

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

**12 Church Street,
Mosgiel
03-4893677
December 2014
Issue 10**



What's on in January?

**Monday
6, 13, 20, 27
Healing group @ 7.30**

**Monday
6, 13, 20, 27
Meditation @ 6pm-7pm**

**Thursday
16, 23, 30
Thai Chi @ 6pm-7.30pm**

**Friday
31st
Gong Meditation
7.30 - 8.30**

Welcome to 2014

Well here we are the start of 2014. I am always fascinated by the predictions made for a particular year. There are those that say that all things human are looking up and those that predict 2014 as a difficult year.

Here are my thoughts: from the world of plants and animals 2014 is going to be a very difficult year as they try to cope with the continual pressure and onslaught, as we still do not truly acknowledge our part in their demise. Many species will leave Mother Earth as the battle will be too great for them.

Humans too will find 2014 a very difficult year as Mother Earth's energies try and cope with our demands and many will choose to leave, and we can expect increased anxiety and aggravation.

Now some may see this as a negative outlook where as I am very optimistic as I see this "pressure" necessary for us to understand our place along side Mother Earth and all her inhabitants, be they plant or animal. I feel that 2014 is a watershed year as we finally start to actively acknowledge and align ourselves with our behavior.

This is the year that will herald in a greater understanding of what Holistic means. We are all one, we are all connected and what happens to one happens to us all. So welcome to a year that could in hindsight be the start of something quite spectacular.

What to expect at The Mosgiel Holistic Centre in 2014

Having had what we can only describe as a very successful first year thanks to the enthusiasm and support shown by all of you, we now have a better grasp of what you would like to see on at The Centre. The Centre is not about Lynette and John per se but about what the community needs in the way of Holistic Health.

With this in mind we have identified areas in need of improvement and what have proven to be favourites. Lynette and her team; Gary and Jessie, will continue to look after your therapeutic and wellbeing **massage** and **energy healing** needs, with increased hours. **The Healing Group** on a Monday evening at 7.30 (booking essential) is in high demand and it seems as if it will continue to grow exponentially.

On going favourites are **Gong Meditation** on the last Friday of each month with **Rosanda**, **Monday Meditation** for all comers at 6pm. **Thai Chi** at 6pm on a Thursday with **Keiko Imagi**. **TRE** weekly with **Lynette** and **Personal Freedom** courses **counseling** and **psychotherapy** with **John Mills** will be also available.

We are also thrilled to have our regular visiting practitioners lined up for 2014. **Kristin** will be doing weekend workshops in healing, Kryon work and teaching you how to channel. (In fact she is here in February, see later in newsletter). **Jen Rumore** with her **crystal bowl** workshops, **Pip Oxlade** with **Rainbow Healing**.

We have some wonderful **workshops** coming up, **TRE**, **Reiki I, II & III**, **Massage**, and **Aromatherapy** with **Lynette Mills** and guest practitioners. **Crystal Therapy** with **Bryan Fitzgerald**, **Clairvoyant** ten-week **workshop** with **Sheila Wall** and Fireside chats with **Obion** plus many more.

Look out for: Louise Cullen psychic readings for you or your pet (deloresbasset@gmail.com 03-4767832), **Charmaine Mundy** of Chardenz Crystals (chardenzcrystals.co.nz), Crystal balancing with **Bryan Fitzgerald** (4885592), Well Being Facilitating with **Catherine McKergow** (4675604), Meet your higher self with **Wendy McLaren** (4544643; 0273303059), Chakra Balancing with **Ange Copson** (7421128).

We also have a lending library and tried and tested health products from **Azurlis** a locally made, Reiki skin care range, **Artemis** a locally made health product range and **doTerra** essential oils at very competitive prices.

Lastly we are excited to announce that in 2014 The Mosgiel Holistic Centre will be running Massage Courses.

WELCOME TO 2014

THANK YOU

Todd and I would like to say a very big “THANK YOU” to everyone who in some way contributed their time and energy from making stage props and scenery, setting up the hall, the sound system, the costs of the hire donated by John and Lynette, selling tickets (all sold) and in particular Wendy for her help and support. Not forgetting of course Wayne and the children for making “The Gift of Christmas” come alive aided by the Red Cross Choir singing the carols and songs.

We were able to purchase food to the value of \$1136.00, which was presented to representatives from St Vincent de Paul and Presbyterian Support at the end of the show. Many people have since said that to see the four children and Wendy pushing four trolley loads of food while the choir sang “O Come All Ye Faithful” was very moving.



To be able to bring Joy to all those that would be receiving the food truly was “The Gift of Christmas”.

Sheila and Todd Wall (Touch Your Heart)



Reiki Workshops

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

Reiki I Workshop Saturday 8th Feb & Sunday 9th Feb

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 II Workshop (Dates to be confirmed)

*Please contact Lynette on 4893677 or
0277223118*

REIKI SHARING

Saturday 1st February 2pm-3.30pm

Cost \$10

Open to anyone who has ever learnt 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

Letter from Obion

Greetings my dear friends as you all begin a new earth year in your world. May you have peace of heart.

I have heard people say "Let us get to the heart of it". What does this mean? What are they really saying? Do they wish to get to the core of whatever it is, if so what is the core? If you take an apple then the core is where the seeds lay nestled in the centre of the apple waiting to be sown to produce seedlings for more apple trees so therefore the core must mean growth and new life "the heart of it".

If you wish to get to the heart of a certain matter this must mean let us get to the truth. What is truth for one may not be truth to another so the truth of the certain matter would be each person's concept or opinion of the matter whatever that may be. If there is personal growth for the people concerned then they have got to "the heart of it".

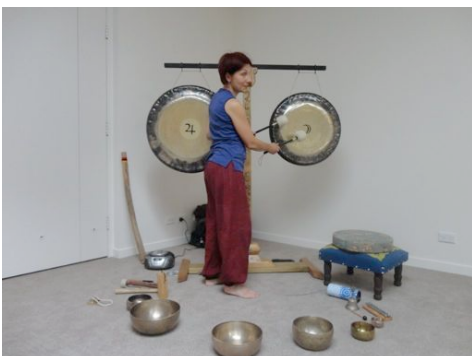
So, is "let us get to the heart of it" growth? I feel it is. It may not always be personal growth; for example the saying may be used to solve a crime and if "getting to the heart of it" solves the crime then it would still be growth.

The heart of 2014 is also growth. You are all the seeds of the apple tree. Let your personal seeds grow strong in the heart; help others to grow from your demonstration of growth. Growth is awareness of first your ego self which has been laying the trail back to the core "the heart of it" since ego was born; then comes "the heart of the Spirit" love and peace. Whatever happens in your life, if you have allowed the seeds, the core of the matter to bring awareness of the "I AM" to the heart then love and peace is truly "let us get to the heart of it".

May each day of 2014 bring you closer to the heart of it, Love and Peace.

Blessings, Love and Peace to you all for this New Year.

Obion



GONG MEDITATION FRIDAY 31st Jan @ 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.



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**

**NOW AVAILABLE
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
12 Church Street, Mosgiel.**



**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.

Healing/Channeling sessions, one on one

Wednesday 5th to Tuesday 11th February
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

Channeling Course 3 repeat Saturday 9am-1pm

**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