

# Mosgiel Holistic Centre

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



## JANUARY 2015 NEWSLETTER

### 2015 – A Foundation for Love

*2015 is a year of love energy waiting to be expressed in many various ways to each other, which will radiate out to all you come into contact with. It is a year to put aside anger and hatred of another person or situation.*

*If you have a piece of fruit that has a blemish do you not remove the blemish before you eat the fruit or do you swallow the blemish and let it build up toxins? Do the same with anger and hatred, remove them from your heart so that love may replenish itself and heal the heart.*

*There will be some who will leave the physical world in upsetting ways. They leave to return to the love energy of Spirit so as to return with new love energy to the planet Earth to build on what you create in 2015.*

*May peace always flow from the heart*

*Blessings, Obion*

### **Changes to Events and Class times over Summer Holidays**

Healing Nights	Restarts on Monday 2 <sup>nd</sup> February
Tai Chi	Restarts on Thursday 15 <sup>th</sup> January
Yoga	Restarts 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



## Welcome to the New Year

### WE ARE NOW OPEN 7 DAYS A WEEK

**Monday 8am – 7pm  
Tuesday – Friday 8am – 8pm  
Saturday 10am – 3pm  
Sunday by appointment only**

The team at The Mosgiel Holistic Centre would like to welcome you to the New Year.

This year is going to be very exciting, as we have spent considerable time and effort creating new, interesting and exciting treatments and facilities for you.

2015 Lynette has designed a range of workshops for beginner through to the practising therapist.

2015 will also be a year where our holistic attention to the needs of our clients will continue to be foremost in our practice.

## 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.**

## Surprise!

This is a very simple little word - surprise: “a brief emotional state experienced as the result of an unexpected significant event ...” so says Wikipedia. So lets take a closer look and see if this little word can surprise us.

Were you surprised to be alive this morning? If not, why not? Do you know that being alive is more surprising than dying? Dying is inevitable, dying is mandatory and living is not. So why are we surprised when someone has passed over, should it not be expected, it will be everyone’s fate at some time.

What about time, do you know what is going to happen in the next few minutes? No no-one does and yet when “stuff” happens we take it for granted as though it is expected. Should we not be surprised at the events that unfold in our lives? How incredible would it be if each moment were to be greeted by surprise? It would give us the opportunity to feel as we did when we were children, when life continually excited us and every event was a surprising event to be explored.

We continually write the story of our lives from moment to moment. If you are not enjoying your life, close the chapter and start a new one, one that will surprise and amaze you.

Be surprised by not only the good things that happen to you but also the difficult learning situations that you co created to experience. Keep asking the question – why did I create this, what was it that I wanted to learn that this situation has the potential to teach me? The answer will, I am sure, surprise.

If we live in continual surprise at the unfolding scene of our lives we will automatically live in the moment, the only place we can be alive in rather than the fantasy of tomorrow and the history of the past. We are co-creators, so enjoy the wonderment of your creation, both the light and dark, for without one we cannot create the other. How can we create love if we deny our capacity to create hate?

Be surprised at the love you are able to give. Be surprised at the acts of kindness by yourself and others. Be surprised by the learning going on all over the world. We have done this for millennia, this time round make it a life filled with surprise.

John Mills





## Letter from Obion – January 2015

### **Greetings my Dear Friends**

You will have received many surprises over the Christmas holidays which, from your ego's perspective, will have been both good and bad.

From the moment of birth to the moment of transition every moment brings a surprise as you are totally unaware or prepared for what each moment will bring. In your world you are not so surprised by birth as you are of death. Have you wondered why this is? It is the same with marriage and divorce. How often do you say "I would not be surprised if .....". How many surprises have you had today? I would very much like to hear of some of your surprises. Jonathon (John) has a "Surprise Box" at the Centre. Perhaps you would kindly share your surprises with us so that we may put them in my book. These may be both pleasant or unpleasant.

Sheila says to tell you that your name will not be printed. It seems this may be of concern to some people. I wonder why. It is a surprise that very few people are able to love themselves and fear that the love they have for another will not last unless they submit to the other person to keep their fear from manifesting itself. It will be a very big surprise for the people who do not think that life after death/transition exists when they discover that it really does. Surprise, surprise, I really do exist and that I am not a figment of Sheila's imagination which is very good but not that good. I love her dearly and only tease her and you.

Dear ones, 2015 will be what you make it to be, full of surprise moments. Find the Joy in everyone.

Blessings, Obion



## Can your bra cause back pain? Osteopathic Viewpoint By Angela Corona

Various studies have shown that wearing an ill fitting bra can cause problems relating to posture, back pain, neck pain and shoulder pain. It is thought that between 70% and 80% of women will experience back pain due to an ill-fitting bra. Most women (80%) wear incorrectly sized bras: 70% wear bras that were too small, 10% wear bras that were too large. The main problems are loose underbands, too small a cup size and overtight shoulder straps.

A properly fitted bra supports the weight of the breasts via the underband and cups whilst a poorly fitting bra usually necessitates tightening the straps to keep it in place putting undue stress on the muscles of the back, neck and shoulders. Women obviously have an issue of gravity balancing and if they are wearing an ill fitting bra, they put stress through the muscles, in particular the trapezius muscle, and this can lead to pain between the shoulder blades and may be the cause of some headaches. Back in 1984, a study suggested that a poorly fitting bra may even cause problems for smaller breasted ladies.

A study by The British School of Osteopathy found that ill-fitting fashion bras put undue pressure on the rib cage, limiting correct movement of ribs and diaphragm and restricting breathing. They also found that sports bras - designed to compress breasts during exercise to minimise movement - can also cause breathing difficulties if worn all the time.

The best way to ensure you're less likely to suffer pain is to have a proper bra fitting but if you don't wish to do that, here's a chart to help you but remember to try on for the best fit.

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**1. Look at the central part of the bra.**  
It should be sitting flat on the chest (on the skin) without digging in or being too loose.
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**2. How does the wire sit?**  
Now follow the wire with your finger: the wire should sit closely around your bust: this will give you the best comfort. It should not sit on your breast tissue, or stand away from your bust.  
If the wire lies on your bust the cup is probably too small – try moving up one or two cup sizes. If the wire is too loose around your bust then the cup is too big – move down one cup size.
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**3. Next check the cups.**  
If you notice the cups dig into the breast or if you notice wrinkling of the cup around your breast, this indicates that the cup size is incorrect. If the bust is spilling out of the cup, the cup is too small and you should try one a cup size bigger. If the fabric is wrinkling, this means the cup is too big, so you should try one cup size smaller.  
  
The breast should be fully enclosed by the cups creating a smooth silhouette. Assessing the fit of the cups is best done with a non-padded bra.
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**4. The band is the most important part in providing the necessary support.**  
Fasten your bra on the middle hook.  
If the back of the bra is not horizontal and is riding up, this tells you that the band size is probably too loose and you should try a smaller band size. Note that if you go down in the back you will need to go up in the cup to compensate. For example, if a 34C is too loose, you should try a size 32D.  
You should be able to comfortably fit two fingers under the fastening of the band at the back. If you can fit more than two fingers this could mean the band is too loose. If fitting two fingers under the band is difficult, this means the band is too tight.
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**5. Next adjust the straps.**  
They should sit firmly on the shoulder without digging in or leaving marks and indentations. Straps are there to balance the weight of your breasts; the main support comes from the band.

Above chart can be found at <http://www.rigbyandpeller.com/US/en/0034/Find-your-size.html>

# Yoga4Life

## **Restarts on Tuesday 27<sup>th</sup> January**

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*



## **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



osteopaths  
NEW ZEALAND



# Testimonials

**Back Maintenance:** *When Angela, the Centre's resident Osteopath, first joined the team at the Mosgiel Holistic Centre I decided to "give her a go" having had back issues from an old nursing injury for just on forty years.*

*I found Angela just right for me and we have started a back maintenance regime ever since. I visit every eight weeks and she wields her magic, which results in me walking out with a real spring in my step.*

*Thanks Angela, you're well named and you truly are a Back Angel.*

**Sheila Wall**

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**Linda D** (From Facebook) What a gorgeous place doing such fabulous work! Love to All

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**Jenna S** (From Facebook) – *5 star* - The most friendly and professional bunch of people, always with smiles on their faces. Jessie Ryan and Lynette Mills give the best massages and if you haven't done so already, you need to try a Hot Rocks massage. I swear you will never go back [to a standard massage]. Thank you for making my experience so great :)

## 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

## Counselling & Psychotherapy



As we enter the new year with all its challenges both exciting and unwanted there are times when we need to be able to explore those challenges in a safe non judgemental space. I am available for consultation, self-referrals most welcome.

**JOHN MILLS B.Couns. NZAC. PBANZ. Reg  
Psychotherapist**

**Ph: (03) 4893677 Cell: 0274811599**

**Mosgiel Holistic Centre**

**12 Church Street, Mosgiel, Dunedin.**

**PERSONAL FREEDOM:** If you are unsure about where you are headed or what life is all about I also run a one on one programme called **Personal Freedom**. This course is run over ten weeks for an hour per week and is specifically designed to explore the issues that are concerning you. This is a great course if you feel disempowered in your life, if you cannot say no or it feels as though you are not your own person. Cost \$50.00 per session.

**DEATH:** Death, what happens and what does it mean for you? This is a subject all of us will explore in the fullness of time. I have immersed myself in researching the subject of life after death, which as it happens also includes life before death. This is not about religion as religion is man made or what one would call ego driven. This understanding is based on ten years of recorded interviews with those who have passed over. If this is something that interests you then you may wish to participate in my two hour weekly small group course -**Who Is Alive!** To register your interest please contact me on the number provided. Cost \$20.00 per session. (refreshments included)

**MEDITATION:** I teach/run a weekly meditation hour. The open group meets on a Monday night from 6pm to 7pm. In 2015 we start again on February 2<sup>nd</sup> and all are welcome. I use a very gentle method of teaching, slowly allowing you to find your own way through experiencing the peace and health benefits of meditation. Cost \$5 Donation.

**PSYCHOTHERAPY:** is recommended if you are struggling with a life, relationship or work issue or a specific mental health concern, and these issues are causing you prolonged upset and pain. This is longer term work to help facilitate permanent change. Cost \$80.00 per session.

**COUNSELLING:** this is short term, goal orientated solution focused outcomes to difficulties being experienced in the moment. Whether they are relationship or work issues. Or if you just need to "download." Cost \$80.00 per session.



## Why Are We Not Kind - Even To Our Own

By John Mills

On Tuesday 22 February 2011 at 12.51pm Christchurch was badly damaged by a magnitude 6.3 earthquake. Many lives were lost and many more lives were devastated by the outcome. Still today many lives are very badly affected by Post Traumatic Stress Disorder - and rip offs.

The people of Christchurch are still living the experience. I have been to visit Christchurch since the earthquake and was shocked by the loss. I struggled to find my bearings in a city I knew relatively well. When the disaster happened the country was galvanized into helping, people volunteered, people saved lives and all over New Zealand prayers were said, money raised and organizations kicked into high gear giving time, money and heartfelt generosity.

Sadly human nature is still very primitive. If you have watched a documentary on lions you will know that when a pride goes hunting they will take down the weak and vulnerable. After the kill the agile and healthy survive. The leader of the pride first has his fill and then the rest of the pride have their bit. What you will also have seen are the hyenas and vultures waiting on the sidelines squabbling amongst themselves to finish the job off.

Once the dust settled in Christchurch in came the lions in the form of the government pushed by the large construction companies and insurance giants. They ate their fill, slowly chewing their way through the best bits, and now what is left is slowly being picked over by the hyenas and vultures.

“How dare I make this analogy!” you cry. “What evidence do you have?” you demand. “There are many people doing wonderful work every day in Christchurch.” You are right, there are many, many wonderful people doing amazing work in Christchurch restoring peoples lives and thank god for the generosity of so many.

So to my evidence of the vultures. Cantabrians are being ripped off. Just scan the media and web pages. On [tradebox.co.nz](http://tradebox.co.nz) they quote building costs (and I quote): “*Constructing brick walls; Auckland \$182 per m<sup>2</sup>; Wellington \$183 per m<sup>2</sup>; Dunedin \$180 per m<sup>2</sup>; and Christchurch \$206 per m<sup>2</sup>.*” Why do Cantabrians have to pay 12.78% more than Dunedin. What about acrylic paint finish: “*Auckland, Wellington and Dunedin \$14.30/m<sup>2</sup>; Christchurch \$17.50m<sup>2</sup>.*” Why do Cantabrians have to pay 22.38% more to paint their houses? These are just two examples.

TV 3 Thursday 21 March 2013 “The Serious Fraud Office (SFO) says it is investigating two high –level cases of alleged fraud and corruption in the Christchurch earthquake rebuild after claims in parliament of up to \$240 million worth of dodgy invoicing.”

So is there an answer? Yes there is. We need a collective voice; we need to have our say. Not in a vindictive way but in a collective understanding that we all need to consider our fellow travellers on planet earth. Nothing will shift until we give up the idea that we are singular. We are not. When I am unkind to someone else, when I over charge someone else I am being unkind to myself. It is time to expose corruption, dishonesty and greed no matter how far up the food chain it goes.

Should we charge a **fair fee** for our services – of course? We need to honour ourselves knowing by doing so we honour others. There is a popular saying ‘do unto others as you would have them do unto you’ what is missing from the saying is the fact that **you are the other!** Let us stop preying on the weak and vulnerable, lets stop preying on ourselves.



# Self Identity Ho'oponopono

## Spiritual practice reviewed by Stephanie

Self Identity Ho'oponopono is an ancient Hawaiian process of problem solving. Literally, Ho'oponopono means 'to make right' or 'to rectify an error'.

Psychologist Dr Hew Len is perhaps the most well-known exponent of Ho'oponopono, sharing concepts that are both radical and certainly difficult to grasp at first. Using Ho'oponopono, he is reported to have cured an entire mental hospital full of the criminally insane without seeing a single patient.

Ho'oponopono teaches that through taking total responsibility for what is happening in our lives and petitioning the Universe we can heal what we observe.

Dr Hew Len teaches that we see, behave, and decide according to what is stored in our memories that are replaying in our subconscious mind. We might like to think that we act on Inspiration, but it seems we act as our memories dictate. He said: "The Subconscious Mind and Conscious Mind, comprising the Soul, do not generate their own ideas, thoughts, feelings and actions ... they experience vicariously, through memories replaying ..."

Using the concept of Ho'oponopono we would not ask a friend in pain: "Where do you feel the pain?" We would rather ask of ourselves: "What is going on inside of me that is showing up as my friend's problem?" We don't even have to know the answer. We know we feel the pain of our friend (or of any situation in the world) and that on some level we want to take responsibility for healing it.

Ho'oponopono then teaches us to clean that pain by petitioning the Divine by saying these four statements over and over: "I love you." "I'm sorry." "Please forgive me." "Thank you." I do this every day. For example, when I'm watching a news item that fills me with pain or anger, by repeating these words to myself I seem to be able to restore calm and peace.

Another of Dr Hew Len's practises is to drink Solar Blue Water – He says that "drinking lots of water is a wonderful problem solving practice, particularly if it is blue solar water. Get a blue glass container with a non-metallic cover. Pour clean water into the container. Place the blue glass container either in the Sun or under an incandescent lamp (not a florescent lamp) for at least an hour. Blue solar water voids memories replaying problems in the Subconscious Mind. So, drink away!"



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



### **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.

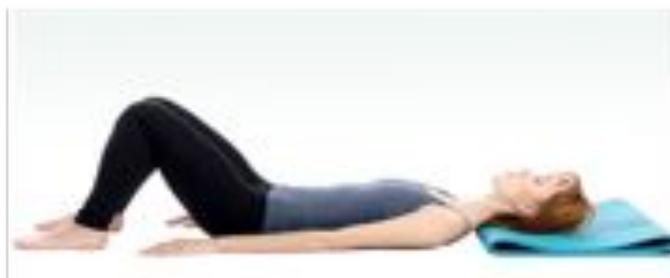
***Please phone Lynette on 03 4893677***

***@ 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)***



**Contact Details:**

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