

# Mosgiel Holistic Centre News

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

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

May 2013, Issue 5



## In Brief

Monday's 7.30pm Healing Group  
Tuesday's 7pm Silent Meditation  
Wednesday Obion Fireside Chats  
Thursday's 6pm Thai Chi  
Friday 10<sup>th</sup> 6.30pm Film & Soup  
Friday 24<sup>th</sup> 6pm Chakra Bal with oils  
Friday 31<sup>st</sup> 7.30 Gong Meditation  
Saturday 11<sup>th</sup> 1.30 Chakra Balancing  
Saturday 18 Thermal Stones Workshop  
Saturday 25<sup>th</sup> Dru Yoga Workshop  
Sunday 12<sup>th</sup> Psychic Workshop  
Sunday 19<sup>th</sup> 6.30pm Theoria  
Evening

## May: The Month of Music

In New Zealand it is the month of music and as such we will celebrate it with a special Gong Meditation on Friday 31<sup>st</sup>.

It is also a special day for mothers as we celebrate Mother's Day on Sunday 12<sup>th</sup>. You might want to shout her a massage, facial treatment or how about an Aromatherapy Treatment. Or a gift voucher and she can choose her own pampering.

Contact us and your Mother's Day worries are over.

PS: For all you fathers out there if you want a great month of May why not pay for your lady to go on one of the workshops offered. She will need someone to practice on at home – not a bad investment!

## FOR GIFT VOUCHERS OR TO BOOK A TREATMENT

(We can post a voucher, payment via internet banking)

Cost: 1/2hr \$40; ¾hr \$60; 1hr \$75; 1hr Facial \$80; 1.5hr \$105; 1.5hr Hot Stones \$125.

For All Enquiries Please Phone (03) 4893677 or visit 12 Church St., Mosgiel.



## UPCOMING WORKSHOPS by Lynette Mills

### **THERMAL HOT STONES** 18 & 19 May

9.30am – 4pm

This is a truly unique style of massage. Learn how to use this method to increase your skill base and learning. The heat from the stones is released deep into the muscle. It is said that one stroke with a heated stone is equivalent to ten massage strokes.

Cost \$250 Lunch included

Contact Lynette 03 4893677

### **REIKI I & II in June**

Lynette is a Reiki Master

In June she will be holding Reiki I & II Classes.

If you are interested in doing your Reiki Training please contact Lynette on 03 4893677.

Dates still to be finalized depending on demand.

### **CHAKRA BALANCE with AROMATHERAPY OILS**

Friday 24<sup>th</sup> 6-9pm

Learn Chakra Balancing as a healing technique to bring balance in your life and assist your body to heal itself. Using the purest of oils – doTerra you will not only receive a balancing session but learn to do one as well.

To book please phone Lynette on 03 4893677

Cost: \$40.00

## Personal Freedom Courses Led by John Mills

We talk about finding the love of Spirit within, but what does that mean. We have two basic conundrums in this regard; firstly what is Spirit? We have many preconceived ideas based in our upbringing and of course religion, are these true for you? Secondly love; this presents a very difficult understanding as poets, scholars, those in positions of power and society have manipulated the meaning of love; so what does it mean for you in the context of connecting to that which you are.

What holds us back from connecting with who we truly are and how do we identify the “road blocks” that stop us finding a sense of inner peace in a world seemingly without peace. The Masters would have called it enlightenment, modern day teacher’s talk about The Higher Self.

I provide a space to explore this very personal of worlds. I call it Personal Freedom. If this is what you feel you need to explore phone John Mills 4893677 or 0274811599. Ten week course \$30 per week.



Gateway Cinema with Catherine McKergow

Friday 10<sup>th</sup> May at 6.30pm

**Catherine McKergow PRESENTS**  
**THE LIVING MATRIX**  
 Come join us for a soup supper and  
 an evening of discovery and fun as  
 we explore the world around us.  
**Cost: \$5 Donation**

## THE LIVING MATRIX:

### The New Science of Healing

Documentary Film Reveals Latest Research in Alternative Healing and Challenges Conventional Medical Understanding of How We Heal. Featuring: Lynne McTaggart, Dr. Eric Pearl, Bruce Lipton PhD, MD, Marilyn Mandala Schlitz PhD, Dean Radin Ph.D., Adam Dream healer, Rupert Sheldrake, Ph.D. and more...

SAN FRANCISCO, CA (December 1, 2009)—Mind, intention, belief...can these factors influence healing? How do placebos work? Can science explain "miracle" cures? A groundbreaking new film, **THE LIVING MATRIX—THE NEW SCIENCE OF HEALING**, addresses these questions and explores how quantum physics, energy fields, and consciousness directly affects our health and well-being. For the first time leading scientists, researchers, and holistic practitioners share the latest science and alternative concepts that are revolutionizing healthcare as we know it. This film project talks with a group of dedicated scientists, psychologists,

bioenergetics researchers and holistic practitioners who are finding healing potential in a wide variety of new places.

In the film, researchers and others who faced health challenges put the science in perspective when they tell their stories. The family of a young Greek boy with cerebral palsy tries to improve his quality of life through reconnective healing. A British woman, diagnosed with an inoperable brain tumour, immerses herself in neuro-linguistic programming. An American woman runs out of options to treat her chronic fatigue syndrome, and as a last resort, begins using an information-based therapy. All three make remarkable recoveries.

Science-based healing of "miracle cures?" Modern biochemical medicine has no framework for explaining these events, often dismissing them as spontaneous remissions... or the result of some kind of placebo effect.

The film uncovers innovative breakthroughs and discoveries that will transform your understanding of how we heal. The most significant revelation is how energy and information fields are as

influential as genetics in determining human health, physiology and biochemistry. The film illustrates the undeniable benefits of integrating alternative healing modalities into conventional healthcare and advocates shifting from a disease centred system to a healing centred model.

"A fascinating motion picture. . . Watching this movie, everything I learned in school about physics and biology seems to be outdated. . . a big wake up call to think about medicine in a whole new way.

Randall Libero

A phenomenal new movie with incredible information that will change the way you think about your body, your mind, and medicine. . . It delivers a powerful statement that every living being has incredible abilities to heal itself . . . with scientific documentation that the field that surrounds us is a reality. Jewels Johnson, CHT , Host of [The Law of Attraction Radio](#)

**Venue: Mosgiel Holistic Centre**

**Cost: \$5 Koha/Donation**

## DRU YOGA WORKSHOP

SATURDAY 25<sup>th</sup> MAY 2013 9.30-5.00

Experience a day of Dru Yoga and discover techniques to energies, manage stress and feel fantastic!

Workshop leader: Alison Boyle, Senior UK Dru Tutor

Discover simple and easy-to-do techniques that will help you to:

- Relax deeply and energise your body.
- Build enthusiasm and raise your stress threshold.
- Develop a calm, clear & creative mind.
- Empower your goals.
- Find stillness.

Workshops: Day 1 Saturday 25<sup>th</sup> at Mosgiel Holistic Centre; Day 2 Sunday 26<sup>th</sup> at St John's Hall, Balclutha.

DAY RATE: \$110 WEEKEND RATE: \$180

Registration: 9.30am. Workshop: 10am-5pm

Teas, nibbles & Lunch provided. Bring your water bottle, yoga mat, rug, and cushion.

CONTACT: Elaine McLeod 493 Awamunga Rd, RD2 Balclutha, 9272. (03) 4183022. [lademcleod@yrless.co.nz](mailto:lademcleod@yrless.co.nz)

## Chakra Balancing

Doreen Henderson

Saturday 11<sup>th</sup> May

1.30 – 4.30pm

\$20 for 30 min

Phone Doreen 4891889

Scientists validate the existence of an energy field that surrounds and interpenetrates the human body and nourishes it with life force or Prana. This energy field gets contaminated and damaged. Pranic Healing Techniques cleanse, energize and rebalance the energy field to restore harmony and balance physically, emotionally and mentally.

## Theoria Evening Sunday 19 May at 6.30pm: Cost: \$5.00

### ARE YOU WHO YOU THINK YOU ARE!

During my search for personal awareness I was confronted one day by an unsavoury person with the question "Who the hell do you think you are!" Taken aback at first it did however get me pursuing the bit about – who I was.

At the time I had a pretty good idea who I was from the character/personality that had been dished out to me, the child, yet who I was spiritually left a question mark as at that time I was still in the process of separating the personal "I" from the spiritual "I am".

I have many stories to tell of

my discoveries as I dug deeper into the soul of life. I would love to share these with you if you would like to hear them. I look forward to our time together Sunday 19<sup>th</sup> May at the Mosgiel Holistic Centre.

Sheila Wall

[touch-your-heart.co.nz](http://touch-your-heart.co.nz)





Sheila Wall

## BREAKING NEWS FOR JUNE.

## JEN RUMORE CRYSTAL BOWLS



We are thrilled to have Jen come immerse us with pure frequency with her crystal bowls.

She will do a group session in June. If there is enough interest we may be able to get her to do a workshop that weekend. Let us know if you would like to share in this amazing experience.

## MOTHERS DAY WORKSHOP SPECIAL

SUNDAY 12<sup>th</sup> MAY

## SHEILA WALL PRESENTS PSYCHIC PHENOMENA INTERACTIVE WORKSHOP SEMINAR

1.30pm – 5.30pm

Would you like to give that special person, which might just be you, a treat with a difference?

Sheila will share with you 38 years knowledge and experience on Psychic Phenomena.

She has been an active Medium for all those years and she is also a Trance and Channel Medium, has worked in the Rescue World with those who do not realize they are deceased

If you have questions about anything to do with Psychic Phenomena Sheila will try and produce the answer for you and assist you to experience your own potential

Cost \$45.00

To Register phone Sheila 03 4811105

Email: [healing@touch-your-heart.co.nz](mailto:healing@touch-your-heart.co.nz)

## CRYSTAL BOWL SPECIAL JUNE 7<sup>th</sup>

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, offering 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. This is an individuated process generated in a state of Love whether offered privately or in group sessions. Please come and enjoy the blissful experience of immersion in pure frequency!



## This Months Recommended Book

### The Four Agreements - Don Miguel Ruiz

A life-changing book. Don Miguel Ruiz's simple guidance for life. This book - the original in the series - is widely available. Everyone should read it.

Don Miguel Ángel Ruiz, better known as Don Miguel Ruiz, is a Mexican author of New Age spiritualist and neoshamanistic texts. His teaching is significantly influenced by the work of Carlos Castaneda. [Wikipedia](#)

The Four Agreements  
Don Miguel Ruiz  
(Toltec Wisdom)

**Mosgiel Holistic Centre**

**12 Church Street**

**Mosgiel**

**9024**

**Ph: (03) 4893677**

**Mosgiel Holistic Centre**

**P.O.Box 44455**

**Mosgiel**

**9053**

**[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)**

#### Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

#### Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

#### Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and dramas. With just this one agreement you can completely transform your life.

#### Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.