

# The Self-Sufficiency

# Shoppe

# Newsletter

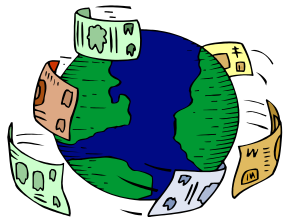
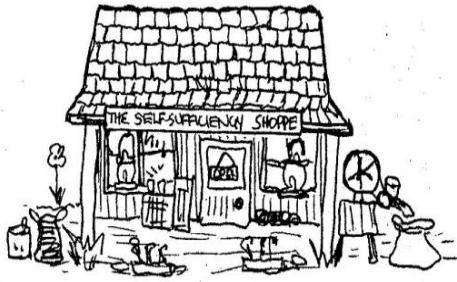
Issue 22

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## Money Energy in Action

*Consider me a brave person for broaching the topic of money – but I thought it's about time we addressed the issue! I've learnt over the years that for most people talking about 'money' conjures strong emotional responses – so it's 'safer' to avoid the topic! But really it is the main driving force behind the current state of the planet – including the environment. Earth's future is directly influenced by 'money' and belief in the need for more. It seems the entire planetary population is being gradually engulfed in a wave of money consciousness – cultures and societies that were not focussed on 'money' are now 'selling their assets' so they too can enter the world of 'money, profit and progress'. With countries such as China entering 'consumerism' – it too is now eager to attain the same 'consumer' lifestyle of the west. Local communities in 'third world' countries are selling their pristine environments to developers to enter the world of tourism and increase their grab for the 'tourist dollar'. Many of these cultures were not, until then, remotely concerned about the accumulation of wealth – so how sad it is that this powerful force has taken over their lives and the planet.*

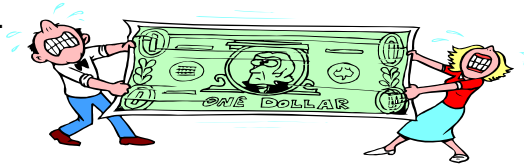
Money is an energy which manifests itself on the physical level as '**spending power**'. Money reflects where we are as a society. It has become a hugely powerful force that blinds rational thinking about the future of the planet. This is dangerous – like signing our own death warrant. While humans consider money to be of more importance than the welfare of the planet, its population, animal life and the environment there is little hope of a better future than the one we are facing right now.

My understanding of money is that our individual relationship with money – how we relate to money, how much we have, how-why-when we get it, what we think of it, how we manage our money, etc. are ALL dictated by our **belief system about money** – which has been predominately created by childhood conditioning and beliefs (i.e. what our parents told us, life experiences with money, etc.).

Whether we have 'enough' money or not in our lives depends on our individual perception of 'what is enough'. If we choose to live the high life in a mansion with lots of servants then 'having enough' will be a tall order indeed. If we choose to live frugally then we will more likely have sufficient money to maintain our lifestyle. The difference lies within our perception of 'wealth' and personal choice of style of living. Changing our money situation can be achieved simply by changing our style of living, beliefs and conditioning related to money. That is, put less influence on the importance of money in our lives, reassess our lifestyles so that we spend less, find alternative or cheaper ways to acquire the things we need (grow/make our own, barter, share goods/services with others,



buy second-hand, recycle what we already have, etc.) and shift our focus from: 'I do not have enough' to 'I have plenty'! The statement: 'There is plenty of money for all' rings true – there IS plenty for all – but attaining that requires changing our lifestyle, changing our desires and changing how we see ourselves in the world – which involves a lot of very deep and powerful soul searching.



Most people think that the way to improve monetary circumstances is to have **more money**. But really this accentuates the problem. The very first step to improving monetary circumstances and increasing the flow of money into our lives is to **MANAGE** the money we **DO HAVE** – that is, learn how to **MASTER** money and gain a sense of control over it. And the first step to doing that is learning to live with what we do have – as opposed to what we don't have. Its a very tall order – I know. When we look at the current state of the world's money market – debt is growing at phenomenal rate, people are sinking deeper and deeper into debt in order to acquire the things they believe they '**deserve**'. Money is moving further and further out of our control and will continue to do so until we realise our limitations (and the limitations of the planet) and bring spending into line with what is necessary for planetary balance and human survival.

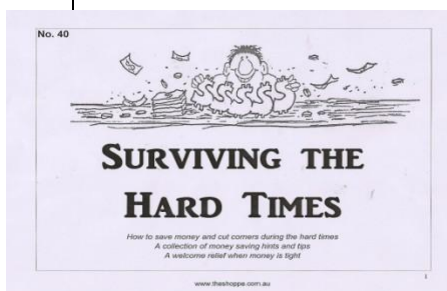
The other important point about money and the pursuit of wealth is '**balance**'. It's my understanding that evolutionary growth is about finding 'balance' between the two extremes of life. We move from one side to the other – learning, experiencing, growing and changing – until we realise the 'right way' and settle into the middle (an understanding of both sides and contentment with life as it is). Therefore, while some sections of human population on planet earth live in extreme wealth (having more than they need and exploiting resources to maintain it) there will be, in order to maintain planetary balance, on the other end the scale – people living in abject poverty. Until we correct the '**imbalance**' and **all of humanity lives in a way that maintains the planetary eco-system** the two opposites will continue to exist. It's up to us – as members of planet Earth to work together at changing this discrepancy.

In the philosophy of The Shoppe I quote the words: ***What's the point of individual acquirement of wealth when the very basis for human survival - the planet – is rapidly deteriorating? What use will our 'money' be when survival becomes non-existent? Our first priority as beings of planet earth should be 'the planet' – nothing else really matters.*** And that reflects very clearly the 'stupidity' of the people of earth to destroy the most precious thing they have – the planet: their only means for survival – in pursuit of wealth and money.

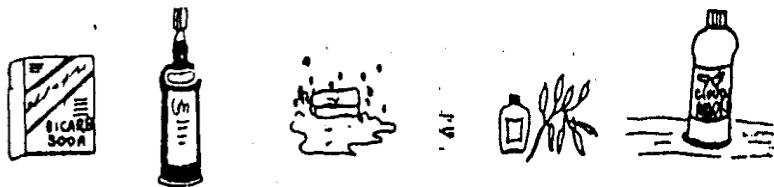
*Unfortunately I'm running out of space! There is so, so much more I'd like to say on the topic of money – in particular the very powerful influence of 'consumerism and advertising' related to 'money' (because, I believe, many people are hopelessly trapped in a cycle way, way beyond their control)....but it will have to wait until next time!*  
Pam

## e-Booklet No. 40 Surviving the Hard Times

30 pages Price: \$12.00 (download from [www.theshoppe.com.au](http://www.theshoppe.com.au))



*I've been 'fortunate' in my life to have experienced many powerful lessons with money. During extreme 'money squeezes' I'd always ask "why me" – but now, down the track in retrospect, can see that that very frustrating process taught me much about 'money'; of developing valuable survival skills and find reassurance that there are ways of coping during the hard times. Much of what I have learnt is documented in No. 40 'Budgeting for Beginners'.*



## Changes to 'Green Cleaning' booklet



Although I talk frequently about using just four simple items (bicarb soda, vinegar, soap, eucalyptus oil) for all your cleaning needs, the specifics about just how to use those items had not been clearly documented in the booklet range. During workshops and speaking engagements I am often asked questions such as: "How do I clean the oven?", "What do I use to clean the shower tiles?", "What gets stains best off the carpet?", etc., etc. It would take up valuable time giving answers to individual questions.

So I got to work re-writing No. 23 'Green Cleaning' so that it covered this 'missing information'. I have listed as many typical commercial cleaning products as I could think of and suggested an alternative cleaning method or product using either one or more of the five listed 'Green Cleaning' items. It makes Green Cleaning much simpler and eliminates any confusion people might have about 'how' to Green Clean. So now's there's no excuse and no need to venture down the 'cleaning lane' of the supermarket again – all you need are: bicarb soda, vinegar, soap and eucalyptus oil and maybe a little cloudy ammonia (if required) plus, of course, No. 23 'Green Cleaning'! The hardest challenge in making the change from commercial products to simple safe products is not the cost (as it's cheaper than expensive commercial items) but 'behavioural'. Changing from what is familiar to unfamiliar takes energy and initially a little extra time – but once the change has been made it's easy – if not easier!

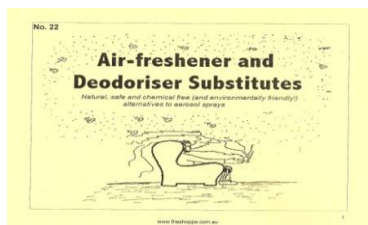
**e-Booklet No. 23 'Green Cleaning' 22 pages Price: \$12.00**  
(download from [www.theshoppe.com.au](http://www.theshoppe.com.au))

### Cleaning risk

**LONDON:** Expectant mothers using a lot of household cleaning products may increase the risk of their child developing asthma, British researchers claim after a study of 700 families. They found a link between high exposure to products such as bleach and air-freshener during pregnancy, or shortly after birth, and wheezing and asthma in young children. Children exposed to these products had up to a 41 per cent increase in the risk of persistent wheezing by the age of seven, and had slightly lower than normal lung function.

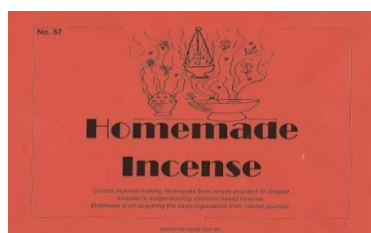
"The Advertiser 13/3/08"

While on the topic of cleaning this recent newspaper article gives substance to the importance of cleaning using non-toxic, safe and natural cleaning and household products. It talks about links between exposure to harmful toxins (in bleach and air-fresheners) and wheezing and asthma in children. It just adds more support to the importance of practising the principles of Green Cleaning in the home. I have difficulty seeing the rationale of using toxic substances to 'clean' ..... does that mean – for some people - that a clean home is far more important than a non-toxic one?



### Air-Freshener Alternatives

I'm not too fussed about how my home 'smells' – it's reasonably tidy and clean – and that's sufficient for me. So it surprises me just how many 'No. 22' booklets I sell dealing with 'Air-fresheners and Deodoriser Substitutes'! Obviously for a lot of people how their home 'smells' is important. Good news: It's not necessary to use expensive commercial chemicals to achieve the right 'odour'. No. 22 offers some great alternatives!



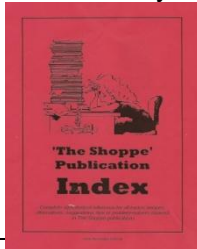
No. 57 'Homemade Incense' offers recipes for making your own delectable choice of aromatic incense.

**Price per booklet: \$8.00** (download from [www.theshoppe.com.au](http://www.theshoppe.com.au))

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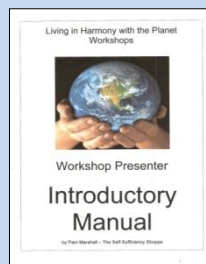
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Newsletter are posted to mailing list recipients – mail-outs depend on the availability of finance and time. Newsletters are free but postage is not. If you would like to have the newsletter mailed to you on a regular basis send 6x 50c postage stamps to The Shoppe address to cover postage of 6 issues (i.e. one full year)



# Your Questions & Comments

Hi Pam,

Thanks for the latest newsletter, I loved the article "Power of Advertising". When I watch telly, I get so mad at the false advertising stating the benefits to the environment, and get madder when I see people fall for this!  
Regards Naomi

Hi! Have just discovered your wonderful website. I am placing an order shortly, but can you please tell me if there is a distributor in my area of Wagga Wagga NSW. Plus I would really love to do a workshop.  
Kind regards Louise

**I receive many such enquiries about the workshops. Unfortunately the only place regular workshops are being held at present is in Adelaide. I've been trying to find a solution to the problem so that people from all around Australia have access to the same practical information offered in the workshops. What I have decided to do is organise the workshops in a format similar to a correspondence-type course. I have set up a general email list for workshop enquiries to keep interested people informed. If you would like your name on the list please tell me so. Don't forget also that all the information from the workshops is contained in a booklet set related to each workshop topic – although its not the same as the practical experience of a workshop they do offer very relevant and useful information. I'd appreciate some feedback on which particular workshops are the more sought after and comments on how to present the correspondence format.**  
Pam

## The Problem with Soy

I recently came across this newspaper article about research into soy in food and its link to infertility. I have received many comments from people concerned about soy as an additive to processed food – and the adverse affects it must be having on our health. Soy is now so abundant in commercial food products that is almost impossible to avoid it when shopping. As a result it takes away our 'freedom of choice' about what we consume – and people, quite rightly, feel powerless about being able to do anything about it! Here's a excerpt from an email I received a few months ago in response to a comment about soy in the Shoppe Newsletter – it makes interesting reading and summarises even further the problem with soy:

Dear Pam,

About 8 years ago I went soy everything in an effort to stave off the necessity of having to take HRT. Then was recommended to go to [www.soyonline.com.au](http://www.soyonline.com.au) which I duly did and was blown away by what I read - I went off soy overnight and in doing so made life really difficult and much more expensive. You're correct about it being in just about everything, and as far as commercial chocolate is concerned the ONLY one I have found which does not contain lecithin (and the cheapest way to obtain lecithin for manufacturers is from the soy processing procedure, it being a by-product) is Cadbury Flake. It is even in full cream milk powder! Sometimes you don't even know it's in there unless you're good with the numbers - about 99% of the time they have an emulsifier in a product you will also find that it is soy-based. Then there's the added problem of where the product was made to have even a remote idea of whether it was GM soy that was used. The only way to even have a teeny weeny chance of eating good healthful food is not to buy processed anything which, for even the most dedicated, is nigh but impossible. Aren't I the prophet of doom?!

Lesley SA

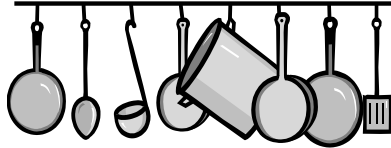
### Soy link to infertility

WASHINGTON: Eating or drinking a lot of products containing soy and isoflavones can result in reduced sperm count among men, a Harvard School of Public Health study has shown.

"There has been a lot of interest on whether soy affects fertility because many studies in animals suggest that this is the case, but there are very few studies in humans," lead study author Jorge Chavarro said.

The Harvard study examined the soy intake of 99 men determined to be part of couples experiencing fertility difficulties.

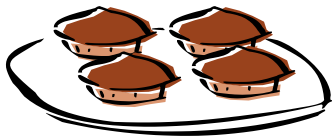
The Advertiser 1/8/08



## Your Favourite Recipes

### **'Low Glycaemic Index' Muffins**

*Hi Pam – I love muffins, but also have to watch my calorie intake. Here's my favourite recipe for 'good for you' muffins with variations to make different types of muffins*  
Jenny, Millicent SA



### Apple Muffins

#### **Ingredients:**

1 ½ cups of stone ground plain flour  
1 tbsp baking powder  
½ tsp bicarbonate soda  
½ tsp mixed spice  
1 tsp cinnamon  
200g rolled oats  
75g butter  
1 ½ cups plain yoghurt  
1 egg  
2 apples, peeled & chopped  
½ cup sugar (or Splenda)  
Vanilla

#### **Method:**

Sift dry ingredients (except sugar). Mix in a bowl with oats. Melt butter. Make well in centre of flour mixture. Pour in butter and stir with a knife until well combined. Whisk yoghurt, egg, vanilla and sugar together and lightly stir into flour until it reaches batter-like consistency (may need to add more yoghurt). Add apple (or apricots/blueberries – see variations mentioned later) and gently fold into mixture. Spoon into greased muffin tray. Bake in pre-heated oven at 230° for 15 – 20 minutes or until golden brown. Makes 12 muffins or 36 mini muffins.

#### **Variations:**

##### **Chocolate Apricot Muffins**

Replace spices with 3 tbsp cocoa. Reduce flour to compensate for cocoa. Replace apple with ¾ cup chopped dried apricots

### **Blueberry Muffins**

No spices. Replace apple with blueberries (1 small punnet). Add extra vanilla

### **Cheese Muffins**

No spices, vanilla or sugar. Add 1 cup grated or shredded parmesan cheese

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*I make and sell quiche at our local community market. I've been asked many times for the recipe – so here it is!* Pam

### Fetta & Tomato Quiche

**Base:** Grease & line quiche dish with shortcrust pastry or similar (*I use 'mountain' or 'lavish' bread – it's much cheaper and healthier. Brush it with water or milk to make it more pliable and then mould into dish*).

**Filling:** Beat 5-6 free-range eggs, 1 cup cream (or milk), 1 clove garlic (crushed), chopped parsley, ½ teaspoon veg stock powder, ground black pepper.

**Sprinkle evenly onto pie base:** ½ - ¾ cup grated strong cheese\*, 1 medium finely chopped onion, ½ punnet sliced cherry tomatoes (or just sliced tomatoes).

**Pour** in egg mix. Bake in moderate oven for ½ to ¾ hour. If quiche browns too quickly turn oven heat down to ensure egg mix is fully cooked. When the quiche rises slightly in middle indicates egg is cooked. Remove from oven.

*The particular quiche on sale at markets contains half sour cream and half ordinary cream – because it seems to enhance the flavour of the quiche. \*Parmesan or similar strong cheese are best.*

**Many thanks to readers for their contributions. Please keep them coming in – it's always great to hear from you!**

**Send your recipes, comments and questions to: The Self-Sufficiency Shoppe, P.O. Box 390, Park Holme 5043 or email: theshoppe@tpg.com.au**