

# Mosgiel Holistic Centre

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



## DECEMBER 2014 NEWSLETTER

### **Christmas & New Year Closures**

Closed on Statutory Days

*(Christmas Day, Boxing Day, New Year's Day, 2<sup>nd</sup> January)*

Open as usual between Christmas and New Year.

### **Changes to Events and Class times over Holiday period**

Healing Nights	Last of the year is on Monday 15 <sup>th</sup> December Restarts in New Year on Monday 2 <sup>nd</sup> February
Tai Chi	Last of the year is on Thursday 18 <sup>th</sup> December Restarts in New Year on Thursday 15 <sup>th</sup> January
Yoga	Last of the year is on Thursday 11 <sup>th</sup> December Restarts in New Year on Tuesday 27 <sup>th</sup> January

### **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



# Gift Vouchers

The Perfect Present  
Available this Christmas





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







### **REIKI SHARING**

Held once a month on a Saturday  
Phone for details  
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

## WHAT DO YOU MEAN BY 'HOLISTIC' CENTRE?

We have had the privilege of talking to a number of societies and organisations over the past year and a recurring theme in the questions raised is around the meaning of holistic.

If we ask Professor Google what holistic means, then the following definition is given:

### ***holistic***

- 1) ***Adjective – PHILOSOPHY:*** of or relating to a doctrine of holism ***Characterized by the belief that the parts of something are intimately interconnected and explicable only by reference to the whole.***
- 2) ***MEDICINE:*** ***Characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.***

“According to the American Holistic Medical Association it is believed that the spiritual element should also be taken into account when assessing a person's overall well-being.” This I concur with as our belief system dictates our way of being in the world and therefore is directly related to our health.

Although I am in agreement with the above, and just to confuse the issue, I do tend to prefer the title anthroposophic medicine which according to Wikipedia is: “Anthroposophic medicine (or anthroposophical medicine) is a form of alternative medicine that in part complements and in part replaces mainstream medicine. Founded in the 1920s by Rudolf Steiner (1861–1925) in conjunction with Ita Wegman (1876–1943), anthroposophical medicine draws on Steiner's spiritual philosophy, which he called anthroposophy.”

There was a very good reason we did not call our Centre, ‘The Mosgiel Anthroposophic Centre.’ Try answering the phone after a late night or early morning with a name like that. The point is that we accept western medicine as well as first medicine or what is commonly called complimentary medicine, believing that every form of healing has its place when we look at the whole of people's health.

The other understanding that needs to be stressed is that ‘holistic’ does not have anything to do with religion, sect, cult, group or otherwise. It merely means “the whole of” or the gestalt.

Happy Holidays Everyone  
John Mills



## Letter from Obion – December 2014

### **Greetings my Dear Friends**

I would like us to look at the word “flexibility”. To be flexible in all areas of life, to give and take, to look at different ways of being, to look, seek and explore life from various angles, not to let the mind be ridged. There just may be a more beneficial way of doing something or looking at a situation.

I love to tell this story, which may help you to grasp the word flexible a little more fully.

You are sitting in a carriage of a train. You have chosen the seat for you to start your journey. Day after day, week after week, year after year you sit and look out of the same window (which is a symbol of your mind) and then one day you look away from that window and become aware of another window. You get up to look out of the window and are amazed at what you see. Slowly other windows appear and you move from one to another drinking in the views which bring you great joy. Then one day you see a door and wonder what is beyond the door and with great excitement and curiosity you step forward and open the door. “Goodness me” you exclaim, “there is the engine and there is someone driving the engine which pulls the train”. “I will just go and see the person”, you say to yourself.

You walk up and tap the person on the shoulder. You gasp in surprise, for the person you know very well. It is yourself you are looking at. You have been at the controls of your life and did not realise it. After a short while you realise you are not only the driver of the train, you are indeed the train as well.

Dear ones, ponder the story of self and let your mind be flexible enough to be the train as well.

Happy Christmas and all blessings be upon 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@extra.co.nz](mailto:lisajan@extra.co.nz)

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

*John Lennon*

## **THOUGHTS FROM THE BACK ROOM - by John Mills**

As some of you may know I practice as a Psychotherapist. One of the very necessary activities of a psychotherapist is to have supervision. Supervision is a confidential space (very much like a counselling session) where my supervisor (a very much wiser and more experienced therapist than I) discusses my work and concerns.

Having just returned to my office from a supervision session, it is my concerns that lead me to write this article. The concern in particular is the requirement I have of needing to be registered under the Health Practitioners Competence Assurance Act 2003. Now on the face of it this may be seen as a good thing as it gives the public recourse should I behave badly. However ask the question – who controls what I do or put it another way, who is my boss? The Act of Parliament, i.e., the Government?

So what, you say. Well, surely my job is to create a non-judgemental, confidential space for clients to explore their world thereby relieving their psychic pain. What happens when “my boss” causes my client’s pain? This is all too real considering many of my clients are in conflict with government-authorised agencies such as ACC, WINZ or police. How do I create a non-judgmental space for them? Before registration I was part of an association and adhered to a code of ethics thus allowing me the freedom from bias. Now I struggle, like my clients, with power and control.

So where is this all leading and why air my concerns in public. Well most of you out there in one way or another answer to a “boss.” How do you get to be honest in what you do? Are you allowed to be truthful about the product you are prescribing or the policy you are selling or is the truth presented in such a way so that you get to keep your trading licence or pay cheque?

How do we start to move society in a direction of honesty and transparency? This may of course be a radical idea that society could even contemplate being honest and transparent. We reflect our bias by electing leaders who tend to be less than transparent. In the immortal words of Bob Dylan – “Times they are a changin.” Have you noticed the increase in people getting caught lying? Are you aware how social media is slowly changing the face of corruption and that governments once seen as immovable now get removed.

We are society! Do we turn a blind eye to injustice for fear of reprisals; do we continue to keep quiet? It all needs to start like charity – at home. If we are not being up front with someone – guess what, someone is not being up front with us and it may cost us dearly.

Think about it.



## 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**

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.

## **Meditation Classes**

**There is no greater journey than the one within.**

**There is no greater journey than the one.**

**There is no greater journey**

**There is no greater**

**There is no**

**There is**

**There**

**Welcome to meditation.**

**There is no greater than the One that is You**

**Come join me and my fellow journey takers on a Monday night 6pm to 7pm. The less you know about meditation the better.**

**It is the not knowing that counts.**

**Where:**

**Mosgiel Holistic Centre**

**12 Church Street**

**Mosgiel**

**Koha:**

**\$5**

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 \*

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  
*Special Price \$110.00*

**GIFT VOUCHERS AVAILABLE**

(03) 4893677

12 Church Street, Mosgiel, 9024

## **Spirit Messenger**

**By Gordon Smith**

**Book Review by Tina**



Gordon Smith is regarded as the UK's most accurate Medium. He is also the Seventh Son of a Seventh Son. His Mother was told that he was going to be gifted by the midwife who delivered him.

The book was published in 2003 and tells the story of how his life developed over the years. As a medium he has travelled worldwide. He also runs a Barbershop in the city of his birth, living a normal life as a hairdresser.

He dedicates the book to his two greatest teachers in life, Jean Primrose and Albert Best, who feature throughout the book, both of whom gave selflessly in order to help others.

The book was enjoyable to read and easy to follow. He has had his difficulties to get where he is today and had a very interesting and informative path. His early experiences at age 7/8 never being believed by his family (he now sees this as being protective, as they simply didn't understand).

Hard lessons were learnt along the path as he developed his spiritual gift/ mediumship. At the same time he was also encouraged to cultivate his gift of healing.

All through the book you get chapters of different aspects of his life, experiences working as a medium, his funny moments, life after death, trances, guides and teaching, mediumship and the media which all makes for good reading.

Gordon includes written accounts from people he has helped and their experiences with him both private and public. In doing his work he has given endless help in easing peoples pain, he sees himself as a normal average guy but one with a psychic gift. He regards his mediumship as both sacred and spiritual, something not to be used for personal gain but to help others. His role is not to convert anyone but to say, "This is what I believe, test the evidence and reach your own conclusion.

To quote Gordon " Love one another" which neatly sums up his personal philosophy of life and death. If we can find love in everything we do and say, our personal worlds and the world at large can truly be transformed.

Spiritualism is the only one to offer evidence that once the physical form is stilled and at peace, we retain our memories, personalities, intelligence and individuality after we pass over.





## **Tai Chi with Keiko Imagi**

Keiko Imagi teaches Tai Chi and Qi Gong  
at the Mosgiel Holistic Centre.

Keiko has been studying Tai Chi for 13 years, teaching Tai Chi and Qi Gong  
in Dunedin and Auckland since 2008

### **Tai Chi Principals**

Relaxation of Body and Mind . . . . .

By removing stiffness and tension from the body by the means of correcting posture and the stretching out of joints, muscles and limbs.

The mind can be calmed by correct breathing techniques, focussing on the movements of Tai Chi so that day-to-day worries are left aside. In Tai Chi the word “relax” is frequently used but it does not mean “collapse” as in throwing oneself down on the sofa in a floppy heap.

There are many aspects to Tai Chi and we will be concentrating on the relaxation of the body, increasing flexibility, improving balance and co-ordination and also the cultivation of a quiet mind.

This is a wonderful Chinese fitness system that treats the body in the holistic manner and focuses on three aspects: Jing (essence); Chi (vital energy); and Shen (spirit).

Tai Chi is a physical exercise beneficial to health, wellbeing, balance, harmony, mental equilibrium and the promotion of internal strength. It is very enjoyable too. Tai Chi is also an art, which is creativity. Tai Chi is relaxation, which gradually brings many benefits with practice and patience. Do not worry about achieving technical expertise or perfection in your movements – unless you wish to be a world champ!

**Tai Chi is on every Thursday evening from 5 pm**

**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





**WE WISH YOU A MERRY CHRISTMAS  
AND  
A HAPPY NEW YEAR  
THANKS TO ONE AND ALL**

**HAPPY CHRISTMAS  
& NEW YEAR  
FROM THE MOSGIEL HOLISTIC CENTRE**

**Contact Details:**

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

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

