

# The Self-Sufficiency

# Shoppe Newsletter



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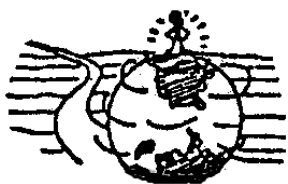
## Are You Concerned About the Planet?

I've been surprised at the number of cataclysmic events that have taken place recently. Earthquakes, floods, tsunamis, tornadoes, hurricanes, cyclones and more. I'm in my fifties but it was not until the past few years I'd heard about tsunamis actually happening. And floods in Queensland were reasonably rare - but now there's been two in a matter of 2 years. Quite obviously there is something unusual going on with the planet.

There's a story about if you put a frog in boiling water it will know immediately that something is wrong. But place a frog in cool water and slowly heat it the frog is none the wiser. Is this what is happening on Earth at present for humanity?

Planet Earth is in the midst of an earth-change or significant earth-activity. Everything is in a process of change - that's what life is about. Earth, too, is changing and shifting to adapt to the energies around it. Unfortunately it is very likely that it is yet more to come. I've put together a new e-book explaining further the processes of earth's change:.....

### Your Change and the Planet



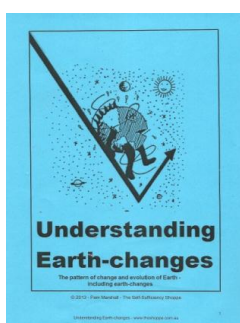
My childhood was both dysfunctional and unhappy. At the age of 42 I had a heart attack. Both were the best things that could have happened to me! Why? Because it moulded me into the person that I am today - they were 'wake up calls' for me to make changes in my life. Life is about becoming the best you can and the challenges in life allow us to do just that. People that are strongly aligned with the planet have powerful lives full of learning, self-realisation and deep insights. Why? Because it's a powerful time for humanity on the Earth at present. As the Earth

evolves into a new level of functioning it pulls with it, into alignment, humanity. Our choice is to either 'change and adapt' and move with it or resist and face the consequences.

Much is happening on the planet at present. Earth activity is intensifying (as the planet 're-aligns' itself) and people are 'waking up' and changing their lives so that they are more in tune with the Earth. I receive regular letters, emails, comments and responses in my workshops from people becoming concerned about their lifestyle - and making changes to realign themselves with the new Earth energies. Such things as 'less chemicals', healthier food, practising sustainability, growing your own vegetables, concern about the welfare of native flora, animals, etc. are all part of the process. For some people it's like a powerful light has been turned on and they have, in some way, come alive!

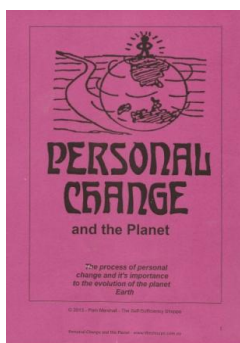
I've written a new e-book explaining the stages of change and my experiences as I moved through my own levels of awakening and personal change. You might find it useful too!

### *New e-books!*



### **Understanding Earth-changes**

The pattern of evolutionary change on earth and how it will affect the environment, humanity and other living beings. *Topics covered:* About earth's energies, Types of earth-changes, Basic principles of earth's evolutionary pattern, Pole-shifts, How will it effect life on earth, Magnetic field reversal, Humanity's role during earth-changes, Correcting the imbalance (human evolutionary 'transgressions' on Earth), What of the future? 12 pages. \$12.00 (down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 - see page 6)



### **Personal Change & the Planet**

Our planet and humanity are undergoing preparations for an evolutionary shift. As a result people are being drawn to areas of self-exploration and deeper understanding about themselves and the planet. It is crucial we change *with the planet* as it moves through it's own path of change. *Topics covered:* What is evolution? Stages of personal change (awakening, inner change, transcending to the next level), Dealing with emotions as they arise, Benefits and outcome, How it effects those around us. Presented both in the form of practical

information and personal experience. 13 pages. **\$12.00** (down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 - see page 6)

### **How Best to Cope with Earth Activity**

Self-reliance and less dependence on consumerism and commercial offerings are the key to coping with Earth activity. Changes within the environment and Earth will quite obviously bring about disruption to the structure and balance of human life on Earth. As a culture we have become very dependent on consumerism and in the process have lost our connection with the basics of life. Developing self-reliance and becoming less depend on consumer products are vital for coping with the changes ahead. It is also beneficial for the environment, for you and the hip pocket! There are many ways to lessen dependence on consumerism - but an easy place to start is with just the basics: vinegar, bicarb soda, soap, oatmeal, salt, lemons can all be used to replace a huge range of commercial products for

cleaning, disinfecting, deodorising, insect repellent, hair products, skin care, personal deodorants, garden spray and lots, lots more.

I personally enjoy the fact that I can survive comfortably with just few simple products to run and maintain my whole household (and myself!). Most people feel the same way when they too, realise they can do the same job with less. Where to start - "knowledge is power" as they say so I've put together a complete set of information e-booklets covering each of the common household alternatives and their many, many uses. It's a good place to start.



## Environmentally-friendly Basics e-booklet Set

These 6 common household products – **Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal** - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective and chemical free!

**6 Booklets:** No. 9 - Uses for Bi-carb Soda, No. 10 - Humble

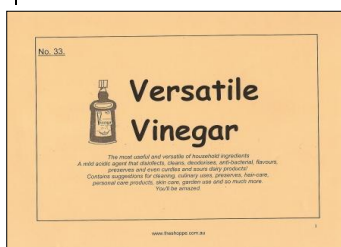
Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal. **Price: \$42.00**

(down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 per book - see page 6)

## The most useful household formula:

*There's a new advert on the telly that offers ANOTHER new product for cleaning (to add the thousands of other products!). It's a 'non chemical/non toxic' disinfectant surface spray cleaner (made by a popular and trusted brand name). It's selling feature is that it contains less non toxic chemicals (compared with other surface cleaners) because "people are concerned about the amount of chemicals used in the home". It's interesting to note that the big companies have found it necessary to promote their products as 'using less chemicals'. It reflects how discerning the consumer has become and concerned about toxicity of commercial offerings. I do not know the price of this new product - above average I would guess! However - if concern is so significant about chemicals, the environment, etc. why not alleviate buying the product altogether! It probably would not benefit the manufacturer's profits - BUT using a simple alternative will not only save the consumer from toxic chemicals, but save money and be better for the planet (no empty containers to dispose of, no residue for the environment to deal with from production run-off and less waste of resources (when disused and unsold stock is dumped as land fill). What a great idea! So what is the alternative? VINEGAR. It's a natural anti-bacterial, disinfectant and mild cleaner. Use as a spray undiluted or dilute half/half with water with added aroma (eucalyptus or lavender oil).*

**Vinegar has many, many uses and is the most versatile of all the basic alternatives. For more vinegar ideas:**

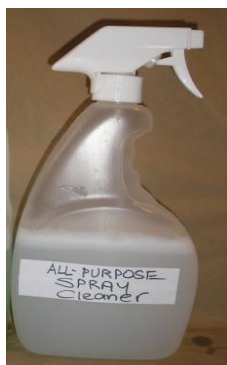


**e-Booklet No. 33 - Versatile Vinegar.** Vinegar is a mild acidic agent that disinfects, cleans, deodorises, anti-bacterial, flavours and even curdles and sours (dairy products). Contains suggestions for cleaning, culinary uses, preserves, hair-care, personal care products, skin care, garden use and so much more. You'll be amazed. Many recipe ideas including disinfectant and how to make vinegar, including cider vinegar.

22 pages **Price: \$8.00**

(down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 - see page 6)

For something stronger here's a very popular recipe for a basic household cleaning spray:



### 3 Steps for making a Surface Spray/Stain Remover:

- 1. Obtain** an empty recycled spray bottle (or if not available purchase one from the supermarket or use a plastic water bottle with hole pierced in the lid for squirting!)
- 2. Pour** in the following: one third of bio-degradable detergent or liquid soap, one third water and one third cloudy ammonia or vinegar\* and few drops eucalyptus oil.
- 3. Mix well.**

That's it! I use this spray for cleaning and disinfecting 'just about everything': stove and bench tops, wall marks, around light switches, telephone hand piece, computer key-board, bathroom tiles, shower (for extra 'cleaning power'), inside the cat tray and particularly when I require extra cleaning and disinfecting. It's also good as a pre-wash stain removing spray on clothing. \*Although cloudy ammonia has a strong odour when used diluted and sparingly it is safe for you and the environment. However it can be replaced with vinegar if preferred.

## Consumerism Madness

The goal of consumerism and product manufacturing is to create as many individual products as possible for various household tasks so that more money is made through you, the consumer. It's worth noting that 'Grandma' cleaned the whole house, herself, the kids, clothes, etc. etc. with just a bar of soap - she didn't have an array of cleaning products to choose from! This simple spray alternative will replace a multitude of cleaning products and sprays while doing the same job just as effectively.

**Be wise and smart - don't be fooled by clever advertising ploys. Buy less commercial products - use more alternatives!**

*For more cleaning formula's:*



**No. 23 - Green Cleaning:** Alternatives for commercial cleaning products using four basic ingredients: bicarb soda, vinegar, eucalyptus oil and pure soap. Covers an array of common commercial products and lists what can be used 'instead of'. Safe, economical, practical and good for the planet! Includes quick reference Green Cleaning Chart. Recipes for :

soap jelly, surface spray, oven cleaner, disinfectant, carpet deodoriser, heavy duty scouring paste, air-freshener spray. 22 pages **\$12.00**

*(down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 - see page 6)*

### Free publications for purchasers of Full Booklet Set

Did you purchase a full booklet set (\$110.00) before the booklets were republished as e-booklets? Purchasers of a full booklet set are welcome to free e-booklets to the value of \$110.00 on a 'two for one basis'. To do this go to [www.theshoppe.com.au](http://www.theshoppe.com.au). Select and pay for as many e-booklets, e-booklet sets and workshop downloads as you would like up the value of \$110.00. Once downloaded email The Shoppe listing your chosen free downloads (to the value of \$110.00) and I will send them via return email. Email me if you would like this offer explained further - I would be happy to hear from you.

**[pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)**





## Becoming a Sustainability Workshop Presenter

Encouraging and educating other people about sustainability in the home using alternatives is fulfilling and rewarding. It's a very popular topic at present and on everyone's lips. I spend most of my time these days running workshops showing people how to be more sustainable in the home. The workshops are very popular. When I first started in 2005 - like all things new - it was a matter of just 3 or 5 people coming to the workshops. But now it's a different story - at a recent workshop (Natural Skin Care) bookings were at 'full house' of 30 with another 18 on the waiting list. There is a growing need for people to know more about 'practical sustainability'. In response I've set up the Workshop Presenter Packages for you to download. They contain all you'll need to run the same workshops in your local area. A recent comment from a NSW workshop presenter:

*"Woow – I'm so pleased myself. I purchased your Green Cleaning Workshop Package and have just done my first 'presentation' to mothers at my local kindergarten. It felt so good. Thank you, thank you, thank you!!"*

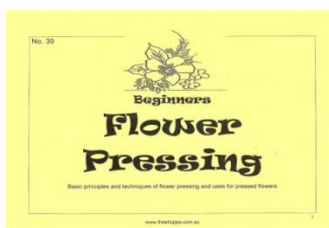
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It's encouraging that the concept is working and successful for people wanting to do more for the planet. The packages are set up so that you can integrate your own areas of interest and experience into the workshops making them unique to you. For more information go to: [www.theshoppe.com.au](http://www.theshoppe.com.au) (Become a Workshop Presenter):

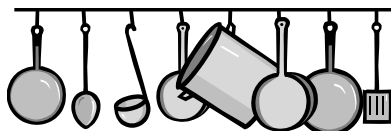
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## Flower Pressing

I began flower pressing some years ago because I wanted to keep a record of particular plants so that I could identify them for later use. At one stage while renting (ah - the wonders of renting!) I moved house quite often and wanted a keepsake of some of what I had planted in the garden. I also began creating my own Australian Flower Essences for my personal use and wanted to make sure that when I replaced the original stock I used the correct plant. In fact I still have the plants that I collected way back in 1994 - still recognisable for reference. The advantage of flower pressing as compared to drying flowers is that pressed flowers are safely stored in book form and less likely to fall apart, collect dust or disintegrate over time. It's also a great way to store special occasion flowers (weddings, Valentines Day, etc.) for years to come. So this particular e-book - like all my e-books - details my experience and learning along the way.



**No. 39 - Beginners Flower Pressing** Covers basic procedures and techniques for flower pressing. Includes how to make a flower press, types of flowers and plants, drying time and numerous uses for pressed flowers. **\$8.00**  
(down-load from [www.theshoppe.com.au](http://www.theshoppe.com.au) or order by mail - add \$3 - see page 6)



## Readers Recipe

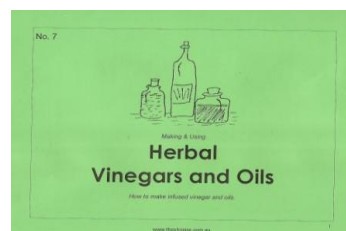
"Hi Pam - I recently made some garlic oil from one of your e-booklets. It smells wonderful particularly when cooking! Didn't realise it would be so strong and effective! Please tell others about how well it works".  
Roxanne- via email

Here's the 3 step recipe (it's so easy!):

- 1. Obtain** a clean recycled bottle with lid.
- 2. Place** in a few sprigs of your favourite fresh herb (rosemary, sage, thyme, etc.), one or two cloves sliced garlic, 10 peppercorns and sliced chilli (optional)
- 3. Pour** in olive oil (or other oil if preferred). Leave to infuse in a warm place (i.e. window-sill) for 1-2 weeks before using.

Use for shallow frying, dressings, etc, whenever oil is required.  
No need to remove the additives, leave in the bottle to continue infusing while in use.

**For more ideas see e-booklet No. 7 - Making and Using Herbal Vinegars and Oils** 14 pages \$8.00



*Well, that's if from me. I hope you've enjoyed the new newsletter format - stay tuned for the next issue - due out soon! Many thanks for your ideas and comments. Keep in touch!.*  
Pam Marshall - The Self-Sufficiency Shoppe [www.theshoppe.com.au](http://www.theshoppe.com.au)

## How to Purchase The Shoppe publications

There are 3 ways to purchase publications:

### **Method 1. From the website:**

All information is available **for immediate download**. This is the quickest way to access information.

Go to [www.theshoppe.com.au](http://www.theshoppe.com.au). Choose your item for download Click 'ADD TO CART'

6. Follow the prompts (pay by debit or credit card, Mastercard, Visa, American Express or Paypal)

### **Method 2. Internet Banking or Direct Payment:**

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can then be emailed or posted\* to you. Email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) for The Shoppe's bank account details for payment transfer. \*Please add \$3 to the price of each booklet to cover printing and postage costs.

### **Method 3. By Mail**

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 (add \$3 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per book for postage and printing costs.

**If you have any problems or queries contact: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) - ph: (08) 8374 2531**

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Back issues of newsletters are available at [www.theshoppe.com.au](http://www.theshoppe.com.au).

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**Educate others about the benefits of 'anti-consumerism' and alternatives - please pass this newsletter on to a friend!**

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