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Contact Details:

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

www.mosgielholisticcentre.co.nz



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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

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



OCTOBER NEWSLETTER 2015

**“SIMPLY STILLNESS” MEDITATION
WORKSHOP
& CONCERT**

with JEFFREE CLARKSON

COMPOSER OF

BOTANICA, BUTTERFLY, A NEW EDEN

Sunday 11th October

At Mosgiel Holistic Centre

Workshop 9.30am – 12.30pm

Concert 1.30pm – 3.30pm

See inside for details

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



HAZEL



TONY



JOHN



ANGELA



REBECCA



KEIKO

THERMAL HOT STONE MASSAGE WORKSHOP



Presented by: Lynette Mills

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

Saturday 10th & Sunday 11th October 9.30am till 4pm

***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***

Psychosis Part II

Having had some feedback on my last article 'White noise as a defence against our psychosis.' I decided to go a step further. First I thought I would clarify the use of the term psychosis. Psychosis is a symptom of mental illness rather than a medical condition itself. Dear old Wikipedia describes it as "an abnormal condition of the mind described as involving a "loss of contact with reality".

So the second thrust would have to be – what is reality? Back to Wikipedia that defines reality as "the conjectured state of things as they exist, rather than as they may appear or might be imagined." Conjectured of course meaning imagined, guessed or speculated. And therein folks lies the rub. We all see the world from our life's experience. In other words we all see the world differently, there may be reality but we cannot see it. So actually we are all living out our psychosis.

So what do we imagine would happen if we actually saw reality? My imagining is that we would stop living in fear. I am of the belief that our psychosis is driven by fear. Most of our constructed "reality" is based on fear. You need insurance in case your house burns down. You need an education in case you cannot get work. You need a mobile phone in case you are needed. You need to obey the laws or rules in case you get fined or imprisoned. You need to be in a relationship in case you are alone. And so it goes on. I challenge you to choose any scenario and I am reasonably confident about 95% of the time we can find the fear that drives our actions. Even those actions that are seen as kind and benevolent can be driven by the fear of others not seeing us as we would like to be seen.

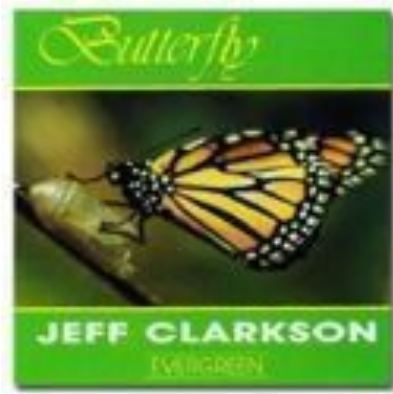
Lets be a little radical. What if we can use the very psychotic episode we call our lives as a means to kick fear to the touchline and actually glimpse reality. As I estimated fear drives around 95%, so what about the other 5%. Is that reality? Not really but it is in there somewhere. The way we access reality is to use our psychosis and the belief that it is reality to inform us that whatever you see as real - **it is not**. Reality is the antithesis of the psychotic episode we call life.

An example of this would be the psychotic notion that I need the love of someone else to complete me and know what love is. Stop, take a deep breath and see its antithesis. The reality is I need to love myself not only to know what love is but that I am already complete. It is our psychosis that fools us into believing we are incomplete.

There is of course another word for psychosis, if you are struggling with the mental health imagined image of the word, it is ego.

So there you have it psychosis explained in two small articles on two small A4 sheets of paper. The reality or antithesis is, it is so much more. Or is it?

By: John Mills



JEFF CLARKSON WORKSHOP

Sunday 11th October

9.30am - 12.30pm

\$120.00 incl meditation booklet, CD and
admission to concert

JEFF CLARKSON CONCERT

Sunday 11th October

1.30 - 3.30pm

Admission \$20.00

BOOKING ESSENTIAL

Phone: Mosgiel Holistic Centre 03
4893677

Or

Sheila at Touch Your Heart 03 4811105

THE POWER OF INNER PEACE



"SIMPLY STILLNESS" meditation workshop and a concert

with JEFFREY CLAFFORD

Are you meditating only?

Are you enjoying meditating?

Are you getting all the benefits meditation has to offer?

Many believe meditation is a spiritual practice that has nothing to do with the physical world. In reality, meditation is a powerful tool for improving your health and well-being. It can help you reduce stress, improve your focus, and increase your self-awareness.

Jeffrey Clafford is a professional meditator and a certified teacher of the Buddhist meditation practice of Vipassana.

Jeffrey has been practicing Vipassana for over 20 years. He has taught meditation to thousands of people in his home and in various venues around the world.

Jeffrey Clafford is an experienced meditator and a certified teacher of the Buddhist meditation practice of Vipassana. He has been practicing Vipassana for over 20 years and has taught meditation to thousands of people in his home and in various venues around the world.

Through his classes of stress and relaxation, sleep and mood, meditation, stress, anxiety, depression, and more, Jeffrey Clafford is a professional meditator.

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Event Details
The Power of Inner Peace - Meditation Workshop and Concert
with Jeffrey Clafford
Saturday, October 11
10:00 AM - 12:00 PM
12:00 PM - 1:00 PM
1:00 PM - 2:00 PM
2:00 PM - 3:00 PM
3:00 PM - 4:00 PM
4:00 PM - 5:00 PM
5:00 PM - 6:00 PM
6:00 PM - 7:00 PM
7:00 PM - 8:00 PM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM

REIKI SHARING

On Saturday 17th October & 14th November 2pm – 4pm
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

YOGA4LIFE

Beginners Course

4 weeks - \$50

Saturday Nov 7,14,21,28

10.30-12 noon

Small group - maximum 12

Mosgiel Holistic Centre

Yoga4Life classes are suitable for all levels including beginners, but for many, it feels more beneficial to be in a class specifically for absolute beginners.

These classes will introduce you to the foundations of a safe and effective yoga practice, including postures, breathing, meditation and deep relaxation.

Yoga4Life offers yoga practices to support you in your everyday life no matter what stage you're at.

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.

Suitable for beginners or anyone who'd like to revisit the basics

Book early to avoid disappointment:

Lisa Morrison

0274370779 or 4894009

lisajan@extra.co.nz



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The Perfect Present

Available this Christmas





Yoga4Life Spring Special

Friday Morning Express Classes
8 weeks of early morning bliss
Vinyasa flow style

7-8am
16 Oct-4 Dec

\$80

*unsuitable for absolute beginners

*no drop ins

Book your spot early!

Lisa Morrison

0274370779

lisajan@xtra.co.nz

or PM me on FACEBOOK



Massage Special

Thermal Hot Stone Massage 1 1/2 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

Letter from Obion – October 2015

Greetings my Dear Friends,

To continue on from my last letter on how as you change yourself you are thus helping others to see that as your awareness has changed and continues to change in a more beneficial way to you yourself and those around you, how much more joyful life is.

The human ego mind likes to put a frame around it's mind for security which naturally places limitations on the person's life. To allow the full energy of the universal mind to work with no hindrance then please start to remove the frames your ego self has placed on itself from the attachments of fear.

If you become attached to an outcome for example this becomes a frame/boundary which will and does restrict the universal mind energy from flowing properly. As you are the universal mind consciousness anyway you are of course stopping yourself through the limitation of your ego mind.

For example, if you are perhaps studying for an exam your mind will be subconsciously or consciously be focussed and attached to the outcome or results of the exam. This is a frame or a boundary in the mind. Restrictions of what you allow yourself to do or be also become a frame.

Should you feel that you are trying your hardest to live a Spiritual way yet nothing or very little changes for you, then this is the frame of expectation and attachment to an outcome. There is in fact no Spiritual way. There is only life flowing like a river free from the restrictions imposed by fear that ego's play of life is all about.

You look into a mirror and see your image which has become framed by the edges of the mirror but you are not seeing the whole you. You are so much more than the image reflecting back to you. You are infinity. Free the ego mind and experience your true self. LIFE.

Blessings to you all.
Your friend Obion.

Surprised by Death

I was looking back on some of Obion's previous writings. What struck me was the idea that we are surprised by death. The one activity in life that we will all partake in. Surely the mere fact that we are here means we will die. The timing may be unknown but the event is a certainty.

Okay I admit that we all like to tell ourselves that we will die of old age, or that our children will die after us. So because we fool ourselves into putting the idea of death aside we feign surprise when our children pass before us or we pass at a young age.

Please note I am not talking about the loss, mourning and grief passing brings I am talking about timing. Surely when we wake in the morning we should be prepared to die that day. There is the story of the monk who, every night would wash his glass, make sure he had done everything and said everything that needed to be said just in case he passed over while sleeping. Not a bad motto I would think.

I would like to take that one step further and start a trend. Before we close our eyes at night we need to have a little celebration. Celebrate the gift the day was no matter how good or bad; remember you created it. Celebrate our potential passing over night, as we would be going home.

Then I would like to think that in time we would all celebrate everyone's passing even our own and that it comes as no surprise just with joy that we have closed one chapter to open another.

Good night.

Reiki II Workshop



靈氣

*Friday 13 & Saturday 14 November
10.00am till 4.00pm*

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

*Your Reiki II attunement gives an even greater level of energy vibration.
You learn 2 more Reiki symbols: The Mental Emotional Symbol and The Distance Symbol.
You will have practice at sending and receiving Reiki distantly. You will also learn more meditations to help deepen your awareness.*

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 I 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)

I'm just gardening, why do I need to warm up and stretch?

Article by Angela Corona, Registered Osteopath

Spring is here and lots of people are coming out of their self-imposed hibernation after the frankly very cold winter we've had this year. Spring for many means getting the garden back under control: digging in manure and compost; planting veggies; weeding; getting the hedges neat and tidy; mowing lawns that are suddenly putting on a spurt of growth; and pruning those darned pesky trees that just won't stop growing!

All that bending, lifting, digging, reaching, carrying and so on that happens whilst gardening - that's certainly exercise in my eyes and every exercise requires that your body be ready to cope with it especially if you've been pretty dormant yourself over winter time.

In simple terms, you're about to put your body through a rigorous workout every time you step into that garden whatever it is you intend doing so you need your muscles, joints and ligaments primed so they don't cause you problems later - either the same day or a few days after. Sports people don't suddenly put themselves through a rigorous exercise routine after the off season without preparing their bodies properly first and thereafter before each game and the same should be the case for gardening.

Gardening is an excellent form of exercise especially for those who don't like conventional exercise. At this time of year, however, gardening related ailments such as gardener's back, weeder's wrist/elbow and pruner's neck are often more commonly seen by health practitioners than injuries associated with regular sports. The good news is that a lot of these injuries are totally preventable with just a little planning and forethought. Here are my top tips for avoiding injury:

1. Don't wear clothes that will restrict movement and make sure your clothing is appropriate for the job.
2. You need to warm up first - 5 minutes of stepping lightly from side to side, high knee stepping, stretching arms up above your head, gentle waist twists, shoulder and neck rolls, etc, can all help warm up those dormant winter muscles. Many of these exercises can be found on line or alternatively come and see me if you'd like a personalised warm up and stretching routine put together for you.
3. When pruning make sure to be as close to the thing you're pruning as possible to avoid overstretching - use long handled secateurs to reach plants beyond your normal reach.
4. When digging try not to bend or twist during the driving downward movement of your foot and try alternating which leg you use to avoid overstraining one side.
5. When raking or hoeing, use small movements and, again, alternate sides.
6. Kneel or sit whenever possible when planting or weeding to avoid over stretching your back. If you're going to be doing a lot of potting, it's best to do this sitting at a bench or table rather than leaning over the bench as this reduces back strain.
7. Vary what you're doing and change what you're doing every 20 to 30 minutes. This includes varying the height of the jobs you do - kneeling work, waist height jobs, standing work.
8. Take regular breaks (every half hour) when you stop what you're doing - physically stop - have drink, admire what you've done so far and think what would be the best thing to do next.
9. Lastly, enjoy what you're doing and remember, perfection isn't all it's cracked up to be - a weedy corner of the garden isn't necessarily bad - nature will thank you for a little mess and so will your back.



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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