

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

12 Church Street,
Mosgiel
03-4893677
May 2014



Monday

5, 12, 19, 26th Healing 7.30pm
5, 12, 19, 26th Meditation 6-7pm

Tuesday

6, 13, 20, 27th TaiChi 6-7.30pm

Wednesday

7, 14, 21, 28th Adult Yoga 7.15
28th Reiki II

Thursday

1, 8, 15th TaiChi 6-7.30pm

Friday

9th Gateway Cinema 7pm

No Gong meditation this month

Saturday

3rd Reflexology Workshop
10th Reflexology Workshop
17th Reiki I

Sunday

11th Therapeutic sound w/shop
18th Reiki I
25th Hatha Yoga

MAY

Many people may be curious as to what happens to the donations that are given to the healing group on a Monday night. Touch Your Heart an organization run by Sheila and Todd Wall educate the healers and oversee The Healing Group and its finances. So this is from Sheila to let you all know that:

Healing Group's Contributions

Many people who come for Healing kindly make a financial donation.

After taking out the cost for hiring the hall the balance of the donations are banked then when sufficient funds have been saved we make donations to various causes and to date they have been:

- Donation for ongoing costs to a Mosgiel family who had a terminally ill Child - - - - - \$500.00
- Donation to the Otago Hospice - - - - - \$500.00
- Donation to Diabetes Otago - - - - - \$500.00
- Otago Search and Rescue Helicopters - - - \$500.00
- Donation to Chatbus for School Children - - \$500.00
- Donation towards Food for Food Banks - - - \$350.00
- Purchased two healing tables that were presented to the Mosgiel Holistic Centre.

Thank you on behalf of all organizations that have benefitted so far.
Sheila Wall

Introduction to Reflexology Workshop

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



*Saturday 3rd May &
Saturday 10th 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



Touch Your Heart
presents
an experience of the inner journey

Through 20 minute sessions of the following modalities:

Chakra balance & aura cleanse

Head Massage

Group Healing

Clairvoyance / Tarot / Gingerbread Man

Foot massage / reflexology



2.00 p.m - 5.00 p.m on
Sunday 8th June 2014 at the
Mosgiel Holistic Centre
12 Church Street, Mosgiel



All for only a \$25 Koha which includes afternoon tea. Limited spaces available.

Tickets can be purchased from:

Mosgiel Holistic Centre - phone 489 3677 or

email lynette@mosgielholisticcentre.co.nz

www.touchyourheart.co.nz

www.mosgielholisticcentre.co.nz

Tina's Book Report



Collection of Books By Shirley MacLean

**Out on a Limb
Dancing in the light
It's all in the Playing
Going Within**

I found these books very easy reading and enjoyable. Shirley takes you through her life altering experiences. She covers her journey of spirituality, the making of her mini series, the power of meditation, and the experiences of mediums and psychic surgery.

She tells you about the people she came across in her life, and the Country of Peru where she had an experience that challenged her thinking. She explores her past and present relationship with her parents as well as some of her close friends. She examines the links that she connected with later in life. She talks about spiritual techniques that allow you to go within to reach Love, harmony, reduce stress, release fear and discover the joy of living

Being a famous Celebrity she has put herself out there with her books but she is like you and me trying to find her inner path to shape a Better life - Find Inner peace.



Raise your Frequency and Transform your Life through Sound!

THERAPEUTIC SOUND WORKSHOP

**Mosgiel Holistic Center
12 Church Street
Mosgiel**

Sunday 11th May 2014

10am- 3pm

Cost : \$85NZ per person

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 workshop 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.

Come and join us to restore your vital energy!
Bring a pillow and blanket and wear comfortable clothes!
There will be a light lunch provided

For bookings and all more details please contact Rosanda on 03/488 0534 or 021 141 0482 or send an email rosa.fajt@gmail.com

It must me a non refundable deposit paid before 8thMay 2014

A Day of Hatha Yoga

Waking up **Body, Mind, Emotions &
Spirit** (prana)

Bringing together the: Sun & Moon, Earth &
Cosmos;
Male & Female

Mantra, The spine, opening the body, calming the
mind,

Sunday 25th May 10.00 am – 4.00pm

Teacher : John Guthrie

VENUE: Mosgiel Holistic Centre

www.mosgielholisticcentre.co.nz

COST: IYTA members \$60 (morning/afternoon
only \$40)

Non-members \$90 (morning/afternoon only \$50)

Payment: Cheque made to Otago/Southland

IYTA(NZ) Inc

Or direct credit 06 0925 0448229 00 with your
name as ref

What to Bring: Yoga mat, water, blanket, lunch



Reiki Workshops

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

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 I Workshop
Saturday 17th May & Sunday 18th May*

*Reiki II Workshop
Wednesday 28th May*

Please contact Lynette on 4893677 or 0277223118

Letter from Obion – May 2014

Greetings Dear Friends,

Let us talk about Justice, Justice of the ego self. I am not talking about the Justice of the law's of each nation, I am talking about how each individual ego views the word "Justice".

How ego will justify its actions or non-actions to satisfy itself and pour blame onto any ill it may have had or has caused to another human being. Is there justice in our world which you call Spirit? No, here there is only love. Why is it so terribly hard for this love to be among the populace of the world? Hatred, Revenge, Greed, Jealousy, grief – the words are endless. It is bred through each generation until one person says "STOP! No more!" Let only Love fill my world.

Ego cries out for revenge for what it perceives as injustice. Revenge begins to eat away at the very heart of the individual who cries for revenge even when they sleep. It creates disease in their body until they become crippled in both mind and body. Whereas Love is a seed that when it is allowed to grow in the heart of the ego self a most beautiful flower unfolds it's petals and the aroma of its perfume fills the air. Birds carry the Love in their song, a child smiles with hope and expectation to be loved for it remembers the feeling of love that it carries in its heart from home, our world.

Dear ones, it is so hard to love those that have caused you pain so do not let your body and mind be filled with the colour of hate. Let it rather be filled with Love.

I have talked of this before and will no doubt approach the subject again for no matter what aspect of the human ego world we discuss it will always come back to the lack of Love. For that dear friends is what you all seek. It has to start somewhere so why not with you. May the gentle rain wash away your hurts, may the sun give you warmth and comfort and may your heart be at peace.

Blessings,
Obion



First Light Flower Essences of New Zealand®

The Fern Essences – The Life Trauma Set Moving Beyond Pain – Clearing The Aura Essences No's 37 to 43

Patricia Stowell Dip NZNFE

Details are patriciamstowell@gmail.com

03 355 4526 0274 697191

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 all natural healing tools for the 21st Century. These courses are fully certificated.

NZNFE 103 Unit One: This one day course includes

- Introduction to the seven native fern essences
- The anatomy of the aura, its role and purpose
- The energetic integrity of the aura
- Aura maintenance and aura detoxification

NZNFE 104 Unit Two: This one day course includes

- Information on the seven fundamental traumas and how they can be addressed with Fern essences
- Trauma, the Grief Cycle and working with Fern essences for holistic wellbeing in the 21st century
- Supervised client-consultation modules

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

Date: NZNFE 103, Unit One 9am to 5pm on **Saturday 12th July**

2014

NZNFE 104, Unit Two 9am to 5pm on **Sunday 13th July**

2014

Payment: First time student: \$170 per day, includes comprehensive manual
Repeat student: \$85
Certificate/Diploma holders: \$35

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

**1 ½ Hour HOT STONES MASSAGE NOW ONLY \$110.00
(MAY/JUNE ONLY)**



Lynette Mills



Gary McLaren



Jessie Ryan

**BODY IN MIND
MASSAGE THERAPY**
Therapeutic/Relaxation
Remedial Massage
Specific Pain Relief
Deep Tissue
**Thermal Hot Stone Massage
Special May /June \$110.00**
Facials
Lymphatic Drainage
Reflexology
Reiki

**NOW AVAILABLE
ON SATURDAYS & EVENINGS
PRICE LIST**

1/2 Hour Treatment \$40.00

¾ Hour Treatment \$60.00

1 Hour Treatment \$75.00

**1 Hour Aromatherapy
\$80.00**

1 Hour Facial \$80.00

1 ¼ Hour Treatment \$90.00

**1 ½ Hour Treatment
\$105.00**

**1 ½ Hour Aromatherapy
\$115.00**

1 ½ Hour Facial \$115.00

1 ½ Hour Hot Stone \$125.00

**Gift Vouchers Available
(03) 4893677**

12 Church Street, Mosgiel.

**GATEWAY CINEMA
& CATHERINE McKERGOW
BRING YOU FRIDAY 2014 WINTER FILMS.**

**7pm \$5 Koha
Mosgiel Holistic Centre
12 Church Street, Mosgiel**

MAY 9 *Conversations With God* [109 minutes]

“Conversations With God is highly recommended to anyone who’s open to a moving message of compassion, spirituality and trust in your inner voice.”

Based on the autobiographical novel *Conversations with God* by Neal Donald Walsch, a book that spent three years on the New York Times Best Seller list and that has sold over seven million copies, we see Henry Czerny give a compelling performance in this true-life drama about the most spiritual experience a person can have. When his world crumbles around him, leaving him no job, no home and a debilitating injury, Neale Walsch demands an explanation for his suffering...and to his astonishment, receives an answer that will transform his world, his thinking and his life. See why the renowned author was inspired to share his story in this tremendously affecting and empowering film.

JUNE 13 *The Brain that Changes Itself.* [50 minutes]

Dr Norman Doidge explores the profound implications of the changing brain in a way that will permanently alter the way we look at human possibility and human nature. Exploring neuroplasticity, Dr Doidge explores the fact that thoughts can change the structure and function of our brains even into old age. This documentary examines a blind man who sinks a basketball; a woman with half a brain who leads a normal life; learning disorders, strokes and brain trauma that are improved and cured; and chronic pain that is alleviated underscoring the vast expanse of the brain’s ability to function and repair itself.

JULY 4 *Changing Your Mind* is Dr Norman Doidge’s sequel to *The Brain that Changes Itself* produced by the Canadian Broadcasting Association in 2010. This is an hour long documentary that explores the latest research in understanding the implications neuroplasticity, how the brain changes, and how this is offering hope to those suffering from obsessive compulsive disorder, post-traumatic stress disorder and schizophrenia. [50 minutes]

AUGUST 15 *The Heart of the Soul: Emotional*

Awareness – A Public Broadcasting Special with Gary Zukav and Linda Francis [78 minutes]

Millions of people around the world first met Gary Zukav through his #1 New York Times Best Seller, *THE SEAT OF THE SOUL* and his frequent appearances on *The Oprah Winfrey Show*. Now Gary joins with his spiritual partner Linda Francis to bring his message of personal empowerment to Public Television. *THE HEART OF THE SOUL* with Gary Zukav helps viewers develop a new emotional awareness that is central to our spiritual development.

Gary tells us that “Authentic Power is an expression of your deepest, truest self – your soul. It is the spontaneous expression of harmony, cooperation, and reverence for life.”

Gary and Linda and 50 participants gathered together at a secluded retreat centre in northern California for a 5-day workshop. Called an Authentic Power Intensive, the goal was to experientially illustrate the practices that are necessary to create Authentic Power. Cameras recorded the presentations, as well as the highly personal reactions of participants. The result is not only a thought-provoking discussion of the process of creating Authentic Power, but also an opportunity to witness the profound impact that creating Authentic Power has on the lives of individuals.

The Heart of the Soul delivers a message of hope and empowerment. It is a message that has already resonated with millions of viewers and readers, and now promises to reach millions more – showing them the importance of emotional awareness in their daily lives.

SEPT 12 *Inspiration: Your Ultimate Calling by Dr Wayne Dyer*

This is a Public Broadcasting Service live lecture presented by the #1 New York Times Best-selling author of *The Power of Intention* Dr Wayne Dyer in 2006.

Each one of us is capable of living a fully inspired life, explains Dr Dyer in this PBS broadcast. During the course of this inspirational presentation [which was taped live in San Francisco]. Wayne shows us how to live in-Spirit, presenting seven steps based on ancient wisdom that yield amazing results.

During the lecture, Wayne also introduces some special guests whose lives have served as an inspiration to him: Rwandan holocaust survivor Immaculee Ilibagiza; his mother Hazel Dyer, and more. And, as only he can do, Wayne shares moving and sometimes humorous stories; as well as examples from classical and contemporary music, art, and philosophy to teach us how to make contact with the magnificence of creativity consciousness – which is available in abundance to us all.

Dr. Wayne Dyer Ph.D. is an internationally renowned author and speaker in the field of self-development. He is the author of more than 28 books, and has created many audio programs and videos, and has appeared on thousands of television and radio shows.

Lomi Lomi Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoea Healing Arts' Hawaii



18-20 October 2014 (3 Days)

Only open to trained massage therapists. This means that as a professional you are getting the most out of your continuing education dollar.

Venue: The Mosgiel Holistic Centre
12 Church St Mosgiel, Dunedin 9019 NZ
Phone 03 4893677

Tea and coffee supplied: Bring your own food

For centuries the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once. This massage is profoundly relaxing.

At the end of the workshop you will be able to perform a full body lomi lomi treatment and have a great many new techniques to complement your existing bodywork repertoire. Passing students receive a certificate.

Cost: \$550 for 3 full days of training when you register by July 1 2014

If you register after this the cost is \$595.

Tuition price also includes a workbook for further home study.

A \$200 non-refundable deposit guarantees your space in this workshop.

Class numbers are limited so register now on Carrie's website www.hamoea.com or contact her by email hamoeahealingarts@gmail.com