



# STILLNESS & THE INTELLIGENCE OF THE HEART

AN INTUITIONAL MUSICAL EXPERIENCE

PRESENTED BY ANATOLE KONONEWSKY

SATURDAY 25 NOVEMBER

1:30PM - 3:30PM

THE MELBOURNE THEOSOPHICAL SOCIETY  
LEVEL 1, 234 FLINDERS LANE



**Music – Track 15:** 'Reprise: Sounds like the end because only love matters', Composed by Anatole Kononewsky

**Album:** 'Only love matters: music for Soft Diamond Light'

## Three Objects of the Theosophical Society

1. To form a nucleus of the Universal Brotherhood of Humanity, without distinction of race, creed, sex, caste or colour.
2. To encourage the study of Comparative Religion, Philosophy and Science.
3. To investigate unexplained laws of Nature and the powers latent in man.

## Mission of the Theosophical Society

*To serve humanity by cultivating an ever-deepening understanding and realization of the Ageless Wisdom, spiritual Self-transformation, and the Unity of all Life.*

**Ageless Wisdom**

**Spiritual Self-transformation**

**Unity of all Life**

WE RESPECTFULLY ACKNOWLEDGE THE FIRST NATIONS PEOPLES  
OF THESE LANDS, WHICH WE NOW ALL CALL HOME. THE INGENUITY,  
STRENGTH AND DIVERSITY OF INDIGENOUS CULTURES ENRICHES  
US ALL AND WE ASPIRE TO WALK TOGETHER, AS A COMMUNITY,  
HONOURING THE DEEP AND PROFOUND FOUNDATIONS THAT THEY  
HAVE LAID FOR US.



# *BACKGROUND*

Enter the Thought Tube

[www.Thoughttube.com](http://www.Thoughttube.com)



# Stillness & the Intelligence of the Heart

## *An Intuitional Musical Experience*

Exploring the science of stillness and how  
life works to understand who we are,  
with a deep respect for the ongoing  
custodianship of these lands by all of us.

PART ONE | INTERMISSION | PART TWO



## PART ONE

- Science of Stillness: An Inner Perspective
- SuperConnectivity™ - How life works?
- The Musical: "Stillness" (A Short Preview)

INTERMISSION (15 mins)



## PART TWO

Heart of Australia (26 October) – An Overview

Journey to the Heart (2023) – A Preview

Documentary Celebrating its 30<sup>th</sup> Anniversary (2023):

*'Our Children's Future, in our hands' (Excerpts- 1993)*

Heart Connections / Lighthouse Foundation (Video)

'Heart of Australia' (Music Video)

*An anthem for all Australians...*

*Performed by Tarryn Stokes*



# Science of Stillness

---

Mind | Heart | Body | Spirit

**An inner Perspective**



# Science of Stillness

Superconductivity (1911)

Superfluidity (1937)

*At the atomic level, heat is the speed atoms move.*

E.G. the heat in a scalding cup of coffee is caused by the atoms moving at a faster rate than the comparatively slower atoms in a cold coffee.

Atoms will move slower as the environment becomes colder, coming to a complete standstill at absolute zero ( $0^{\circ}$  Kelvin, or  $-273.25^{\circ}$  Celsius).



NOVA

**ALLAN GRIFFIN**  
University of Toronto

KPBS HD  
San Diego

Superconductivity discovered in 1911.

Requires VERY COLD temperatures ( $-196^{\circ}\text{C}$ ).

Atoms become MORE STILL with colder temperatures.

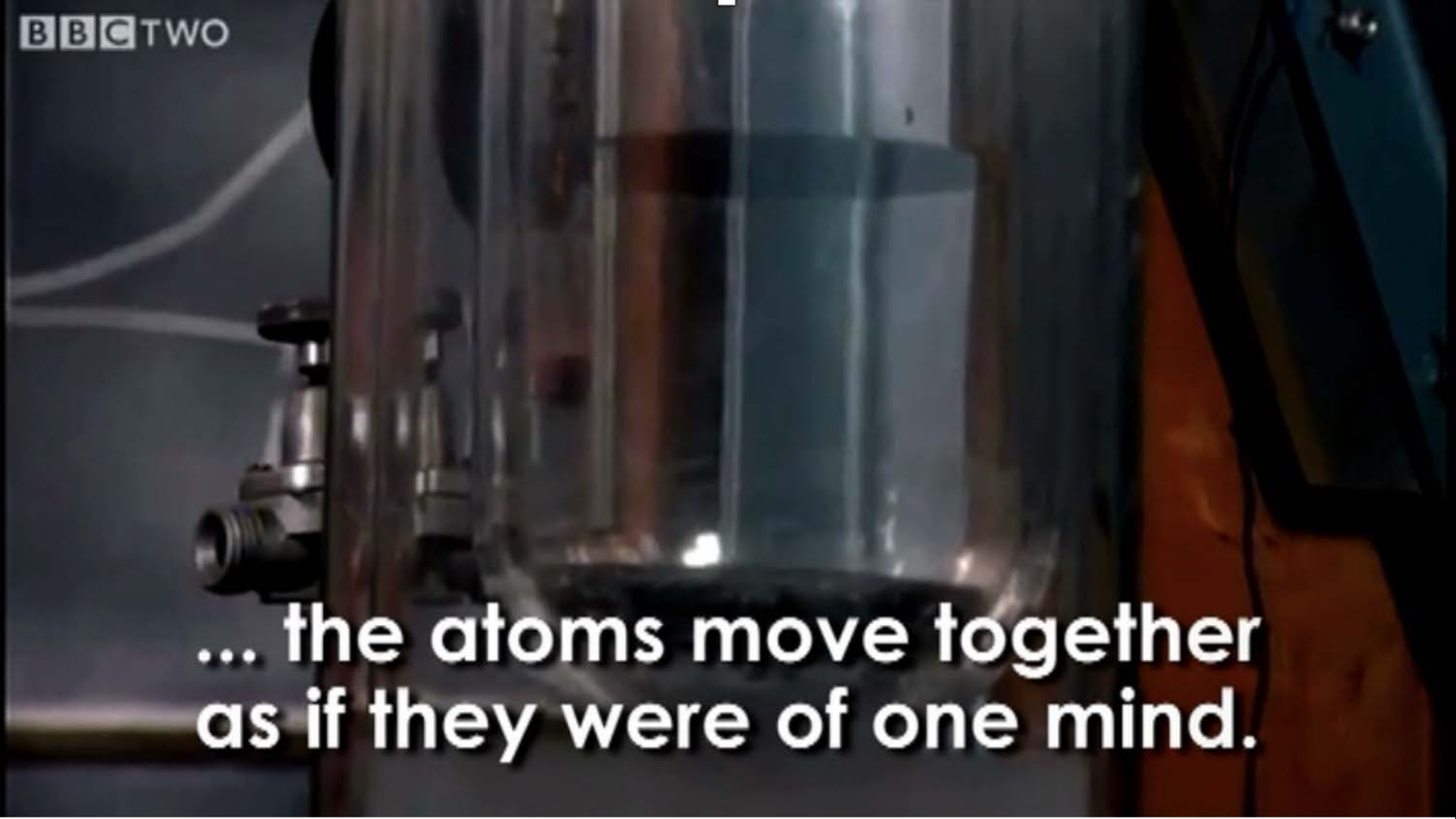
**“What is One Degree”, Ben Miller BBC2**

# Superfluidity

-270.98 ° C

(Atoms becoming very still.)





... the atoms move together  
as if they were of one mind.



**... the very idea that things  
are solid and can be  
contained, no longer holds**

# Science of Stillness

Superconductivity (1911)

Superfluidity (1937)

SuperConnectivity™ (2020)

Stillness (Thoughts / Desires)

*Creativity & How life works?*

# A higher physics view of the Ultimate Atom

TO ROTATE, CLICK AND MOVE YOUR MOUSE OVER THE IMAGE

*"In 1908 Annie Besant & Charles Leadbeater claimed to have used innate clairvoyant faculties to examine the actual structure of atoms.*

*An ability to observe microscopical objects beyond the actual resolution of human eyesight."*

*"ESP of Quarks & Superstrings", 1999  
Dr Stephen Phillips,  
Theoretical Physicist,  
University of California*



*"The level of quantitative and qualitative correlation between their observations & the facts of nuclear physics, (unknown to Besant & Leadbeater), and established features of the quark model is far too high to be explained away as coincidence."*

*Dr Stephen Phillips,  
Theoretical Physicist,  
University of California, 1999*

# A higher physics view of the Ultimate Atom

TO ROTATE, CLICK AND MOVE YOUR MOUSE OVER THE IMAGE

*"In 1908 Annie Besant & Charles Leadbeater claimed to have used innate clairvoyant faculties to examine the actual structure of atoms.*

*An ability to observe microscopical objects beyond the actual resolution of human eyesight."*

*"ESP of Quarks & Superstrings", 1999  
Dr Stephen Phillips,  
Theoretical Physicist,  
University of California*

*"The atom has three movements of its own: (1) rotation on its axis;*  
*(2) an orbital motion, for it is continually running round in a small circle;*  
*(3) a pulsation like a heart, a constant expansion and contraction.*

*These three movements are always going on, and are unaffected by any force from outside."*

*CW Leadbeater & Annie Besant*

*"The level of quantitative and qualitative correlation between their observations & the facts of nuclear physics, (unknown to Besant & Leadbeater), and established features of the quark model is far too high to be explained away as coincidence."*

*Dr Stephen Phillips,  
Theoretical Physicist,  
University of California, 1999*

*The current deepest levels of  
quantum physics and science  
were observed and revealed  
more and 110 years ago in 1908.*

# How life works?

# *SuperConnectivity*<sup>TM</sup>



*One of the fundamental realities  
emerging in the 21<sup>st</sup> Century, common  
to both science and metaphysics, is the  
recognition of the inter-connectivity,  
interdependence and essential  
unity of all life.*

Anatole Kononewsky



# How life works?

There is a systematic plan of evolution, involving everything and everyone contained in our solar system, with a definite intelligent goal in mind.

From Autobiography (In Development) by Anatole Kononewsky

# How life works?

There is a specific method, laid down through the ages, of shortening this plan, so that by a conscious effort we may progress more directly towards that goal.

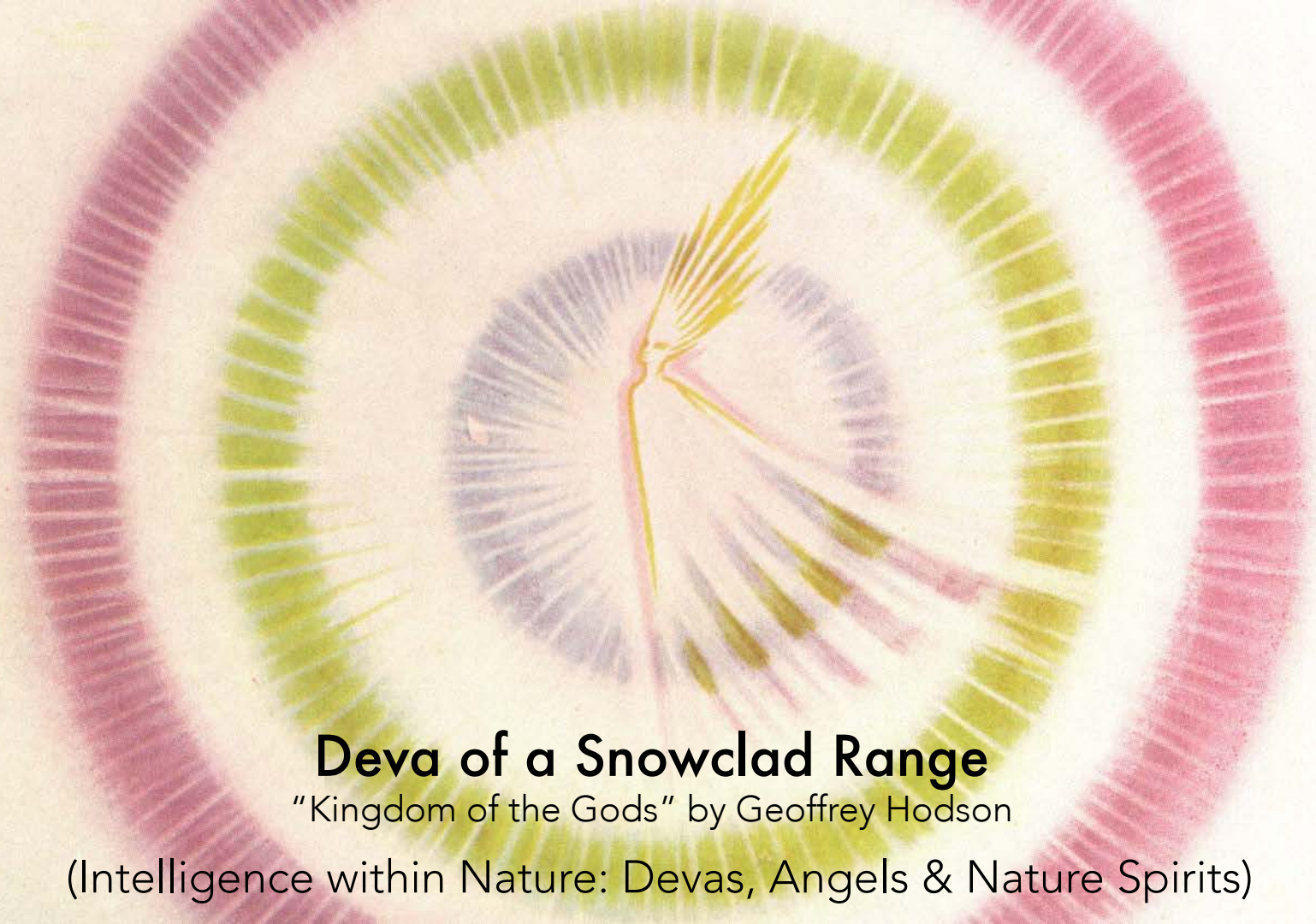
# How life works?

This method asserts we need not trust to blind faith, but that we have within us latent powers, which when aroused, enable us to see and examine for ourselves the truth.

# How life works?

This method also proves its case by showing how these powers can be awakened within us. This awakening is fundamental to the initiation of the superhuman evolutionary process.

*Once initiated, unfold in conscious cooperation with the intelligence within nature.*



## **Deva of a Snowclad Range**

"Kingdom of the Gods" by Geoffrey Hodson

(Intelligence within Nature: Devas, Angels & Nature Spirits)

# *Oneness and Non-locality*

---

with Deepak Chopra

30 June 2012

Global  
Spirit

Global  
Spirit  
.tv



**DEEPAK CHOPRA**  
Physician of Mind-Body Healing

# *Discovering your Self*

Who are you?

*Are you a Body with a Soul  
or a Soul with a Body?*





*“If you are not in the state of either acceptance, enjoyment, or enthusiasm, look closely and you will find that you are creating suffering for yourself and others.”*

— Eckhart Tolle, *Oneness With All Life: Inspirational Selections from A New Earth*

acceptance

enjoyment

enthusiasm

# Are you coming from?

A c c e p t a n c e | E n j o y m e n t | E n t h u s i a s m

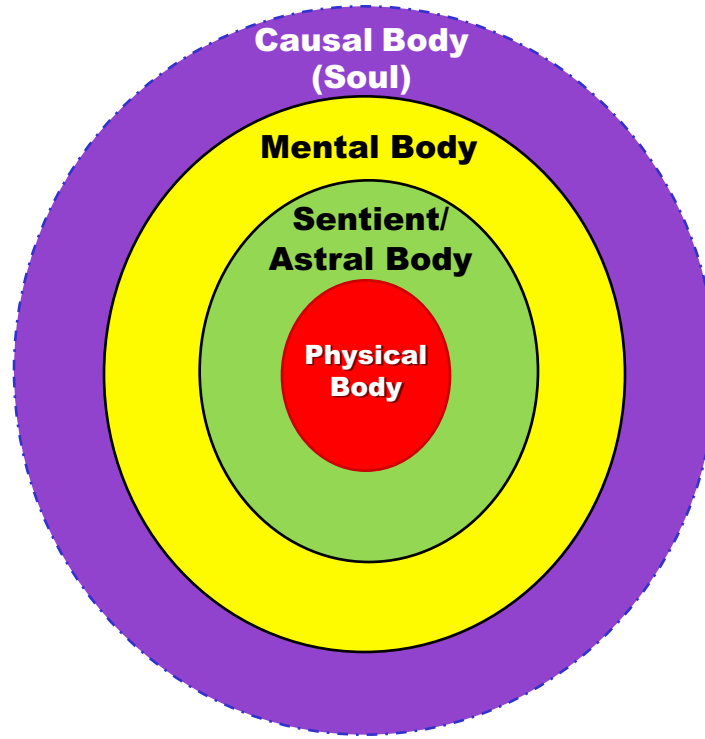
*Seeing the Invisible*<sup>TM</sup>

*There's more to life than meets the eye!*

**A Model for Creating Life**

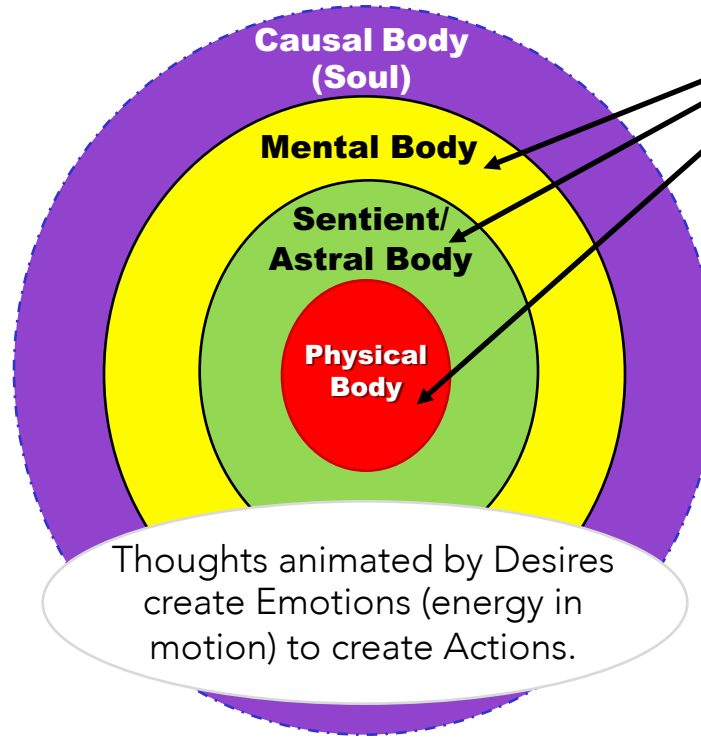
# Primary Vehicles of Consciousness

*Interpenetrating States of Vibration*



# Primary Vehicles of Consciousness

*Interpenetrating States of Vibration*



## Personality

*Bringing ideas into reality!*

Thoughts | Desires | Actions

Emotions?

Thoughts animated by Desires  
create Emotions (energy in  
motion) to create Actions.

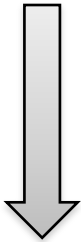
*"Emotion, being Desire infused with Intellect..."*

Study in Consciousness by Annie Besant

# Primary Vehicles of Consciousness

*Interpenetrating States of Vibration*

Inspired Intuitive  
Intelligence



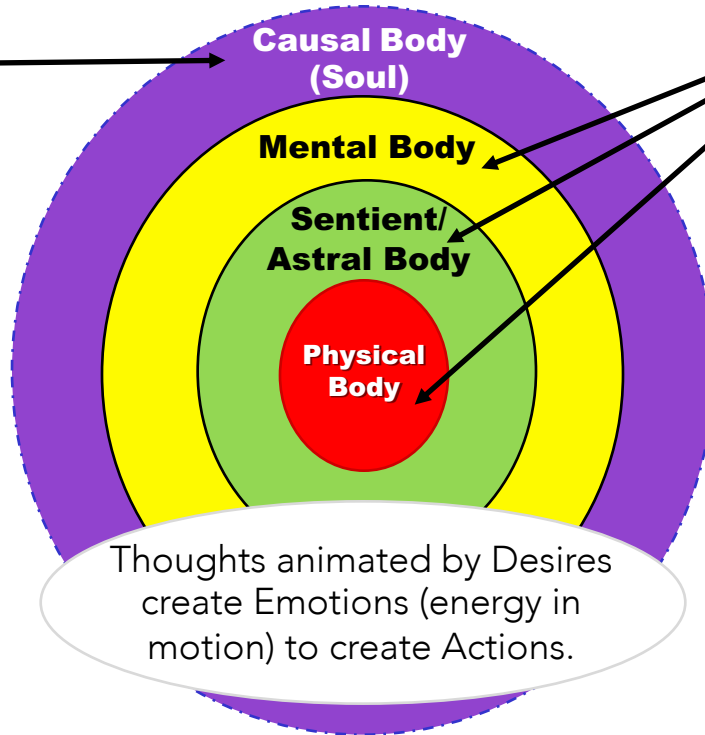
**Breaking the MIND Barrier™**

*Going beyond what you  
thought was possible!*

**Coming from Love**

*(In the "Zone")*

***Inner Inspired Impulse.***



*"Emotion, being Desire infused with Intellect..."*  
Study in Consciousness by Annie Besant

© 2023 APK Creative Holdings Pty Ltd

**Personality**

*Bringing ideas into reality!*  
Thoughts | Desires | Actions



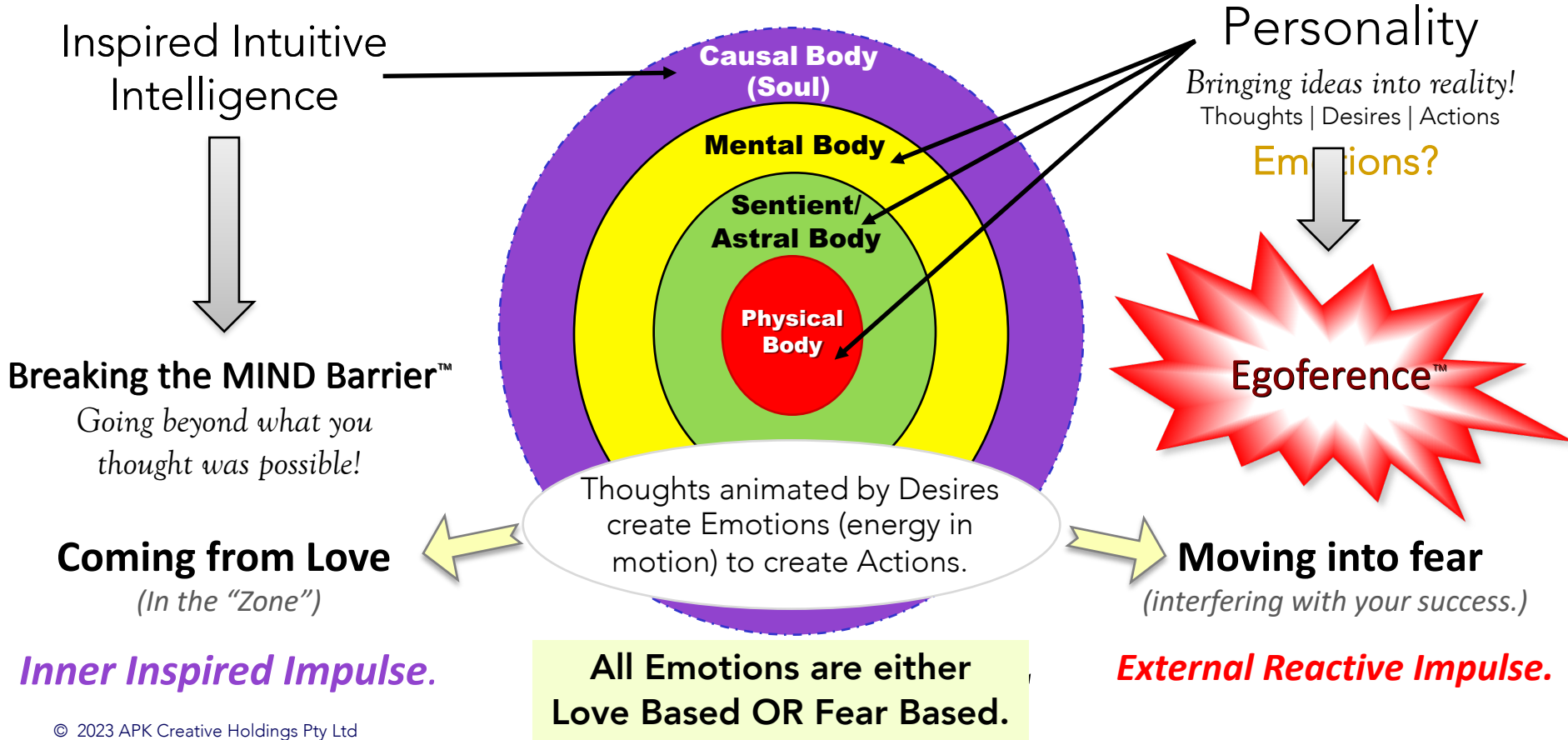
**Moving into fear**

*(interfering with your success.)*

***External Reactive Impulse.***

# Primary Vehicles of Consciousness

*Interpenetrating States of Vibration*



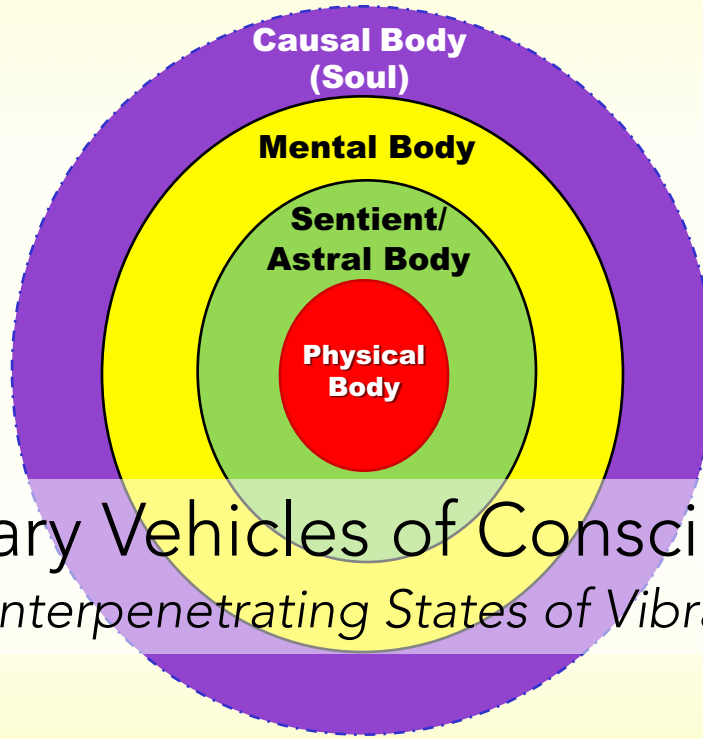


Developed Causal Body  
Man, Visible & Invisible by C.W. Leadbeater



# Monad

(Inner Self)



Primary Vehicles of Consciousness  
*Interpenetrating States of Vibration*

*Silence / Stillness*

Everyone has within themselves:

1. matter belonging to every one of these planes,
2. a vehicle corresponding to each,
3. in which they can function upon it when they learn how this may be done.

“The Devachanic Plane” by C. W. Leadbeater

# Creating / Manifesting?

## Personality

*Bringing ideas into reality!*

Thoughts | Desires | Actions

Inner Intuitive Impulse / External Reactive Impulse

*interconnected*

## Causal Body / Soul

*Universal Manifestation Principle*

Entry (Birth) | Change (Growth) | Exit (Death)

Inspired Intuitive Intelligence (Stillness)

## Creating / manifesting from stillness -- the most perfect physical activity naturally emerges & manifests.

1. Our thoughts and desires are initiated by either an External Reactive Impulse or by an Inner Intuitive Impulse.
2. The physical is always a consequence of actions initiated by these thoughts and desires, (combining to create either, love or fear based emotions).
3. At all times, we can control our thoughts and desires.

# Thought Forms

Annie Besant & C.W. Leadbeater

# Thought Forms

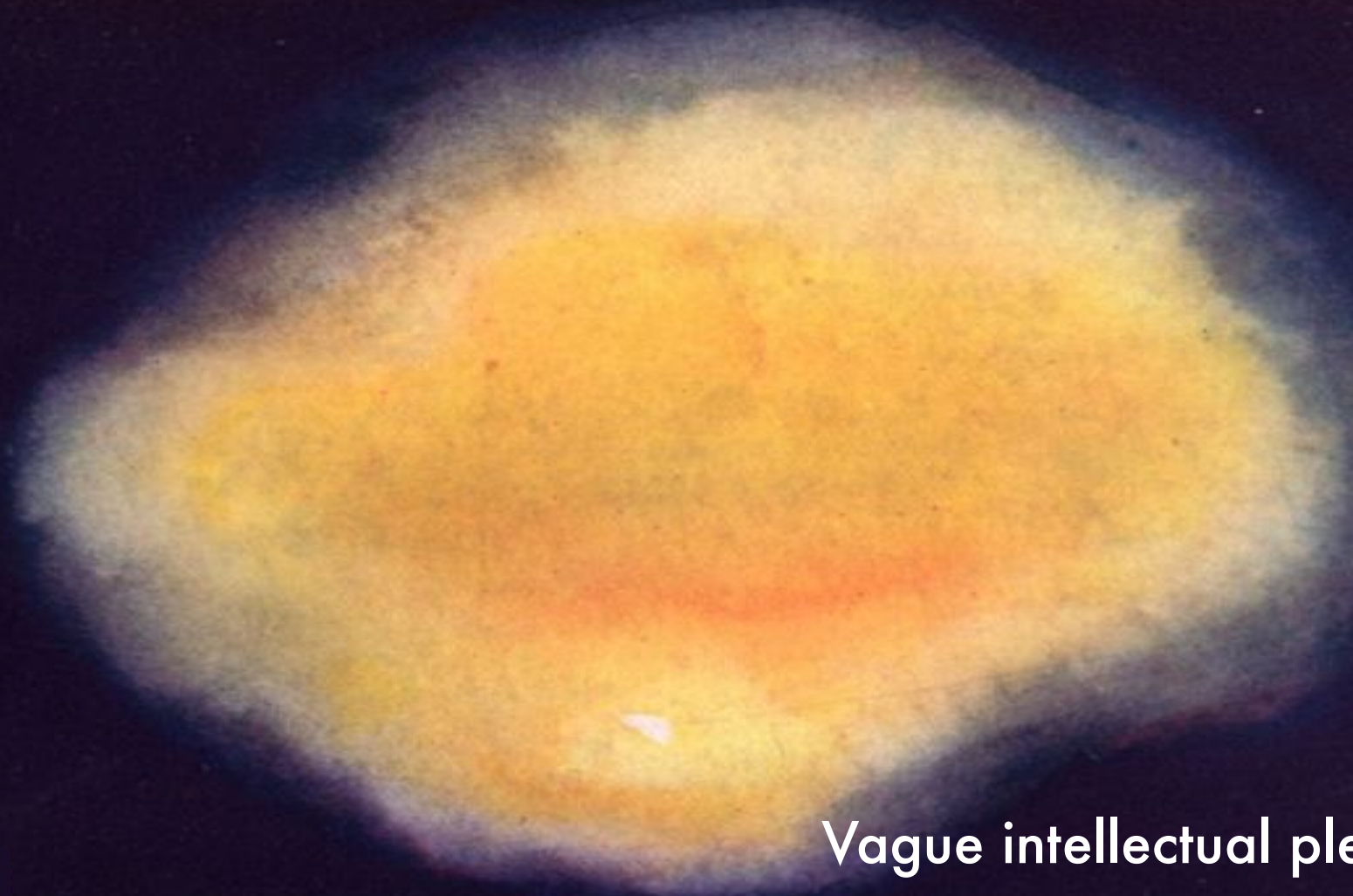
The three great principles underlying the production of thought-forms which are thrown off by the action of the mind:

- (a) the quality of a thought determines its colour,
- (b) the nature of a thought determines its form,
- (c) the definiteness of a thought determines the clearness of its outline.

"The Devachanic Plane" by C. W. Leadbeater



**Vague pure affection**

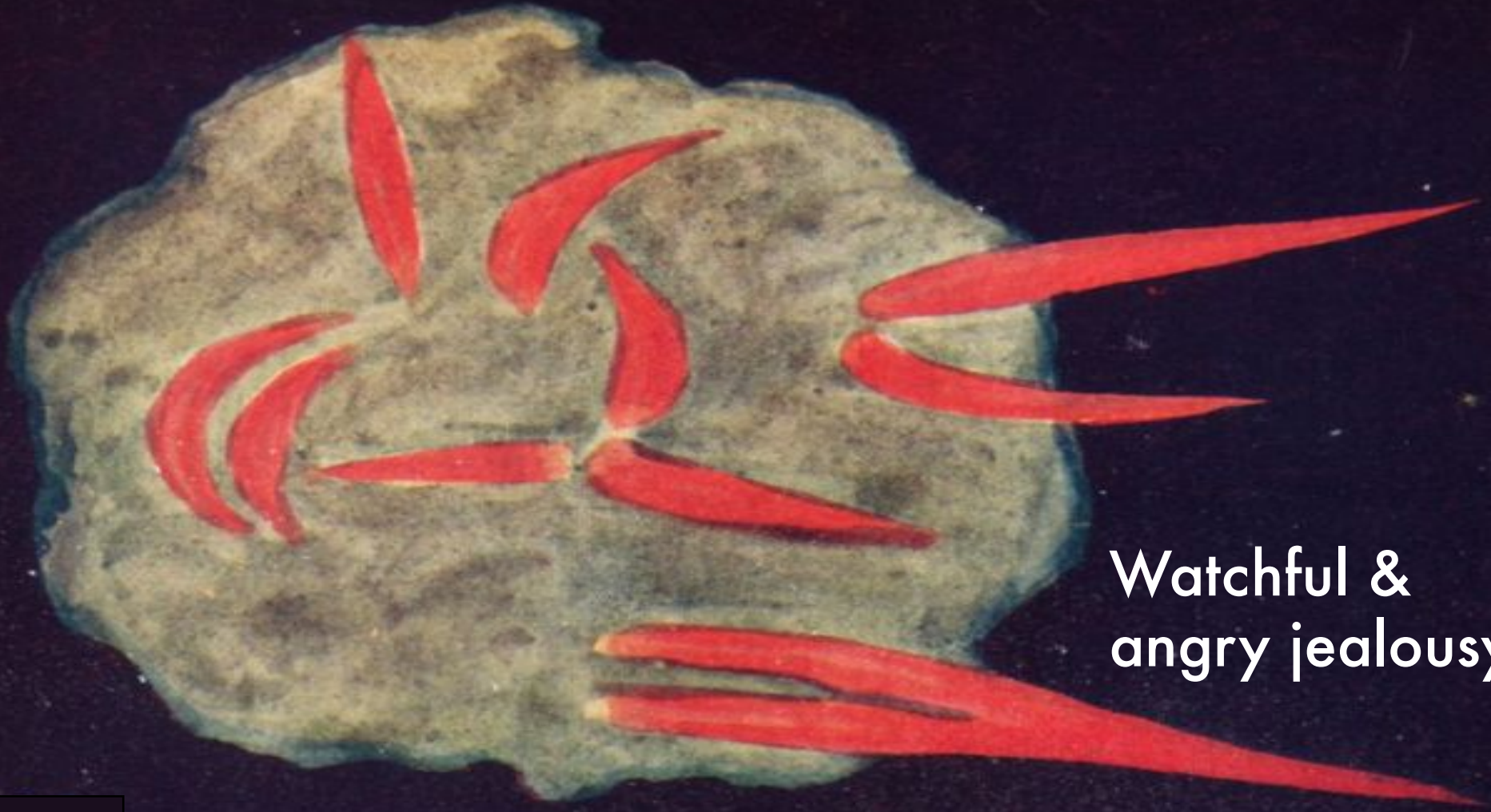


Vague intellectual pleasure





Greed



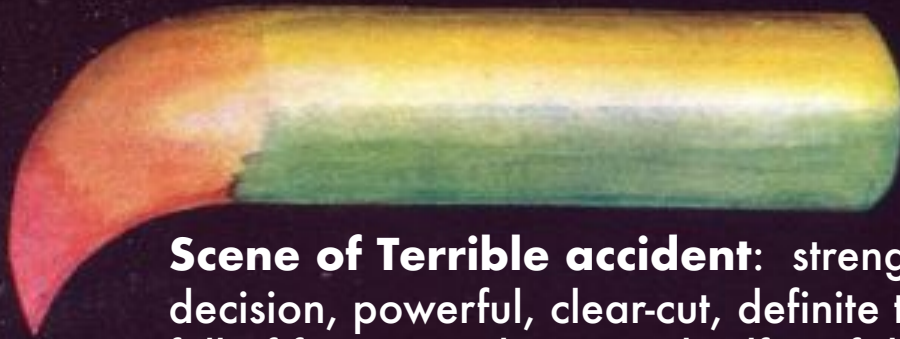
Watchful &  
angry jealousy

**At a funeral:** deep sympathy,  
affection, compassion & high  
understanding



**At a funeral:** fear,  
depression & selfishness

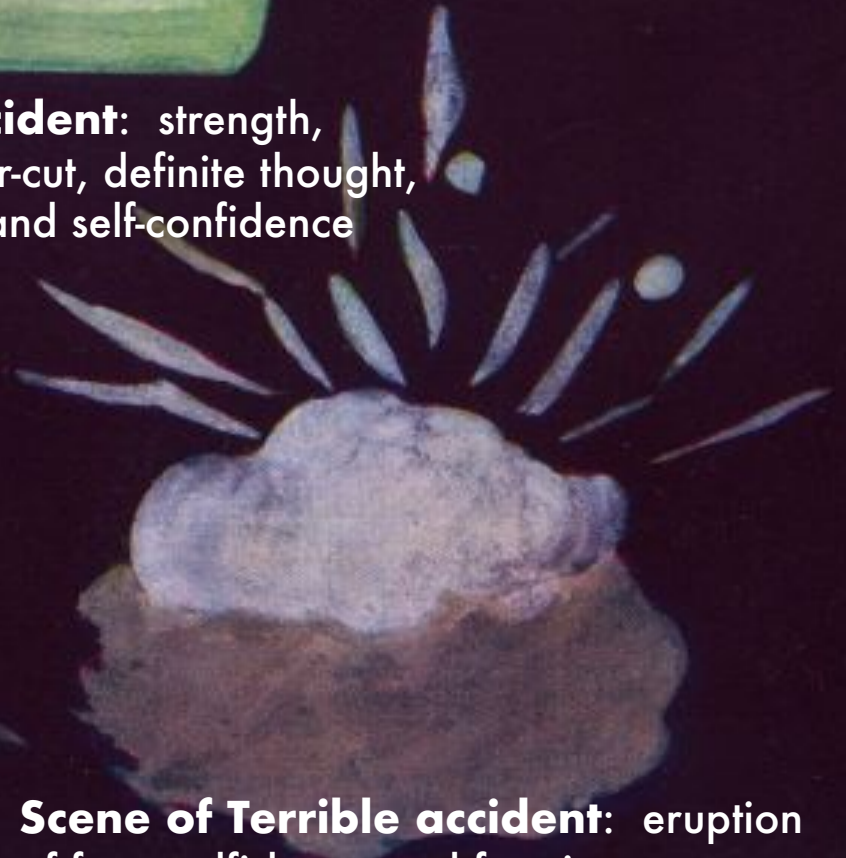




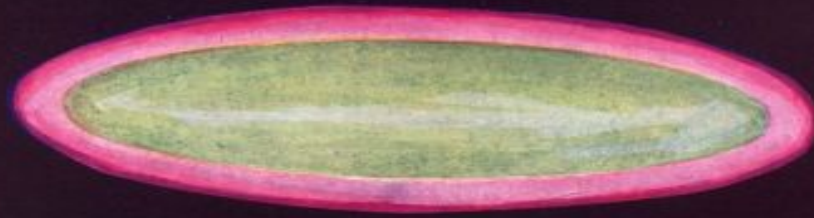
**Scene of Terrible accident:** strength, decision, powerful, clear-cut, definite thought, full of force, resolution and self-confidence



**Scene of Terrible accident:** attempt to overcome fear with prayer



**Scene of Terrible accident:** eruption of fear, selfishness and frantic terror

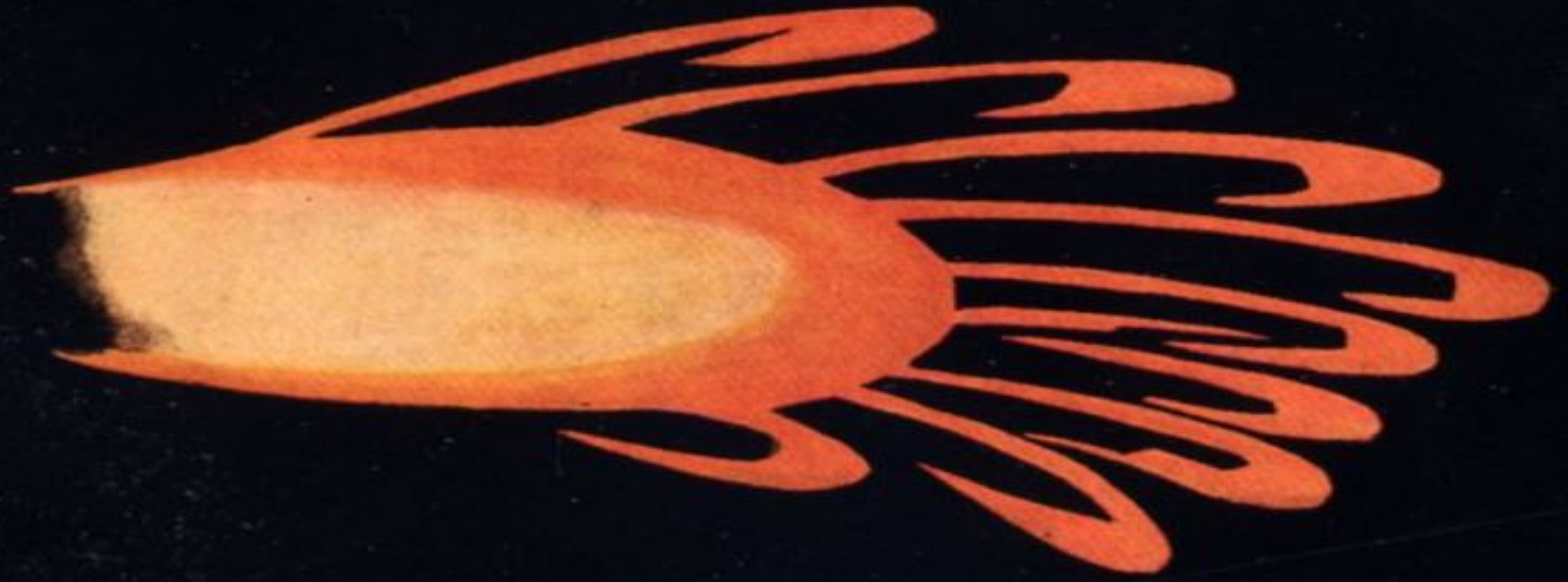


Scene of accident: both with affectionate interest, however the above is thinking clearly how they can be of assistance, while the below thought form is of vagueness and inaction.





**Explosive anger**



High ambition

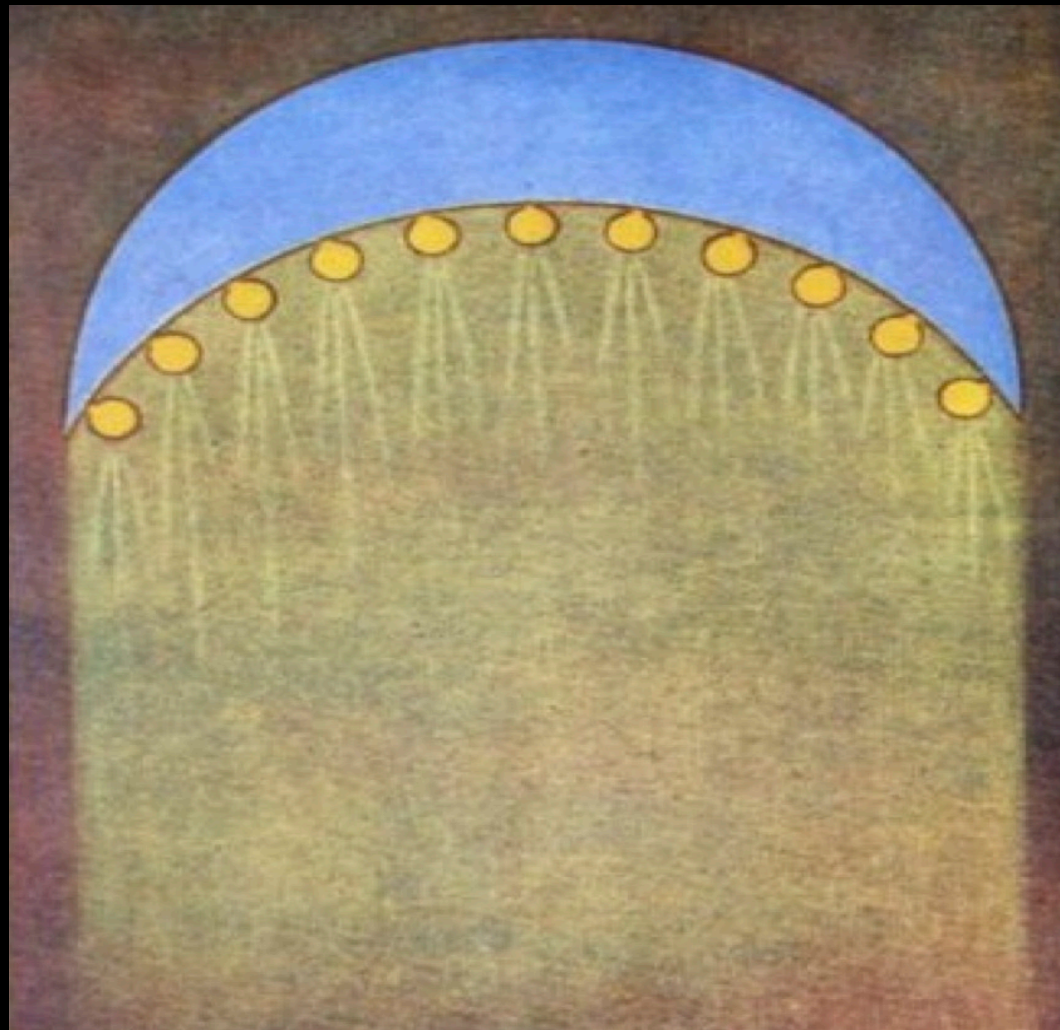


**Sending  
helpful  
thoughts  
to a friend**

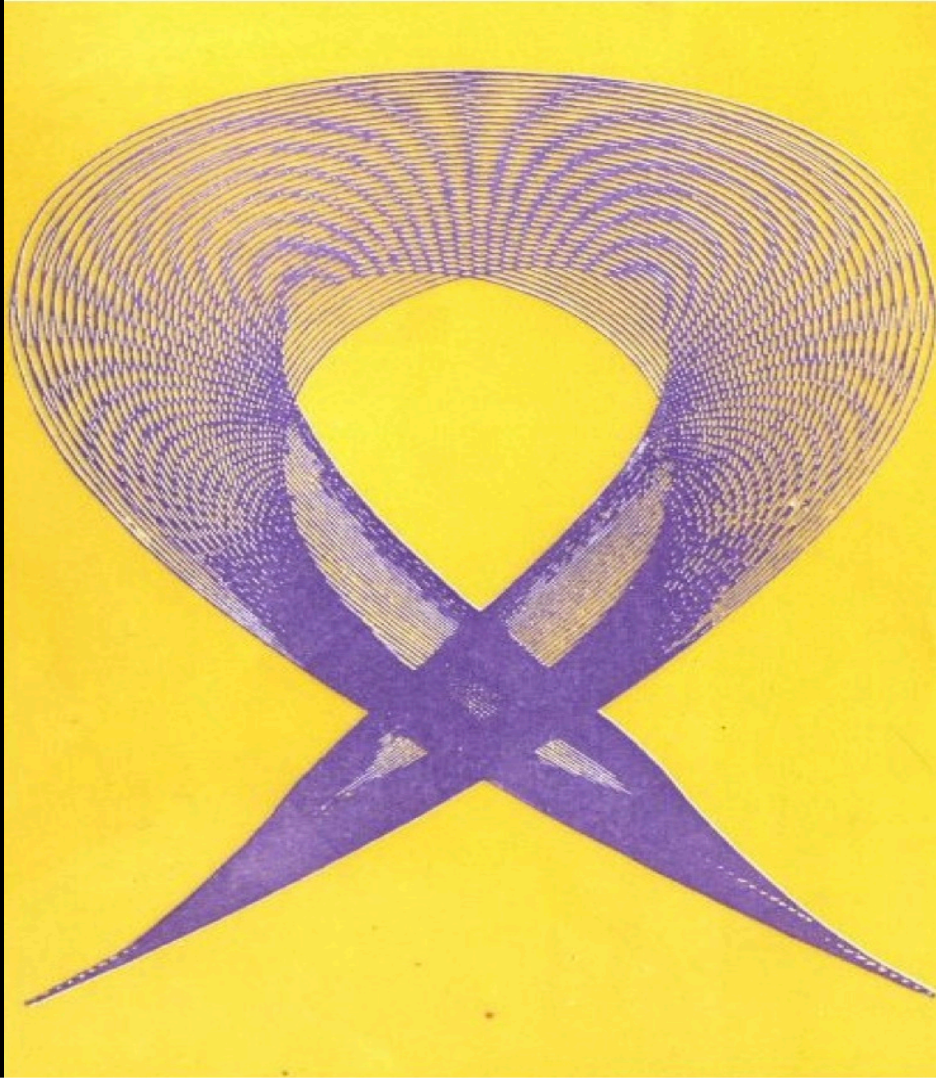


Sending  
helpful  
thoughts  
to a friend





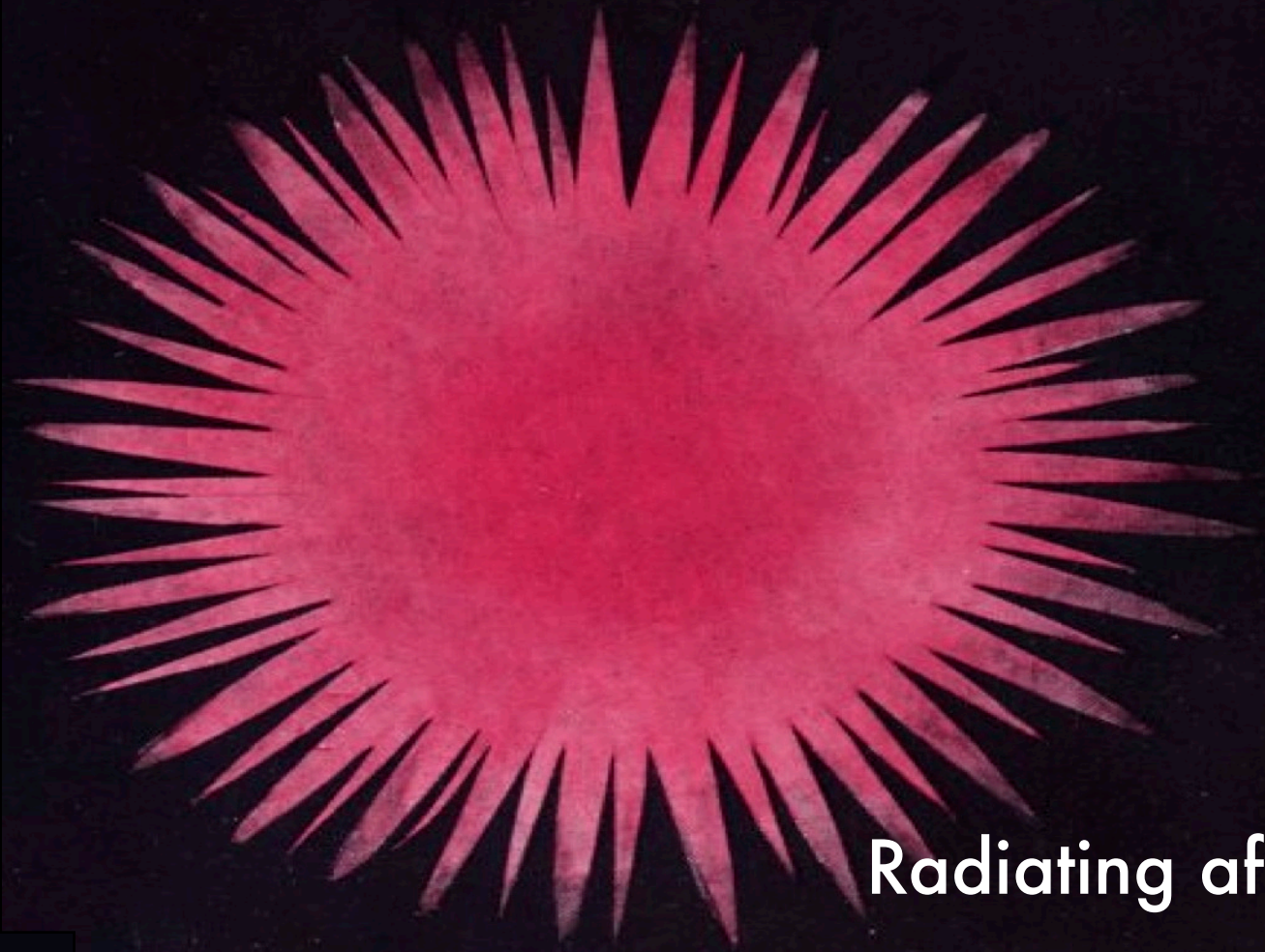
**Sending  
helpful  
thoughts  
to a friend**



Sitting in meditation  
enfolding all of  
humankind with  
high ideals



**Definite affection**



Radiating affection



Part representation of lofty thought  
considering God pervading all nature

Mendelssohn: Songs  
Without Words.

Thought-Forms,  
by Annie Besant &  
C.W. Leadbeater



The Music of Gounod.

Thought-Forms,  
by Annie Besant &  
C.W. Leadbeater






Consider the possibility that most of what is going on around us is invisible.


*Inner stillness provides  
access to your higher good:*

*To your Causal Body (Soul)*



*“The true value of your life is  
measured by the amount of love  
You’ve spent in creating it.”*

Anatole Kononewsky



*“Meditation is about seeing  
beyond the boundaries of the  
past and future and becoming  
fully focused in the present.”*

Anatole Kononewsky

# DISCOVER:

The only thing that separates anything, from anywhere, at anytime in the entire Universe is our state of consciousness.

The true purpose of life is the never-ending discovery and expression of higher states of consciousness.

*We are in the middle of a beautifully designed, intricate plan of evolutionary unfoldment bringing our inner spiritual essence to its full realisation.*

# Where are you coming from?

*Mind* | Heart | *Body*

*I n t e l l i g e n c e   o f   t h e   h e a r t !*



**Gregg Braden**

Best-selling Author, Computer Geologist

**"Power of the heart"**

# Where are you coming from?

Mind | Heart | Body

Separation / Contraction | Connection / Expansion

(Fear Emotions)

(Love Emotions)

*Power of Forgiveness,  
Releasing & Letting Go!*



# Soft Diamond Light Invocation - Part 1

*In the name of Divine Light, Love & Power I now fully release, forgive and let go every thought desire and action from the past, the present and the future from within myself; with everything and everyone and the entire universe -- at all times, in all situations and in perfect ways for the highest good. So Be It.*

A c c e p t a n c e | E n j o y m e n t | E n t h u s i a s m

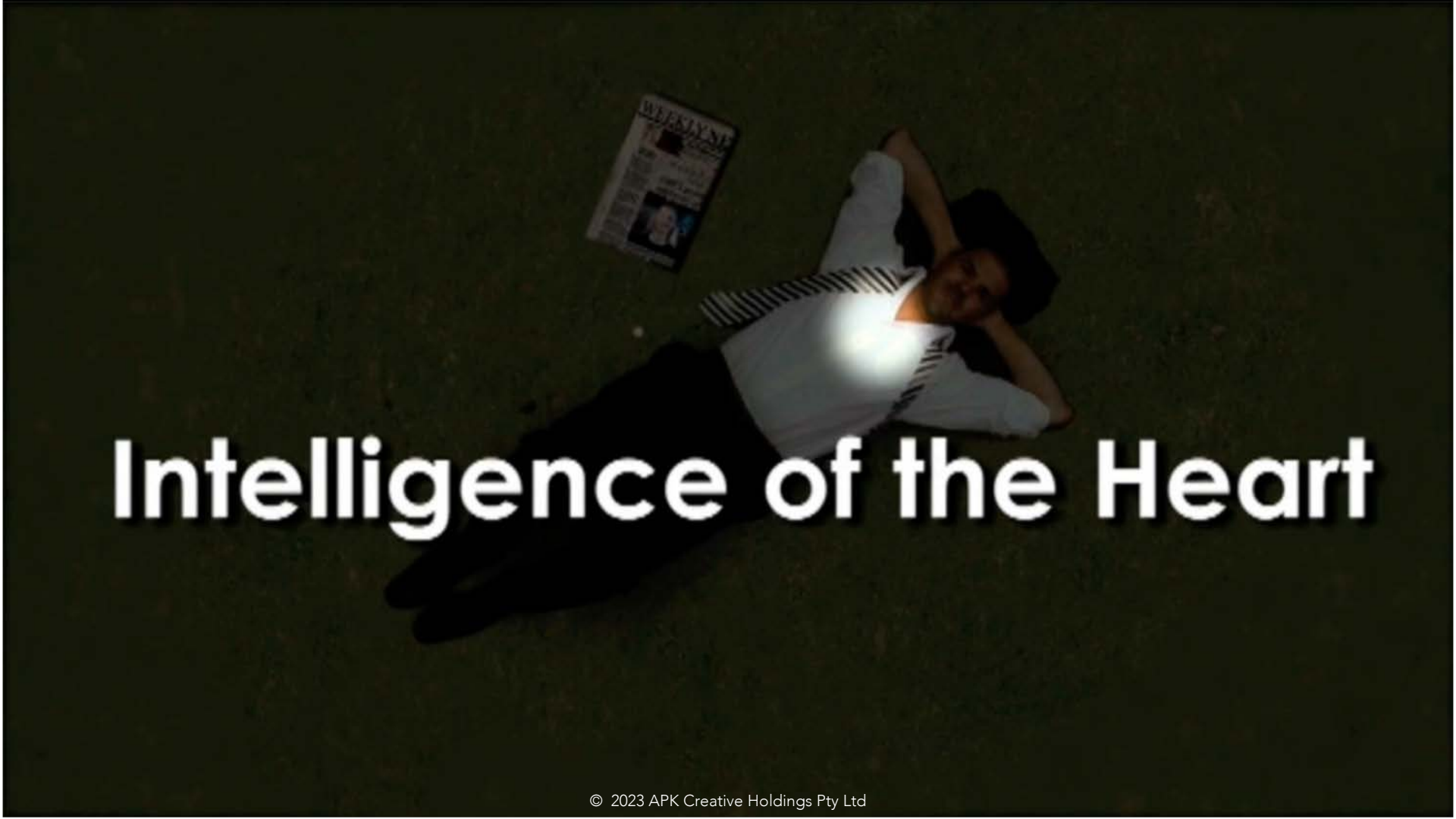


# Soft Diamond Light Invocation – Part 2

*I am now at perfect peace, within myself; with everything and everyone and the entire universe from the past, the present and the future -- at all times, in all situations and in perfect ways for the highest good. So Be It.*

A c c e p t a n c e | E n j o y m e n t | E n t h u s i a s m





# Intelligence of the Heart



**The heart is in control of the brain and has a central role in monitoring our emotional state.**

A human figure is shown in a light blue, semi-transparent style, standing in the center. The figure's torso is highlighted with a red glow. Surrounding the figure are numerous concentric, glowing orange lines that form a spherical pattern, representing an electromagnetic field. The background is dark, with a gradient from black at the top to a dark blue at the bottom. Overlaid on the left side of the image is white text.

**Electrical Field is 60 times Greater**  
**Magnetic Field 5,000 times Greater**



# Inspired Intuitive Intelligence

A human figure is shown in a light blue, semi-transparent style, standing with arms outstretched. A bright red heart is visible in the chest area. The figure is surrounded by a large, glowing orange field of concentric, overlapping waves that radiate outwards, creating a spherical effect. The background is dark, with a gradient from black at the top to a dark blue at the bottom.

**The intelligence of the heart has access  
to 'information' beyond space & time.**



**The intelligence of the heart has access  
to 'information' beyond space & time.**

*"The heart is, in fact, a highly complex information-processing center with its own functional brain, commonly called the heart brain, that communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways."*

*'Science of the Heart', HeartMath Institute*



*Science  
of the  
Heart*



**Rollin McCraty, Ph.D.**  
Exec. V. P. & Director of Research  
Institute of HeartMath



INSTITUTE OF HEARTMATH<sup>®</sup>  
Empowering Heart-Based Living

[www.heartmath.org](http://www.heartmath.org)

# Soft Diamond Light Innvocation - Part 3

*I am now guided, protected, supported,  
uplifted and inspired by the intelligence of  
the Heart at all times, in all situations and in  
perfect ways for the highest good. So Be It.*



A c c e p t a n c e | E n j o y m e n t | E n t h u s i a s m

# Stillness: The Musical

A Short Preview.

*Inspired by the Intelligence of the Heart.*



*“Inner stillness is the greatest source of  
creative power in the universe.”*

Anatole Kononewsky



*“A Second Interlude” (excerpt)*  
Composed by Anatole Kononewsky

# ” Stillness ”

## **Fire of Dance & Music**

A Musical in Three Acts  
*(A Short Preview)*



*Created by Anatole Kononewsky*

© 2023 APK Creative Holdings Pty Ltd

# An Overview - Main Characters



The Dancer



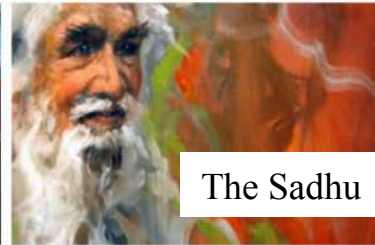
The Musician



The Princess



The Prince



The Sadhu



The Miserly King

(Images are used for indicative, creative purposes only.)

# An Overview

*“Inner stillness is the greatest source of creative power in the universe.”*

*Anatole Kononewsky*

This musical was inspired by a classical story told by a great spiritual teacher. Its message is about never giving up and giving your best in whatever you are doing, especially when pursuing your dreams.

*It is also a heartwarming and uplifting love story.*





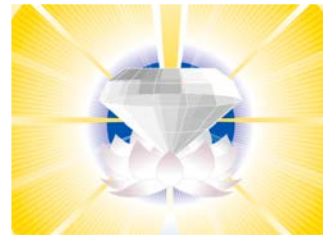
# An Overview

*“Inner stillness is the greatest source of creative power in the universe.”*

*Anatole Kononewsky*

A production synopsis has been developed incorporating the guitar compositions; songs and instrumental pieces created at different times over the last 40 years.

It also incorporates the remarkable inner wonders of metaphysics.



# An Overview

*“Inner stillness is the greatest source of creative power in the universe.”*

*Anatole Kononewsky*

This is based on ancient esoteric teachings, science and wisdom, using reincarnation as a vehicle for the main characters to move through time and space as this universal beautiful story unfolds.

*The aim is to create an inspiring, uplifting & entertaining production.*



# The Production

*Experience* the beautiful musical compositions and uplifting songs.

*Be enchanted* as a sublime, poignant story unfolds about the inner lives of a musician and dancer on their inner and outer journeys of awakening and enlightenment.



# The Production

THE PRODUCTION

*Follow their journey* to different times and places,  
culminating with a performance in a majestic  
palace of a miserly King, Prince, Princess and  
Sage living in this distant Kingdom.

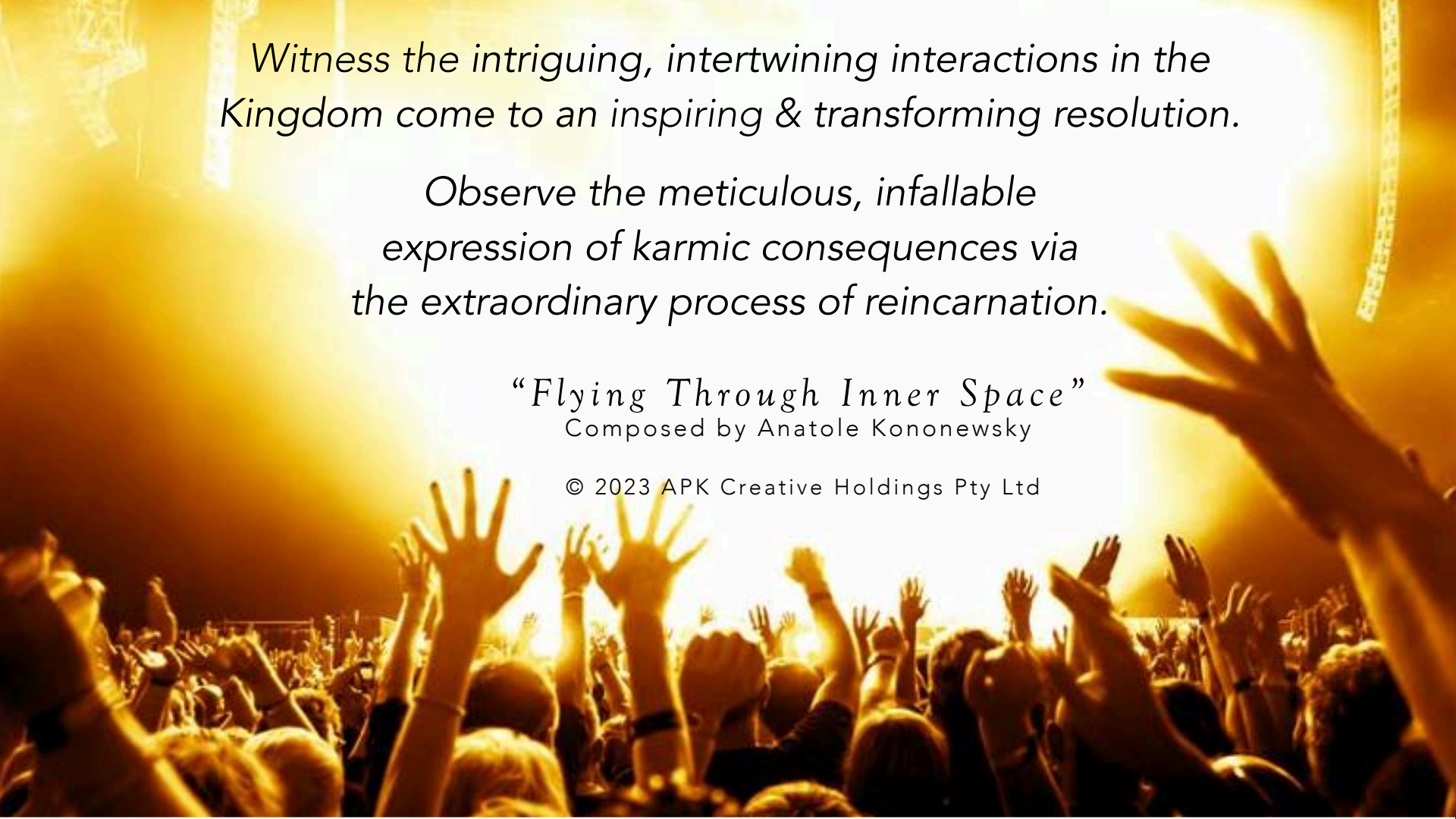


# The Production

**Be inspired** by the remarkable performances of the Musician and Dancer invoking the cooperation and participation of the profound inner intelligence within nature of the Devic and Angelic Kingdoms.

**Experience** an amazing, sacred and inspiring grand finale, involving the participation of everyone with the performers.





*Witness the intriguing, intertwining interactions in the Kingdom come to an inspiring & transforming resolution.*

*Observe the meticulous, infallible expression of karmic consequences via the extraordinary process of reincarnation.*

*“Flying Through Inner Space”*

Composed by Anatole Kononewsky

© 2023 APK Creative Holdings Pty Ltd

A vibrant sunset scene with a large rock formation in the foreground. The sun is low on the horizon, creating a bright glow and lens flare. The sky is filled with orange and red clouds. The foreground shows a field of tall grasses.

*Inspired by the Power of Intuition  
& the Intelligence of the Heart.*

The musician had composed a special song for this sacred site at the heart of Australia as an offering to the Indigenous Aboriginal community. It was composed as a sign of respect for the oldest, continuous living culture on the planet.



Our physical bodies have seven main chakras.

Planet Earth also has seven major chakra centres to function as a conscious, vibrant, living entity.

Uluru is regarded as the third Earth Chakra centre.

*Its global function is to maintain the vitality of Earth and all living species.*



So the Musician and Dancer started their  
journey to the heart of Australia.

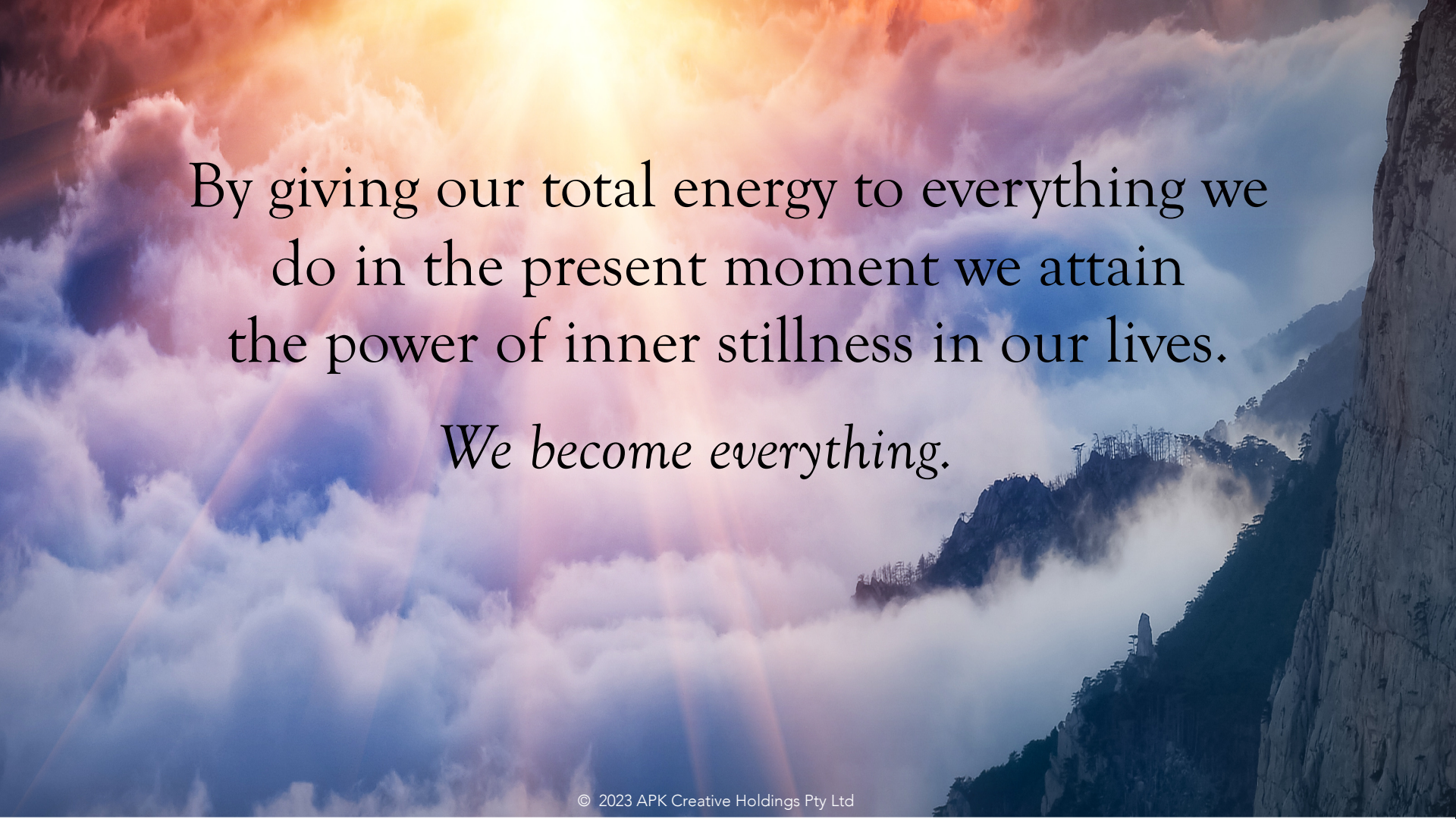
A large, reddish-brown rock formation, Uluru, is shown under a clear blue sky with a bright sun low on the horizon, creating a lens flare. The foreground is filled with dry, yellowish-brown grass. The text is overlaid on the rock formation.

*It honours the sacred centre of Uluru – the heart of Australia within everyone of us.*

*Uluru is a living cultural landscape considered sacred to the Yankunytjatjara and Pitjantjatjara people.*

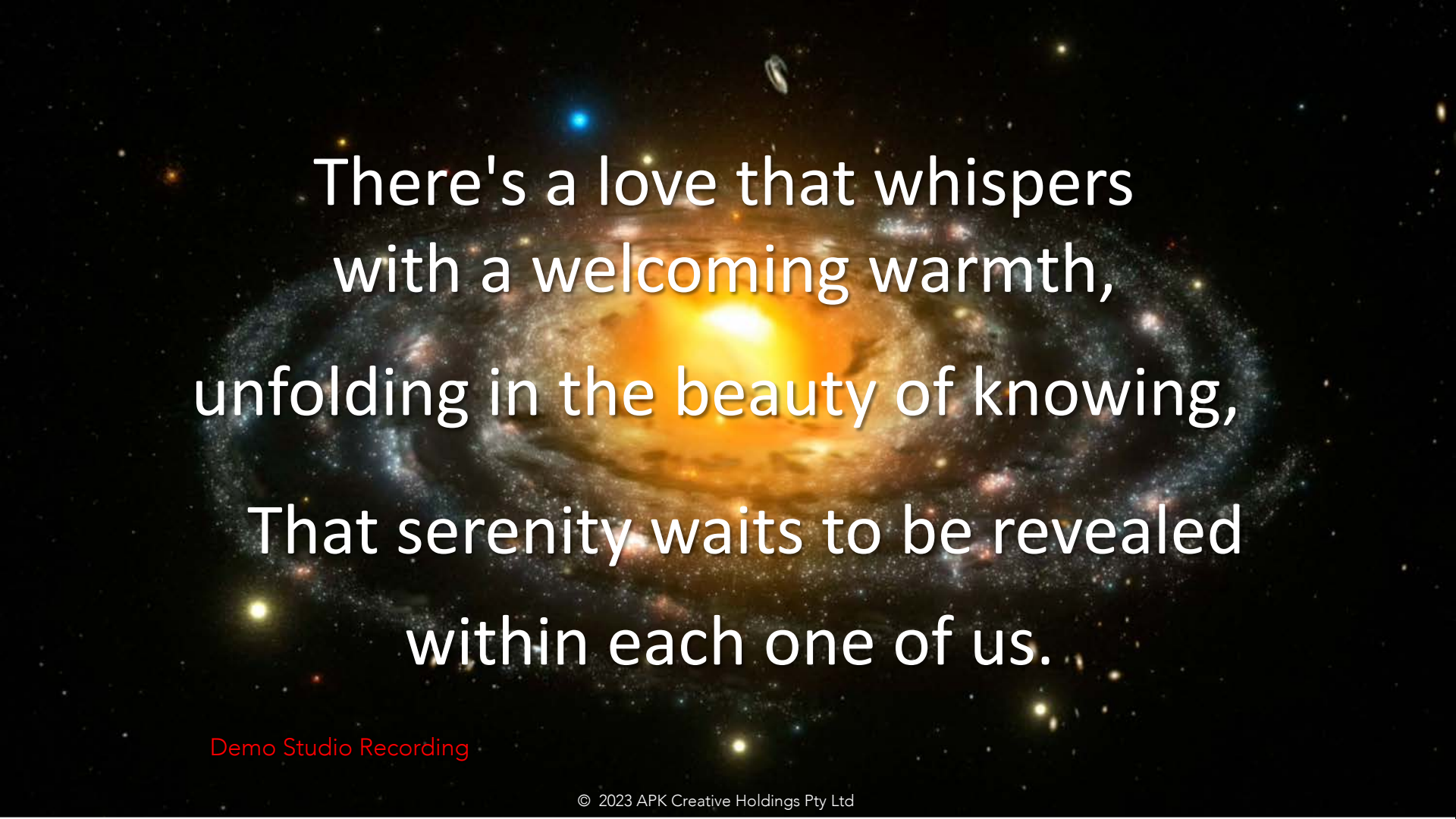
The Heart of Australia.





By giving our total energy to everything we  
do in the present moment we attain  
the power of inner stillness in our lives.

*We become everything.*



There's a love that whispers  
with a welcoming warmth,  
unfolding in the beauty of knowing,  
That serenity waits to be revealed  
within each one of us.

Demo Studio Recording



And in that moment of time,  
expanded by love,  
we become completely one,  
within the softness.

Demo Studio Recording



Of each moment as it gently passes by,  
of places where we merge into our Selves.

No limitations we extend beyond ourselves,  
we become everything.

Demo Studio Recording





And in that moment of time,  
expanded by love,  
we become completely one,  
within the softness.

Demo Studio Recording



Of each moment as it gently passes by,  
of places where we merge into our Selves.

No limitations we extend beyond ourselves,  
we become everything.

Demo Studio Recording



We become everything.

Demo Studio Recording



*Expanded by love...*



*Everything.*

# *“We Become Everything”*

Words & Music by Anatole Kononewsky & Aalia T Greene

Performed by Tarryn Stokes

Arranged by Anatole Kononewsky | Produced by Adrian Hannan & Anatole Kononewsky

All Instrumentation, Mixing and Mastering Adrian Hannan @ The SongStore

© 2020 APK Creative Holdings Pty Ltd

# Fire of Dance & Music

## Songs, Instrumentals & Classical Compositions

"Intergalactic Space Setting your Mind free" (Ø)

"Three Moments plus a Second (Third)" (Ø)

"What if the World Turned Around"

"Blues Shuffle with Feeling"

"Love What You've Got"

"World Upside Down"

"Different Directions"

"Already Free" (\*\*)

"Let Yourself Go"

"Feeling is Right"

"Nature of Love"

"Love You"

"Find Me"

"Three Moments plus a Second (A Second)" (Ø)

"Three Moments plus a Second (First)" (Ø)

"Flying Through Inner Space" (\*)

"We Become Everything" (†)

"Dancing with Inner Fire" (Ø)

"See What We Can Be"

"Heart of Australia" (§)

"Freedom of Stillness"

"Only love matters"

"Stand Near a Fire"

"Love Somebody"

"Total Energy"

"I know I am"

### Composed 1977 - 2018

Playing: 'Guitar with Strings' (excerpt)  
Composed & Performed by Anatole Kononewsky  
Rachel Blake on Violin

(A Rough Home Demo Live Recording Guide Track)

(Ø) 'Guitar with Strings' (Three Movements), Composed by Anatole Kononewsky

(§) © 2017 Words & Music by Anatole Kononewsky, Adrian & Barbara Hannan

(†) © 2006 Words by Anatole Kononewsky & Music by Aalia T Greene

(\*) © 1993 Music by Anatole Kononewsky | (\*\*) © Words & Music 2012 by Jim Fish



**T h e E n d i n g**

*is always a beginning...*





# **“Stillness”**

**Fire of Dance & Music!**

Created by

Anatole Kononewsky

**More than a Musical**

Enter the Thought Tube

Turning the  
World Around

A central graphic featuring a blue and green globe with a bright orange and yellow flame rising from its top. The globe is positioned behind the text 'Turning the World Around'. The background is a vibrant, multi-colored circular pattern with shades of yellow, green, and purple, resembling a stylized sun or a flower.

*Going beyond what you thought was possible!*

**Fire of Dance & Music**

**More than a Musical**

Enter the Thought Tube

Turning the  
World Around

**Fire of Dance & Music**

# Fire of Dance & Music



Inspired by a Classical Children's Story

Music & Songs Composed During 1977 to 2018

Draft Production Synopsis by Anatole Kononewsky

Presentation Created by Anatole Kononewsky

Clairvoyant Observations (Geoffrey Hodson)

# Fire of Dance & Music

*“Only love matters”*

Music for Soft Diamond Light

Composed by Anatole Kononewsky

Official Digital Release 2022

(Track 3 Playing)

© 2023 APK Creative Holdings Pty Ltd

*“I left uplifted and in a beautiful  
deeply connected state.  
I also loved all the music, and was  
drawn to want to sing along loudly!”*

Full Production Synopsis Performance, 2022  
Kalli Pulos, Senior Executive Coach/Facilitator



Angel of Java

“Kingdom of the Gods” by Geoffrey Hodson



# Intermission

(15 Minutes)

Didgeridoo played by John Matthews



Shakuhachi Flute played by Swami Dharmananda





*In-Alignment Vitality*

*& Breathing Technique™*



## PART TWO

Heart of Australia (26 October) – An Overview

Journey to the Heart (2023) – A Preview

Documentary Celebrating its 30<sup>th</sup> Anniversary (2023):

*'Our Children's Future, in our hands' (Excerpts- 1993)*

Heart Connections / Lighthouse Foundation (Video)

'Heart of Australia' (Music Video)

*An anthem for all Australians...*

*Performed by Tarryn Stokes*

*Winner of The Voice (2023)*



# Heart of Australia Initiatives

A tribute to the beating heart of this great country.



The Song

# Heart of Australia

An Anthem for all Australians



*"Strong lyrics and incredibly heart felt."*

Legendary Singer, Marcia Hines AM

A career spanning five decades Marcia is an inspiration to women and Australians everywhere, Marcia was inducted into the ARIA Hall of Fame in 2007.

# An Anthem for all Australians

- ♥ *"Congratulations on your great achievement, perhaps a new national anthem"*. Robert Bleakley, Developer and owner of the Verona Cinema Complex.
- ♥ *"What a luminous work. I vote 1 for our national anthem."* Sumitra-Phoenix, Music Teacher
- ♥ *"Wow! Such a beautiful song. I wish this was our national anthem."* Mandy Geddes, Director, Institute of Executive Coaching & Leadership





# An Anthem for all Australians

♥ *"It's beautiful! It has anthem written all over it!!"* Bronny Lane,  
Founder & Director of Little Train Creative

♥ *"Definitely an anthem song for all Australians. Great song."*  
Chris Doney, Managing Director of IT-Spark

♥ *"A truly beautiful song with powerful lyrics."* Steve Georganas  
MP Federal Member, Adelaide

♥ *"Beautiful song."* Melissa O'Connor, Manager (Vanessa Amorosi)

♥ *"What a beautiful, poignant and uplifting song."* Michael  
Williams, Loving Earth Pty Ltd



# International Comments



*"Anatole, I shared it with others who simply loved it! Thank you so much!"*

Phylicia Rashad, USA

Acclaimed singer, director, and actress who has appeared in stage, film, and television productions – is currently the Dean of the Chadwick A. Boseman College of Fine Arts at Howard University. A critically acclaimed stage director, Rashad has led productions at prestigious venues throughout the United States. Respected in the academic world, Rashad was the first recipient of the Denzel Washington Chair in Theatre at Fordham University, and has been bestowed with numerous honorary doctorate degrees.



*"It's absolutely lovely, thank you for sharing..."*

Carol Maillard, Sweet Honey in the Rock, USA

Founding member of the legendary group Sweet Honey in the Rock, 1973. Have had three Grammy nominations, won their first in 1989. Performed at the White House in 2009 for First Lady Michelle and President Barack Obama. Performed at the National Memorial Service for Nelson Mandela at the National Cathedral in Washington, DC in 2013. The group has produced over fifteen albums. Carol is also an accomplished actress and has performed in film, television, cabaret and on stage.



*"Anatole, I appreciate you taking the time to share the 'Heart of Australia' song with me – it's truly lovely."*

Grace Forrest, Founder of Walk Free





*"On the first listen I had goose-bumps and on the second listen I was singing it like she was an old friend. The true sign of a classic and it made me feel proud to be an Ozzie. I only wish Olivia could hear it... or maybe she can 🙏... Just beautiful and congratulations."*

Tottie Goldsmith OAM



*"In Dean Carey you have a teacher who knows everything about acting. Dean has inspired me for 28 years and I'm forever grateful." Hugh Jackman, Actor, ACA Patron*

*"What a song! It captures so much and encompasses so very much. It calls to heart, first nation, the now nation, and everyone, with a combined sense of wonder and gratitude about the fact we all live on this great, great and ancient land."*

*"It is superb and just like Peter Allen's, 'I Still Call Australia Home', or Sarah McLauchlan's song, 'In The Arms of An Angel', it captures true heart, mystery and magic."*

Dean Carey, Head of Acting at two of Australia's most prestigious schools; in 1987 he founded the Actors Centre Australia (ACA).



*"I Love the song!!!!!!!!!"*

Ralph Carr, RCM

Founder of one of the most successful  
and respected artist management  
companies in Australian history.





The song, "Heart of Australia" expresses the beauty of the Australian landscape, plus the open, welcoming spirit of the people. It honours the home of the oldest living continuous culture on Earth and the sacred site of Uluru.

It is a tribute to the beating heart of the country.

*"The song seeks to invite all Australians to give voice to what they truly love about each other and these lands. The vision is to bring together Australia's rich and diverse peoples of all ages and cultures to celebrate all that's good in this world." Anatole Kononewsky.*

Australia is rich in diversity and culture -- listening to the song we can celebrate what you love about these lands and inspire future custodians to create a better tomorrow for all.

# The Heart Icon

Radiating pulse

Heart

Land



Representing the radiating energy from our nation's heart,  
the friendly Australian spirit of its people and our unique lands.





The song "Heart of Australia" was released on 26 October 2022 to celebrate and unite the country. It was written by Anatole Kononewsky along with multi-platinum award-winning producers Adrian Hannan & Barbara Hannan.

With the release of the song, the Creative Team hopes to inspire listeners to celebrate Australia's wonderful melting pot of diverse cultures and unite as one beautiful melody.

*"The aim is to create meaningful communication and appreciation across Australia's rich and diverse peoples by promoting and supporting the special work done in our communities. Bringing together Australians of all ages and cultures to honour our country's unique Indigenous history and custodianship." Maggie Hamilton.*

The song, is a part of the Journey to the Heart each year.

JOURNEY TO THE  
HEART OF AUSTRALIA  
(26 OCTOBER)



The journey officially starts each year on 14 February and culminates on Heart of Australia (26 October).

# Heart of Australia

(26 October)

Inspire | Celebrate | Unite

Respect for ourselves, each other & the land.

*Inspired by the song...*

LEARN the SONG

Heart of Australia

PERFORM the SONG



Released by Tarryn Sokes on 26 October 2022.  
Winner of the Voice (2023)



*"...the boys loved learning and singing it."*

Hayley Blakiston, Head of Junior  
School Music, Acting Head of Choral, 2023



# HeartBeat

*for young people.*



*Listening to your heart....*

The image features two hands in silhouette, positioned to form a heart shape. The background is a warm, orange-hued sunset with a bright sun visible through the heart-shaped opening. A semi-transparent grey heart is overlaid on the right side of the hands. The text 'SHARE THE LOVE' is centered in white, bold, sans-serif font.

SHARE THE LOVE

Heart of Australia  
(26 October)



# Historic Background (1993)

## “Flowing Streams”

(Instrumental of Song: “See What We Can be”)

Words & Music by Anatole Kononewsky

This song was composed in 1993 for the launch of the documentary and the initiative.

(Rough Live Home Demo Recording Playing)

Produced with Jerry Speicer.



# How it Started?

Initiative (1990) & Documentary (1993)

Launched in Melbourne



Celebrating the 30th Anniversary (2023)

## Before it's Too Late Project



The "Before it's Too Late" project was implemented between 1990 and 1995. It supported many leading edge groups, in particular the Lighthouse Foundation, founded by Susan Barton AO. During that time there were many major events held in Melbourne & Sydney. A documentary was produced called, *"Our Children's Future in our Hands,"* (distributed to schools around Australia, including a Manual for teachers); the project generated awareness through national TV, with Max Walker and Robert Kiyosaki as the Spokespersons.



The project also channelled human and material resources to youth support groups. It created educational programs for empowering Youth Groups including a major "Success Congress for Teens" in Sydney, which was supported by leading sports and entertainment celebrities.



The Project and the video received wide acknowledgment within the community. This has included many Government officials and celebrities, who commented:

*"It is pleasing to see your efforts in this regard. I wish you well in your continuing efforts for young people..."*, The Honourable Vin Heffernan.

*"The 'Before it's Too Late' project is important to help young people in a positive way."* The Honourable Michael John.



*"The video only confirmed everything that I have actually felt and know, how important it is for business and Government and Welfare Agencies actually get together and address this problem, not individually but all together. That's the only way we have any chance of solving the problems in our community."* The Late John Bell, Managing Director, ESPRIT International.



*"I think it's a fantastic idea because too often if you have something to give, what do I do? This way here you will steer me in the right direction."* Derryn Hinch, the Middy Show.

*"It's people coming to you with skills that can be utilised to help these kids."* Steve Liebman on the Today Show.

*"The video is one of the most powerful tools you would ever want to use."* Max Walker from the Nine Network.



*"...your video was fantastic."* Jennifer Keyte, Channel 7 News.

*"There are a lot of important issues covered in the video. Congratulations!"* Anne Sanders from 11AM, National TV.

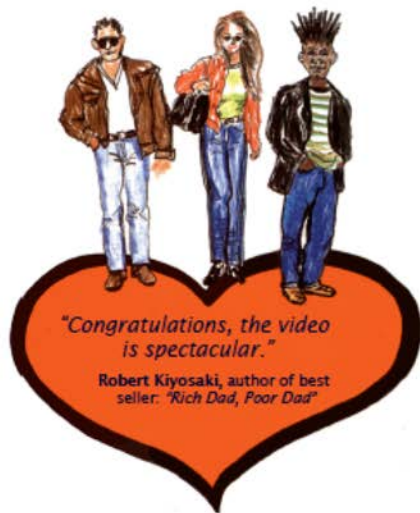
GPO Box 4959 Sydney NSW 2001 Australia  
anatole@kononewsky.com - www.kononewsky.com

DVD

Documentary Playing time: 13' 38" Stereo, plus Interviews.  
© Copyright Anatole Kononewsky 2005

Our Children's Future...in our hands

## Our Children's Future...



...in our hands

Video Documentary

Written & Directed Anatole Kononewsky

(Originally released in 1993, re-edited 2005)

Before it's Too Late Project

# Documentary Released Melbourne (1993)

## 30th Anniversary (2023)



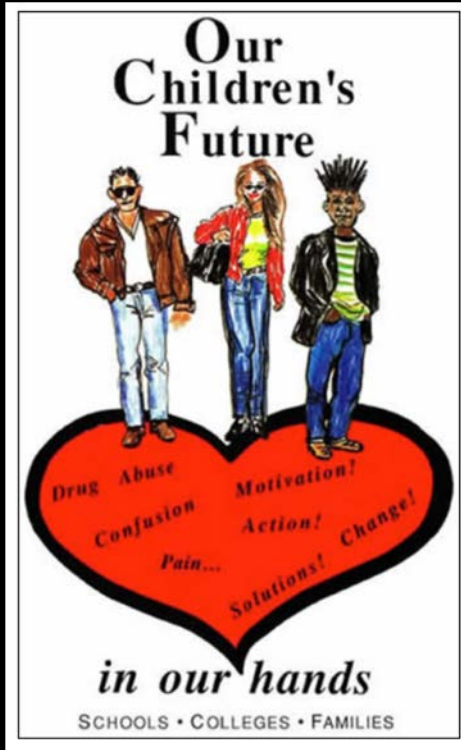
*"Congratulations, the video is spectacular. Thank you for giving me back my childhood."*

Robert Kiyosaki, Author, Educator & International Speaker



*"...your video was fantastic."*

Jennifer Keyte, Channel 7 News, Melbourne,



Documentary produced with an amazing team of people in Australia. It was launched around Australia in 1993 as a part of the initiative, "Before its Too Late".



*"...was very impressed with your work."*

Joseph Chilton Pearce, U.S. Senate Adviser on Early Childhood Development, U.S. Lecturer and international best-selling author



*"The video is one of the most powerful tools you would ever want to use, it touched my heart..."* Max Walker AM, Australian Cricketer, National TV Sports commentator

# "Before it's Too Late" Initiative (1990 to 1996)

Documentary Released Melbourne (1993)



*"Her Majesty Queen Noor has requested me to convey Her appreciation for sending her a copy of the letter to the Prime Minister of Australia, which She read with interest, and for your commitment to humanitarian causes."*

Private Secretary to HM  
Queen Noor of Jordan,



Max Walker AM, MC of Documentary Launch (1993)

Before it's Too Late Team: Dianne Costin,  
Anatole Kononewsky, Kalli Pulos



*"You have always been so committed to the betterment of humanity — specially children's conditions. We'll always support your work!"*

DC Cordova PhD, CEO of  
Excellerated Business Schools  
and Money & You

## "Before it's Too Late" Initiative (1990 to 1996)

Documentary Released Melbourne (1993)



The "Before it's Too Late" initiative was implemented in 1990.

It supported many leading edge groups, in particular the Lighthouse Foundation, founded by Susan Barton AM.

During that time there were many major events held in Melbourne & Sydney.

The documentary, "Our Children's Future in our Hands," was produced and was distributed to schools around Australia, including a Manual for teachers.

The project generated awareness through national TV, with Max Walker and Robert Kiyosaki as the Spokespersons.

## “Before it's Too Late” Initiative (1990 to 1996)

Documentary Released Melbourne (1993)



The project also channelled human and material resources to youth support groups.

It created educational programs for empowering Youth Groups including a major “Success Congress for Teens” in Sydney, which was supported by leading sports and entertainment celebrities.

The legacy of the initiative lives on via our support of the great work of the Lighthouse Foundation, based in Melbourne.

**OUR CHILDREN'S FUTURE**  
*in our hands*



**LIGHTHOUSE**  
FOUNDATION *for youth*

**SUPPORTING**  
*Lighthouse Foundation*



**LIGHTHOUSE**  
FOUNDATION *for youth*



## The First 'Lighthouse' (1991)



*"I have worked on some of these programs and they are doing great work. They are focused on creating a cooperative spirit by motivating the community, business and youth support organisations to work together to help solve the vast array of challenges facing our kids."*

**Angry Anderson** AM Singer /  
Performer & Social Activist



*"...there's so much to be done, and if everyone can all chip in a little bit we can solve a big, big problem."*

**Jim Steyne** OAM, AFL Footballer,  
Brownlow Medallist 1991



**Shelley Taylor-Smith**, Nine-time gold medal marathon swimming champion,  
Speaker at 'Before it's Too late' Event

# 'SEE WHAT WE CAN BE'

*'Can't you see, what we need, is some love,  
just to see what we can be.'*

*'If you look up above to see what is love,  
in a little child's eyes is just where it lies.*

*It's time that we took some time for a look,  
just to see what is real and really makes us feel.*

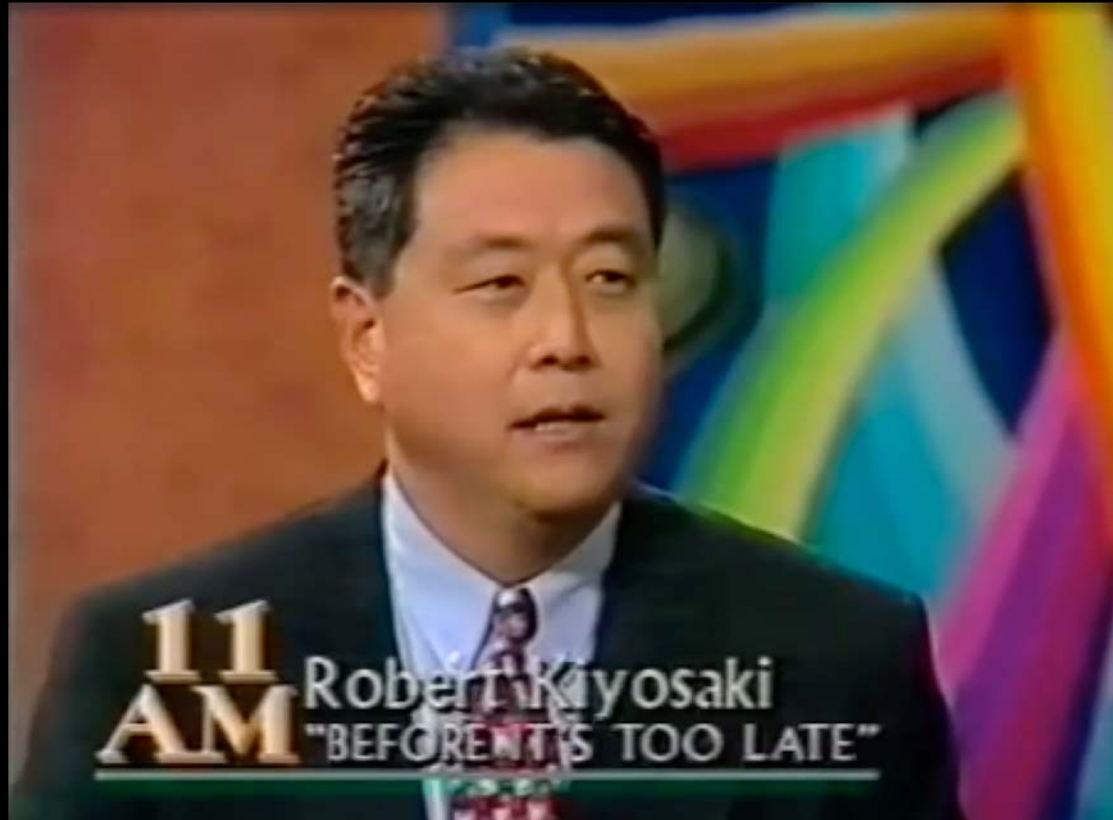
*Now you can wait, just for fate, but I'd  
rather make a move before it's just too late.'*

Jerry Speiser (drummer from "Men at Work") helped to produce the demo recording in Melbourne as a guide-track for the Fitzroy Community School Choir who performed the song at the launch in 1993.

Many thanks to Victor Jurkenas - Sound Engineer, Caz-u-al Recording Studio  
Fitzroy Community School: Philip O'Carroll, Drusilla Hendry, Sumitra Phoenix

Words & Music by Anatole Kononewsky

Documentary Released (1993 ) Melbourne  
30th Anniversary (2023)



Documentary Released (1993 ) Melbourne  
30th Anniversary (2023)



Excerpt – “Our Children’s Future, in our hands” (1993)

Documentary Released (1993 ) Melbourne  
30th Anniversary (2023)



Excerpt – “Our Children’s Future, in our hands” (1993)

Documentary Released (1993 ) Melbourne  
30th Anniversary (2023)



Excerpt – “Our Children’s Future, in our hands” (1993)

# OVERVIEW

The Before it's Too Late initiative supported a selected number of youth groups around Australia, via the three projects:

MOVE | LINK | GIVE

(motivating & Empowering) | (Linking & Networking) | (Getting Involved Very Easily).

The documentary was distributed to schools around Australia with a specially designed handbook.

## OVERVIEW

This national initiative was completed in 1996 when the Before it's Too Late Trust donated all of its surplus funds to the Lighthouse Foundation Ltd (helping homeless youth at risk).

We had the special support (which continues to this day) of Doria Cordova, CEO of Excellerated Business Schools® and Money & You® with over over 200,000 graduates.

## NEXT STAGE

### *Vision of Soft Diamond Light*

*Creating a World of Peace & Prosperity for Everyone.*

*Ending Child Abuse. Creating remarkable kids!*



# The Next Stage to 'Before it's Too Late'



Launched on 26 October 2022



## Nurturing Our Present & Emerging Custodians

Heart Connections showcases people whose ideas and activities inspire us — whose efforts unite and help lead the way – we actively promote the special work they do in our communities.

The vision is to bring together Australia's rich and diverse peoples of all ages and cultures to celebrate all that's good in this world.





*To respect and honour this country's unique Indigenous history and custodianship via our nation's multicultural diversity.*



Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 1](#): Dwayne Bannon-Harrison - Ngaran Ngaran Cultural Awareness



Provides a powerful experience of indigenous food, ceremony and more — seeks to help change the narrative and shift mindsets by sharing Indigenous ways of knowing – allowing others to glimpse the power of ancient wisdoms – programs are designed to help participants reach greater wellness in mind, body and spirit. Features Dwayne Bannon-Harrison founder of Ngaran Ngaran Cultural Awareness programs – a Yuin-Ngarrigu man with connections to the Yorta-Yorta, Dja Dja Warrung, Watchabolic and Gunai language groups, who offers powerful experiences of indigenous food, ceremony and more, ‘connecting up people to ancient wif’.

CONNECT: [Ngaran Ngaran Cultural Awareness](#)





Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 2](#): Nic Marchesi OAM & Lucas Patchett OAM – Orange Sky



Provides a free mobile laundry service for homeless people — it's about creating a safe, positive and supportive environment for people who are too often ignored, or who feel disconnected. Nic Marchesi, a former camera operator and editor for the ABC and Seven Network who, along with Lucas Patchett hatched the idea to throw two washing machines and dryers in the back of an old van in Brisbane to offer free laundry services to those in need, and now operates in 25 locations nationwide with over 3,000 volunteers.

Orange Sky isn't about solving the issue of homelessness or saving people, it's about creating a safe, positive and supportive environment for people who are too often ignored, or who feel disconnected."

CONNECT: [Orange Sky](#)





Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 3](#): The late Sonia Gidley-King (Founder) & Lorraine Sutton (Chairperson) - Wrap with Love



Provides knitted squares made into blankets for those in need – millions of people across the planet suffer extreme cold through poverty, war, earthquakes, homelessness, climate issues and more.

Australian victims of floods and fire, refugees and the homeless, and the indigenous communities of the APY Lands (between Adelaide and Darwin) have also been some of the many local recipients of these colourful blankets.

CONNECT: [Wrap with Love](#)





Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 4](#): Janine Wood JP, Belinda Hawes & Debbie Jordaan - NO Limits Perth



Provides essential emergency support services to the most vulnerable and disadvantaged people across Perth's northern suburbs. The assistance No Limits Perth offers, can be anything from basics such as food, transport, furniture, hygiene and personal items, to helping individuals and families find emergency accommodation. No Limits Perth also advocates for those in need.

Uniquely, all items donated to No Limits Perth by the community are distributed without any cost.

CONNECT: [No Limits Perth](#)





Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 5](#): Helen Callanan - Preparing the Way



Preparing the Way is a training organisation dedicated exclusively to end of life doula care. We are committed to transforming how people support others at the end of life. Doula is an ancient word of Greek origin, meaning one who serves.

'Our end of life doulas help demystify death, and have a non-clinical role, providing mental, physical, emotional and spiritual support to those nearing the end of their lives, and to those close to them.'

CONNECT: [Preparing the Way](#)



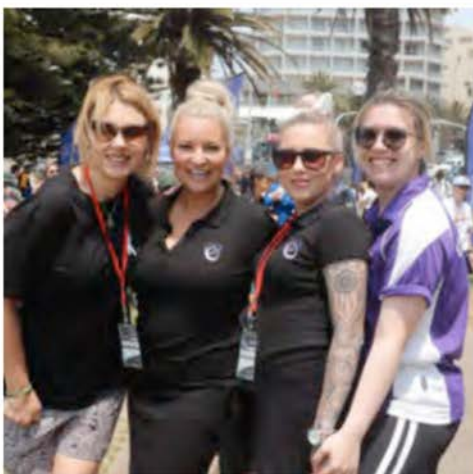




Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 6](#): Ken Marslew AM - Enough is Enough



Our mission is to reform society's attitudes to violence. Enough is Enough works with individuals and groups to encourage them to take personal responsibility for their actions and aims to promote violence prevention strategies in society as a whole. Almost thirty years ago Ken Marslew founded Enough is Enough, an organisation designed to tackle the violence currently experienced in our communities, by encouraging people to take responsibility for their actions.

There are many reasons, Ken has learned, why people offend. Overall, he believes, the cause can be summarised as hurt people hurt people. Ken has made it his mission to deal with this hurt.

CONNECT: [Enough is Enough](#)





Heart Connections  
Inspire – Celebrate – Unite



Heart Connections – [Issue 7](#) - Susan Barton AM - Lighthouse Foundation



The Lighthouse Foundation has created several different programs to meet the different needs of homeless children. The Lighthouse Foundation has assisted more than 1100 young people and continues to expand their reach. It's about opening up opportunities so others can help out. Established to assist homeless young people, the Foundation has been going for more than thirty years.

Lighthouse has created several different programs to meet the different needs of homeless children. Therapeutic homes provide 24/7 live-in care and a dedicated Therapeutic Case Manager to help highly vulnerable young people to heal from the trauma they have experienced and develop practical life skills.

CONNECT: [Lighthouse Foundation](#)





GLENVILL

XXI

WE SA YHO



LIGHTHOUSE



Listen to the Song  
**Heart of Australia**  
Inspire | Celebrate | Unite  
26 October



Journey to  
the Heart

*More than a Song...*

*An anthem for all Australians.*

# Heart of Australia

A tribute to the beating heart of this great country.

*Performed by*

Tarryn Stokes

*Music & Lyrics by Anatole Kononewsky,  
Barbara Hannan & Adrian Hannan*



Released by Tarryn Stokes on 26 October 2022.

Winner of the Voice (2023)



*I found home...*

A vibrant sunset over a calm ocean. The sun is a bright yellow orb on the horizon, casting a shimmering golden path of light across the water. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple, with rays of light breaking through. The overall mood is peaceful and awe-inspiring.

*“Where the beauty of these ancient lands sings into my soul.”*



A close-up photograph of two hands, one from the left and one from the right, positioned to form a heart shape. The hands are silhouetted against a bright, glowing sunset or sunrise over a body of water. The sun is low on the horizon, creating a lens flare effect that illuminates the center of the heart. The overall color palette is warm, dominated by oranges, yellows, and reds.

*Unites us all.*

# Heart of Australia

*Performed by Tarryn Stokes*

Music & Lyrics by Anatole Kononewsky,  
Barbara Hannan & Adrian Hannan.

Executive Producer: Anatole Kononewsky

**All** Instrumentation, Production, Mixing and  
Mastering Adrian Hannan @ The SongStore.





[heartofaustraliaday.com](http://heartofaustraliaday.com)

(26 October)