

# Mosgiel Holistic Centre

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

12 Church St, Mosgiel. Ph: (03) 4893677



## June 2013, Issue 6

Monday 10, 17, 24 – 7.30 Healing Group

Tuesday 11, 18, 25 – 7pm Meditation

Thursday 6, 13, 20, 27 – 6pm Thai Chi

Friday 7<sup>th</sup> - 6-7pm Kristin Bredefelt Medium

7-8.30pm Awesomism

7-9pm Crystal Bowl Session

Friday 14<sup>th</sup> 6.30pm Film Evening

Friday 28<sup>th</sup> -7.30-8.30 Gong Meditation

Saturday 8<sup>th</sup> – 9-1pm Crystal Bowl W/Shop

9-11 Kryon School for Adults

Saturday 22 & Sun 23 – Reiki I Workshop

Saturday 29 & Sun 30 – Reiki II Workshop

Sunday 9<sup>th</sup> – 9-1pm Crystal Bowl W/shop

9-11am Kryon School for Kids

2-6pm Unified Chakra W/Shop

Sunday 16<sup>th</sup> 10-3pm Gong W/Shop

6.30pm Theoria - Numerology

## June: Healing Month

June is Healing Month. We have navigated a transition between 2012 and 2013. As we get to the middle of the year we are feeling that shift in energy and need to boost our immune systems to reflect the new vibration.

So this month we bring you a number of wonderful opportunities to do just that. We have our traditional Gong Meditation, Reiki attunements, Monday healing nights, Reset therapy. But wait there is more: We are thrilled to have Jen Remore doing Crystal Bowl Sessions and Workshops, Kristin Bredefeldt doing a Unified Chakra Workshop and an Introduction to the Kryon School for adults and children.

If the above were not enough we also have Joan Thorn doing a Awesomism Presentation about the Magnificence of our children and a New Way of Understanding the Diagnosis of Autism.

### Take Advantage of Private Sessions

Kristin Bredefeldt Healer/Medium/Teacher Sat 8<sup>th</sup> 1pm-7pm & Monday 10<sup>th</sup> 9am – 8pm Cost:1/2hr \$50; 1hr \$90. Contact Kristin 027 7818153.

Jen Rumore Singing Crystal Bowl – Weekend 7,8,9<sup>th</sup> June. Contact Jen 0220974596.



## *Reiki Workshops*

*Presented by Lynette Mills  
at Mosgiel Holistic Centre, 12  
Church Street, Mosgiel*

*Your Reiki workshop is a beautiful time of sharing and healing for all involved. You receive an “attunement” and the technique of using Reiki for yourself and others.*

*You will also learn meditation techniques to help you still your mind and find peace and calmness in your every day life.*

*Morning tea, lunch and afternoon tea both days included. You just need to bring yourself and be open to a wonder-filled time of healing and sharing with like-minded people.*

*Cost for each workshop is \$250*



### *Reiki I Workshop*

*Saturday 22 June & Sunday 23 June*

### *Reiki II Workshop*

*Saturday 29 June (also maybe Sunday 30 June depending on numbers interested)*

*Please contact Lynette on 4893677 or  
0277223118*

*(If these dates do not suit please still contact Lynette and we will arrange time to suit)*

**Joan Thorn's Awesomism – Friday 7<sup>th</sup> 7:00 – 8:30pm**

#### **AWESOMISM PRESENTATION**

Enjoy hearing about a **A New (uplifting) Way to Understand the Diagnosis of Autism and the Magnificence of all children. Come along to gain a** new option to consider about the behaviour of our highly sensitive children. There is little doubt that the children being born in recent years are a very 'newbreed' of kids. They are born with a level of intuitive knowing and wisdom not seen in previous generations. Their strong will and determination is evident and they convey an undeniable feeling of love. Joan is a practitioner with an international program called AWESOMISM, which offers a radical point of view that our kids are mighty initiators of a new model of behaviour for our future. And those who have been diagnosed on the Autism spectrum are not broken or disordered just uniquely different.

**Friday June 7th 7:00 - 8:30 Mosgiel Holistic Centre - Rhododendrom Room. OR**

**Saturday 8 June Afternoon** at a private home in Dunedin. Spaces limited.

**Please contact Joan at [021.119.1493](tel:021.119.1493) or [awesomismambassador@gmail.com](mailto:awesomismambassador@gmail.com)**

**for details or to reserve your place as early as possible. COST: Donation of choice.**



**Kristin Bredefeldt –  
Medium, Healer,  
Teacher** Please contact  
Kristin at 0277.8181.53  
or  
[kristinbrede@gmail.co  
m](mailto:kristinbrede@gmail.com) to reserve your space  
as early as possible.



**See Page 6 for Kristin Bredefeldt's Sunday 9<sup>th</sup> Unified Chakra  
Workshop**

**Friday 7 June 6PM-7PM Introduction** of Kristin-Saviera is a spiritually guided Teacher, Healer and Channeler. She will speak of her Experience with the spirit World living in Communism, Capitalism, cycling the world, learning from shamans and from life itself. She will do an easy exercise for you to feel the ascension time we are living in right now. Cost: Donation.

**Saturday 8 June 9AM-11AM Introduction to the Kryon School for Adults** Cost: \$10 requested donation, with no one turned away. Mother Earth is ascending into the new dimension more and more and every human being is able to take part in the changes that are included in this process. The Kryon school is one path to awaken you to your full potential, to who you really are. The 48 Steps to awakening are carried by the loving energy of Kryon and the 36 High Councillors of the Light. Kryon is a magnetic entity whose task is to align the magnetic grid of planet Earth with the new energy. He is also a bearer of the magnetic love energy, which is the energy of the New Age. We will take the first step from 48 steps together. You will learn about the Light Language, Trust, magnetic love and you will find out if this way of awakening is resonating with you or not. The information from this step is very comforting and can help you to stabilize your emotions and thoughts in your daily routine. Everyone welcome.

**Saturday 8 June 1PM-7PM Open for Healing/Channeling Session Bookings.** 1 hour \$90 but open for Donation on this day. These Sessions are always customized to personal requirements. They can address anything from Allergies to past life, spine work, chakra & meridian balancing, channeling, belief system... The list is long... for more information please see [www.healingteacher.co.nz](http://www.healingteacher.co.nz)

**Sunday 9 June 9AM-11AM Introduction to the Kryon School for Kids and young Adults.** Cost \$10 requested donation, with no one turned away.  
As a Guide for our kids I offer a 9 step program which helps them with:  
physical complains, Fear and uncertainty, Self-doubt, Alcohol problems other addictions, Aggression, Sadness, the feeling to have no place in this world,  
Hyperactivity, Difficulties to concentrate, Learn blockages, Difficulties to go to sleep, Difficulties to sleep through the night, Difficulties to listen, Impatience, Fear of loss, Exclusion, The feeling to be alone, Difficulty to fit in (into groups), Trust and Confidence,  
Imbalance, Decision difficulties, Non-acceptance from spiritual abilities, Uncertainty of which Way the child or Teenager shall take, Feeling miserable, Don't want to talk, Being shy, Fear of not doing things right, Imbalance, Emotional fluctuations, Aggression because of emotional hurts...

- find out if your child is one of the New Children
- why and how are these children different from others
- can every child do this 9 step program?
- what we can do as Adults
- **On Sunday we are going to listen and experience the 1st step together. Children are welcome.**



# Jen Rumore

Group Crystal Singing Bowl  
Session Friday 7 June 7pm – 9pm

Crystal Singing Bowl Workshop  
Saturday 8<sup>th</sup> June 9am – 1pm

Crystal Singing Bowl Workshop  
Sunday 9<sup>th</sup> June 9am – 1pm

Group Crystal Bowl Session Sat 8  
in afternoon in Dunedin



Hailing from Wanaka Jen Rumore offers Crystal Quartz Singing Bowls sessions to nourish and perhaps expand our experience of being human. The inherent amplification qualities of pure quartz combine with perfectly tuned notes to balance energy centres, creating many benefits. From a physical perspective, overall the nervous system is soothed, producing a deep state of relaxation. Further, the endocrine system intertwines with our chakras (energy centres) and moves us toward a state of equilibrium in the presence of balancing tones.

Expanding our perspectives to more subtle energy fields we find that often in the presence of this offering the denser energies we accumulate from fear, stress, etc. thin, opening an opportunity for each person's Higher Knowing to deliver the packet of energy which will best serve her or him. The collaboration is with the Higher Self and the person; the practitioner and bowls endeavour to assist in the greatest conduction of communication available at that time. Please come and enjoy the blissful experience of immersion in pure frequency!

## Friday 7 June 7PM - 9PM Group Crystal Singing Bowl Session.

This is an opportunity to experience the crystal bowls' resonance throughout the body and the more subtle bodies. Please bring a snuggly rug and drink bottle. Maximum of 25 participants in this session, so please reserve your space early with Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com). \$20 requested donation, with no one turned away.

## Saturday 8 June 9AM - 1PM Crystal Singing Bowl Workshop.

We begin with education about the chakra system and meditation aligning our chakras and full columns of light. Then we rug up to experience the crystal bowls' resonance throughout the body and the more subtle bodies. After enjoying a light shared meal we explore playing the bowls directly with instruction on technique and nuances of heart. Please bring a snuggly rug, drink bottle, and a dish of finger food to share.

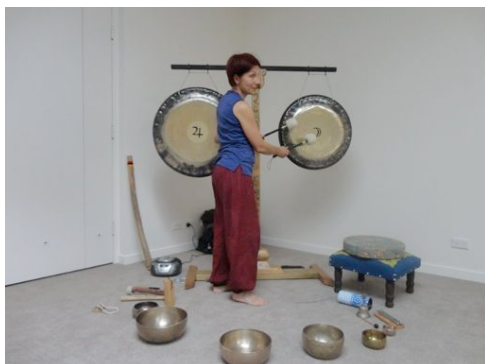
We have a maximum of 25 participants in this session, so please reserve your space early with Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com). \$50 requested donation, with no one turned away.

## Sunday 9 June 9AM - 1PM Crystal Singing Bowl Workshop.

This workshop follows the same format as Saturday. Please bring a snuggly rug, drink bottle, and a dish of finger food to share. We have a maximum of 25 participants in this session, so please reserve your space early with Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com). \$50 requested donation, with no one turned away. (\$45 if also taking Kristin Bredefelt's Unified Chakra Workshop immediately following.)

**Saturday 8 June Afternoon 2 hours** (time to be determined) at a private home in Dunedin. **Group Crystal Singing Bowl Session.** Please bring a snuggly rug and drink bottle. Maximum of 15 participants in this session, so please reserve your space early with Jen

at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com). \$20 requested donation, with no one turned away.



## Raise your Frequency and Transform your Life through Sound!

### SACRED SOUND WORKSHOP

Sunday 16<sup>th</sup> June 2013

10am- 3pm

Cost: \$85NZ per person

The Sound Meditation involves a deep listening to the inner body and the outer world of music and harmonic sound. This ancient practice of sacred sound meditation and opening to the nature of sonic vibration can broaden the consciousness and instill creative well being. Sound is an excellent stimulant to the parasympathetic nervous system, and can release tension and stress, aids the digestive system as well as sleep disorders. This workshop utilizes Tibetan Singing Bowls, large Gongs, ritual bells and some other instruments, to create a sonic landscape ideal for meditative transformation

The Gong is a Meditation that calms the mind and stops the internal dialogue. It stops those little voices that keep us in our heads listening to dark thoughts and negative warnings, then kind thoughts, until you have an internal war with yourself.

The participants will get opportunity to play on the instruments. If you have your own Bowl please bring it with you! We will explore new ways of experiencing sound and vibrations and how to use it more effectively in daily life.

For bookings and all details please contact Rosanda on 03/488 0534 or 021 141 0482 or send an Email [rosa.fajt@gmail.com](mailto:rosa.fajt@gmail.com)

**It must be a non-refundable deposit of \$40 NZ paid before 9<sup>th</sup> June 2013**

---

## Theoria Presents Ruth Tansley Sunday 16<sup>th</sup> June 6.30pm on Numerology. Organized by Ange Copson & Jackie McKenzie

What's in Your Numbers...A Lot!!

1- Numerology is the study of numbers and provides an insight into who we are

2 -Birth Date and Birth Name provide guidance about a person's life talents and inner self

3 -A Numerology Chart lays out influences, which can be analyzed towards understanding ourselves

Ruth Tansley has been studying Numerology for many years. Numerology is not a predictor; rather a chart provides the individual with some understanding towards realizing potential.

This workshop will take us through a basic understanding of Numerology – then to create the core numbers in your chart.

## THE HEALING GROUP

**Monday Nights 7.30**  
**Booking Essential**  
**Ph: 03 4893677 Cost:**  
**Donation**

The Healing Group are a group of people who have come together to facilitate your own bodies capacity to heal itself. 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 dis-ease. 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. The client – that's you- lies comfortably on a massage table while the Group sit around the table with their hands gently resting along side you (with your permission of course). The Group is then led through a guided healing meditation, while all you are required to do is relax and enjoy.

The Healing Group is non-sectarian and have come together having experienced the power of our own energies and capacity to heal.

## **Kristin Bredefeldt – Medium, Healer, Teacher**



**Sunday 9 June 2PM-6PM**  
**Unified Chakra Workshop**  
 Mosgiel Holistic Centre  
 Totara Room Cost: \$60.00  
 (\$55.00 if also taking Jen Rumore's Crystal Singing Bowl Workshop immediately prior). Please contact Kristin at 0277.8181.53 or [kristinbrede@gmail.com](mailto:kristinbrede@gmail.com) to reserve your space as early as possible.

The unified chakra is about to learn how to enter, follow, trust, speak from and listen to the heart. Learn the value of your heart as a sacred and safe space for this time... how it is the portal to other realms and to your soul. You will be given practical tools to stay centered in any circumstance and to use your heart as compass through life. You will learn how to use the Light language (Elohim) and this will be a healing process in itself. Please bring a scarf, small stone and note book. Everyone welcome.

**Sunday 9 June 8.30PM** Brief Introduction to Kristin's work

as a Medium-Healer-Teacher  
 Soul Centre Gathering South  
 Dunedin Community Hall.  
 Freely offered.

**Monday 10 June 9AM-8PM**  
 Open for  
**Healing/Channeling Session**  
 Bookings 1/2 hour \$50 or 1  
 hour \$90.

### **Kristin – Saviera Bredefeldt**

Ph. 0064 (0)277 8181 53

<http://www.healingteacher.co.nz>

**May / June / July 2013**

#### **Healing/Channeling Sessions**

AKL May 20 - 26 | June 24 - 27 | July 24 - 27

ChCh June 9 - 11 | July 21 - 22

Queenstown May 29 | June 19

| July 12 - 14, 17

Wanaka May 1 - 17 | June 1 - 21 | July 1 - 20

#### **Workshops/ Events/ Kryonschool Workshops:**

19th May "Learn to Channel" 9am -

about 6pm, Wanaka wellness centre

25th May "Learn to Channel" 9am -

about 6pm, AKL, Beyond the Veil

9th June "Unified chakra" 1 - 5pm,

Dunedin

12-14 July Retreat weekend in

Queenstown, Nadi Centre

#### **Events:**

DN April 13 Health and Spirit Festival

Wanaka May 18 Open day @ wellness centre

Wanaka June 29 Children Expo, Lake Wanaka Centre

#### **Kryonschool Adult:**

Step 1stA May 23rd AKL @ 7

Step 15 June 6th Wanaka @ 7

Step 16 June 19th Qtown

Step 17 July 4th Wanaka

Step 18 July 17th QT

Step 19 August 1st Wanaka

Step 20 August 14th QT

Step 21 August 29th AKL

---

## Gateway Cinema – Friday, June 14<sup>th</sup> @ 6:30PM at the Mosgiel Holistic Centre, 12 Church Street.

*Come join us for a cup of soup, kick back with us for our feature DVD this month and join us for our discussion of...*

### Healing the Luminous Body: The Way of the Shaman with Alberto Villoldo, Ph.D. [featuring paintings by Alex Grey]

“In this fascinating and informative DVD, Albert Villoldo, Ph.D., introduces viewers to the luminous energy field that surrounds and informs our physical body like a blueprint of life. Unveiling the secret of ancient shamanic healers, he teaches us that many of our physical and psychological problems stem from imprints within our luminous body. Dr. Villoldo reveals the nature of this luminous field, how it acts as a blueprint for our physical body and how by understanding its nature, we can actually heal ourselves and each other. Once the luminous body is cleared, Dr. Villoldo explains, physical and emotional healing can begin.

Trained as a Medical Anthropologist, Dr. Villoldo left the academic world behind twenty years ago to study among the Inka shamans. It was in the Andes Mountains of South America that he discovered the wisdom of the luminous body from the indigenous shamans. This ancient knowledge reveals the secret of true healing and happiness.

To aid Dr. Villoldo in explaining the luminous energy field, the paintings of visionary artist Alex Grey are presented. No other artist has depicted the luminous energy form in all of its intricacies as clearly as Alex Grey. Dr. Villoldo’s presentation, together with Alex Grey’s images helps all of us understand the nature of our spiritual and physical being.

Many of our illnesses, physical disorders, addictions, and failed relationships can be traced to faulty imprints in our luminous body. In the video, Dr. Villoldo unveils how to heal and recover from these destructive imprints and regain our physical, mental and spiritual well-being. Join us as we travel to the Andes Mountains to learn the secret of the ancient shamans, a secret that can lead all of us to health, happiness and beauty.

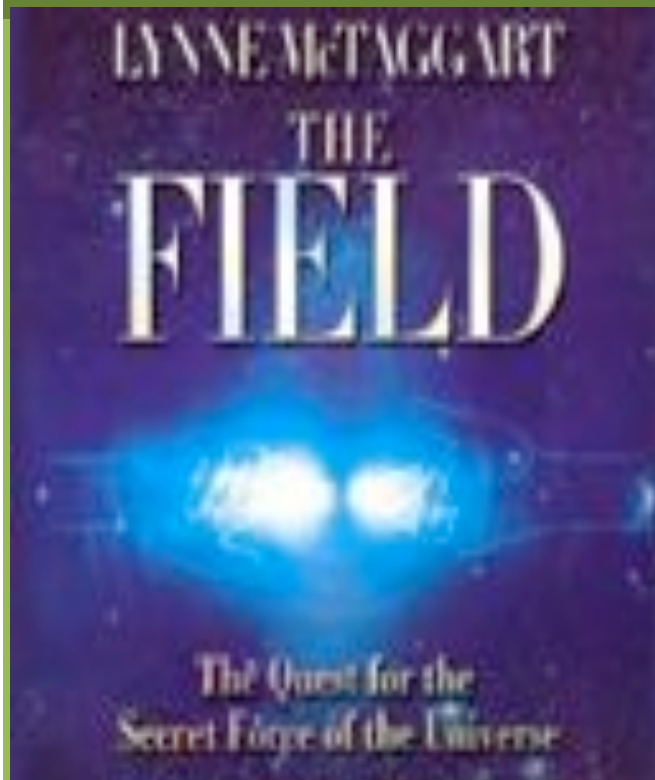
Alberto Villoldo, Ph.D., was educated at the Saybrook Institute and Sonoma State University. He is the founder of the Four Winds Society. Trained in psychology and medical anthropology, he has developed a body of shamanic knowledge that is readily accessible to the West. Dr. Villoldo had served on the faculty of San Francisco University, where he directed the Bio-Self regulation laboratory. He is the founder of the Mountain Medicine and Clothe the Children projects. He is the author of many books including the recent *Shaman, Healer, Sage*.”

For more information visit [www.sacredmysteries.com](http://www.sacredmysteries.com).

*See you on the 14<sup>th</sup>! Love & Light, Catherine McKergow*



IF YOU WANT TO BE CHALLENGED HERE IS A BOOK FOR YOU



THE FIELD by Lynne McTaggart

The Field has been called 'the seminal book of the New Age' – the first book to synthesize all the discoveries from frontier quantum physicists about the nature of consciousness into a unified theory, comprehensive to the ordinary layman.

The book is also an exciting, compelling read, a scientific detective story. It is the number one read for anyone interested in paradigm shift, the nature of consciousness, the so-called 'paranormal'.

The book has been applauded by notables such as Sir Arthur C. Clarke. Dr Wayne Dyer, called it "the most profound and enlightening book I have ever read."

MOSGIEL HOLISTIC CENTRE  
12 CHURCH STREET  
MOSGIEL  
DUNEDIN  
9024

Postal:  
MOSGIEL HOLISTIC CENTRE  
PO BOX 44455  
MOSGIEL  
9053

PHONE (03) 4893677  
[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)  
[lynette@mosgielholisticcentre.co.nz](mailto:lynette@mosgielholisticcentre.co.nz)