

Mosgiel Holistic Centre

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

12 Church Str, Mosgiel

(03) 489 3677



October 2013 Issue 7

New New New – Guided Meditation for Beginners Monday Nights @ 6-7pm

Monday's – Healing Group @ 7.30pm

Wednesday's – TRE 6-7pm

Thursday's – Thai Chi 6-7.30pm

Friday 11th – Gateway Cinema 6.30pm

Friday 25th – Gong Meditation 7.30pm

Saturday 5th – First Light Bach Flowers

Saturday 5th – Reiki Sharing 1-3pm

Saturday 12th – Learn to Channel 9-1pm

Sunday 6th – First Light Bach Flowers

Sunday 13th Clairvoyant Night 7-8.30pm

Sunday 20th – Theoria @ 6.30pm

Weekend Retreat Catlins 18th – 21st.

New Born Lambs & Daffodils

October is a time for Spring and time change. It is the International Day of Non-Violence on the 2nd, World Animal Day on the 4th and of course as you all remember Spirit day on October 20th. In honour of Spirit day we start a new column this month – Letter from Obion.

As many will know Obion is the guiding Metaphysician and Director of The Mosgiel Holistic Centre. It has been his inspiration that has led to us instituting many considerations in creating the space and direction that we move in in relation to our lives and the Centre. We know that his wisdom can be inspirational, challenging and at times other worldly - - so enjoy.

As Obion has said to me – “Whatever you think it is, it is not!”

Also look for The Catlin's Retreat, Bach Flower Essence Course and the usual suspects.

A VERY BIG THANK YOU FROM THE MOSGIEL HOLISTIC CENTRE

Lynette and John would like to thank all practitioners and participants in Touch Your Hearts Inner Journey on the 15th September. It was a wonderful day and we so enjoyed having you all here making the day very special for everyone.



Catlin's - Spiritual Retreat

18th – 21st October 2013

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

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

Quiz Question: Does Todd fall in the water?



Theoria – Aura-Soma Sunday 20th @ 6.30pm

Presented by Ange Copson and Jackie McKenzie

This is going to be an interactive workshop - come along and see what colours you need.

You are the colours you choose and these reflect your Beings needs

AURA-SOMA® is colour for everyone. A non-intrusive and self-selective system in which colour is the key. It is an ancient knowledge that has been refound and revitalised into a living system easily accessible to all. At this pivotal point in history, AURA-SOMA® speaks to you through beautiful bottles of rainbow coloured oils.

AURA-SOMA® is a system that brings you closer to the understanding of yourself. It uses the visual and non-visual energies of colour, it uses the energies of herbs from essential oils and herbal extracts and it uses the energies of crystals and gems.

AURA-SOMA® can help improve your spiritual well being, moving you toward a deeper understanding of y yourself. AURA-SOMA® enables you to be in touch with the essence of yourself that always reflects your inner beauty. When you have made contact with this inner source it also has an effect upon the outer aspects of yourself. To bring inner beauty out, to reflect your positive gifts and talents, to help you to be in touch with why you are here and what you are here for.

Cost \$5 Donation

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MEDITATION FOR BEGINNERS & THOSE EXPERIENCED MEDITATORS WHO ARE NOT GOING TO JUDGE US BEGINNERS MONDAY EVENINGS @ 6-7pm (Starts Monday 7th Oct.)

Science has finally caught up and they can now measure the benefits of meditation. In fact the medical fraternity now actively encourages it. It is beneficial for our stress levels, depression, and happiness and if you are into enlightenment – welcome to the “Royal Road to Enlightenment”.

Ever wondered what meditation was all about. Ever wondered how to meditate but did not go join a group, as you did not want to feel like a beginner. Ever wondered how other people manage to sit for an hour without thinking about dinner, their dog or the boy next door! Why not join me on a Monday evening between 6 and 7pm to learn about meditation and be guided through a meditation or two. You may also discover that you are not alone as our minds trip around life’s events.

I have learnt very little in my fifty-five years, other than the knowing is in the not knowing, so you and I can enjoy the not knowing together. If you are experienced and wish to join us you are most welcome to come enjoy our time of discovery.

Cost \$5 Koha. Meditations led by John Mills

THE HEALING GROUP

The Healing Group was formed to bring together healers with a wealth of experience to facilitate your own body's capacity to heal itself on both physical and emotional levels.

Our bodies, on a micro level are made up of molecules that vibrate on 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 sits around the table with their hands gently resting either on or alongside you. 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.



Some of the 44 Healers about to participate in the Monday night healing

The healing energy is not only for those with a physical ailment, it is for everyone; for example: If your body or mind is stressed just by relaxing on the table and receiving the healing energy it allows you and your body to experience how you can feel all the time, thus perhaps motivating you to participate in one of the many courses available to help you to de-stress.

The healing energy will also help you if you are experiencing grief. The possibilities are endless.



The Healers volunteer their time to be of service to you all.

Should you wish to experience this amazing gift please phone Lynette at The Mosgiel Holistic Centre on 489 3677 to book – This is essential. The charge is by way of a Koha or donation to cover costs.

A Letter from Kirsten Meyer in Copenhagen whose daughter receives distant healing from The Healing Group

A few months ago my mentor and dear friend Sheila Wall asked me if I would mind her bringing my daughters picture to her healing group to do some healings.

My daughter Klara is 5 years of age and is born with Cerebral palsy. Klara is the most wonderful little girl. She has brought light into my life to an extent I never had thought possible. If someone had told me that getting a special needs child would be a great gift before I had Klara, I am not sure I would have believed them. Now I know that it is true. These children come to us to teach us. It is not the other way round.

I was very excited about Sheila's kind offer. First of all because I have been introduced to energy work a few years ago and have seen how things can change and people can get well even if they have been given up by the health system. And also because Klara in spite of intensive training that I give her every day was still struggling with many things.

My hope at the time was to see her getting healed so she could walk and talk. Klara also has a very high sensitivity to sensory inputs and gets confused a lot, which leads to some behavior issues that are not good for her. If she gets scared or confused she tends to hit or pinch the person next to her.

Things turned out a bit different and I have been amazed to realize how healings sometimes not only affect the person getting the healing but the surroundings that is influencing the individual. The healings started in the spring. Short after I got a neck injury that bound me to the couch for 3 weeks. Those three weeks I had to realize that things needed to change around here. I was working myself too hard and now the bill had come. I also realized that neither Klara nor I was thriving with the intensive training as it was structured at the time. I was constantly stressed. Klara got upset, the atmosphere was quite bad and now for the first time I was forced to relax and had the time to reflect on how our life was. I knew I needed changes. But what could I do?

By coincidence I participated on a new course on behavior and special needs children (A new approach that is totally unknown in Denmark). This turned out to be my answer! Finally I understood what I had missed out on with any other program that we have trained Klara by. I understood that the stressed environment was shutting down Klaras ability to learn and develop. I realized how I needed to slow down and that I was not letting Klara down by slowing down. I knew from the time I got Klara that she was a gift and that she is here to bring joy and to teach me but I forgot some of the most important things. I now understood fully that she is not the one who has to change. She is perfect just the way she is and in the right environment (without stress) she is able to grow and thrive.

I made some radical changes to our everyday life and things are so much better around here. Klara has taken a huge developmental step and is now reading words, participating without fuzz when she needs to concentrate. She is showing increased understanding of all kind of things. Her memory is improved and she is now training to walk. So not only did the healing help us slowing down and to thrive – Klara is developing much better than before and writing this makes me realize just how amazing the changes has been.

I can never show how thankful I am. I have in my New Zealand friends met so much kindness and help that my heart almost can't bear it. Their love is limitless and they are my inspiration in all what I do.

I have attached 3 pictures and I think they show very well how Klara is matured over the last few months.

The first picture is taken in May and the last two is taken in August and September (The most recent is the bottom one). To me it is very clear that a lot has happened with her.



August
2013



September
2013



Learn to Channel

Mosgiel Holistic Centre DN
12 Church street

3 Weekend course

12 October 9-1pm \$72

9 November 9-1pm \$72

14 December 9-1pm \$72

Early Bird \$200

Bookings essential:

0277 8181 53

Kristinbrede@gmail.com

www.healingteacher.co.nz

Kristin – Saviera

Medium | Healer | Teacher

Discover:

-your medium ship (feeling, knowing, seeing and hearing)

-how to clear your channels and keep them tuned

-your ability to channel from 3 aspects within yourself

Learn to integrate these exercises into your daily life.

12 Oct channel from your soul aspect Inner Wisdom

9 Nov channel from your christ aspect Healing

14 Dec channel from your sewaja aspect Masters/Angels

"Learn to Channel"

With Kristin

3-weekend course in Mosgiel

1st course Saturday 12 Oct, 9 - 1pm, \$72
you will learn on that day: about your soul core,
fundamental techniques for channeling, cleansing
the channels, channeling from your soul aspect, a
Mudra from Lao Tse Q&A

2nd course Saturday 9th November, 9 - 1pm, \$72
you will learn on that day: channeling with Jesus Christ, Mary Magdalene, Mother Mary,
channeling from your christ aspect, tuning the channels, channeling for self healing and
others, Mudra from Jesus Christ, Q&A

3rd Course Saturday 14 December, 9 - 1pm, \$72
you will learn on that day: channeling from your sewaja aspect, channeling different
Masters and Angels, tuning your channels, channeling for others, ego, speech, protection,
self confidence, Mudra from Shiva Q&A

Early Bird, pay for all 3 = \$200.
Bookings essential

Healing/Channeling sessions, one on one

Fri Oct 11 - Mo Oct 14

Bookings essential

Customized Healing

I use the method of muscle testing to find out what is most needed for you at the time.

For your physical, emotional, mental and spiritual body.

To name only a few: allergy, old injuries, Belief system, Past life, straightening the spine,
back problems, energy boost, Chakra activations and balancing, removing blockages from
Meridian system, concerns, psychological problems, channeled healing, initiations...

Please find an overview of my past 20 years of studies in Germany and NZ (13 Therapist
and Master Titles) at www.healingteacher.co.nz





LYNETTE MILLS



GARY McLAREN



JESSIE RYAN

**BODY IN MIND
MASSAGE THERAPY**

Therapeutic/Relaxation

Remedial Massage

Specific Pain Relief

Deep Tissue

Thermal Hot Stone Massage

Facials

Lymphatic Drainage

Reflexology

Reiki

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ON SATURDAYS & EVENINGS**

PRICE LIST

1/2 Hour Treatment \$40.00

3/4 Hour Treatment \$60.00

1 Hour Treatment \$75.00

1 Hour Aromatherapy \$80.00

1 Hour Facial \$80.00

1 1/4 Hour Treatment \$90.00

1 1/2 Hour Treatment \$105.00

1 1/2 Hour Aromatherapy \$115.00

1 1/2 Hour Facial \$115.00

1 1/2 Hour Hot Stone \$125.00

Gift Vouchers Available

(03) 4893677

A LETTER FROM OBION

Greetings Dear Ones,

I would very much like for you to think upon the word “entrapment” and how your ego mind and the collective mind of Society have entrapped you. This has been very slowly happening since the day that your form was given life when you left the warm secure place of your Mummy’s tummy.

The very way you think and feel about yourself together with the control of situations and circumstances which you have clenched tightly in the fist of your ego’s emotional mind has entrapped you and it is manifested in your body as ill health. You have snared yourself like an animal in a trap, unable to free yourself because the emotions have bound you in emotional chains.

A belief also becomes an entrapment if you do not allow the mind to remain open to all possibilities like for example: you may say “Oh deary me, I am so poor”. This belief will become entrapment for this is your belief. I know dear ones that you will say “but Obion I do not have any monies, I am poor” and I say to you “Dear one you are rich beyond measure, you are the River of Life, the universal conscious life force. You have riches beyond your wildest dreams but you are stuck, entrapped by your belief that you are not only poor in finance but that you are separated from the River of Life/Spirit/God the eternal light.

Jesus the Christ-light told his followers to “Seek first the Kingdom of Heaven”. You, dear ones, are the Heaven he spoke of. You hold the key to the largest bank vault - yourself. There are treasures upon treasures waiting for you to discover, all in one tiny spot – YOU! Start today by releasing your mind and freeing your heart from all entrapment. You have carried the bucket of guilt, shame, worthlessness, failure and everything else you have put into your bucket long enough. Go and get a large hammer and break the bucket into tiny pieces, they have no power over you. Only the entrapment has given them power. Free yourself from the entrapment of fear. You are loved so much so open your heart to feel the love we have for you. It is right there in you.

My Blessings,

Your Dear Friend Obion

TRE (Trauma Release Exercises) with Lynette Mills.

Lynette is an accredited TRE practitioner. She will be facilitating **TRE every Wednesday 6-7pm**

To participate you will need to have done a one on one intensive session with Lynette (cost: \$75.00) once you have completed the intensive you are welcome to join the weekly group at \$10 per session.

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from every day circumstances of life, from difficult situations, immediate or prolonged stressful situations, or traumatic life experiences.

Once the technique is learned and mastered after several sessions, the warm-up exercises can be accelerated or replaced with your normal exercise activity like walking or yoga and the technique then becomes a quick and effective method for consistent relaxation.

TRE is being used by thousands of people around the world as an effective tool for releasing chronic traumatic stress, physical tension and emotional trauma. Lynette has helped many people overcome everyday stress, tension and anxiety that come from the daily pressures of life.

For more information please phone Lynette on 4893677

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Sheila Wall, Jackie McKenzie, Wendy McLaren & Louise Cullen

Clairvoyant Night

Sunday 13th October 7-8.30pm

During the past 19 years Sheila has taught literally thousands of people through her personal growth course. She has the gifts of clairvoyance, clairaudience and clairsentience, which she uses to guide people in being able to make positive changes and choices in their lives. Visit Sheila on www.touch-your-heart.co.nz



Sheila Wall and Jackie McKenzie will be holding a clairvoyant evening at the Mosgiel Holistic Centre. **Cost \$20** tickets sold at the door on the night. If you need more information phone Sheila on 4811105 or The Mosgiel Holistic Centre on 4893677

**Access your inner Cosmic Radiance Workshop with Pip Oxlade
Lady of the Rainbow Heart: November 16th and 17th at The Mosgiel
Holistic Centre**

***'Implement the healing powers of vibrational colour with this new, dynamic,
colour-healing technique'***



What is Cosmic Radiance?

Link in through colour, sound and form on all levels through joy and ease to reconnect with the universal rainbow energy within you

Be gently guided in a supportive loving way to reconnect with your intuitive psychic healing abilities through visualization and direct application of heart, mind and soul

Become confident in helping yourself and others through a wonderful array of spiritual healing techniques

Be introduced to the Being in Colour® colour-card process with the [Little Gems](#) (a pack is included in course fee)

Learn how to use the Being in Colour® [Rainbow Healing Sashes](#) for general energy work and accessing past lives (available separately)

A comprehensive psychic development and healing course

Contact Pip: www.ladyrainbowhealer.co.nz



GONG MEDITATION FRIDAY 25TH @ 7.30pm – 8.30pm

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 meditation 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.

Cost: \$10. To Book Phone (03) 4893677

REIKI SHARING

Saturday 5th October 1pm-3pm

Cost \$10

Open to anyone who has ever learn't Reiki no matter how long ago.

Come and connect with like-minded people to share the love and healing energy of Reiki.

Phone Lynette Mills 4893677



**First Light Flower Essences of New Zealand®
The Flowers of Transformation Collection
Transform Your Attitude – Change Your Life**

Essences No's 1 to 36

with Patricia Stowell Dip NZNFE

First Light Flower Essences of New Zealand®



The First Light Flower Essences of New Zealand® were co-created by Franchelle Ofsoské-Wyber and Anthony Wyber.

Discover the power of the New Zealand Native Flower Essences as potent healing tools for the 21st Century.

These courses are fully certificated.

NZNFE 101 Unit One: This one day course includes

- Introduction to the thirty six native flower essences
- The personality, its role and purpose
- The anatomy of the personality
- How to identify your 'power flower' – your personal keynote essence

NZNFE 102 Unit Two: This one day course includes

- The twelve zodiacal signs and the twelve primal urges
- Identifying the pain, stress, depression cycle
- The twelve departments of life and the twelve body zones
- Supervised client-consultant modules

Venue: The Mosgiel Holistic Centre, 12 Church Street, Mosgiel.

Date: NZNFE 101, Unit One 5th October 2013 9am-5pm

NZNFE 102, Unit Two 6th October 2013 9am – 5pm

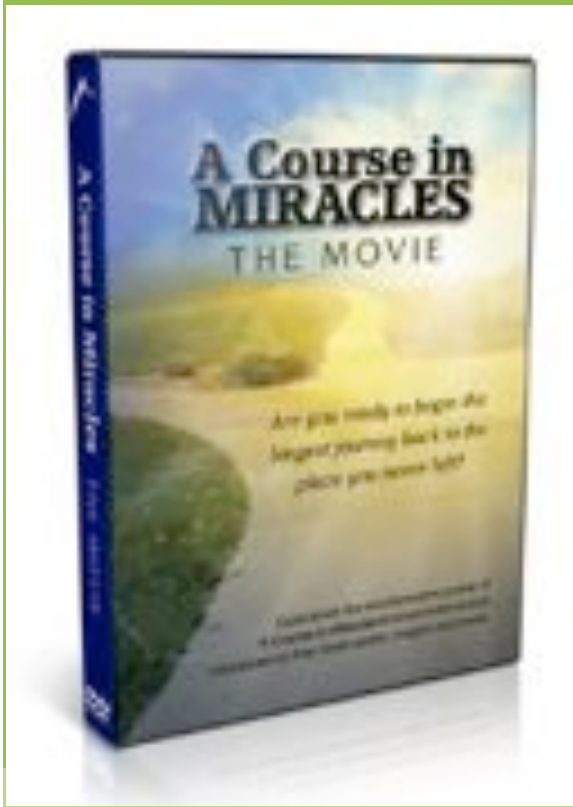
Payment: First time student: \$170 per day, includes comprehensive manual Repeat student: \$85 Certificate/Diploma holders: \$30 Final day for enrolment is **24th of September 2013** Morning and afternoon tea are provided. Please bring your own lunch.

For bookings, please send your full name, contact details and preferred payment method by email or contact: **Patricia Stowell**

patriciamstowell@gmail.com Ph (03) 355 4526 or 0274 697 191 For more information about First Light Flower Essences of New Zealand



Please visit www.nzfloweressences.co.nz



Gateway Cinema
Friday 11th @ 6.30pm
Cost \$5 incl Soup, Tea, Coffee

A Course in Miracles: Spiritual Principles of Love & Wisdom

"This is the best film ever done on A Course in Miracles." Elda Hartley, The Hartley Foundation

Come join us to learn how to release fear, and see how "practicing forgiveness" creates miracles of love, healing and peace in your life.

*See you on the 11th! Love & Light,
Catherine McKergow*

Helen Cohn Schucman (July 14, 1909 – February 9, 1981) was an American clinical and research psychologist from New York City. She was a professor of medical psychology at Columbia University in New York from 1958 until her retirement in 1976. She is best known for having "scribed" with the help of colleague William Thetford the book *A Course in Miracles* (1st edition, 1975), the contents of which she claimed to have been given to her by an inner voice she identified as Jesus.

A Course in Miracles (ACIM) was "scribed" by Dr. Schucman [Helen] between 1965 and 1972 through a process of inner dictation. She experienced the process as one of a distinct and clear dictation from an inner voice, which earlier had identified itself to her as Jesus. Over the years the voice proved to be remarkably consistent, stopping the dictation when interrupted by Helen's daily activities and continuing at the next opportunity. During this time, Helen worked in a collaborative venture with William Thetford in scribing *A Course in Miracles* (ACIM) and also with its initial edits. The main transcription process took seven years, from 1965 through 1972, during which time she would take down the notes in shorthand, then each day read back these notes to Thetford, who would type them out while she read them.

Since its publication in 1975, the book *A Course in Miracles* has been studied and has sold more than 1.5 million copies worldwide. It has transformed millions of people's lives. This documentary spans a seventy-year period in the life of Course founder, Helen Schucman, and includes re-enactments of her visions and dreams that led to her actual 'scribing' of the Course.

Meet people who are using the Course to change their lives, and learn some of the key principles from the Course.

This film also includes introduction to the program by:

- Marianne Williamson who talks about how the Course has changed her life and what it means to her.
- Gerald Jampolsky, an internationally recognized psychiatrist and lecturer who is a practitioner of the Course.
- Kenneth Wapnick, Ph.D., president and co-founder of the Foundation for A Course in Miracles in Temecula, Ca., who has been teaching the Course since 1973 when he began working with Dr. Helen Schucman and who has written over 25 books on the Course.

PERSONAL FREEDOM COURSE



John Mills: Personal Freedom Practitioner

This ten-week course explores our physical presence in the world in relation to the character that we are and our connection to the metaphysical as to who we actually are.

As you gain an experiential understanding of the 'who' we are you begin to free yourself of self imposed beliefs as to how and why you do what you do and that you have the choice in, and the freedom to choose the life you want, without having to completely throw out the life you are living. In fact you may even begin to embrace your present life and find the joy hidden in it.

The course is an hour a week for ten weeks. If you wish to make change it is recommended that you commit to the ten weeks. Cost is \$30 per session.

If you wish to change your life phone The Mosgiel Holistic Centre or ask at Reception for John Mills. Ph 4893677