict transformation and reconciliation. The Second Summit was held in June 2006 in Canada, and apparently much progress has been made towards establishing a Department of Peace there. There are currently companion groups in the US, the UK, Australia, Japan, and Italy. www.pidopeace.org.

AUSTRALIA: For those of you who signed the Amnesty International Australia's 'Message in a Bottle' in the last issue, we have some good news. According to AIA "The Australian Government this week withdrew the Migration Amendment Bill. This is fantastic news. The lack of parliamentary support for these harsh changes is a real win for refugees and human rights. Many individuals, parliamentarians and organisations spoke out to protect refugees' rights. The result is inspiring to all those who act to defend the rights of people fleeing persecution. Our actions really do make a difference."

AUSTRALIA: The Herald Sun has just announced the winners of their Pride of Australia Awards, that this year includes two grandmothers in their 80s still doing community work, a Vietnam veteran devoted to helping other returned soldiers, and a woman dedicated to helping child cancer victims



*20% of Costa Rica
has been granted
protected status!*



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For all correspondence and contributions write to

E-Mail:

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We're on the Web!

See us at:

www.ActionChange.com

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DISCLAIMER: The mission of Action Change is to present a wide range of ideas, techniques and opinions for our readers to make active changes in their lives. The opinions of the writers are printed with the understanding that our readers choose to take personal responsibility for the choices they make in relation to advice given in the magazine. Readers need to consult their health care professional before embarking on any lifestyle change. While we make every effort to make sure information is correct at time of printing, facts may change as new information emerges.

DATES, EVENTS AND RESOURCES

♥ Patch Adams M.D is coming to Australia in October!

'What is your love strategy?' is the topic of his visit.

"History shows that love is merely an emotion, and on close examination it is obvious that the world does not function in the realm of love. Love is global. One can choose intelligence to loving, to love oneself, their community, and their environment." "What is your Love Strategy" introduces the idea that loving is not casual, and can be a powerful strategy if one wants a loving world."

Brisbane Oct 17, Sydney Oct 18, Melbourne Oct 19, Adelaide Oct 20, Perth Oct 21
More info go to www.patchadams.com.au (sent in by Judy Moss)

♥ Sydney Talks

If you love to listen to interesting people talk about interesting things, and maybe put in your two cents worth as well, there is a network in Sydney called Sydney Talks. You can check them out at www.sydneytalks.com.au and they'll send you info on what's coming up. Most talks are free or cheep cheep. In August there are discussions on 'Creating the City: Arts Culture and the Cosmopolis'; 'Sydney Ideas Lecture: We are the Weather Makers! With Tim Flannery'; and 'Middle East correspondent Ken Haley in conversation with Bob Carr.' (sent in by Jane Garcia)

About Action Change Magazine

Action Change Magazine's mission is to inspire people to take action to make positive change in their lives and in the lives of others, and to provide resources to help them make those changes.

Submissions in a positive style are welcome on the topics of personal and global change. See the Contributor's Guidelines and Mission Statement on the website for more information.

If you know of anyone who would be interested in reading or submitting to the magazine, please forward it on. They may then subscribe via email or the website.

