

Mosgiel Holistic Centre

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



NOVEMBER 2014 NEWSLETTER

Upcoming Special Events:

| | |
|-------------------------------------------------------|-----------------|
| Wisdom of the Ages Workshop | Sat 8 |
| Reiki Sharing | Sat 8 |
| Hot Stones Workshop | Mon 17 – Wed 19 |
| Colonic Irrigation – Introduction & Free Consultation | Wed 19 |
| Health & Wellness Seminar | Sat 22 |

Regular Events

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

Advertisement

WISDOM OF THE AGES WORKSHOP

8 November 2014, 10am – 5.30pm

Run by Jonathan Evatt

For information contact

Jonathan at jonathanevatt.com or call 027 938 8408

Advert provided for upcoming event being held at Mosgiel Holistic Centre



ARE YOU SUFFERING FROM

- BLOATING
- CONSTIPATION
- HEARTBURN
- GAS
- TOILET TROUBLE
- FATIGUE?

Or ARE YOU WORRIED ABOUT

- CANDIDA
- BOWEL PARASITES?

**INTRODUCTION AND FREE CONSULTATION !
COLONIC IRRIGATION**

Rosanda Fajt-Certified Colon Therapist

**19th November at 7pm
Mosgiel Holistic Centre, 12 Church Street- Mosgiel**

REIKI SHARING

**Saturday – 8th November
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 & Reiki 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: 489 3677

Hazel Eatwell explains....

I'm one of the therapists who works out of the Mosgiel Holistic Centre and I use many different modalities or therapies to help those who come to see me. This month, I've decided to explain a little bit about three of them.

BodyTalk™



BodyTalk™ uses the body's own innate wisdom to heal itself. In order to maintain a healthy body/mind, communication needs to be re-established in all areas. The Practitioner (me) communicates using Biofeedback/Kinesiology (muscle testing) to

find the links and then taps them out over the head (to register the links in the brain) and the heart (to store memory of the links).

Cranio-Sacral Therapy

A gentle non-manipulative way of evaluating and balancing the cranio system. An imbalance can lead to dysfunctions of sensory motor and neurological disabilities, such as chronic pain, eye difficulties, coordination impairments and learning disabilities. It is particularly beneficial for babies and mothers.



BACH Flowers®



There are 38 Flower essences in Bach Flowers of which five make up Rescue Remedy®. Bach felt that a dysfunctional emotional state was the basis of all disease. The various flower essences work by aiding the body's transition from a negative emotional state to a positive emotional state. Our fears and our anxieties, that is, our negative emotional states, are all part of the human psyche which, when addressed by the use of Bach Flower remedies, brings about healing on a deeper level.

Thoughts from the back room: By John Mills

YOU Are The Creator!

What do you mean I am the creator? Well as an adult you are the creator ***in your life***. What that means is that whatever situation you find yourself in you need to take responsibility for it, and, if you do not like it then ***you*** need to make a different choice as to what you do want. What you will find is that most of what we create in our lives is fear driven.

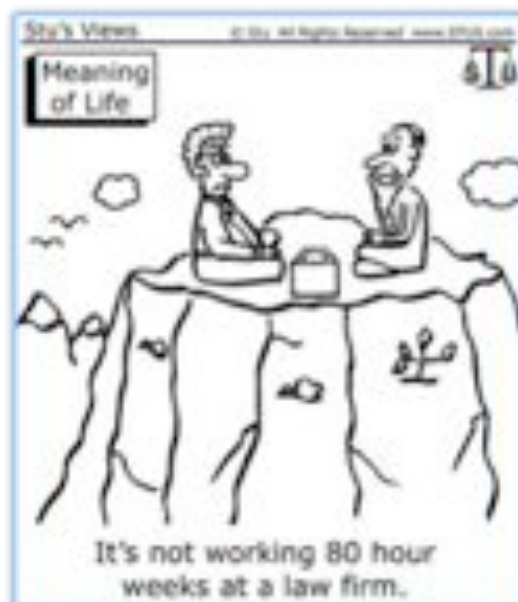
It is no use placing the blame on someone else for our situation. Too often in therapy, the words “my mother did this” or “my father did that” float across the divide as the holy grail of blame. Maybe your parent did or maybe they did not. As an adult there is merit in looking at our experience of being raised, but we need to decide how we respond ***now*** and create our lives ***now***.

Solution = find (identify) the fear

“I hate my job but I need the money”. So, you hate your job but refuse to leave because you need the money. It is not the job that is difficult to leave it is the emphasis you place on money that is getting in the way. Once you can shift your focus onto the driver (money in this example) you can begin to change your attitude towards the job.

“I am in a destructive marriage but cannot leave, as I do not know what will happen to me”. Again, the fear of the unknown keeps one locked in a destructive relationship.

Once we identify the fear we can deal directly with taking responsibility for eliminating that fear and thereby create more appropriate ways of being in the world. In the immortal words of Susan Jeffers “Feel the Fear and Do It Anyway”. Free your life of fear and you will live the life you were destined to.





TRE (Trauma & Tension Releasing Exercises)

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from everyday 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 anybody 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



**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 | $\frac{3}{4}$ Hour | \$70.00 |
| | $\frac{1}{2}$ Hour | \$60.00 |
| ACC Consultation | 1 Hour | \$30.00 |
| ACC Follow on Treatment | | \$30.00 |



Letter from Obion – November 2014

Greetings my Dear Friends

Are you aware of the many different perfumes that surround you as you walk through nature, be it forest, rivers or beach? Wherever your feet have taken you close your eyes and breathe in the very essence of nature. The experience may be pleasant or even unpleasant to the senses. The whole point is that it sharpens your awareness of that which surrounds you.

Are you aware of everything around you right where you are now? Not only in nature but also at your place of employment, home, while you are shopping, in fact is your awareness functioning at all times. I have mentioned awareness before in a slightly different category? Today is more of everything around you, perfume, sounds, different energies of people and environment.

Go and sit awhile in your township and acquaint yourself with your environment. How much is new to you that you have taken for granted and not been truly aware of? When talking to people or listening to people are you fully engaged with them or only half hearing their words because your mind is somewhere else.

As human beings most people miss so much due to not being truly present. Are you doing the same with Spirit – the “I AM”? Being truly present brings you clarity of not only other people or situations but of Life itself. You are the breath of life; you are the life force that flows through all form.

Once more I remind you to just BE in the moment.

My Love and Blessings to each and every one of 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

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

John Lennon

Osteopathy and Pregnancy

The following article is taken from "The Stillpoint", the public webpage of Brian J Loveless, DO, Osteopathic Manipulative Medicine. He is an American trained Osteopath, which means he is also a Doctor able to do surgery and prescribe medicines, which I am not trained to do, so his remit for treatment is a little different to mine although mostly very similar. This article was posted on 9 December 2010 having been originally posted on 13 August 2008. You can find the entire article plus others on osteopathy at <http://lovelessdo.wordpress.com/>. No infringement of rights or plagiarism is intended.

"A study in the Journal of the American Osteopathic Association in 2003 showed that women who received Osteopathic care during their pregnancy had lower rates of caesarean section delivery, preterm delivery, umbilical cord prolapse, and meconium stained amniotic fluid compared with women who did not receive Osteopathic care.

As the baby grows, the uterus expands around it. This causes the centre of gravity to shift, and the mother-to-be has to adjust her posture to accommodate. In an ideal situation the body would adapt to the changes it is subjected to, and the pregnancy would be uneventful. Unfortunately, most of us have pre-existing imbalances in the skeletal system, which Osteopaths call Somatic Dysfunction. These imbalances prevent the body from making the appropriate changes, and pain is the result. The job of the Osteopath is to find these Somatic Dysfunctions and, through a series of gentle techniques, remove them, thereby allowing the body to respond and change with the ever expanding uterus.

Unlike other practices, there are no pre-defined "techniques" or movements in Osteopathy. The Osteopath uses his or her hands to examine all parts of the musculoskeletal system looking for Somatic Dysfunction. Evidence of Somatic Dysfunction could be changes in the texture of the skin or underlying muscles, asymmetric positioning of the joints of the spine or appendages, restricted responses to active or passive motion testing, or tenderness in specific anatomical locations. Any one or all of these findings might be present, and their presence is an indication for Osteopathic treatment.

Often women will continue to have back pain long after their children are born. This is because the lax ligaments which allow the pelvis to expand and the baby to pass through can become strained if the joints are not positioned correctly before they tighten again. Osteopathic treatment post-partum, therefore, can help prevent chronic back pain after pregnancy. Women who have inductions of labour have a more forceful and often more difficult labour and may have more Somatic Dysfunction following birth. Women who have C-sections not only have to contend with the changes related to pregnancy and labour but also major surgery."

Well, I hope you enjoyed that article and found it informative. As you have read, osteopathy can often help ladies who are growing a new life inside them to have easier pregnancies and ultimately ease the birth process by ensuring the mum-to-be is as healthy as possible. However, during the first trimester (first three months) it's not advisable to have treatment as the risk of losing a developing foetus is naturally high anyway and UK osteopaths are advised against physically treating during this time, even cranially, to avoid increasing that risk in any tiny way although advice may be given.

Angela Corona BSc (Hons) Ost, DO, Registered Osteopath

Pilates Classes

A great way to improve your posture and overall wellbeing

Mosgiel Holistic Centre
12 Church Street, Mosgiel

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



** A limited number of mats are available at the Centre*

THERMAL STONE MASSAGE WORKSHOP



Presented by: Lynette Mills

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

***Lunch 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 disease. 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. Charge is by way of a \$10 Koha / donation per person to cover costs.

PSYCHOTHERAPY OR COUNSELLING



JOHN MILLS
Registered
Psychotherapist
And
Counsellor

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.

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.

Health & Wellness Seminars

If you often feel tired, bloated or fatigued, or feel unwell, or are overweight, the time to act is now.

Come listen to Delwyn MacKenzie, a Wellington-based Registered Clinical Nutritionist talk about how to claim your health back.

This highly qualified, experienced nutrition and wellness educator will discuss what to eat to live a full and healthy life.

Delwyn is an engaging speaker who is getting rave reviews at her presentations throughout the country. Tell others and come as a group.

With limited seats available.

\$15 for the day

Saturday 22nd November

Held at Mosgiel Holistic Centre, 12 Church Street, Mosgiel

10am - 12pm: Delwyn will discuss the ketogenic weight management and wellness program and the potentially harmful effects associated with a high consumption of sugar and other refined carbohydrates.

12pm - 1pm: bring your own lunch.

1pm - 3pm: The therapeutic role of bovine colostrums in health & wellbeing.

To secure your place, please phone **Helen McLachlan** on **03 489 6474** or **0275388166** or via Email at helen@mclachlan.net.nz

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
TRE – Trauma/Stress Release Exercise

*** PRICE LIST ***

| | |
|------------------------------------|-----------------|
| ½ 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 |

Thermal Hot Stone Massage
Special Price \$110.00

GIFT VOUCHERS AVAILABLE

(03) 4893677
 12 Church Street, Mosgiel, 9024

After Death Communication Final Farewells

By Louis E. LaGrand, PH. D.

Book Review by Tina



The author, Louis, wrote this book in the 1990s from his experiences over a 15-year period of bereavement from within and outside his family. His family willingly shared their treasured stories. As time has gone on I'm sure there is so much more information to be found on this subject.

I found the beginning and some other chapters a bit technical at times, possibly because I was in a hurry to get to the main topic of the book.

The stories cover a range of experiences. These experiences of after death communication include seeing, hearing, sensing and smelling including dreams and unusual appearances of animals, birds and some experiences with no explanation.

It tells you how the people who are dealing with the grief of loss find it helpful and comforting after the death to have had an experience that they connect to, with the person they have lost and be able to move on.

He talks throughout the book about hearing with open mindedness, to what they are telling you. He also touches on skepticism, a chapter you may find interesting.

The contact stories are heartwarming, some with a message. Gifts for the bereaved. Who are we to say what they experience is not true, we cannot judge!

An interesting chapter at the end of the book tells you about how to help, behave or react around someone who has had an experience, how to talk and listen to them.

Once again there is so much information to cover I couldn't possibly review it all in this space. Something to think about is his quote from author Marianne Williamson:

"We overvalue what we perceive with our physical senses and we undervalue what we know to be true in our Hearts."

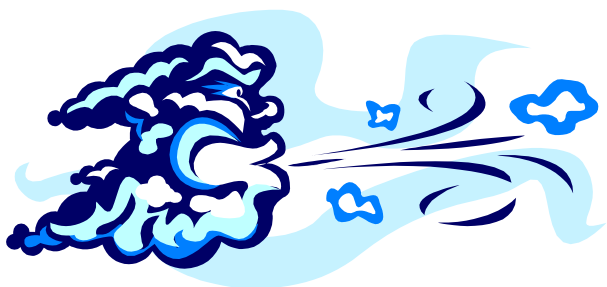
Knowledge of the heart is more embracing and inescapable than scientific knowledge.

Abdominal Breathing Exercise

1. Note the level of tension you're feeling. Then place one hand on your abdomen right beneath your rib cage.
2. Inhale slowly and deeply through your nose into the "bottom" of your lungs – in other words, send the air as low as you can. If you're breathing from your abdomen, your hand should actually rise. Your chest should move only slightly whilst your abdomen expands (in abdominal breathing, the diaphragm – the muscle that separates the lung cavity from the abdominal cavity – moves downward. In so doing it causes the muscles surrounding the abdominal cavity to push outwards).
3. When you've taken in a full breath, pause for a moment and then exhale slowly through your nose or mouth, depending on your preference. Be sure to exhale fully. As you exhale, allow your whole body to just let go (you might visualise your arms and legs going loose and limp like a rag doll).
4. Do ten slow, full abdominal breaths. Try to keep your breathing smooth and regular without gulping in a big breath or letting your breath out all at once. It will help to slow down your breathing if you slowly count to four on the inhale (1-2-3-4) and then slowly count to four on the exhale. Remember to pause briefly at the end of each inhalation. Count from ten down to one counting backwards one number with each exhalation. The process should go like this:

Slow inhale Pause Slow exhale (count "ten")
Slow inhale Pause Slow exhale (count "nine")
Slow inhale Pause Slow exhale (count "eight"), and so on down to one. If you start to feel light headed while practising abdominal breathing stop for 15-20 seconds and then start again.

5. Extend the exercise if you wish by doing two or three "sets" of abdominal breaths, remembering to count backwards from ten to one for each set (each exhalation counts as one number). Five full minutes of abdominal breathing will have a pronounced effect in reducing anxiety or early symptoms of panic. Some people prefer to count from one to ten instead. Feel free to do this if it suits you.



Contact Details:

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

www.mosgielholisticcentre.co.nz

