

Contact Details:

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

www.mosgielholisticcentre.co.nz



**Treat Yourself Or Treat a Loved One
Gift Vouchers
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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



NOVEMBER NEWSLETTER 2015



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

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

HEALTH ADVICE FROM HAZEL EATWELL

At last winter is over and spring has arrived. I hope you all survived the colds and flus that were going around, some of them quite nasty.

So we are heading into spring and summer, so what's next. Usually it's Hay fever, and whether it's the Wattle or the Pine trees, the gorse or the grasses Hay fever is an allergic reaction to any of the irritants, some have allergies to all, some only in spring time with the flower pollen and others in autumn when the grasses go to seed. This allergic reaction creates low histamine levels in the body; runny nose, itchy eyes and dry membranes in the nose and sinuses.

So how can we help ourselves, well I am a firm advocate of prevention is better than cure and so suggest increased levels of Vitamin C and B during this time. Vitamin C is a natural antihistamine so increasing your dose will help raise your histamine levels without the drowsy side effects of other medications. The Dr Schussler Cell salts for hay fever and allergic rhinitis is great as a preventative and in mild cases of hay fever. Again I suggest start early and take it throughout the season increasing the dose if you have an increased reaction.

For those who suffer a lot of mucous congestion Horseradish, Garlic and Vitamin C is really a great supplement to break up mucous, (as is raw onion sandwiches, but that's not everyone's cup of tea). Reduce the consumption of Dairy, Milk, Cheese, Yoghurt and Ice cream, milk makes mucous!

For some people non of the above remedies may be enough in which case conventional medicine will need to be sought, you know your body, listen to it and do what you can to support it.

Have a lovely spring, spend some time outdoors to get your natural vitamin D ration; it is vital for the correct formation of bones and teeth in children as well as aiding the absorption of calcium and preventing fractures in the elderly.

Hazel Eatwell

Massage, Craniosacral and Bodytalk practitioner

REIKI SHARING

On Saturday 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



HOW TO EXIT THE MADNESS: Psychosis Part III by John Mills

I never meant to write a part II and yet here I am writing a part III. Why can't I just leave it alone!

Please let me once again explain that when I talk about psychosis I am not talking as a medical practitioner I am pointing out that the lives we see as normal is akin to psychotic behaviour in the classical sense (see the beginning of part II in last months newsletter on our web page).

The reason there is a part III is because someone very astutely pointed out that I had left a glaring omission; how to cure ourselves of the psychotic life choices. So here is my attempt to see the light at the end of the tunnel – so to speak.

If we look towards neuroscience the new research points out that if we do not have highly developed neural pathways to the frontal cortex (thinking/logical/discerning part) then the emotionally stimulated reactions will automatically travel down to the primitive part of our brain stem. Hence fight, flight or freeze reactions. Okay that is the gobbledy gook over with. However it is important as it gives us a clue to exiting the psychosis.

Step 1: Acknowledge what you are living and seeing as normal is in fact psychotic!

Step 2: Using step 1 think logically and clearly about your life choices.

Step 3: Make new and well thought out choices.

Step 4: Start living those new choices.

So let me give you some very clear examples of how to do this.

Example 1: There is a saying – an apple a day keeps the doctor away. Now lets see step 1; the psychotic part in this.

Step 1: We go down to the supermarket and buy an apple that looks beautiful and red to nourish our bodies and “keep the doctor away.” Fact: The apple was grown using pesticides that go deep into the apple (a known fact), then it was stored using methylcyclopropene or a fungicide. In fact you have a high degree of certainty that the apple was last years crop or has been on the high seas for months getting to the supermarket. Then to add to the saleability of the apple prior to it hitting your supermarket shelves they blast it with ethylene to give it a nice juicy appearance.

Step 2: Thinking logically, is ingesting chemicals and pesticides good for you? If you believe the food administrations blurb that eating pesticides (chemicals that kill living organisms like we are) is acceptable then please go back to step 1.

Step 3: The new thought is that eating insecticides and chemicals not designed for human consumption is not good for me. I need to eat organically grown apples. Or what I like to call healthy ugly fruit.

Step 4: Go to the farmers market on a Saturday morning and get healthy fruit.

Letter from Obion – November 2015

Greetings my dear friends,

Can you imagine what life would be and mean to you without beliefs. Whether negative or positive you may believe in God or not. People believed the world was flat until it was discovered otherwise.

The person who reached beyond the confines of the mind to take down barriers and limitations discovered what you all now believe is true. The planet Earth is round.

When you allow the mind to be like a frame holding a belief, your truth (as discussed in my last letter), then in that mind frame one has a tendency to get stuck. It doesn't matter whether you discover it is the truth to you or not. What matters is that you have removed the mind frame to explore all possibilities.

When you open the door of the mind you may just discover that what you have held onto is not how it was or is. Say for example, you have held onto an emotional belief that a certain person or group of people are responsible for how you feel about yourself or a situation. Have they created your feelings? No, your feelings are your own creation. All they have done is presented you with a certain situation you have reacted to from a past memory.

It is therefore the past you are still reacting to. The mind frame on the past is your belief, no one else's. You may well feel that you are justified in feeling how you do about the past. Why are you still allowing the memory to keep you in that stale belief?

Become the explorer of self and you may just discover freedom.

My blessings to you my dear friends,

Your friend in Spirit,

Obion

The stage is set, I have got my script (or so I think) and I am buck-naked ready to go on.
Wow what a journey, I thought I knew it all, boy was I wrong.
By: John Mills

Okay let me go back a bit. You see I am what they call an old soul. Basically I have been on planet earth many, many times. So when I decided to have another go I thought I had it all sorted. I had made agreements with a number of other souls to play certain parts for me this time round. They agreed to be my mother, father, sisters, friends, enemies, tormentors, loves lost and won. It was all in the bag so to speak.

There was something however that I had forgotten, as we enter this world with great screams of protest at the bright lights and harsh reality we choose to forget that we had made the choice to be here and that others were in on this play, or more appropriately, this drama. We also start from scratch as we learn to walk, talk etc. Initially we also spend a lot of time buck naked and blissfully unaware of it until we learn shame from others. We not only learn shame from others but low self esteem, jealousy, anger, joy, love, acceptance and hopefully tolerance.

Time goes by as does experience and we find ourselves becoming “aware” of the world we inhabit and the drama we all participate in. AND WE BELIEVE IT IS REAL! Well certainly I did. I bought the illusion hook line and sinker. In the back of my mind I knew there was something missing, but what? So off I went to church thinking that they must have the answer. Sadly no answers just fear based thinking. As much as I like a nice campfire, living in one for eternity seemed a step too far from love.

So I thought eastern philosophy would have the answer, sadly no. I could not get my head around all those gods and all the does and don'ts. What I realised was that all the philosophy's and all the religions were also just humans in this drama looking for an explanation. Now there is nothing wrong with that if it satisfies that little voice inside you that keeps calling you home.

Then one day due to circumstances, which I wont bore you with here, I realised that the voice now screaming for my attention was in me. That is where I had to go to finally get that yearning for fulfilment satisfied. I woke up and guess what; I was causing the drama, I was creating the play that is my life. I am the main character and I am writing the script. Now one would think that was the happy ending, that I had found enlightenment – not a snowballs hope even though I thought I knew it all.

I now know that I need to give up my attachment to the drama, to my knowledge, to the idea that I knew it all. That to go home, to feel truly at home with myself is to know nothing. It is to be.

There is a wonderful saying by Carl Jung that goes something like this “learn your lessons well and then leave them at the door.” Maybe when he said that he had psychoanalysis in mind but I think deep down he knew that if you embodied your learning and were able to just be in the space called life, then you will truly be at peace with the drama we have created and the character we play.

Just a thought!

Example 2: I work two jobs to pay the mortgage and bills, but not only that I hate my job. I get anxious, tired and irritable so I drink too much and never see my children. A “life style” choice many clients present me with in my job as a counsellor. So lets use the steps to reality.

Step 1: Is being away from the children madness? Having a family means being with them. Is the house you bought really worth your health and the new Ford people mover worth the payments, same goes for the play station etc.

Step 2: Logically you never actually own your own home no matter how much you pay for it. You pay a premium and are in debt for over 30 years for the right to inhabit that house. Did you know if you do not pay your rates the council can sell your home. So who actually owns it? Sorry to burst your bubble but the property market and dream that goes with it is a marketing exercise sold to all of us by the money market. This is not to say you should not buy into the madness, you just need to know it is madness. This goes for the car and all other material debts.

Step 3: Maybe downsize so you have less mortgage, or rent. Let someone else have the debt. The same goes for the car etc.

Step 4: Put step 3 into action and free up time to spend with your family. Over all my years as a therapist no one has complained that as a child they got the Xbox instead of the PlayStation. But they have spent many years in therapy at great emotional and financial cost trying to deal with the absence of a parent from their lives.

We have created this social narrative that we must do this or have that. We can do this and we can't do that. These are stories created by people like us for reasons of gain or fear. Stop paying homage to other peoples desires and fear. Start thinking for yourself and start living the life you desire and deserve.

We are so conditioned to hand our lives over to others that we have stopped taking responsibility for our own existence and therein lies the madness. This is my life, my living it is my responsibility. If I fall out of a tree and break my arm it is no ones fault that I chose to be up the tree, it is just my experience!

By: John Mills



Gift Vouchers

The Perfect Present

Available this Christmas





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

Reiki II Workshop



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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)

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. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use 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. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

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 Consultation – 1 Hour	\$30.00
ACC Follow on Treatment – ¾ Hour	\$30.00
½ Hour	\$30.00

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.



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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