

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

**12 Church Street,
Mosgiel
03-4893677
July/August 2014**



JULY

Monday
7, 14, 21, 28 **Healing group
Meditation 6pm**

Tuesday
1, 8, 15, 22, 29 **Thai Chi 6-7.30**

Thursday
3, 10, 17, 24, 31 **Thai Chi 6-7.30**

Friday
4 **Gateway Cinema 7pm**

Saturday
5 **Reiki Sharing 2-4pm
12 First Light Flowers W/Shop**

Sunday
13 **First Light Flowers W/Shop**

AUGUST

Monday
4, 11, 18, 25 **Healing Group
Meditation 6pm**

Tuesday
5, 12, 19, 26 **Thai Chi 6-7.30pm**

Thursday
7, 14, 21, 28 **Thai Chi 6-7.30pm**

Friday
15 **Gateway Cinema**

JULY & AUGUST

No you are not seeing double and time has not gone so fast that we are having two months in one. Lynette and I have the opportunity to go on holiday to South Africa from mid July to mid August so the newsletter covers both months. This does not mean that The Centre stops functioning. The team at The Mosgiel Holistic Centre will be on deck to provide you with massage, osteopathy, cranio sacral therapy, body talk, hot rocks massage, Thai Chi, Hands on healing, meditation and all the other delightful taking care of that we do for the love of people.

Jessie will be available on a Monday, Thursday and Friday to do massages, Hazel Monday through Friday for those important self care massages, cranio sacral therapy and body talk. Angela will be available Monday through Friday to relieve your aches and pains as she weaves her osteopathic magic.

The Healing Group will be here every Monday evening from 7.30 onwards however please note that booking is essential as there is always a high demand on the limited space. Sheila will be available for consultation and has kindly offered to take meditation classes on Monday evenings at 6pm – 7pm.

ANGELA CORONA ACC REGISTERED OSTEOPATH JOINS THE MOSGIEL HOLISTIC TEAM



Angela trained at the European School of Osteopathy in the UK, graduating with a BSc (Hons) degree in Osteopathy. Angela is registered with the Osteopathic Council in New Zealand and is a professional member of Osteopaths of New Zealand.

To an osteopath, for your body to work well, its structure must also work well. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

To book phone (03) 4893677.

Osteopathy Treatment Price List

First Consultation	1 Hour	\$80.00
Follow on Treatment	$\frac{3}{4}$ Hour	\$70.00
	$\frac{1}{2}$ Hour	\$60.00
ACC Consultation / treatment		\$30.00

**GATEWAY CINEMA
& CATHERINE McKERGOW
BRING YOU FRIDAY 2014 WINTER FILMS.
7pm \$5 Koha
Mosgiel Holistic Centre
12 Church Street, Mosgiel**

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 Frances 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.



Letter from Obion – July 2014

Greetings my dear friends,

I wish to talk about the infinite Spiral of Life. Sheila and I conducted a workshop recently on the Spiral of Life which was very, very beautiful. Of course there are those moments when the ego's life appears to be spiralling out of control. Those times occur when the ego self forgets it is the Spiral of Infinity and is creating its own emotional spiral.

Sheila got each person to hold a piece of coloured wool then join them together, then everyone created a Spiral. They were able to see more clearly that no one is separate. They are all the Infinite Spiral of Life, not joined or connected or part of, rather they are the Infinite Spiral of Life.

The King or the Beggar, it matters not what you are, they are only the outer clothing that is being worn. The part they play whether you are sitting at the King's table or sharing a slice of bread with the Beggar, both have an abundance to share for is not half a slice of bread abundance to those who have nothing? It is the sharing which is the gift of the Infinite Spiral.

If one bird sings a different song to another are not both a song of the Infinite Spiral of life? Of course they are.

You may not like the character of another person or the ego's actions yet they and you are the Infinite Spiral of Life. It is the human ego's play that upsets you about others and maybe yourself.

In each person the light of the Spiral of Life shines waiting to be lived and to be reflected to guide others along the highway of Spirit.

Let your light be the one guiding.

Blessings and Love to you all.

Obion

REIKI SHARING

Saturday 5th July 2:00pm - 4:00pm

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 or 02772231128

FUTURE WORKSHOPS



Reflexology & Aromatherapy Workshops

Lynette will be holding these workshops in September and October.

Should you wish to participate please register your interest at the Mosgiel Holistic Centre 4893677

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.

Next workshops in August please register your interest. 4893677

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.

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.**



Lynette Mills

**BODY IN MIND
MASSAGE THERAPY
Therapeutic/Relaxation
Remedial Massage
Specific Pain Relief
Deep Tissue
Thermal Hot Stone Massage
Special \$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.



Jessie Ryan



Morning has been all night coming

By John Harricharan

Written from his personal experience about his travels on his path to enlightenment, his meeting with God and in the end his receiving a letter from God. This was a very easy and enjoyable read. It was written very simply and flows along with words that come together with meaning, compassion and wisdom.

You can't help but empathize with the loss around the love of his wife and his being alone to cope with bringing up their children, giving them support, while at the same time making a living.

This story travels from the now to the spiritual, with the light reappearing for him as Business man Gideon (who has always been with him) while introducing him to the new world of inner peace, understanding and love.

You slowly see his grief turning to hope with what lies ahead. His intense focus on making a living getting in the way of his making a life. His awareness from the head changing to real knowledge from the heart.

I will finish with words given by Gideon.

“Do the best that you can with what you have at the time. This is one of the greatest secrets of life: live joyously in the present moment. 'When you work, work. When you play, play. 'Whatever you are doing, do it with a joyful heart.”

Tina

Fun facts about your skeleton (by Angela the Osteopath).

Adults have 206 bones in the body. At birth, a baby has around 350 bones that gradually fuse together over the years. Fusion sometimes doesn't finish until the mid twenties.

The most amount of bones are in the hands at 54 (27 in each hand). The feet are next with 52 bones.

There are 24 ribs in total (12 each side) and the spine is made up of 24 vertebrae and is divided into cervical (neck), thoracic (where the ribs attach) and lumbar spine.

The sacrum sits at the base of the spine and between the flaring pelvic bones. The sacrum is made of 5 fused vertebrae but in some people the top one may never fuse resulting in an extra lumbar vertebrae or it may fuse with the bottom lumbar vertebrae giving a shorted sacrum. The unusual fusions are referred to as lumbarisation or sacralisation. These can occasionally result in back problems.

The hyoid bone is a horseshoe shaped bone and is found in the neck just below the jaw. The hyoid is the only bone that is not directly attached to or articulate with any other bone.

The (adult) skull consists of 28 bones – some fused, some not. There are 8 cranial (the domed part), 12 facial (the face part) and 6 bones within the ear (the ossicles). The ossicles bones are the smallest bones in the body and are found in the ear – they are better known as the malleus, incus and stapes (or hammer, anvil and stirrup).

Although “fused” the bones of the skull can be separated by putting dried beans in a skull and soaking until the bones are pushed apart by the expanding beans. That these bones can be separated is an important factor in the effectiveness of Cranio Sacral Osteopathy due to their tiny movements and adjustments.

The radius (found in the forearm), fibula (in the lower leg) and clavicle (collar bone) are sometimes referred to as “sacrificial bones” because they are designed to break first if too much stress is put into an area. A force hits these bones first (they're on the outside) thus dispersing that stress and protecting more vital bones or structures. So if the fibula is broken the tibia remains ok so you're able to get away from the danger (although you'll still be in pain and won't move very well). The clavicle is said to be the most frequently fractured bone in the body.

Each wrist is made up of 8 small bones that give it the wide range of movement it has. These bones are the scaphoid, lunate, triquetrum, pisiform, trapezium, trapezoid, capitate and hamate. There is a ditty used by students to remember the bones in the wrist and what order they go in by taking the first letter of each bone. It's a bit naughty but it goes “Some Lovers Try Positions That They Can't Handle”.

THOUGHTS FROM THE BACK ROOM

In this newsletter I would like to talk about cells. Not just any cells but the cells that make up your body. Why you ask? Well as those who have had the courage to do my Personal Freedom Course know, I like most people, am skeptical about what people claim to be truth. The Earth was once believed to be flat – so prove it I say!

Dr Bruce Lipton has just done some proving that has made me sit up and re evaluate some of what I believed to be true. He has published a book called The Biology of Belief. This is an amazing insight into our cells and epigenetics. I will not challenge you with the science but if you are a lover of data, science experiments and references to the original experimental literature it is well worth a read.

Instead I am going to give you my take on the information. You see we were led astray by the science of genetics. We were led to believe that the DNA was the “be all” of who we are, what is passed down from generation to generation and that we are destined to inherit certain diseases etc. This is not true, genetic science will not save us! In fact it is killing us. DNA modification in our foods are changing our DNA, and not for the better. Modified crops actually pass on that modification to other crops they grow alongside.

So what about our cells. The other bit of startling news is that our cells are intelligent. The trillions of cells that make up your body – eat, move, digest, excrete and reproduce but not merely governed by our DNA but actually think for themselves. Their “brain” does not lie in the nucleus as first thought but in the membrane. Your cells made an agreement to live as a community to form you.

What influences the cells and their activity is the environment. So your body is metaphorically a village of intelligent workers all dependent on you and how you treat them. If you love them, feed them appropriately and generally care for their wellbeing then you will be rewarded with good health.

If you are nasty in thought action and deed then the workers will revolt, go on strike and make you ill. It is that simple. So how do people cure themselves of some very difficult illnesses? Well they change the environment that their village lives in. It is that basic.

So when you are told to love yourself and you have no idea how to do it, love the third party group - your worker cells, like you would love your children or grandchildren or even pets. It is that easy.

If your parents were alcoholics this does not mean that your drinking is directly their fault. You may have a greater propensity to alcohol but your environment and the choices you make will be the main determinant. So we need to stop blaming our parents for everything. Lets start looking at the environment we are providing our cells such as stress, foods, drink and love.

Be kind to each other: John Mills