

Mosgiel Holistic Centre

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



APRIL 2015 NEWSLETTER

Special Events

Sun 12 April
Thurs 16 April

doTerra AromaTouch Massage course, 10 am to 4 pm
Ear Health Otago Southland Ltd, Thursday clinics start

Regular Events

Hypnotherapy	Mondays between 1 pm & 5 pm
Healing Nights	Monday evenings at 7.30pm, 8pm & 8.30 pm
Meditation	Every Monday evening at 6 pm
Yoga	Every Tuesday evening at 6 pm
Ear Health Clinics	Clinics Every Thursday
Yoga	Every Thursday morning at 10 am
Tai Chi	Every Thursday evening at 5 pm (restarts 16 April)
Podiatry	Alternate Friday
Hypnotherapy	Tuesday evenings between 6 pm & 9 pm

AROMATOUCH® TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION



doTERRA'S
DISCOVER WELLNESS



The AromaTouch Technique

The uses of essential oils are vast and represent a well-documented model for improving overall health, for both the novice user and the educated expert.

The AromaTouch Technique incorporates simple hand techniques with the efficiency of essential oils to create a powerful whole body wellness experience. It addresses four systemic constants that are present in daily life and which may serve as limiting factors in health: stress, immunity, the inflammatory response, and autonomic imbalance.

Helen Shaw is a Practitioner of Essentials 4 Life Qualified Aroma Touch Technique Trainer
Founding member of doTERRA Australia and New Zealand

Cost \$167 Includes: 8 CPTG do TERRA oils, training manual, DVD, Certification, every participant will give and receive the technique.

For Bookings & Enquiries Email: markshaw@westnet.com.au Mob: 021 930 366

Register Now

DUNEDIN WORKSHOP
Sunday April 12th 2015

Mosgiel Holistic Centre
12 Chruch Street Mosgiel
10am - 4pm

The Oils



Balance

Lavender

Helixena

Peppermint

Wild Orange

AromaTouch

DeepBlue

On Guard



Treat Yourself Or Treat a Loved One
Gift Vouchers
The Gift that Keeps on Giving

Mosgiel Holistic Centre

Gift Voucher



Holistic healing helps restore balance to your body, mind and spirit leaving you feeling rejuvenated and more able to enjoy all aspects of your life.

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.

THERMAL HOT STONE MASSAGE WORKSHOP



Presented by: Lynette Mills

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

Dates to be confirmed: Register your interest

***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 therapeutic relaxing
massage treatment and also receive one.*

Come and enjoy a weekend of sharing.

***To Book please call 03-4893677 or 0277223118
Or email Lynette at lynette@mosgielholisticcentre.co.nz***



ANGELA CORONA
Osteopath
ACC Registered



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.

An osteopath believes that 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
	½ Hour	\$60.00
ACC Consultations & Treatments		\$30.00



osteopaths
NEW ZEALAND





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 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. 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.

About Knox Podiatry



Rebecca has a passion for improving her patient's foot health. Each new patient undergoes an assessment of their needs including a Doppler ultrasound of their circulation and testing of the nerves in the feet. Rebecca will communicate with other health professionals such as GP or osteopath in order to provide the best possible foot care.

Every age group is welcome and each person is treated as an individual; every treatment is conducted with a fresh set of podiatry instruments which have been sterilised clean to ensure the safety of every patient.

Rebecca holds an Annual Practising certificate and is registered with the New Zealand Podiatry Board.

Rebecca has 10 years Podiatry experience in the fields of Diabetes, rheumatology, paediatrics and biomechanics. Rebecca had a busy clinic in the UK and also worked in the NHS for 8 years.

BOOK AN APPOINTMENT FOR THE TREATMENT OF:

NAILS

Simple nail cutting
Fungal nail infections
Ingrown nails
Damaged or injured nails
All other nail conditions

SKIN

Hard skin or callus
Corns
Verrucae
Fungal infections / Athletes feet / Tinea
All other skin conditions

DIABETES

Diabetic foot health information
Diabetic foot checks
Foot care
Diabetic ulcer treatments
Diabetic footwear and sock information & sales

BIOMECHANICAL

Foot & / or leg pain
Sports injuries or pains
Footwear advice

CHILDREN

Toe Walking
Out-toeing
Ingrown nails
Footwear information

In-toeing
Flat feet
Skin conditions
All other foot / leg problems

Appointments available with Rebecca on the following dates:

Friday 6th March Friday 20th March Friday 10th April Friday 24th April

To book an appointment please call Knox Podiatry directly on:

022 301 6195 (mobile)
03 478 1030 (answerphone service)

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

Touch Your Heart Ltd



CATLINS RETREAT

8th - 11th May 2015 (Inclusive)

For more information please contact:

Todd Wall - 03 481 1105

(before 9th March or after 12th April)

E-mail: healing@touch-your-heart.co.nz

Lynette Mills - 03 489 3677

E-mail: lynettemills12@gmail.com

Full printed details can be obtained from:

Mosgiel Holistic Centre

12 Church Street, Mosgiel, 9024

Phone: 03 489 3677

MOSGIEL HOLISTIC CENTRE IS NOW OPEN

7 DAYS A WEEK

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

REIKI SHARING

**Held once a month on a Saturday
Cost \$10**

Next Sharing Session Saturday 11th 3-5pm

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**

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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**

My Opinion and Cricket

I am not an avid cricket fan but when your country reaches the finals without a loss, why would you not watch the game? I have a smattering of schoolboy knowledge about the game although I am sorry to say that I was the little kid on the outfield picking his nose completely unaware of what was expected of me. Which might go a long way in explaining why I had a very short cricket career. Equally my parents a) were not at all sports minded and b) were so busy trying to put food on the table that there was no one to watch a nine year old pick his nose or play cricket. So that was the end of that.

However today's writings are not about my commentary on the game, it is rather an observation on my commentary or opinion. Like everyone when any action took place on the field I would voice my opinion. This would lead to someone else disputing what I had witnessed and giving his or her opinion. I realized that my opinions are not valid to anyone else but me.

I also had the task of talking at a symposium over this last weekend. I calculated that over the past month I had put some where in the region of twenty hours work into a presentation I was proud of and even though I say it myself, presented well. I realized half way through my presentation that maybe a handful of those present were actually listening. Most were dozing as it was straight after lunch and the rest would have been more interested in challenging my opinion so that theirs could be heard. So why do we give our opinion?

So far – and I will give my opinion here – all I can fathom is that giving our opinion is first and foremost a social platform to make some interactive noise called communication. It is a socially accepted way to be with others of our species. Secondly and more importantly it is how we feed our ego. If I can have my opinion heard then I can be seen to know something, if I can undermine someone else's opinion with mine then I am better than them and then there is the holy grail of opinions; if I can get others to agree with my opinion then I am top dog.

What I also realized is that my opinion about everything and anything is a) of no real interest to anyone else but me and b) in most instances I would be better off actually keeping my opinion to myself, as it is not valid for anyone else, as they will have their opinion that is valid for them. Where this leads me I do not know yet but I do think I will be quieter, more tolerant and more amused by opinions with the understanding that it is just the ego feeding.

Thanks for letting me share my opinion.

John Mills

Aromatherapy Massage

By: Astrid Crabb

Aromatherapy massage is a wonderful way to experience the healing benefits of essential oils. Essential oils are the natural aromatic chemical compounds extracted from the leaves, flowers, fruit, seeds, roots, bark and stems of plants. Each individual oil possesses its own distinctive therapeutic properties that can be used to improve health and prevent disease. Usually a combination of essential oils will be used, carefully selected to provide the maximum healing benefit to the condition(s) being treated. Their unique chemical compositions act on the body on both a physiological and psychological level, providing a gentle yet powerful combined effect to promote positive health of both body and mind.

There are numerous ways to use essential oils for wellbeing, but aromatherapy massage – massage using essential oils diluted in a carrier oil – is a particularly effective (and enjoyable!) way of administering aromatherapy treatment as essential oils are easily absorbed through the skin. The minute chemical molecules of the essential oils enter the pores, hair follicles and sweat glands and reach the dermis (the skin's second layer) where they pass into the network of blood capillaries there. Once they have entered the bloodstream they are then transported via the circulatory system to *all* parts of the body.

Depending on the essential oils selected, aromatherapy massage can:

- Influence mood and emotions
- Balance hormone production
- Strengthen the immune system
- Reduce pain and inflammation
- Improve digestion
- Improve blood pressure and circulation
- Promote restful sleep

On its own, the benefits of massage are many, however when combined with aromatherapy, those benefits can be dramatically enhanced and multiplied. Aromatherapy is an especially effective treatment for stress and various chronic conditions.



Fran Grindlay
Ear Health Otago Southland Ltd
Coming to Mosgiel Holistic Centre
Thursdays from 16 April

Fran Grindlay from Ear Health Otago Southland Ltd has been caring for ears from her base in Hillside Road Dunedin for 11 years and over that period has slowly added specially trained registered nurses to help operate clinics in Dunedin, Mosgiel, Balclutha, Gore, Invercargill, Oamaru, Alexandra, Cromwell, Wanaka and Queenstown.

Ear Health will now be running weekly clinics from the Mosgiel Holistic Centre in Church Street, providing microsuction for ears.

Microsuction has been used by Hospital E.N.T Departments and by E.N.T Specialists for some years and is believed to be the safest and healthiest method of clearing the ear of wax and debris. It is a particularly wise treatment for infections and inflammatory conditions such as dermatitis of the ear canal.

Advice is also given on care of the ears and other ear conditions such as eustachian tube dysfunction, glue ear, Surfers and swimmers ear, etc.

Many people are finding access to this treatment in the community very convenient and being able to self refer is a real benefit. Any condition requiring medical treatment is referred to a Doctor or specialist.

Hearing Aid sufferers find ear suction particularly beneficial in maintaining optimum function of their aids. Wearing an aid usually creates a build up of wax and this gradually effects its efficiency.

Suction is a thorough cleaning method and promotes clarity of sound.

Swimmers, Surfers and people exposing their ears to water can develop chronic fungal problems in their ears, which can dramatically reduce hearing and create rapid build up of inflammatory material. This is often associated with narrowing of the canals, inflammation and itch.

Self-treating ears also often causes problems. Washing the ear canal is not recommended and nor is the practise of using cotton buds or hair clips, etc. Fran sees many of the results of these bad habits, such as wax impaction and chronic fungal infections.

Those with skin conditions such as dermatitis, psoriasis and eczema often suffer from chronic dry, flaky, itchy ears and regular suction in conjunction with appropriate medication from their Doctor can help alleviate and improve the condition.

The cost of treatment is \$48.00 for an adult, \$38.00 for students, children and patients under ACC for hearing aids. Treatment is free for War Pensioners with hearing aids.

If you have any questions or wish to make an appointment
'phone Fran on 455 0801, 027 5550800 or 800 550801. Fax 03 455 0809.

Hypnotherapy
With Tony Robinson
Now available at Mosgiel Holistic Centre
12 Church Street, Mosgiel



Tony Robinson (Dip.Clin.Hyp) has just joined us at our Centre and he brings with him over 20 years of experience as a fully qualified professional hypnotherapist. Having been in practice in Christchurch, Tony has a wealth of knowledge and understanding with the ability to help patients achieve their aims and goals. For those who have never experienced hypnosis, it is perhaps easiest to consider it being the closest thing to the “Day Dreaming” state where you are always in complete control, aware of what’s going on and in a beautifully relaxed state. It is in this relaxed state that your subconscious mind is able to respond to “Positive Suggestions”. Truly, hypnotherapy is a wonderful and quite natural way to help you in your search for change.

Hypnotherapy can be very successful in assisting with:

- Phobias, Stress, Anxiety
- Bad habits – Smoking, Drinking, Nail biting
- Anger management
- Confidence, Motivation, Depression
- Fears, such as fear of flying, needles, failure or even fear of the future.

Working with your feelings I can, and I will, help you gain Strength, Confidence, Determination, Courage and Belief in yourself. All you have to do is want – really want – to make the change.

An enjoyable hour-long session is just \$80.

Mondays between 1 pm and 5 pm
Tuesday evenings between 6 pm and 9 pm

Book an appointment now
call Mosgiel Holistic Centre on 489 3677 or after hours on 489 2197

What is BodyTalk

By Hazel Eatwell



That is a good question and even I have difficulty trying to explain how it works.

The Body has an inborn, innate ability to heal itself on all levels.

The official definition is that the Body/Mind is in a state of imbalance and with use of the Biofeedback technique the Bodytalk Practitioner communicates with the Innate wisdom of the Body/Mind which gives an indication of the priorities it needs to heal. The key factor is to re-establish communication between all the Body/Mind complex thus the body can synchronize it to adapt to the stresses of life and heal.

I prefer to use a couple of analogies to describe BodyTalk. For those born in the age of information technology, I describe it as defragging the computer, ie, your body/mind. When you clean up the computer it runs better and smoother. And so it is with BodyTalk. When we clean up the Body/Mind and help it to balance it can heal itself, which it knows how to do.

The second analogy, for those who remember the days of the telephone exchange, (you remember the ones), imagine your body/mind is like a telephone exchange, and there are crossed wires, lost calls and missed connections. With BodyTalk, we aim to get the body/mind back in communication with itself, which allows it to heal itself.

Imagine if you will, that you are like an iceberg, 20% (the mind) is above the water, the other 80% (the subconscious) is below the water. All our beliefs, emotions and memories are stored in the subconscious, the cellular memory. When we use BodyTalk, we connect, through Biofeedback, with the innate that is the body/mind consciousness and ask what is the priority in its healing process. What is out of balance and what beliefs and memories (the emotional content of which is running like a movie in our lives) are then brought to consciousness to allow the body/mind to start the healing process.

The client then connects with the parts that are indicated and the practitioner will then tap on the head to restore the linkage and the Heart to store the changes.

Hopefully this will give you a bit of an idea about this amazing healing modality. For an appointment you can find me at the Mosgiel Holistic Centre, or evenings at my Abbotsford clinic.

The Book of Synchronicity

ISBN-13:978-1-55643-683-3. Available from North Atlantic Books
(www.northatlanticbooks.com)



Reviewed by Stephanie

If you love the wisdom and help of the various metaphysical and divination methods available to us, you will want to dip into this book by Oberto Airaudi, the founder and spiritual guide of the Federation of Damanhur near Turin in Italy. Damanhur is a United Nations award-winning model for a sustainable future and is based upon ethical values and promoting a culture of peace and balanced development. (See www.damanhur.org)

Following the spirit of Damanhur, The Book of Synchronicity is dedicated to the Awakening of Humanity.

Oberto Airaudi provides a short preface to his book and compares it to the I-Ching. "If you are worthy," he writes, "if you approach this Book with respect, if you are able to look deep inside yourself, in it you will find all the answers you are looking for."

In the spirit of meditation and thinking about the question, the seeker throws a die (included with the book). The die is thrown four times, each number referring to a part of the book. There are over two million synchronicity combinations possible for every consultation. When the die has been thrown, the seeker is counselled to interpret the phrases and each single word for insight into their question.

To prepare for the Book of Synchronicity to answer your question, repeat the following formula three times:

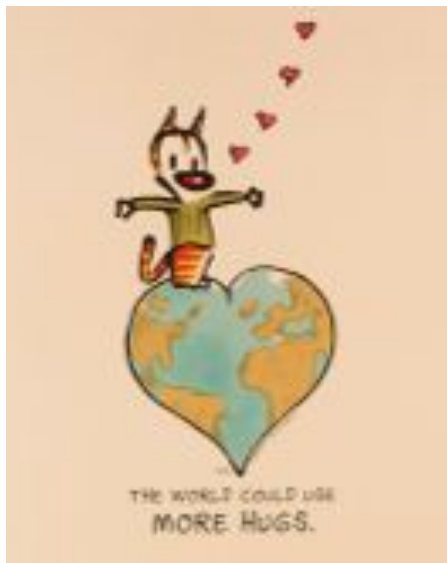
May the positive forces, whatever
be their name, render me worthy of
accessing the mysteries of Synchronicity.
Here I am; I am ready. Here I am;
I breathe and participate in the
wave of the moment of Synchronicity.
So be it.

Would you like to meditate on the reading I asked for us all for April? Think of the phrases and the individual words.

Fulfilment.

*Underground. Much air. Dig and find Gold.
More genuineness and less ostentation*

Obion is on holiday so no letter this month



“Forgive yourself for not being at peace. The moment you completely accept your non-peace, your non-peace becomes transmuted into peace. Anything you accept fully will get you there, will take you into peace. This is the miracle of surrender.**”**

— Eckhart Tolle —

www.MotivationalQuotesAbout.com



“

Here is a new spiritual practice for you: don't take your thoughts so seriously.

— Eckhart Tolle —

”
[OneDop.com](http://www.OneDop.com)

“I HAVE LIVED WITH MANY ZEN MASTERS, ALL OF THEM CATS.”



— Eckhart Tolle in GUARDIANS OF BEING
art by Patrick McDonnell



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



Your Therapists



Lynette



Gary



Hazel



Astrid

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/Tension Releasing Exercises

* 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

Contact Details:

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

www.mosgielholisticcentre.co.nz

