

# MOSGIEL HOLISTIC CENTRE

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

12 Church Street,  
Mosgiel  
03-4893677



November 2013 Issue 8.

## What's on in brief

**Monday**      Meditation 6-7pm  
4,11,18,25<sup>th</sup>    Healing Group 7.30-9pm

**Wednesday**  
6,13,27<sup>th</sup>      TRE

**Thursday**  
7<sup>th</sup>              Kristin Bredefeldt Slide Show  
                    Two Years on Wheels  
7,14,21,28<sup>th</sup>    Thai Chi

**Friday**  
8<sup>th</sup>              Gateway Cinema  
29<sup>th</sup>              Gong Meditation

**Saturday**  
2<sup>nd</sup>              Reiki sharing  
9<sup>th</sup>              Kristin Level II Channeling  
                    Jen Remure Crystal Bowl  
                    Yoga  
16<sup>th</sup>              Rainbow Healing Pip Oxlade

**Sunday**  
17<sup>th</sup>              Rainbow Healing Pip Oxlade  
                    Theoria

*Look who has joined our team!*



*Yes it's Jessie Ryan Massage  
Therapist extraordinaire. We are  
thrilled to announce that Jessie is  
now working on Monday,  
Thursday, Friday and the  
occasional Saturday at The  
Mosgiel Holistic Centre. To make a  
booking Ph(03)4893677*

## **THE HEALING GROUP**

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 meets every Monday evening at 12 Church Street, Mosgiel at 7.30pm. Should you wish to experience this amazing gift please phone 4893677 to book – this is essential. The charge is in way of a Koha or donation so the Group can cover costs.

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

## **ABSENT HEALING**

Many people have difficulty understanding how “absent healing” works. There are various ways and techniques people use to transmit the energy, which permeates a body's dysfunctional energy to start building the body back to full wellbeing.

The easiest way to describe how the energy is transmitted is to imagine we are all like clothes on a clothesline, the line representing the invisible thread of Spirit. We send extra energy through the line to the person requesting healing. It's fair to say others may well receive it at the same time like Kirsten has mentioned in her letter for her daughter Klara (see last months issue).

We do not however, send absent healing unless we have had the person's permission or the parent's permission as in Klara's case.

You can also use the metaphor of tuning into the radio station you wish to listen to, so we tune into the frequency that connects us to the person receiving the energy.

## **Inner Journeys of the Soul** *~Multi Modality Awakening Experience~*

***Ramaji, Helen Whitewolf, and Jen Rumore bring you an extraordinary opportunity for exploration and discovery.***

Beginning with Quartz Crystal Bowl sound healing and deep relaxation, we balance our energy centres for our optimal well being and alignment on all levels. Next follow a guided awareness meditation to focus, hone and prepare our consciousness to receive the newly released film, The Message - Humanity's Spiritual Destiny. From there we engage in a discussion/question and answer offering, and finally integrate and soften deeply into ourselves once again with quartz crystal bowl nurturing and balancing resonance.

Helen and Ramaji are international spiritual teachers with 60 years' combined experience. Jen brings the harvest of more than 25 years of consciousness learning and exploration. We guarantee that what we share with you will be the real truth about waking up – waking up as it is being experienced right now by thousands of people. We realise that it is time for the details about the awakening process to be de-mystified, and shared simply and honestly. Please join us as you feel your soul's calling. We look forward to sharing together!

**9 November 2013 1PM-3:30PM**

at Mosgiel Holistic Centre 12 Church St Mosgiel  
\$25 donation requested

**OR**

If you prefer to partake in a Quartz Crystal Bowl Healing Session experience in and of itself Jen will also offer this deep relaxation and balancing opportunity for your energy centres and full being.

**9 November 2013 5PM-6PM**

at Mosgiel Holistic Centre 12 Church St Mosgiel  
\$20 donation requested

***~Contact Jen at [022.097.4596](tel:022.097.4596) or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com) so we may save and prepare a space for you!~***

# The Gift of Christmas



*Written and composed by Sheila Wall  
Presented by Touch Your Heart*



*Narrator: Wayne Alexander  
Music: Red Cross Choir  
Conductor: Eleanor Moyle  
Accompanist Coral Billing  
Soloist: Juliette Bernard*

*Children: Justin Copson  
Victoria Tikey  
Bianca Carvalho  
Thomas Kelly*

*The gift of Christmas is told through stories and carols to children who arrive home with a Christmas tree to discover someone in the barn reading a book. They hear about gifts given from the Donkey, The Drummer Boy the Voice of Otto and more.*

*Venue: Mosgiel Holistic Centre  
12 Church Street, Mosgiel  
Date: Sunday 8th December 2013  
Time: 6.30PM*

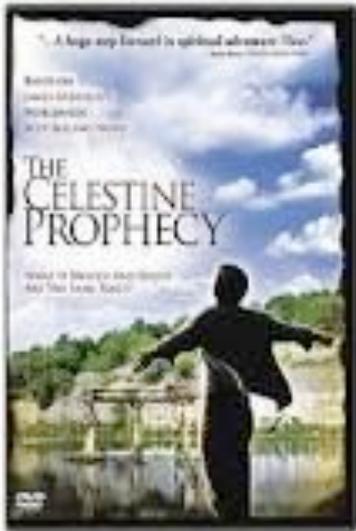
***Tickets are \$10.00 and can be purchased from the Mosgiel Holistic Centre***

*We would also appreciate your bringing a food item for the food banks.*

**All money raised will also be used to purchase food to be given to the food banks.**



**Gateway Cinema with Catherine McKergow Presents  
The Celestine Prophecy, an adventure film based on  
James Redfield's worldwide best-selling novel  
THE CELESTINE PROPHECY.  
Friday November 8<sup>th</sup> at 6.30pm  
Mosgiel Holistic Centre.**



The Celestine Prophecy is a 2006 American film directed by Armand Mastroianni and starring Matthew Settle, Thomas Kretschmann, and Sarah Wayne Callies. The film is based on James Redfield's best-selling novel of the same name.

Come join us for a light supper, the movie and a chat.

Cost: Koha \$5

**YOGA YOGA YOGA YOGA YOGA YOGA**

**We are delighted to have Jen Rumore doing a one off yoga  
special Saturday 9<sup>th</sup> November 11.30am-12.30pm  
At Mosgiel Holistic Centre**

Please join us for a beautiful Hatha Yoga practice, which assists you to honour, your body's boundaries and rhythms.

Ride your ujayi breath to ebb and flow, tuning in and often floating deeper while refining muscular and skeletal alignment. Suitable for all abilities. 11:30AM-12:30PM. Saturday 9 November.

I have some spare yoga mats that I am happy to share.  
Please let me know upon registration if you would like to use them so I may earmark one for you!

\$12 per person requested donation. [022 097 4596](tel:0220974596) or [jen.gratitude@gmail.com](mailto:jen.gratitude@gmail.com)  
or [03.443.8854](tel:034438854).



# 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](mailto:Kristinbrede@gmail.com)

[www.healingteacher.co.nz](http://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

# Two Years On Two Wheels

*by Kristin Bredefeldt*

A collage of images related to a cycle trip. The background is a large photo of a person in a white shirt riding a motorcycle on a road. Overlaid on this are several smaller photos: a person in a boat, a woman smiling, a person in a boat, a group of people in traditional dress, a person in a boat, and a group of white birds. The text 'Slide Show Thursday 7<sup>th</sup> Nov 8pm, \$10 on door Mosgiel Holistic Centre, 12 Church St' is overlaid on the bottom right of the collage.

Slide Show

Thursday 7<sup>th</sup> Nov

8pm, \$10 on door

Mosgiel Holistic Centre, 12 Church St

"2 years on 2 wheels" Is about my cycle trip from Europe to NZ and back through 15 countries. I will talk about the magical and unexplainable moments and take you on a journey to your inner self. Let yourself be inspired from pictures around the world.

## **A LETTER FROM OBION**

Greetings my dear friends, may all be well in your life.

Our word this month is pollution. I am not looking at this word from an environmental perspective, which of course is part of our discussion as it is due to man's ego, which is the cause of the Earth's pollution for the most part.

I would like you to see how the individual ego, together with the collective ego of society (which is everyone) slowly pollutes the mind. Fear, greed, negative thoughts and actions like war, murder, rape, loss of respect to oneself and other people and so much more, creates a surge of pollution. Pollution is something added to something pure.

At birth you are like a beautiful clear crystal lake. When your ego was born it slowly began to pollute your mind with the help of the collective ego of society through the emotions that have controlled you over the years, especially fear. You may feel that you are not good enough and that you are a failure, you are not loveable, comparing yourself to others. All of this has affected your ego self which of course were where the fears were created in the first place.

The constipated mind. Now you are aware of this pollution it is time to drop it and in so doing you will free the constipation of the mind, thus returning to be once more the pure crystal lake in which your freed ego may swim and frolic to its heart's content in peace and harmony.

The lake (Spirit) has never really been polluted, only the concept of the pollution of Spirit (the lake) has caused you to think it has.

Your life is your play. If you do not like certain aspects of your play then remove these from your play and write a new one. Just how would you like your life to be? For after all are you not the creator. So my dear friends please ponder on the words "pollution" and the "constipated mind" in relation to yourself and others.

My hearts love is extended to you all,

Obion



## **GONG MEDITATION FRIDAY 29<sup>TH</sup> @ 7.30pm – 8.30pm** **Last one for 2013: Cost: \$10**

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.

## **THEORIA- Chakra balancing workshop with Ange Copson. 6.30pm** **for refreshments, 7pm start. Sunday November 17th. Cost \$5**

Picture a beautiful, vibrant, spinning ball of energy. Just looking at it makes you feel uplifted, energised, calm and ready to take on whatever the Universe presents. That's how you can feel when your Chakras are in alignment.

'Chakra' is the Sanscrit word for wheel and is situated in the ethereal body. These centres of activity are responsible for our physical, mental, and spiritual functions. Constantly spinning and vibrating, they absorb and transmit energy from everyone we interact with.

While we have many chakras in our body, the 7 most significant are located along the central line of the body, from the base of the spine to the top of the head. Our chakras influence our physical body, our thoughts and our behaviours. When these are out of alignment or are blocked, the energy does not flow harmoniously through them, which can result in an imbalance that is manifested in all areas of life.

In this mini-workshop I'll show you how to balance your chakras through the use of crystals, visualisation and affirmations. You will find out how to connect with which of your chakras needs attention and how you can help yourself to allow your best self to shine.



TRE, Tension and Trauma Release Exercise  
Workshop.  
30<sup>th</sup> November  
Mosgiel Holistic Centre,  
12 Church Street, Mosgiel

1 day training 30<sup>th</sup> November: Suitable for anyone wanting to learn how to manage stress in his or her lives.

**Level 1 TRE Training Workshop 30<sup>th</sup> November to 2<sup>nd</sup> December.**

3 day training 30<sup>th</sup> November to 2<sup>nd</sup> December; suitable for those wishing to teach TRE to others or who wish to deepen their own experience of TRE. See the website for details of the training programme.

**What is TRE?**

TRE is the work of world-renowned trauma expert Dr David Berceli. TRE induces the body's natural way of reducing muscle tension and calming the nervous system.

**Who can benefit from TRE?**

All of us can benefit from TRE whether we have experienced a major trauma, like an earthquake, or are finding it stressful juggling the many demands of every day life.

**About the Presenter**

Presenter Steph Combe (MBA, REPs) trained with Dr Berceli and has been appointed by him to run the TRE Training Programme for New Zealand. Together with co-presenter Annette Ashton, she brought the first TRE workshop to NZ in 2011. Steph is also a Pilates instructor and movement educator.

**Register today!**

[www.traumarelease.co.nz/](http://www.traumarelease.co.nz/) [info@traumarelease.co.nz](mailto:info@traumarelease.co.nz)

**03 443 5878/ 0211654 891**

DUNEDIN

# Health & Spirit Festival

## *Celebrate Holistic Health*

You are invited to attend the launch of the  
Health & Spirit Festival

Charitable Trust Sausage Sizzle Lunch

This is a free event, lunch is provided

**Our Purpose for the Health & Spirit Festival Trust is:**

To promote Holistic Community Health encompassing Spiritual  
and Environmental Sustainability

And to achieve this we want to bring the Dunedin  
holistic and natural health community together and  
celebrate Wellbeing. Come and meet like minded people and  
learn about who we are and what we do

**Please Register Your Attendance at:**

**[festival@healthandspirit.co.nz](mailto:festival@healthandspirit.co.nz)**

**Date: Saturday 7th December 2013 12pm–3pm**

**Our Hosts: John and Lynette**

Mosgiel Holistic Centre,  
12 Church Street, Mosgiel

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

**Mosgiel Holistic Centre**



## **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, 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**

### **REIKI SHARING**

**Saturday 2nd November 1.30pm-3.30pm**

**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**

### **BODY IN MIND MASSAGE THERAPY**

**Therapeutic/Relaxation, Remedial Massage, Deep Tissue, Thermal Hot Stone Massage, Facials, Lymphatic Drainage, Reflexology, Reiki, Reiki Courses, TRE and so much more**

**OPEN EVERY WEEK DAY INCL: SATURDAYS & EVENINGS BY APPOINTMENT**

Lynette Mills

Gary McLaren

Jessie Ryan

**NOW IS THE TIME TO BUY YOUR CHRISTMAS GIFT VOUCHERS**

**Ph: 4893677**

## **MEDITATION FOR BEGINNERS & THOSE EXPERIENCED MEDITATORS WHO ARE NOT GOING TO JUDGE US BEGINNERS**

**MONDAY EVENINGS @ 6-7pm**

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

### **PERSONAL FREEDOM COURSE with JOHN MILLS**



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