

Mosgiel Holistic Centre News

Home to practitioners who hold a holistic view to health and wellbeing.



April 2013, Issue 4

In Brief

Monday's	6pm Yoga
	7.30pm Healing Group
Tuesday's	7pm Silent Meditation
Wed 17 th On	Obion Fireside chats
Thursday's	6pm Tai Chi
Friday's	10am Yoga
Friday 12 th	6.30pm Film/Discussion
19 th – 22 nd	Caitlin's Retreat
Fri 26 th	Gong Therapy
Sat 27 th	9.30-4.30 AromaTouch
Sunday 21 st	6.30pm Theoria Evening

FIRESIDE CHAT GROUP with OBION

Obion is a Spiritual Teacher who Sheila channels. He has worked with and through Sheila for many years, taking various individual groups around the world. He has also spoken at various conventions in London and various counties in the UK, Denmark, Canada, Australia and of course New Zealand, always delighting those that have attended. Sheila and Obion have developed a deep and personal relationship. Obion has a wonderful sense of humour which endears him to all who connect with him. He will be sharing with you, answering any questions you may have and teaching you how you can live your life through your Spirit Consciousness which ultimately will bring peace and harmony to your being.

Obion would like to have a group of 10 people who would stay as a group for the 5 weeks that he will be conducting the "Fireside Chats" starting 17th April 7pm -8pm.

To enrol please contact Sheila on: 4811105 or email Sheila on healing@touch-your-heart.co.nz.

The Fee will be \$100.00 this may be paid over the five weeks on a weekly basis of \$20.00.



Sheila Wall



Catlins - Spiritual Retreat

19th – 22nd April 2012

www.touch-your-heart.co.nz/spiritual-retreats.htm

Later this month Todd Wall is running a four-day program helping you to experience nature through certain Zen exercises and meditations among the forests and on the beaches. He will help you to apply the same principles in your life.

Todd now in his seventies

brings a lifetime of experience, knowledge and intuition, helping people to make life changes.

Spiritual retreats are personal to each participant and the programs are designed to help each individual person to grow emotionally and spiritually at their own pace.

This is held in the Catlin's area staying at the Forest and Bird complex with no more than twelve people.

For more information about this retreat and others contact Todd Wall on 03 481 1105 or email healing@touch-your-heart.co.nz

Gateway Cinema - Once a Month Film

Catherine McKergow is a well respected spiritual mentor, mental health specialist and therapist who has over the years introduced courses on finding ones spiritual being into the hospital day programme. These are very well received.

Catherine wants to invite you to join her once a month in exploring the realm of Spiritual Philosophy through the medium of film followed by discussion and food.

These evenings will be filled with fun and pathos as we

discover who we truly are by discovering who we are not.

So bring your nibbles and join Catherine for a great evening of discovery.

6.30pm on 12 April

Cost: Donation



Tom Shadyac

"I AM"

Starting April 12th we will be holding monthly movie 'screenings'. This month we will be starting with showing 'I AM' a documentary by one of Hollywood's leading comedy practitioners Tom Shadyac.

'I AM' is a non-fiction film by Tom Shadyac. This film is a documentary by Tom asking two questions - 'what is wrong with our world? And what can we do about it?'

Tom Shadyac is a Hollywood figure famous for directing some well-known comedies such as Liar Liar, Bruce Almighty and Patch Adams.

In 2007 Shadyac was in a near fatal cycling accident that he recovered from with a new sense of purpose.

He came out of the accident giving away his

material possessions, operating under the philosophy that lots of stuff does not equate to happiness.

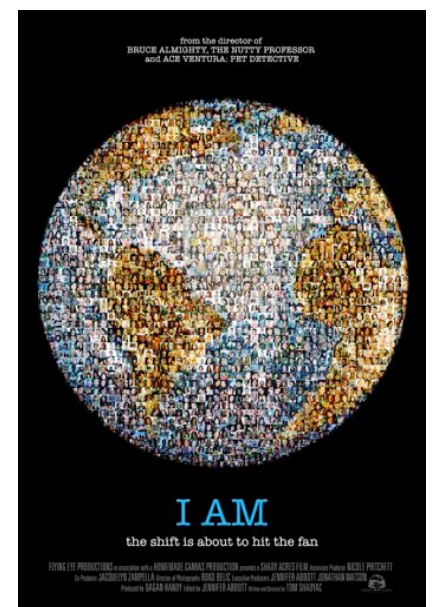
He made the movie to share his journey, meeting with journalists, scientists and spiritual leaders like Desmond Tutu and scholars like Noam Chomsky in an effort to understand life's fundamental questions.

Shadyac is on-screen and challenges our notions about human behavior while at the same time celebrating the human spirit.

The pursuit of truth has been a lifelong passion

for Shadyac.

This inspiring film won the Audience Choice Award and the Student Choice Award at the Mountain Film Festival in Telluride Colorado.



Reiki Therapy

Known as a spiritual art Reiki (pronounced ray-kee) is a technique used for stress reduction and relaxation that triggers the body's natural healing abilities, and improves and maintains health.

Reiki healing is a pure energy form. It is a specific type of subtle energy work where healing is preformed by the touch of the hands, allowing the flow of the energy from a limitless source to the patient via the Reiki practitioner, It can be very powerful but gentle energy that can easily be channeled to yourself and others.

Our bodies, on a micro level, are made up of

molecules that vibrate at a range of frequencies. When that vibration is out of kilter we are open to disease. By making a connection with others who have increased and aligned their own vibrational rate your body can tap into this source of energy and realign its own energies. It is a completely safe and non-invasive process with surprising results.

At Mosgiel Holistic Centre Lynette Mills a Reiki Master conducts healing and training sessions.

Phone Lynette on Ph 4893677.

Aromatouch

Due to popular demand Lynette will be running an Aromatouch Massage Workshop on Saturday 27th April

Time: 9:30-4:30

Includes Lunch

Cost: \$90.00

Phone Lynette

489 3677

As these newsletters are put together there always seems to be a theme. This is not by design, or is it. This month's newsletter is all about "who are we?" or more importantly "who we are not".

I could say I am John Mills, but that would not really indicate "the me". I am more than that. I am the physical John, the emotional John and the spiritual John. Yet even that does not do me justice, as I am also the intricate family member.

So what does family mean and is it only those that I call family or is it the human race. Are we all on the train of life doing the best we can with what we know.

Why not come join us as we, through the activities at The Centre, go on this journey of discovery in finding out who we truly are.

With great love to all; John Mills





Ange Copson

Ange and Jackie will be hosting the Theoria evenings once a month at The Mosgiel Holistic Centre



Jackie McKenzie

Over the next few months Theoria will present evenings on:

Iridology

Aromasoma

Gestalt therapy

The secret energy of herbs

Crystal Balancing

Numerology

Theoria evenings



Theoria was started with the principle that we have a better quality of life when we understand who we are. To assist in this journey, Theoria will be holding information evenings on the 3rd Sunday of each month at the Mosgiel Holistic Centre.

The first of these will be held on Sunday 21st April, with the doors opening at 6.30pm for refreshments and the speaker starting at 7pm sharp. There is an entry charge of \$5 per person.

The guest speaker for April is Tracey Loughran of Flourish Naturopathy, and her focus for the evening will be on Eating for Vitality, along with providing some insight into why we eat what we eat, and how we can make choices that better support our bodies as a whole.

Tracey believes that everything we eat and drink either strengthens or weakens our health and vitality. In society today, we have a lot

of overeating and under-nutrition. She also works with people to uncover the emotional connection we have with food, and what this means for the choices we make and how to be kind to ourselves when looking at these choices.

In addition, a person's health at any given time is the sum total of all the emotional, nutritional and environmental influences up until that point. Treating the cause of the health issue is always the ultimate goal.

Tracey has over 13 years experience in the health industry, working as a Naturopath, pharmacy advisor, writer and educator. She is passionate about the possibilities achievable using natural medicines.

We are really excited to have Tracey at our first evening; all are welcome and look forward to seeing you there.

Best wishes, Jackie and Ange
Theoria



Eckhart
Tolle



Louise
Hay

DIRECTION

A new segment each month giving you information on a website, book, DVD or any other source we have found enlightening.

This months recommendation is a website

www.spiritlibrary.com

Here you will find channelings, podcasts, books, etc

A few of the people who post on the website we would recommend are Neale Donald Walsch, Lee Carroll, Eckhart Tolle, Steve Rother, Louise Hay, Caroline Myss and Wayne Dyer

You will always find what you need when you need it

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