

Volume 10, Issue 9  
September 2010



• Of Special Interest:

- Astrological Forecast
- Spring Solstice Healing & Drumming Sound Journey
- Specialize Massage Treatments
- Special Spring Deals @ ANUA
- Motto for September 2010

**Beat the Stress with a Healing, Drumming, Meditation and Sound Journey in Bedfordview Saturday 25 September 2010—Drums are supplied. Cost only R300 per participant**

**5pm to 8pm!**



www.anua.co.za

The ANUA Crew

## Monthly Newz Buzz

Welcome to the *Spring* edition of our monthly Newsletter

### Hello yummy Spring!

Blooms are out in force, the sun is warm, the wind has died down and everywhere one looks, spring is rearing her head and saying hello, I'm here, please join me (~!~)

The ANUA Crew are also spring-cleaning and ensuring the salon and therapy areas are in tip-top shape for summer which lies ahead, like a beautiful river of flowing energy, just waiting to experience us all.

We are going to be celebrating the arrival of the warmer weather with a joyous drumming and healing Solstice sound and meditation journey on the 25th September @ Shanthi Sanctuary in Bedfordview. Do join us for more than three hours of exciting and stimulating drumming and magical song, live music and a guided visualization journey. Book with Nico on 011 425 4471.

Here is our latest News-Buzz offering, crammed full with interesting tidbits of well-being information, special offers and some beautiful holistic healing suggestions on calming the mind and rejuvenating your body. Time to shed the weight of winter we say!

Enjoy, take care and much aloha from The ANUA Crew.

### Softening and Expanding

*Being Receptive to What You Want*

*We go through life with defenses we created early on, are you willing to soften those barriers to allow good things?*

In order to get what we want in life, we have to be willing to receive it when it appears, and in order to do that we have to be open. Often we go through life with defenses we developed early on in order to protect ourselves. These defenses act as barriers, walls we needed at one time to feel safe, but that now serve to shut out desired influences, like intimacy or love. So an essential part of being receptive to what we want is to soften these barriers enough to let those things in when they

show up. For example, we may spend a lot of time alone as a way to protect ourselves from being hurt by other people, but we can see how this is now preventing us from meeting new friends.

Another obstacle to our receptivity can be our tendency to believe that we have to act aggressively in order to achieve our desired goal. This can cause us to become mono-focused and to fail to see, and be open to, opportunities on the periphery of our vision. So becoming receptive involves a softening of our defenses and a willingness to remain open to possibilities outside our immediate realm of vision.

Continued on next page



**Be ALL You Can Be @ ANUA**

# ANUA Monthly Newz Buzz

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Be All You Can Be @ ANUA



If we are looking for love or friendship, it means first looking within ourselves to see where we are shut down, and second, not getting too fixated on where we might find the love we want. In this way, we become more open as individuals and more expansive in terms of what we see as possible.

Often, the things and people we want to draw into our lives elude us because we are unconsciously blocking them out, either with our defenses, or with tunnel vision that causes us to not see them when they appear. When this is the case, we can take action by exploring and softening our barriers, and expanding our vision to encompass new possibilities. These actions are the essence of receptivity.

[Daily Om]

## Astrological Viewpoint for the month ahead.

Did you know that Mercury Retrograde began on Friday August 20th? Sorry, it's too late to outrun it now but you can easily cope ok?. Just slow down a bit and take it easy. You need a break anyway as it's been one difficult winter for most people. Mercury Retrograde doesn't have to mean problems in your life, but it DOES mean that it's time to review things, to redo what didn't work before, and to reflect on your life. Especially think back over the past 2-3 cold winter months and what is changing in your life. The Retrograde lasts until September 12th and things will return to normal within about a week of that date. And now - *drumroll please* - we give you - .....

***The Grand Cardinal Cross of 2010! \*\*\*And the crowd roars!\*\*\*.....***

***The Cardinal Cross represents an almost unprecedented alignment of planets at 90°, right angles, filling all four corners of a large, square pattern imposed on the zodiac circle. The planets align in the early degrees of the cardinal signs, Aries, Cancer, Libra and Capricorn known for their love to initiate change and not always in a predictable manner. Major forces of change are at work here. - Patricia Liles***

Maybe you've heard, there is this thing going on in the sky that astrologers have been writing and talking about for months, years, decades even: the formation of a triangle or cross in the sky this summer. Astrologers are calling it **The Cardinal Crisis** and indeed it is a rare planetary configuration. This Cross is actually a T-square (triangle) and when a planet passes through the empty arm of the cross (the early degrees of the sign of Cancer), the Cross is ignited. Triangles and Crosses form in the sky all the time. What makes this one so notable is that the planets involved are heavy-hitters which are in the early degrees (0-3 degrees) of what is astrologically called "Cardinal signs", which rules religion, belief systems and spiritual understandings too, so all of these will be questioned on an internal level. Watch yours!

Crosses are a symbol of, well, **crucifixion**. Something will die so that something can be resurrected in a new form. We are asked to *'take up our cross' and follow the light*. I am not talking about excruciating suffering. I am saying that when faced with the cause-and-effect results of past actions that lead to a dead-end, we have the option to wade through our own resistance (acknowledge our hand-made cross of self-created suffering) and raise ourselves up to a new level, a higher vibration. In other words, the cardinal energies provide a **sheer headlong force** toward evolution. They provide the opportunity to leap from crucifixion to resurrection, to leap over the divide between life and death, between heaven and earth. It takes cardinal force to do that, indeed. Not all bad news eh?

If you remember this: ....

**The Cardinal Cross for Summer 2010 requires = Intention - Direction - Mastery**

.....then you'll get thru everything just fine ~!~

Til next month—enjoy the work of the stars and planets in your life!



**Motto for September:**

Winning isn't everything,  
but wanting to win is.  
**Vince Lombardi**

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To receive our weekly  
inspiration and  
motivation each Monday,  
please email us and ask to  
be added to our email  
data base –also visit our  
web-site each week for a  
new inspirational quote.

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**September 2010 Special Offers from ANUA**

**SPECIAL Hair-Care Offer for  
Spring:**

Buy a MATRIX Professional Shampoo plus 1 x MATRIX Conditioner for only R400 and receive a BLOW-DRY LOTION, or a Treatment or a Shine Spray absolutely **FREE!**



**Spring Massage Treatments**

**Detox** your body this month with a full body lymph drainage massage for only R300– and receive a pack of Detox Bath Salts as our gift to your well-being.

**MATRIX  
ONLY PROFESSIONAL**

**Specialized Lymph Drainage Detox  
Massage Treatments on special!**

*“The lymphatic system has a vital role in the body by regulating the immune system, which protects the body against infection. It transports nutrients to cells and eliminates metabolic wastes, toxins and excess fluids from the body. Manual lymphatic drainage is also a very effective way of detoxing the body plus stimulating vital immune defenses. This is a powerful, deep cleansing treatment.”*

Manual Lymphatic Drainage is a form of massage that stimulates the lymphatic system with gentle massaging strokes. The light rhythmical massage encourages the lymphatic system to eliminate metabolic waste products, excess fluid and bacteria. The effects of Manual Lymph Drainage are numerous and include general benefits to the nervous and muscular systems. MLD is a great addition to other detox measures, as it encourages fluid flow in the connective tissues. The lymphatic system is composed of lymph vessels, lymph nodes, and organs. Part of the body’s defense system, the lymph nodes remove microorganisms and other foreign substances. They act as a filtration system that keeps particulate matter, such as bacteria, from entering the bloodstream. Stimulating the lymphatic system through manual lymphatic drainage will activate all of the above functions as well as encourage fluid circulation and cell regeneration. Both actions promote detoxification, facilitate healing and support the immune system. Book your specialized treatment today and reap the benefits of a newer you!

