

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

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



September

Monday

1,8,15,22,29 Healing 7.30pm
Meditation 6-7pm

22nd

Introduction to
Reflexology (Day 1)
10am - 2pm

Tuesday

9,16,23 Yoga 6-7.15pm (Tues 9th)

23rd

Introduction to
Reflexology (Day 2)
10am - 2pm

Wednesday

24th

Introduction to
Reflexology (Day 3)
10am - 2pm

Thursday

4, 11, 18, 25 Thai Chi

11, 18, 25 Yoga 10am-11.30am

NEWSFLASH !!!!!

Reiki I Workshop

Presented by Lynette Mills

Friday 3rd October

Mosgiel Holistic Centre, 12

Church Street, Mosgiel

10am - 4pm

4893677

SEPTEMBER YOGA MONTH



**with LISA MORRISON
Starts Tuesday 9th**



**Tuesday's 6.00-7.15pm
Thursdays 10.00 - 11.30am**

AT

MOSGIEL HOLISTIC CENTRE

12 CHURCH STREET

MOSGIEL

**See Advert Page 2
See Advert on Pilates in October**

Yoga4Life

Bring your body in any condition: tired, fatigued, sore, young, injured, battered, mature, stressed, healthy, strong...this class offers progressions for beginners through to experienced yogis.

The class is a beautiful mix of flexibilities & openings, asana, pranayama, meditation & relaxation.

This yoga practice aims to bring the body, mind, breath & being into balance, creating a smoother energy, a strong core, and a stable, fluid, more easeful you.

I hope to offer you a practice that is owned by you, with lessons learned on your mat able to be taken out and used to improve your everyday life

Starting Tuesday 9th September

Tuesdays 6.00-7.15pm – Mosgiel Holistic Centre

Thursdays 10.00-11.30am – Mosgiel Holistic Centre

Bring your own yoga mat & a blanket

(If you do not have your own mat there are a few at the Centre)

Eat lightly at least 2 hours prior to class

Wear layers of comfortable clothing

Aim to arrive 10-15 minutes prior to class

Donation of at least \$12

Teacher: LISA MORRISON

RYT: Yoga Aotearoa (IYTA NZ Inc.)

My life & teachings are influenced by many traditions, but especially Patanjali's 8-limbed system of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Please contact me for any further information: 4894009 or 0274370779
or lisajan@xtra.co.nz

"LIFE IS WHAT HAPPENS TO YOU WHILE YOU'RE BUSY MAKING OTHER PLANS" – John Lennon

REIKI SHARING

Saturday 4th October 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



Reiki I Workshop

Presented by Lynette Mills

Friday 3rd October

Mosgiel Holistic Centre, 12 Church

Street, Mosgiel

10am – 4pm

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: \$250.00 please register your interest. 4893677

Reflexology & Aromatherapy Workshops

Lynette holds these
workshops regularly.

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

**ANGELA CORONA ACC REGISTERED
OSTEOPATH
AT THE MOSGIEL HOLISTIC CENTRE**



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	¾ Hour	\$70.00
	½ Hour	\$60.00
ACC Consultation / treatment		\$30.00

**Love Without End
Jesus Speaks
By Glenda Green**



Review by Tina.

Where do I begin? This book has so much to tell you. So many areas touched on, so much to absorb.

Glenda has written the book from her conversations with Jesus who appeared to her requesting she paint his portrait (Jeshua, her second portrait of Jesus). She then went on to paint her now famous portrait of Jesus; The Lamb and the Lion (back cover of the book).

The messages written are not to reinforce or change any existing beliefs they are a gift to your heart.

I enjoyed reading her personal experiences with Jesus while he 'sat' for the portrait and how her life evolved in the process. They spoke about Love in so many ways, always coming back to love, showing you cannot just do Love, you have to be Love to give Love. There are an abundance of messages in each chapter covering a range of topics. This book is something we can all benefit from reading.

The chapter The Heart is the Higher Intelligence talks about the Sacred Heart that carries an imprint of your true character, and the love that you are. Jesus talks about there being two ways to enter our Sacred Heart region. That section in the book is well worth reading and putting into practice.

In other chapters they touch on Judgment, and Ego. Jesus says, " ego is composed of all fictions you have used to replace the love that you are." Food for thought!

I want to say reading the chapter on Pathways to Success he said has four principles:

Be the Love that You are
Do the Right Thing
Simply follow life and the living
Forgiveness

These all have messages worth reading .I will just finish on these words:

By giving, you receive. By releasing you attain. By forgiving you are forgiven. By doing nothing, all is done. By surrendering all is conquered. This only happens in presence of Love. That is why if you give without love, you have wasted the gift.

Thoughts from the back room

Lets talk about the heart of the matter. In fact the matter that is our heart. The heart is the first organ or tissue to be formed after conception. As Joan Cerio says in her book *Hardwired to Heaven* "At one point in your development, you were all heart." It is a wonderful 'pump' for our blood system but more than that it is the home of who we are.

Science has now proven that the heart not only pumps our blood but also regulates hormones, nutrients, and waste products in the blood. It lowers blood pressure and increases potassium excretion. Dr David Vesely found that these same heart hormones cured pancreatic cancer and breast cancer in the majority of the mice treated (*American Physiological Society* 2008). The heart is an endocrine gland that integrates cardiovascular homeostasis (to regulate).

Another way the heart controls homeostasis is by monitoring the blood. The heart is in constant communication with the rest of the body by assessing the blood that flows through it.

Neuroscience recently discovered a "whole network of brain tissue (neurons) in the human heart, triggering a new field of medicine called neurocardiology. The heart produces neurotransmitters dopamine, norepinephrine, and acetylcholine, special chemicals that transmit informational signals from a neuron to a cell (Buhner 2004, 81). The heart like the brain, is in constant contact with the rest of the body, not only neurologically, but biochemically through neurotransmitters and hormones. Feeling does originate in the heart." (Joan Cerio 2014, 44)

The hearts electromagnetic field is the strongest in the body; it acts like an antenna picking up electromagnetic signals in the form of light. This gives a whole new meaning to LOVE. What we see as a heart felt emotion is literally a heart felt emotion of such force and effect, both emotionally and biologically; we are only now beginning to discover the significance of the power of love.

It has always been seen as the realm of lovers and poets but now it is your seat of health, power, and emotional and physical wellbeing. It is also your connection electromagnetically to the Universal Energy.

Be kind to each other
John



Letter from Obion – September 2014

Greetings my Dear Friends,

To live as a human being on Earth is a privilege rather than a punishment as so many believe. The privilege is that you have this wonderful opportunity to instigate change. First yourself and then your environment and maybe the world, for nothing is impossible. Whatever seed sits at the back of your mind allow the seed to grow and flourish. Don't let it become an "if only" seed; for are you not the creator of life? Try not to be one who sits with knowledge of **I Am** the **I Am** and does not live the awareness of **I Am**. So many give lip service only and are fearful of taking that step to total peace and freedom.

You are not reading this by chance, you are reading this because you, the **I Am**, requires the human component to read this. The **I Am** would like you to take action to help those seeds to grow, mature and become active, not the "if only".

Dear ones open your eyes to see the beauty that surrounds your Earth being. All is perfect. It is only the egos of mankind who create the pollution, both environmental and physical. Only you, and I mean only you can change. How the ego self lives is your choice, no one else's.

You can do this, I know you can.

My Love and Blessings

Obion





TRE, (Trauma & Tension Releasing Exercises)

TRE is a technique that uses exercises to release stress or tension from the body that accumulates from every day circumstances of life, from difficult situations, immediate or prolonged stressful or traumatic life experiences.

Lynette will help you discover how to release stress & tension for the rest of your life using your body's own innate shaking & tremor mechanism in order to:

- Feel more peaceful, centered & grounded
 - Improve sleep
- Resolve trauma (without having to recall or talk about it)
 - Improve relationships
 - Improve flexibility and core stability
 - Improve creativity
 - Enhance sports recovery
- Deepen meditation and relaxation

TRE can benefit people from all walks of life including meditators, sports people, soldiers, emergency services personnel, students and any body who would like to live with less stress and more freedom in their lives.

Lynette conducts one on one or group consultations.

Please phone Lynette on 03 4893677

***@ Mosgiel Holistic Centre
12 Church Street, Mosgiel***

***Lynette Mills
Accredited TRE Practitioner***

Ph: 03-4893677 or 0277223118

www.mosgielholisticcentre.co.nz



Introduction to Reflexology Workshop

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



*Monday 22, Tuesday 23 and Wednesday 24 September
10:00am till 2:00pm
Cost: \$220 (lunch included)*

Learn basic relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to bodywork or an experienced therapist you will enjoy the techniques and by the end of the workshop 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 beautiful 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 dates do not suit please contact Lynette as this workshop will be repeated at dates and to suit.)



LYNETTE



JESSIE



HAZEL



GARY

**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

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.**

What is the difference between Osteopaths and Chiropractors? by Osteopath, Angela Corona.

I'm often asked what the difference is between Osteopaths and Chiropractors and the honest answer is it depends on whom you see. Osteopaths and Chiropractors treat the same types of condition and use similar techniques and both have similar histories and philosophies.

Osteopathy was developed in 1872 by Dr Andrew Taylor Still, an American doctor who grew disillusioned with orthodox medicine. David Daniel Palmer, the man who developed chiropractic in 1895, was, for a short while, a student of Still's although the association between Dr Still and Palmer is usually not mentioned in accounts of the history of chiropractic development. Both Osteopaths and Chiropractors choose to treat the body in a holistic way rather than focusing on individual parts of the body or symptoms.

The philosophy of Osteopathy has four core beliefs around which treatments are based. The two main ones are "The Rule of the Artery is Supreme" and "Structure Governs Function". The first means that a healthy, unrestricted movement of bodily fluids (cerebrospinal, blood, lymphatic) is necessary to support a healthy body. The second means that problems in structure such as a muscle spasm or immobile joint will prevent proper functioning of that area leading to compensations elsewhere.

The word osteopathy comes from the Greek osteon "bone" and Greek patheia "suffering, disease, feeling". Osteopaths do not just treat bones directly but any structure that plays a part in how the skeletal system works so this may include muscle, viscera, blood and lymph circulation, joints, bones, etc, plus any outside influences such as stress or work / home life (via referral to other practitioners).

Chiropractors focus on the alignment of the vertebrae, which are the bones that make up your spine or back. These bones protect the spinal cord and spinal nerves. The spine is flexible to enable us to move easily and can occasionally become jammed mostly due to muscle tensions, possibly pressing or trapping a nerve. This can cause local and referred pain such as shooting pain down the arm or leg. Chiropractors generally believe that adjusting the spine will alleviate problems elsewhere in the body.

In general, the difference between classical osteopathy and classical chiropractic is the amount of manipulation that occurs but again, this is dependent upon who you see as each practitioner, like each patient, is different in their approach. Some osteopaths like to manipulate bones a great deal or stick a needle into a muscle and call it osteopathy. Some chiropractors like to do a great deal of soft tissue before performing a single spinal manipulation. I prefer to practice classical osteopathy, which means I do a combination of things including stretching (passive and resisted), soft and deep tissue work, articulation (gentle movement of joints), etc, with a minimum of manipulation used and only where absolutely necessary and safe. I also believe in self-empowering the patient by giving them the ability to help themselves after they've had treatment with advice on exercise, etc.

The ultimate goal of an osteopath such as myself is to use whatever methods are most suitable for each patient to allow his or her body to return to a state of harmony, working towards a state of health, ie, to be free of "dis-ease".

"Osteopathy is not manipulation". John Wernham (one of the great Osteopaths)

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.



Pilates Classes

A great way to improve your posture and overall wellbeing.

Starting at the Mosgiel Holistic Centre

12 Church Street

Mosgiel

October 14th

Tuesdays

9.30am to 10.30am

\$12 per person

BYO mat and towel

Beginners Welcome

With Stott Pilates Trained Instructor

Hayley Davey

Queries or information contact

021 183 5352