

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

**12 Church Street,  
Mosgiel  
03-4893677  
April 2014**



**April**

April - Fool (noun) unintelligent person, ridiculous person, creamy fruit dessert (I kid you not), court entertainer, enthusiast, offensive term.

If this is true then I am a fool (not the creamy fruit dessert type – although that is debatable). I am enthusiastic, at times offensive, often ridiculous and most often do things that are completely unintelligent. But if I were to be used as a verb, I would be nobody's fool, therefore wise enough not to be easily deceived. I am all these things and more **or am I?**

Want to find out about yourself, who you truly are. Maybe we can explore that together through my Personal Freedom Course. All I ask is you do not believe me, come find out for yourself, you will be very surprised that what you see, hear and believe may all be an illusion!

**Monday**

7, 14, 28 Healing 7.30pm

7, 14, 28 Meditation 6-7pm

**Tuesday**

1, 8, 15, 22, 29 – Tai Chi (New) 6-7.30pm

8, 15, 22, 29 – Children Yoga 3.30-4.30pm

**Wednesday**

2, 9, 16, 23, 30 – Adult Yoga 7.15pm

**Thursday**

10, 17, 24 – Beginners Yoga 9-10am

10, 17, 24 – Pregnancy Yoga 10-11am

3, 10, 17, 24 – Tai Chi Advanced

**Friday**

**NO GONG MEDITATION THIS  
MONTH ANZAC DAY**

**Saturday**

12 – Reiki Sharing 2 – 4pm

26 – First Light Flower Course

**Sunday**

13 – Clairvoyant night

27 – First Light Flower Course

# *Introduction to Reflexology Workshop*

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



*Saturday 3<sup>rd</sup> May &  
Saturday 10<sup>th</sup> May 2014  
9:30am till 4:30pm  
Cost: \$220 (morning tea and  
lunch included)*

*Spend a weekend learning basic relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to body work or an experienced therapist you will enjoy the techniques and by the end of the weekend, you will take home the basic skills of reflexology to confidently give your family and friends a treatment which is guaranteed to relax and revitalize.*

*You also take home a manual and a bottle of lavender, peppermint and lemon essential oils to use in your treatments.*

*To take advantage of this fantastic learning opportunity please contact Lynette at Mosgiel Holistic Centre, 03 4893677 Or 027 7223118*

*(If you are interested but the date does not suit please contact Lynette as this workshop will be repeated at dates to suit.)*

**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 03-4893677, 0274811599

## JESSIE RYAN – MASSAGE THERAPIST



There are times when you experience the professionalism of a practitioner and there are times when you experience their intuitive understanding of your needs. But it is very rare to find one where both combine in the work of the practitioner. This is Jessie a rare breed of practitioner who's natural capacity to intuit what your body needs is second to none. Jessie is a natural healer.

Jessie works at The Mosgiel Holistic Centre on a Monday, Thursday and Friday.

To book a time with Jessie phone: 4893677

½ hr - \$40.00

¾ hr - \$60.00

1 hr - \$75.00

1 hr Aromatherapy \$80.00

1.5 hr \$105.00

1.5 hr Thermal Hot Stones \$125.00

### **SPECIAL FOR APRIL ONLY**

**Book any treatment with Jessie, mention this advert  
and get  
\$10.00  
discount.**

**REIKI SHARING**  
**Saturday 12<sup>th</sup> April 2:00pm - 4:00pm**  
**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 or 02772231128**

**Modalities of Health Available every Week at The  
Mosgiel Holistic Centre**  
**Psychotherapy, Counselling, Personal Freedom Courses,  
EAP Work, Psycho-educational work.**

**BODY IN MIND MASSAGE THERAPY**

**Therapeutic/Relaxation  
Remedial Massage  
Specific Pain Relief  
Deep Tissue  
Thermal Stone Massage  
Facials  
Lymphatic Drainage  
Reflexology  
Reiki, TRE**

**BODY MIND CONNECTION**

**Bodytalk, EFT, Cranio Sacral Therapy, Lymphatic  
Drainage & Bach Flowers**

**HEALING GROUP**

**Hands on Group Healing  
CONTACT US ON (03) 4893677**



**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.**

## **Letter From Obion**

### **April 2014**

Greetings my dear friends,

My dear friend Jonathon (John) and myself were having a discussion around the word expectation and I thought it may be of interest to you as well.

Expectation! In your human life there are huge expectations placed upon you through your conditioning, the collective ego of Society and yourself. When you feel that you have failed in your personal life in some way it will be due to your ego self feeling it has not fulfilled the expectation placed by yourself or others around you. You will of course have placed expectations on other people as well. Put all these into a pot and it will equal failure. This then creates more emotional discord and you will become unbalanced in mind and body.

Does failure exist? Only to the ego self. We in Spirit do not see failure or even success as these only belong in your world. They are concepts born from the seeds of expectation.

Humans have expectations of each other, for example: you arrive home from your days work late and tired. Your husband or wife have been home some time before you and you have an expectation that they will have perhaps cooked you a scrumptious meal and they haven't, taken the laundry off of the clothes line before it started to rain and they did not do this. I could list a hundred or more examples. You then are very upset and emotions escalate, the peace is shattered and you want a divorce due to their selfishness – but remember this is not the first time this has happened, so, caught up in self.

Of course, if you have a toothache and went to your dentist there would naturally be an expectation for this person to fix your tooth, as they would have an expectation that you would pay their fee. The dentist or landowner would have an expectation that they would pay the rent and the bank money lender would have an expectation that the landowner would pay his financial loan and so it goes on. Your lives are all intertwined like many vines growing over trees and bushes linking them all together.

Honour each other, move away from self and see the larger picture. The wife, husband and children are tired from a days toil. Sit and share a cup of tea then divide the tasks that are required to be done in a relaxed and joyful way. Enjoy each other and most of all release expectations. Re-write your play.

May Love and Joy fill your heart and day.  
Obion

## Tina's Book Report



### **Re- member**

A handbook for the Human Evolution

**By Steve Rother & The Group**

'Wow' everyone should read this book whether a believer or not, what you digest from the words spoken by Steve & The Group opens your mind, and you may surprise yourself what you feel in your heart- your inner guidance as to why we are here.

You will find information of the Universes Vibrational Energy that is going on in our world now- today, and how to adjust our body to the changes going on.

Some of the messages I felt I received was; Free Choice- we all choose to partake or not in All WE DO.

In the words spoken you feel the Love & Peace come through, isn't that what we all want.

There is so much more in this book, to cover it would be impossible. So I will finish on these words.

It is with the Greatest Love that we ask you treat each other with Respect, Nurture one another and Play well together.

The Group



# **YOGA CLASSES**

With Jackie McKenzie

**Beginners Yoga Thursday Morning 9 – 10am**

**Pregnancy Yoga Thursday Morning 10 – 11am**

**Children's Yoga Tuesday 3.30- 4.30 pm**



**General Adult Yoga  
Wednesday Evening  
At 7.15pm**

Cost: \$10 per session or \$80 for a 10 session concession card.  
Classes will involve the learning of classical yoga poses. Mats provided.  
Classes start second week April. All interest to be registered by 4<sup>th</sup> April

To register email [Jackie@ontrac.biz](mailto:Jackie@ontrac.biz) or phone 027 2244557





**Clairvoyant Night  
with  
Sheila Wall, Christine McCormack, Char Mundy,  
Jackie McKenzie, Wendy McLaren, and  
Louise Cullen  
Sunday 13<sup>th</sup> April at 7pm – 9pm**

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

Sheila Wall , Christine McCormack, Jackie McKenzie, Wendy McLaren, Char Mundy and Louise Cullen 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

## **REIKI WORKSHOPS**

### **Reiki I and Reiki II & Reiki Master Training**

If you are interested in learning this powerful Healing Modality expressions of interest are now being taken for classes to be held in June.

Phone: Lynette Mills 489 3677 or 027 7223118

# 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  
Tutor  
First Light Flower Essences of New Zealand®



Discover the power of the New Zealand Native Flower Essences as potent all natural healing tools for the 21<sup>st</sup> 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 9am to 5pm on **Saturday 26<sup>th</sup> April**  
**2014**  
NZNFE 102, Unit Two 9am to 5pm on **Sunday 27<sup>th</sup> April**  
**2014**

**Payment:** First time student: \$170 per day, includes comprehensive manual  
Repeat student: \$85  
Certificate/Diploma holders: \$30

Payment may be made by cash or cheque at the workshop or contact Patricia for internet payment details.

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](mailto:patriciamstowell@gmail.com) Ph (03) 355 4526 or 0274 697 191

## 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 or John at The Mosgiel Holistic Centre on 489 3677 to book.**

**Booking is essential as we only take 15 people per Monday night.  
The charge is by way of a min \$10 Koha or donation to cover costs.**