

## Contact Details:

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

[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)



# Mosgiel Holistic Centre

*Home to practitioners who hold a holistic view to health and wellbeing*  
*12 Church Street, Mosgiel*  
*03-4893677*



## **FEBRUARY 2016 NEWSLETTER**

2016 is certainly looking to be a very active and enjoyable year. Time is racing past with January already done and dusted. This year is the year of coming together. So watch this space for opportunities where we can all collectively come together for better health and wellbeing as well as working towards a sustainable home to live on – Mother Earth.

Due to demand there will be extra Yoga classes, Tai Chi, Qigong, clairvoyance and another open day at The Centre on 12<sup>th</sup> June.



# Gift Vouchers

## The Perfect Present





**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)***



## UPCOMING EVENTS

### March

**7<sup>th</sup> March - Imago Relationship Counselling**

**10<sup>th</sup> March - Lomi Lomi Massage Course**

**13<sup>th</sup> March – Clairvoyant evening**

### April

**8 April – Myofascial Workshop ph: Beth Beauchamp  
+64 0273636880**

### June

**12 June – Open Day @ Mosgiel Holistic Centre**

### September

**9 September – Myofascial Workshop**

#### **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



## Obion – February 2016

Greetings dear friends,  
May you have a most glorious year. For some there may be sadness  
and tears,  
some happiness. There are always the opposites to everything while  
living  
and seeing life from the human ego self.  
You each write and live such amazing plays, so creative and so  
often  
repetitive. How creative we are and I say 'we' for I too was like  
you all,  
caught up in my own play. Think carefully what you write in your  
mind, every  
thought-reaction creates your play, your story.  
We all create our own feelings. Not one single person makes you  
feel  
anything, you, the most amazing creative person does that. How do  
you think  
life would be for you knowing you are the creator in every aspect  
of your  
life.  
You are all so imaginative, wonderful and sensitive. Gather all  
these  
together and write the most amazing play and then live it. Don't  
wait for  
someone else to create happiness for you, do this yourself by  
changing your  
mind set.  
You are the most wonderful being. Believe me when I tell you this.  
Do not  
believe those who will or would tell you different. That is only  
their  
concept of you. You can be the person you are meant to be. Only  
you control  
the mind that holds you back.  
Your friend in Spirit,  
Obion:



## ORGANIC AROMAFLEX ESSENTIAL & CARRIER OILS

The Mosgiel Holistic Centre is proud to announce that we now stock a range of Aromaflex Essential Oils for sale.

The Story of Aromaflex as told by Shelley Monrad:

Established in 1995 by New Zealand born Shelley Monrad, Aromaflex has led the way in **Aromatherapy and Aromatic Medicine for Health and Beauty**. Now, after 20 years in business, we continue to source the best, be the best and give the best. Our Oils are the Essence and Science of Nature blended to perfection, BIO GRO Certified and supporting NZ Grown.



Our Nelson Dispensary is in Development House on Trafalgar Street, one of Nelson's historical buildings, dating back to 1864. We take pride in our origins. Good Things Take Time. Our Team are qualified in Aromatherapy and Aroma Science Therapy to the highest Australasian and International Standards.

Aromatherapy is more than you may perceive it to be. We are a source of natural medical treatment. At Aromaflex we show you what Aromatherapy is truly about along with the real benefits for personal and family health.

# YOGA4LIFE

**Beginners Course**

**4 weeks - \$50**

**Tuesday Feb 9,16,23, Mar 1**

**7.30-8.50pm**

**Small group - maximum 12**

**Mosgiel Holistic Centre - 12 Church St**

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@xtra.co.nz](mailto:lisajan@xtra.co.nz)**

**Regular classes on a Tuesday 6pm - 7.15pm  
& Thursday 10am - 11.30. \$12 per session**



## 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.**

## **RANGE OF AROMAFLEX OILS AVAILABLE AT THE MOSGIEL CENTRE**

### **Headaches & Migraine Spray \$16.70 60ml**

Aromatherapy spray to use around the onset of a headache or migraine. Helps to relieve the headache or migraine. Spray face or neck.

### **Relaxing/Calming Spray \$17.90 60ml**

Aromatherapy spray to use as a body or home spray to relax and calm your emotions and atmosphere. Good to use after a stressful day.

### **Stress for Less \$14.90 5ml**

Essential oil synergy to sooth, calm and relaxing to ease the mind and emotions of daily stress. Diffuse in burner, put in creams or oils, or sniff directly from the bottle.

### **Meditation Aid Synergy \$19.90 5ml**

Essential oil synergy to use for spiritual growth and enlightenment. Good for prayer, meditation and yoga.

### **Adult's Good Night Synergy \$28.10 5ml**

Combination of pure essential oils to assist in a good nights sleep. Use on the pillow or in the burner.

### **Children's Sleep Easy Synergy \$26.90 5ml**

Essential oil synergy to calm, sedate and relax your child to assist in sleeping. Use in the bath, burner or as a massage oil. Use a few drops in the bath before bedtime.

### **Tea Tree \$11.30 5ml**

NZ Grown, Organic Tea Tree, that can be used as a natural antiseptic for, thrush, cystitis, colds, flu, athletes foot, abscess, cold sores and warts. Use in the bath. Use in a blend and massage on the body, or diffuse in the home.

### **Peppermint \$12.70 5ml**

Organic essential oil that is invigorating, uplifting, refreshing and stimulating. Great for muscular pain. Inhale for asthma, sinusitis, spasmodic coughing, nausea and fainting. Helpful for migraine and vertigo.

### **Lavender (true) \$12.60 5ml**

Pure essential oil that can be used for burns, cuts bites and stings. Use in a blend for psoriasis, muscular pain, rheumatism. Apply a drop or two on the temples for migraines or headaches. Diffuse or inhale for depression and insomnia.

### **Frankincense \$17.60 5ml**

Organic essential oil to use in diffusers to calm, relax, meditate or break away negative links from the past to move forward. Great to use diluted on the skin, for scars, and fine lines. Soothes anxiety and nervous tension.

### **Bergamot \$12.30 5ml**

Essential oil to use to uplift and calm anxiety and depression. Use in a diffuser or spray in the home. Use in blends for acne, oily skin psoriasis, cold sores and sore throats.

If there is an Aromaflex product we do not have we can order it in for you.

## **PSYCHOTHERAPY OR COUNSELLING**

I am a registered psychotherapist and counsellor. I have many years experience in the mental health field having worked at Ashburn Clinic, the public sector and private practice.  
Self-referrals accepted. \$80 per session.



**JOHN MILLS**  
Registered  
Psychotherapist  
And  
Counsellor

## **MEDITATION CLASSES**

*MONDAY EVENINGS @ 6-7pm*

*Join me to learn about meditation and be guided through a meditation or two.*

*Cost \$5 Koha.*

## **PERSONAL FREEDOM COURSE**

This ten-week course explores our physical presence in the world in relation to the character that we are and our connection to the metaphysical as to who we actually are.

The course is an hour a week for ten weeks. Cost is \$40 per session.

## **Meditation Classes**

**There is no greater journey than the one within.**

**There is no greater journey than the one.**

**There is no greater journey**

**There is no greater**

**There is no**

**There is**

**There**

**Welcome to meditation.**

**There is no greater than the One that is You**

**Come join me and my fellow journey takers on a Monday night 6pm to 7pm. The less you know about meditation the better.**

**It is the not knowing that counts.**

**Where:**

**Mosgiel Holistic Centre**

**12 Church Street**

**Mosgiel**

**Koha:**

**\$5**

# **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 \***

<b>1/2 Hour Treatment .....</b>	<b>\$40.00</b>
<b>3/4 Hour Treatment .....</b>	<b>\$60.00</b>
<b>1 Hour Treatment .....</b>	<b>\$75.00</b>
<b>1 Hour Aromatherapy .....</b>	<b>\$80.00</b>
<b>1 Hour Facial .....</b>	<b>\$80.00</b>
<b>1 1/4 Hour Treatment .....</b>	<b>\$90.00</b>
<b>1 1/2 Hour Treatment .....</b>	<b>\$105.00</b>
<b>1 1/2 Hour Aromatherapy .....</b>	<b>\$115.00</b>
<b>1 1/2 Hour Facial .....</b>	<b>\$115.00</b>
<b>1 1/2 Hour Hot Stone.....</b>	<b>\$115.00</b>

**GIFT VOUCHERS AVAILABLE**

**(03) 4893677**

**12 Church Street, Mosgiel, 9024**

# Qigong and Taichi Classes

## At Mosgiel Holistic Centre

The New Qigong class offers you beautiful, elegant and slow movements. It makes you feel peaceful, strong, healthier and energized. You learn not only physical exercises but the knowledge of acupuncture points as well as breathing. You'll learn **Daoyin Yangshang Gong**, one of various Qigong techniques.

Taichi and Qigong practices are used in traditional Chinese medicine treatments to maintain health and help prevent and cure diseases. Taichi demands more physical force.

**Starting from 17<sup>th</sup> March 2016**

**Thursdays 5.30-6.30pm Taichi Class**

Suitable for beginners to advanced.

Maximum 6 people

**Donation of \$10 for each class**

**Thursdays 6.35-7.35pm Qigong Course**

Suitable for beginners to advanced.

Maximum 8 people

**1 course \$100 for 10 weeks**

Please wear loose comfortable clothing and arrive 5 to 10 minutes prior to class.

Teacher: **Keiko Imagi**

Long time experienced Taichi and Qigong practitioner. Studied many styles of Taichi and Qigong; also studied at Beijing Sport University and Daoyin Yangshang Qigong Institute in China for 3 and half years and won 3 titles at the International Taichi Competition in Hong Kong. Studied from 4 Taichi and Qigong Masters one-on-one.

Please contact Keiko for any further information and to sign up:

Phone: 021 032 8544 or 453 0624

Email: [threedragon17@gmail.com](mailto:threedragon17@gmail.com)

**Qi** vital energy as a whole by regulating the breathing and concentrating the mind for physical training and health protection.

**Gong:** Exercise daily

**Daoyin** : physical and breathing exercises combined with auto massage as a kind of practice for health care in ancient times in China. It advocates voluntary circulation of body energy through exercise.

**Yangsheng** : Health preserving practice, with the effect of maintaining and promoting health in general as well as preventing and curing diseases.

## ANGELA CORONA



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



## **From The Back Desk: by John Mills**

Today is my birthday. Although I feel that all birthdays have significance this one is not seen as significant. However, for me it does raise questions about meaning. What gives life meaning? So over the next few months I will be exploring the idea of meaning.

So to start off I feel that belief is pivotal and alongside belief is religion. First a Google moment: According to the population clock there are some 7.4 billion people in the world and 84% have a faith/religion. Therefore approximately 6.3 billion people believe in something or someone greater than themselves.

According to some estimates, there are roughly 4,200 religions in the world. The word religion is sometimes used interchangeably with "faith" or "belief system" but religion differs from private belief in that it has a public aspect. So, taking the top six major religions per capita, let's have a brief look at their beliefs about a higher power or what people often term as God.

Christianity – 32.5% of population. Christians believe in a loving God who has revealed himself and can be known in a personal way in this life.

Islam – 21.5% of population. Muslims believe there is the one almighty God, named Allah, who is infinitely superior to and transcendent from humankind. Allah is viewed as the creator of the universe and the source of all good and all evil. Everything that happens is Allah's will.

New Age – 20% of population. There is no holy text, no central organization, no dogma, no creed. 11% believe that God is "a state of higher consciousness that a person may reach." 8% define God as "the total realization of personal, human potential." 3% believe that each person is God.

Non-Religious – 16% of population. I have included non-religion because, although there may not be a specific god or deity that they believe in, everyone has a belief, what I would call a worldview.

Hinduism – 14% of population. Most Hindus worship one Being of ultimate oneness (Brahman) through infinite representations of gods and goddesses. These various manifestations of gods and goddesses become incarnate within idols, temples, gurus, rivers, animals, etc.

Buddhism – 6% of population. Buddhists do not worship any gods or God. People outside of Buddhism often think that Buddhists worship the Buddha. However, the Buddha (Siddhartha Gautama) never claimed to be divine but rather he is viewed by Buddhists as having attained what they are also striving to attain, which is spiritual enlightenment and, with it, freedom from the continuous cycle of life and death.

So why do we need to create someone or something as greater than ourselves and was religion man-made or divine intervention? I thought I would just add this little excursion of debate into the mix of emotional meaning in life.

I bumped into the writings of **Chaitanya Charan**, Spiritual mentor/author of 16 books & 1600 articles on BhagavadGita-GitaDaily.com.

“It depends on which meaning of the word “religion” is being discussed.

If by religion we refer to the Sanskrit word *dharma*, then that is definitely not man-made; that is our intrinsic nature, the very fabric of our being. Dharma refers to our core, that without which we wouldn't be we. Thus, the dharma of fire is to burn, the dharma of wind is to flow and the dharma of sugar is to be sweet. What is our dharma? To love and to serve. Whatever we do, ultimately those actions are calls for love or expressions of love. And when we love someone, we express that love through service. So love and service underlie everything we do and indeed define who we are.

Etymologically, or in terms of the roots of words, religion refers to “respect for what is sacred, reverence for God,” or “obligation, the bond between man and God.” These roots indicate that religion is the means by which we bond with God in love. Religion provides us tools for inner transformation by which we can learn to love God. So it can be said to be a type of treatment – a treatment for the soul. This spiritual treatment cures the misdirection of our love and enables us to love the eternal instead of the temporary, God instead of the world.

Many concocted ideas and practices have been added in it by self-interested godmen wanting to exploit people's religious sentiments for pursuing their own agendas. So, much of what goes on in the name of religion today is man-made or, more precisely, godman-made.

Therefore, to the extent that today's religions are in accordance with the words of God, to that extent they can be said to be made by God. To the extent that they deviate from those divine words, to that extent they are man-made.”

Who or what is the common denominator – man, then as we are “man” (read man/woman) be it our dharma, world view or God-made it is only in reference to ourselves that there is an existence of a belief or meaning. Using the analogy “if a tree falls in the forest and there is no one to hear it, does it make a noise theory” God can only be a perception of man hence man is God. So at this stage I would have to side with the New Age 3% believers.

Now I know this is a very controversial subject and everyone will have a different view so please understand this is my view not the truth or the view of The Mosgiel Holistic Centre. So no debate or 1000 emails are necessary. What is being highlighted is that having a world/God view is intrinsic in creating meaning in our lives. We create meaning in our lives so if we see our lives as meaningless then it stands to reason that we can choose to change our life to one of great meaning.

The concept of joy, sorrow, happiness, loss, etc, all lie in the meaning we give to all we are and believe. In this context we are creators. We create our reality from our chosen perception. I hope you are following me here! For example, I chose to include the God/man debate to get an emotional reaction from you. If I succeeded then I have proven that your chosen worldview creates your reality, the emotion you felt. Hence, you create your reality – you are a creator.

Now that we are hopefully on the same page, lets create a magnificent reality together. One of hope, love, non-violence and a respect for all and their different worldviews. Lets accept that each person's worldview is unique to them and therefore neither right nor wrong, that it just is and hence is beautiful.

Till next month. Be kind to each other.