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Contact Details:

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

www.mosgielholisticcentre.co.nz



**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.

Mosgiel Holistic Centre

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

12 Church Street, Mosgiel. Ph (03) 489 3677



JULY 2015 NEWSLETTER

AN EXPERIENCE OF THE INNER JOURNEY

Sunday 19th July Event

Come experience a 20 minute session of each modality:

Reflexology,
Indian Head Massage,
Clairvoyance,
Energy Healing,
Aromatherapy
Chakra Balancing

\$25.00. for all six modalities and afternoon tea.

Numbers limited so get in quick. Call (03) 489 3677

Starts 1:45 Sunday 19th July.

SO YOU HAVE 48 HRS TO LIVE – NOW WHAT!

48 hours to do something, what if that was all I had left of this earthly journey? I asked Astrid our Aromatherapist, she says she would attempt to do everything. I think that would be avoidant and manic. She reckons it wouldn't matter – or would it?

Would I want to spend the last 48 hours running around like a chook without a head? Why waste the 48 hours when in 48 hours you will be a headless chook – so to speak. So what does one do?

It all comes down to what you believe dying is. If you believe that it is the final curtain, nothing after, nada, zip, then maybe Astrid has a point, maybe we should chase around just doing as much as possible.

On the other hand if you believe there is a continuation of life would one not want to pack your bags so to speak? Make sure that you have the necessary to take advantage of the adventure ahead. As I am in the latter camp and I have control of the keyboard and not Astrid, I think I would make some preparation to leave.

A farewell party seems appropriate in the last few hours, however, prior to that a quiet reflective celebration of this stage of my journey would do very nicely thank you. Most of the 48 hours would be spent packing and unpacking to make sure I had what I needed. So what do I pack?

First and foremost a large amount of peace and contentment would need to be packed. Then joyous memories, the basking in friendships known and loves fulfilled and lost. I would try to pack in as many understandings as I could and if there was still some space forgiveness would be squeezed in as well.

As for unpacking I would certainly leave my regrets behind. I would try and leave any attachments that were not helpful to me which would be almost all.

The suitcase would then be gently closed encased in love for one and all. Then off it would be sent post marked “wherever I am to be found”.

What would you pack and unpack?

NOW AVAILABLE AT THE CENTRE

Massage – with Lynette, Astrid, Gary and Hazel

Reflexology – with Astrid and Lynette

Personal Freedom Courses – with John

Aromatherapy – with Astrid

Hypnotherapy – with Tony

Ear Otago – with Elizabeth

Psychotherapy – with John

Healing – with The Group

Osteopathy – with Angela

Podiatry – with Rebecca

Counselling – with John

Body Talk – with Hazel

Meditation – with John

Tai Chi – with Keiko

Reiki – with Lynette

TRE – with Lynette

Yoga – with Lisa



LYNETTE



ASTRID



GARY



TONY



HAZEL



JOHN



ANGELA



REBECCA



KEIKO

Introduction to Reflexology Two Day Workshop

*Presented by Lynette Mills
at Mosgiel Holistic Centre, 12 Church Street, Mosgiel*



*Sunday 26 July and Sunday 2nd August 2015
9:30am till 4:30pm*

Cost: \$250 (morning & afternoon tea & lunch included)

Spend two days learning relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to body work or an experienced therapist you will enjoy the techniques and by the end of the weekend you will take home the basic skills of reflexology to confidently give your family and friends a treatment which is guaranteed to relax and revitalize.

You also take home a manual, a reflexology book and a bottle of beautiful essential oils to use in your treatments.

To take advantage of this fantastic learning opportunity please contact Lynette at Mosgiel Holistic Centre, 03 4893677 Or 027 7223118

(If you are interested but the date does not suit please contact Lynette as this workshop will be repeated at dates and to suit.)

Lomi Lomi Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoeba Healing Arts' Hawaii



15-18 October 2015 (4 Days)

Only open to trained massage therapists. This means that as a professional you are getting the most out of your continuing education dollar.

Venue: **The Mosgiel Holistic Centre**
 12 Church St Mosgiel
 Dunedin 9019 NZ
 Phone 03 4893677

Tea and coffee supplied: Bring your own food

For centuries the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once.

Each day you learn new exercises and massage techniques designed to harness the power of the elements earth, air, water and fire. This massage is profoundly relaxing, creating a deep trance state to allow the receiver to identify and dissolve limiting beliefs that cause illness in the body

At the end of this workshop you will be able to perform a full body lomi lomi treatment and have a great many new techniques to complement your existing bodywork repertoire. Passing students receive a certificate

Cost: **\$695 for 3 full days of training when you register by July 1 2015.**

If you register after this the cost is \$745.

Tuition price also includes a workbook for further home study. A \$200 non-refundable deposit guarantees your space in this workshop.

Space is limited so register now on Carrie's website www.hamoeba.com or contact her by email hamoebahealingarts@gmail.com

REIKI SHARING

**On Saturday 1st August
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**

Reiki I Workshop

**Saturday 25 July & Saturday 1st August
10am – 4pm**

**Presented by Lynette Mills
at Mosgiel Holistic Centre, 12 Church Street, Mosgiel**

Your Reiki workshop is a beautiful time of sharing and healing for all involved. You receive an “attunement” and the technique of using Reiki for yourself and others.

You will also learn meditation techniques to help you still your mind and find peace and calmness in your every day life.

Morning tea, lunch and afternoon tea both days included. You just need to bring yourself and be open to a wonder-filled time of healing and sharing with like minded people.

Cost: \$250

**Reiki II Workshop
Dates to be confirmed**

Please contact Lynette on 4893677 or 0277223118

(If these dates do not suit please still contact Lynette and we will arrange time to suit)

Letter from Obion – July 2015

Greetings my dear friends

To create a beautiful Curry one requires the finest ingredients. The Curry paste is the essential ingredient, is it not? Once all powders have been gathered they are placed into a bowl to be ground together. Some of the powders on their own are better mixed with others to remove the bitterness.

If you were to use the Curry powder analogy with your life experience you would quickly see and identify the bitter ingredients that have been or maybe still are there. Blend everything together with the sweetness of some and the strength and force of others, the subtleness of some events where hidden seeds lie will all make up a tasty Curry paste.

Everything in life, when you put them together, can create either a sour dish or a sweet succulent Curry. Everything has a purpose, it depends how you use it.

As I am a simple chap I like to use everyday common ideas to get across to you how even the bitter things in life can have a purpose when used or viewed in a different way. Sheila tells me that a human saying is "it is a bitter pill to swallow" when something occurs that cause people to experience emotional pain. I would suggest to follow the bitter pill with the sweet honey of Love to yourself, even if it is human Love or lack of Love which is the bitter pill.

Do not be harsh with yourself, be gentle, for it is the play of the ego you are swimming in, nothing more than that.

I throw you a lifeline, reach out to it and let the lifeline of Spirit pull you to the shore of Love.

Your Friend in Spirit,

Obion



DOES SCIENCE SEE ANY VALUE IN MEDITATION?

Harvard Study Unveils What Meditation Literally Does To The Brain
December 11, 2014 by Arjun Walia.

Numerous studies have indicated the many physiological benefits of meditation and the latest one comes from Harvard University.

An eight week study conducted by Harvard researchers at Massachusetts General Hospital (MGH) determined that meditation literally rebuilds the brain's grey matter in just eight weeks. It's the very first study to document that meditation produces changes over time in the brain's grey matter.

"Although the practice of meditation is associated with a sense of peacefulness and physical relaxation, practitioners have long claimed that meditation also provides cognitive and psychological benefits that persist throughout the day. This study demonstrates that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing." – Sara Lazar of the MGH Psychiatric Neuroimaging Research Program and a Harvard Medical School Instructor in Psychology

The study involved taking magnetic resonance images (MRI) of the brains of 16 study participants two weeks prior to participating in the study. MRI images of the participants were also taken after the study was completed.

"The analysis of MR images, which focused on areas where meditation-associated differences were seen in earlier studies, found increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection."

For the study, participants engaged in meditation practices every day for approximately 30 minutes. These practices included focusing on audio recordings for guided meditation, non-judgmental awareness of sensations, feelings and state of mind.

"It is fascinating to see the brain's plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life. Other studies in different patient populations have shown that meditation can make significant improvements in a variety of symptoms, and we are now investigating the underlying mechanisms in the brain that facilitate this change." – Britta Holzel, first author of the paper and a research fellow at MGH and Giessen University in Germany

4 STEPS TO MEDITATION

Step 1: Place yourself in a quite position that is comfortable for you. It can be sitting crossed legged, lying down, sitting on a couch etc, it is your choice.

Step 2: Gently breathe into your stomach area 'watching' its rise and fall.

Step 3: Close your eyes or gently lower your eyelids and allow your thoughts, feelings and emotions to drift from your mind without judgment. Do not engage with the thoughts.

Step 4: Five minutes enjoyment of being in the now, at peace, is far more beneficial than half an hour or an hours struggle.

Remember that you can never do meditation; you can only be *in* meditation.

Enjoy the journey.



Massage Special



Thermal Hot Stone Massage

1½ Hour Usually \$125 Now Only \$110

1 Hour Usually \$95 Now Only \$85

For Hot Stone Massage, your therapist will use heated volcanic stones in two ways. Firstly as placement stones to let the heat radiate into the muscle tissue to soften any tightness. While this is happening, other heated stones will be used in the therapist's hands while massaging. It's a little bit like using 'heatpacks in motion'. Your therapist can achieve great results working on the pre-heat-softened muscle tissue without you feeling hard or deep pressure being used. Also your therapist is constantly handling the stones and checking to make sure the heat is appropriate for you. Another wonderful outcome from our Thermal Hot Stones Massage treatment, is that you have a very strong sense of letting go, achieving a state of deep relaxation and having time to enjoy a complete rest. (Not suitable for pregnant Mums to be but perfect for after baby is born)

Our Therapist:

Astrid, Gary, Lynette, & Hazel

@ Mosgiel Holistic Centre, 12 Church Street, Mosgiel

Ph: 03-4893677 or 0277223118



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

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