

# Mosgiel Holistic Centre

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



## OCTOBER 2014 NEWSLETTER

### Contact Details:

**12 Church Street, Mosgiel, 9024  
(03) 4893677**

[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)

**Also on Facebook**

### Upcoming Special Events:

Reiki I Workshop	Fri 3
NZ Native Flower Essence Training Programme	Sat 4 & Sun 5
Reiki Sharing	Sat 4
Reflexology Follow on Workshop	Mon 20 & Tues 21
Pilates (Stott mat classes) starts on	Tues 21

### Regular Events

Healing Nights	Every Monday evening sessions 7.30, 8pm & 8.30 pm
Meditation	Every Monday evening at 6 pm
Pilates	Every Tuesday morning at 9.30 am
Yoga	Every Tuesday evening at 6 pm
Yoga	Every Thursday morning at 10 am
Tai Chi	Every Thursday evening at 5 pm

# Reiki 1 Workshop

Presented by Lynette Mills

**Friday 3<sup>rd</sup> 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 by calling 4893677**

*If this date does not suit, please call to discuss alternative availability*

## REIKI SHARING

Saturday 4<sup>th</sup> 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  
(03) 489 3677 or 027 7223 1128

## Reflexology & Aromatherapy Workshops

Lynette holds these workshops regularly.

Should you wish to participate please register your interest at:

Mosgiel Holistic Centre  
12 Church Street, Mosgiel 9024

Tel: 4893677

Alison Shana Shanti White 021 161 0084 [awawaken@gmail.com](mailto:awawaken@gmail.com)  
Kristin Saviera Bredefeldt 0277 8181 53 [www.healingteacher.co.nz](http://www.healingteacher.co.nz)  
James David Ballie 0211 22 0910 [www.unityconscious.org](http://www.unityconscious.org)

**Talk**  
Donations appreciated  
**3 spiritual Teachers share their path to awakening, deepest secrets and the movement from fear to freedom**

October 13 Mon Invercargill Library Dee St 6.45pm  
October 14 Tue Dunedin University 10am The Otago Room (ground floor ) and 7pm The Evison Room (first level)  
October 15 Wed DN Theosophical Society, 333 Princes St 7pm  
October 16 Thurs Mosgiel, 12 Church, St 7pm

**The I am Program**  
**Workshop**  
Value \$90-150  
Payment options available, booking essential  
deeksha, grounding, body presence, muscle testing, angels, meditation, astrology, breath work, sacred geometry

October 18 Sat, Mosgiel 12 Church St, 10-4pm

**Out of**  
Fear  
Shyness  
Reslessness  
Depression

**Towards**  
Joy  
Peace  
Freedom  
Laughter

**THE I AM PROGRAM**  
Contact above for more



### Thoughts from the back room: By John Mills

One of the main motivating factors for my having established the Mosgiel Holistic Centre is the epidemic we as a society are creating; the alienation of people, not only from others but also from the fragmented parts of themselves. Visit a doctor and you will be prescribed a chemical cure-all for that particular ailment. There is an attempt by the doctors to have a brief holistic look at your lifestyle; with the questions such as; are you a smoker, overweight, or what your blood pressure is. This is not a commentary on doctors; they shoulder an enormous task, are under enormous pressure not only from the patients but societies expectations. They cannot be all things to all people.

Rather than complaining I needed to put my money where my mouth was. So the question was how do you create a place where we can provide practitioners with an environment that fosters a holistic (meaning the whole of) environment in relation to mind, body and spirit. The answer was simple in theory, build it and they will come. We built it and they are slowly coming. The very people that hold the same philosophy are creating an environment of inclusion rather than alienation.

In my work at The Mosgiel Holistic Centre I practice, and encourage others to practice Radical Psychiatry (Greek; psyche=soul, iatria=healing). To quote Dr Claude Steiner "People are, by their nature, capable of living in harmony with themselves, each other, and their environment. To the extent that they succeed in this ideal, they feel, and are, powerful; to the extent that they fail, they are alienated. People's potentials are realized according to the conditions that they are born into and continue to find during their lives."

We need to look at alienation; from Our Hearts, Our Love, Our very Souls. Our natural tendency is to love, appreciate, cooperate and help each other. Society dominated by power differentials separates and alienates. When we were building, the gutter company came and put up our spouting. To my surprise there were no downpipes connecting the spouting to the drainage. When I asked the installer where the downpipes were he told me that he was the spouting man, he did not do downpipes. Even in our jobs now we are being split within our professions. The spouting man will always be a gutter guy never a plumber. Who holds the power – the plumber off course he connects the spouting to the drainage, without him no water can flow. Who alienates the plumber, his registration board, who alienates them, the laws enforced by the inspector, and so on.

Using the metaphoric analogy above you can see how our sense of power, connection, self worth and freedoms are eroded. As Steiner says "As a consequence... human affection and loves is severely reduced. We feel unloved and unlovable, incapable of loving, sad, isolated, and depressed. We don't love humankind and fail to act in each other's behalf. We learn that we cannot allow someone else to become close or to trust others with our hearts, and we fail to learn how to deal with the normal ups and downs of our relationships."

There are other alienations that we in our society create like the alienation from our minds, the capacity to think in an orderly way so that we can understand the workings of the world around us, predict the outcomes of events, and solve problems. There is the alienation from our bodies and our feelings and the alienation from our hands, or from our work. People have a natural desire for and capacity to enjoy productive labour but we are separated from the products of our labour when we are forced to work at small, seemingly meaningless portion of the product that they are creating – ask the gutter guy in a few years time. In addition we are separated from the profit of our enterprise.

It is no longer good enough to look the other way; we as psychotherapists, counsellors, doctors, psychiatrists and all those in the helping professions need to be politically active in the empowerment of the very population we work in rather than contributing to the alienation and sense of powerlessness experienced by our fellow man. We need to be holistic in our approach, we need to seek to understand the needs of others, and we need to stop being protectionists of our chosen profession. We need to be human, to love, nurture and listen, really listen to the needs of others, not impose what we believe others need.

This is what we at The Mosgiel Holistic Centre hold dear to our hearts. The love of mind, the love of body and the love of spirit, in whatever way it is experienced by the people who come and share our space with us. It is no longer good enough for us to think we know best. You know best what is good for you; you need to reclaim your power in the world.

To regain our power we need to feel powerful in our own world. We need to combat isolation by joining hands, working together, supporting each other in our common goals. To quote The Cooperative contract our relationships need to be defined where "everyone has equal rights and which is free of power plays in particular, lies and secrets, and Rescues." We are not here to rescue others but to support others.

We need to foster awareness, expansion of consciousness and understanding by sharing information. Together with this we need action, even if it is the action of no action that needs to be considered, especially in dispensing treatment such as pharmaceuticals. We need to consider the person as a whole not as the ailment.

REFERENCE Steiner, C. (1975). *Readings in Radical Psychiatry*. New York: Grove Press.



### **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, centred & 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**

**Telephone: 03-4893677 or 0277223118**

**[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)**



**ANGELA CORONA  
ACC REGISTERED OSTEOPATH**



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. As an osteopath, Angela works to restore your body to a state of balance, where possible without the use of drugs or surgery. Angela uses 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. She is trained in osteopathic cranio-sacral techniques and sometimes includes this in her treatments. She usually provides advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring. Angela is a fully registered ACC provider so often there is no need to see your GP first. Angela believes in patient empowerment.

To book phone (03) 4893677

**Osteopathy Treatment Price List**

First Consultation	1 Hour	\$80.00
Follow on Treatment	¾ Hour	\$70.00
	Hour	\$60.00
ACC Consultation	1 Hour	\$30.00
ACC Follow on Treatment		\$30.00



**osteopaths**  
NEW ZEALAND



Obion's Letter October 2014

Greetings Dear Ones,

In this human world where you are all having so many experiences, how many of you would wish you could get a pot of paint together with a brush and paint out some of those experiences which are still causing you pain and grief.

Some of you may well have found a cave in your mind and pushed the painful experience into the recess of the cave, then pushed a large boulder over the entrance of the cave and then pretend you have dealt with it. I am afraid dear ones you have not dealt with it or why would you need to put it into a cave in the first place. Take the boulder away, allow the light to shine into the cave, let the wind blow the dust of the past away.

It is every persons choice to hold the past forever in the cave or let the light of Spirit reveal the illusion you have been holding on to, one cannot deny the experience did not happen, the illusion is what the ego mind has created through the emotions which have been developed because of the experience.

You are the Spirit, the river of life, live from this not the past. Seek and you will find the way. Ask and you will be given the answer, it is all there, the door waits to be opened.

Blessings to you,

Obion

# 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

**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

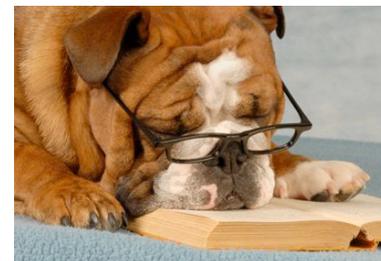
Please contact me for any further information: 4894009 or 0274370779 or [lisajan@xtra.co.nz](mailto:lisajan@xtra.co.nz)

*"Life is what happens to you while you're busy making other plans"*  
*John Lennon*

## The Dark Side of the Light Chasers

Reclaiming Your Power, Creativity, Brilliance & Dreams  
by Debbie Ford

### **Book Review by Tina**



This book has insights and, I feel, wisdom in seeing and dealing with the positive (Light) and Negative (Dark) views you may hold within yourself; the feelings that you keep tucking away and have probably held down for years, including those feelings and judgements that you see in others. These connections may be felt when reading the book.

Read the book and you will most likely want to read it again.

At the end of each chapter are exercises to do. The results of doing these exercises may surprise you.

Debbie uses other people's stories and experiences to show how they have helped themselves by recognizing their so-called weaknesses and the effects it had on their perceptions. The author shows how people undertaking each chapter's exercise discover that their previously perceived weaknesses are actually hidden strengths. By doing these exercises yourself you'll discover your own hidden strengths and in doing so your negative feelings and thoughts about yourself will lift leaving a lightness of spirit.

I like the way she has written the experiences into the book in ways that we can all understand and connect to so that we can love ourselves and others more easily.

In the book she asked a Question, "Do you want inner peace?" and she answers that it's yours if you do.

Surrender. Stop fighting. Stop defending. Stop pretending. Stop denying. Stop lying to yourself, own up to your defenses, your walls, to the cage that surrounds you. Our deepest longing is for peace, for Love and for Harmony. Our life is brief, a precious journey and is the expression of our unique gifts.

## Pilates Classes

A great way to improve your posture and overall wellbeing.

Starting at the Mosgiel Holistic Centre  
12 Church Street, Mosgiel

From October 14<sup>th</sup> – 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



## THERMAL STONE MASSAGE WORKSHOP



**Presented by: Lynette Mills**

**Monday 17<sup>th</sup>, Tuesday 18<sup>th</sup> and Wednesday 19<sup>th</sup> November  
9.30am till 2.15 pm**

**Morning Tea, Lunch and Afternoon Tea included  
\$250**

*Learn how to use this beautiful method of massage to increase your skill base  
and learning.*

*You will learn to give a beautiful deep relaxing treatment and also receive one.*

*Come and enjoy three days of sharing.*

## 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.

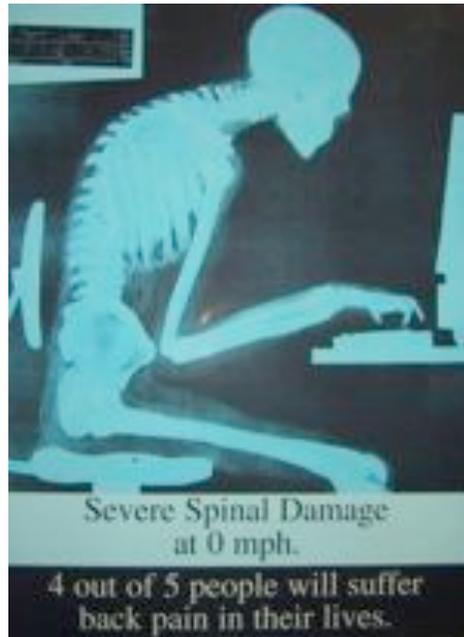
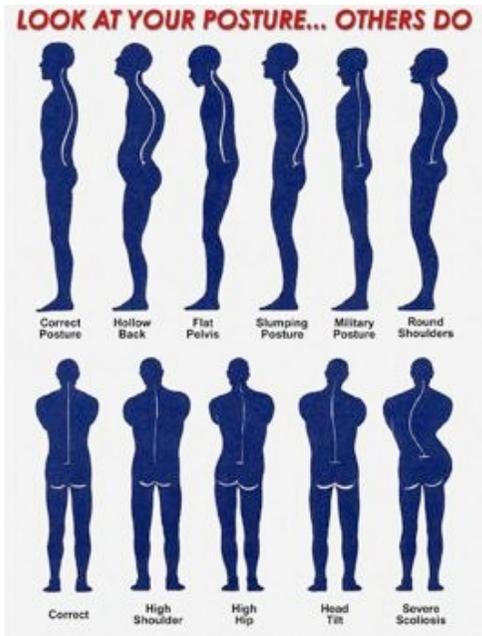
The healing energy will also help you if you are experiencing grief. The possibilities are endless.

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.**

**Angela, Osteopath 03 4893677**

They say a picture speaks a thousand words so this month I've decided to share some of my favourite osteopathy-orientated pictures – enjoy!  
*(Thanks to Osteopaths of New Zealand for the images).*



**PSYCHOTHERAPY OR COUNSELLING**

I am a registered psychotherapist and counsellor. I have many years experience in the mental health field having worked at Ashburn Clinic, the public sector and private practice.  
 Self-referrals accepted.



**JOHN MILLS**  
 Registered Psychotherapist  
 and Counsellor

**MEDITATION CLASSES**

*MONDAY EVENINGS @ 6-7pm*  
 Join me to learn about meditation and be guided through a meditation or two.  
 Cost \$5 Koha.

**PERSONAL FREEDOM COURSE**

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.  
 The course is an hour a week for ten weeks. Cost is \$30 per session.

**Your Therapists**



Lynette



Gary



Hazel



Jessie

**MASSAGE & MORE**

- Therapeutic/Relaxation
- Remedial Massage
- Sports Massage
- Specific Pain Relief
- Deep Tissue
- Thermal Hot Stone Massage
- Facials
- Lymphatic Drainage
- Reflexology
- Reiki
- Cranio Sacral Therapy
- Body Talk / Kinesiology
- EFT – Emotional Freedom Technique
- Indian Head Massage
- Bach Flowers

**\* 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

**Thermal Hot Stone Massage**  
*October Special \$110.00*

**Gift Vouchers Available**  
 (03) 4893677  
 12 Church Street, Mosgiel, 9024

## WHAT IS THIS LIFE?

LIFE IS A HOLIDAY  
ON EARTH



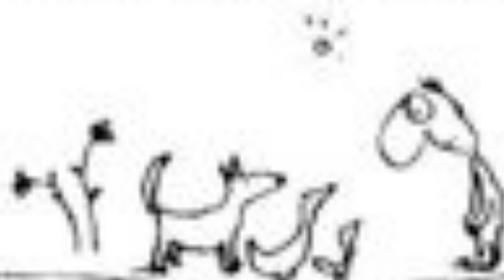
YOU STUDY SOME MAPS, GO  
FOR A BIT OF AN EXPLORE AND  
SOON YOU'RE GETTING THE HANG  
OF IT. THE PLACE IS FULL OF  
HOLIDAY MAKERS AND BEFORE  
TOO LONG YOU'RE HAVING A  
HOLIDAY ROMANCE!  
AND WHY NOT?!



You arrive at your holiday  
destination and there, to meet you,  
wearing a big smile, is your  
host and guide



LIFE IS AN INTERESTING PLACE  
TO VISIT; QUITE ENJOYABLE  
AND WELL WORTH THE EXPERIENCE  
BUT YOU WOULDN'T WANT  
TO BE THERE TOO LONG-  
YOU WOULD ALWAYS FEEL  
LIKE A BIT OF AN OUTSIDER.



The accommodation is a bit  
unusual but it's clean and  
comfortable - it's your body,  
quite a good base for an  
existence



HOLIDAYS ON EARTH CAN BE  
WONDERFUL AND HORRIBLE, BUT  
REGARDLESS, IT'S ALWAYS A BIT SAD  
WHEN THEY COME TO AN END  
AND ALWAYS A GOOD FEELING TO  
KNOW THAT YOU'RE RETURNING  
HOME TO WHERE YOU REALLY BELONG,  
ALL REFRESHED AND WITH SOME  
LOVELY HOLIDAY MEMORIES.

