

Mosgiel Holistic Centre

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



September 2013 Issue 7

WHAT'S ON AT A GLANCE

Healing Group on Monday
Nights 7.30 – 9pm

Thai Chi on Thursdays 6pm-
7.30pm

Film Evening Friday 13th at
6.30pm

Gong Meditation Friday 27th
7.30pm

Theoria Sunday 15th at 6.30pm

Inner Journey Sunday 15th at
2pm

The Mosgiel Holistic Centre

12 Church Street, Mosgiel.

Ph: (03) 4893677

Touch Your Heart Presents

An Experience of the Inner Journey

We at The Mosgiel Holistic Centre are thrilled to have been chosen to host Touch Your Heart's 'An Experience of the Inner Journey'. Sheila Wall has brought together a wonderful group of healers from all walks of life to give you the chance to experience ten different Energy Based Modalities. Each ten minute session is designed to provide you with a wonderful and enlightening experience so that not only do you get to understand how each modality is conducted but also find out which modality you most resonate with, and therefore would be the most beneficial for you to explore further.

There are only one hundred tickets being sold at a \$25 Koha per ticket. Sadly entry is by ticket only so make sure you are one of the 100 lucky people. See Page three for details. For a ticket Ph: 4893677

A Very Big Thank You from Sheila & Todd

Sheila and Todd Wall wish to thank all the helpers for donating their time and effort in presenting 'An Experience of the Inner Journey'. Brownny points to one and all.....

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 sit 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.

Touch Your Heart



Presents

AN EXPERIENCE OF THE INNER JOURNEY

Through 10 Minute Sessions of the Following Modalities

- Aura Cleansing
- Clairvoyance/Tarot
- Reflexology/Foot Massage
- Ginger Bread Man
- Chiquong
- Chakra Balance
- Head Massage
- Group Healing
- Meditation
- Aromatherapy

Sunday 15th September 2013

from

2.00 p.m. – 5.00 p.m.

All for only a \$25 Koha which includes afternoon Tea

Limited to 100 tickets purchased from:

Mosgiel Holistic Centre

12 Church Street, Mosgiel, Dunedin, 9024

Phone: (03) 489 3677 E-mail: lynette@mosgielholisticcentre.co.nz

Energy Reading Sessions By Akemi Bond

Cost: By donation till end September



Energy Reader & Healer

Intuitive Freestyle Pianist & Martial Arts Instructor

I work Intuitively and with the Pendulum, these readings are of the nervous system, internal organs, hormonal levels and Chakras.

Good for: Chronic fatigue, Menopausal problems, Pre-diabetic conditions, Hypertension, Swimmers ear, Hemorrhoids, Migraines etc, Aches and Pains

I can show you how your chakra system is working and how your spinal energy current is flowing including the energy levels of your organs and bodily system.

Contact Akemi Bond on 021 942 127 or (03) 552 1951

Available at The Mosgiel Holistic Centre by appointment.

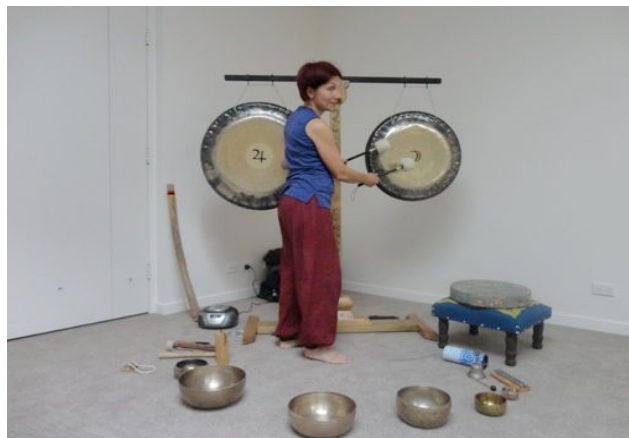
Theoria : Gestalt Psychotherapy by Marie Ann Robertson

Sunday 15th at 6.30pm

Presented By Jackie McKenzie and Ange Copson

Marie Ann was drawn to study psychotherapy as she noticed more and more people saying they were on antidepressants. Her thinking was that there must be another way to mental health. As with most worthwhile ventures, she took a convoluted time to make her way to training and practicing as a psychotherapist. University was her first choice, studying psychology (because it must be related - right?) and history (for fun). History turned out to be the right track for her at that time and she wrote her honours dissertation on 'The Mental Health of World War 1 Soldiers and the Effect on Family and Community'. That same year she started a psychodynamic psychotherapy theory three year course at Ashburn Clinic, then moved on to study Gestalt Psychotherapy, graduating in 2010.

Gestalt means entire or whole. Marie Ann will introduce some of the basic ideas behind the Gestalt holistic approach to psychotherapy and relate these ideas to the exciting field of neuroscience. And she will explain her passion of wanting to help free people so they can live a rich life to their full potential.



GONG MEDITATION FRIDAY 27TH @ 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.



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, September 13th @ 6:30PM @ 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, if you choose, join us for our discussion of...

Primal Instincts: An Exploration of Happiness

“We have long believed that we are at the mercy of our emotions but science is now showing that we each have the potential to influence of lives in real and measurable ways. Profound happiness it seems is in our reach.”

We all want happiness. It's the motivating force behind just about everything we do. But what is this thing called happiness and how do we achieve it. This documentary sets out to explore these two very important questions. Using modern scientific enquiry using advanced state-of-the-art equipment and modern methodologies neurophysiologists are “exploring the intimate workings of this most glorious emotion, discovering clues to its primitive origins and revealing that we all have the potential to create profound happiness in our everyday lives.”

How do people explore and experience this notion of happiness? How do we seek happiness in our every day lives? What is occurring in our brains as we seek the experience of happiness? In this doco, we take a look at the role of neuro-chemicals, the mechanisms of emotions, and the role that external factors play in influencing how these all interact with each other. We'll hear about the role dopamine plays in motivation and drive, how this neuro-chemical interacts with our limbic system and produces the sensation that we interpret as happiness. We'll see how this neuro-chemical influences our decisions about the foods we eat, the activities we engage in, and how we come to value experiences.

Along the way, we'll look at laughter clubs, the role negative emotions play in the drive for happiness, set points for happiness, world statistics for happiness, the impact of materialism and trauma on happiness, the universal ways we have of expressing emotions, and how to develop the mental skills needed to manage emotions and create a happier frame of mind.

We go into the laboratory with a master meditator who has been able to explore extra ordinary states of happiness through training of the mind using Tibetan Buddhist techniques to free the mind from the typical causes of unhappiness to see how his brain functions. We are introduced to activities and practices that can assist us as regular folk to change how our own brains work and that will assist with our intention to experience more happiness and more compassion in our daily lives.

Our end note for the evening will be to share some good, old fashioned laughter and mirth to bring it to ground and get the experience into our bodies.

See you on the 13th! Love & Light, Catherine McKergow

What is TRE & Who can benefit?

TRE stands for Tension & Trauma Releasing Exercises

TRE is a simple 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.

TRE is a set of six exercises that help to release deep tension from the body by evoking a self-controlled muscular shaking process in the body called neurogenic muscle tremors. The uniqueness of this technique is that this shaking originates deep in the core of the body of the psoas muscles. When shaking is evoked at this powerful center of the body, it reverberates throughout the entire body, traveling along the spine, releasing deep chronic tension from the sacrum to the cranium. When tension is released anywhere in the body, the brain registers a reduction in pain signals and produces new hormones for relaxation and comfort. Often, this release of tension is much like receiving an internal massage.

The exercises are a simple form of stretching and are used to gently trigger these voluntary muscle tremors.

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. Eventually, these tremors will evoke themselves naturally in the rest position to reduce any stress or tension that was accumulated over the course of the day.

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. It is also quickly becoming a popular way to release the everyday stress, tension and anxiety that comes from the daily pressures of life.

Since this shaking mechanism in the muscles is part of our natural behavior as humans, everyone can benefit from TRE. This shaking of the muscles, or neurogenic tremors, increases the resiliency of the body because it causes deep relaxation that naturally reduces stress levels. It can release emotions (in a very safe way) ranging from mild upset to severe anxiety whether it is caused by work stress, excessive worry, conflict in relationships, physical stresses or traumas from accidents.

TRE has been reported to reduce pain, increases mobility, and aid healing of past injuries.

Whether you are a parent/spouse who would like more patience with your family, a victim of violence or accident, a soldier suffering with PTSD, or simply a person who wants to become more resilient and just feel better about life, you can benefit TRE.

To experience this life changing method please contact Registered Practitioner Lynette Mills at The Mosgiel Holistic Centre on 4893677



Catlins - 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