

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

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



June 2016 NEWSLETTER

**More and more people want to know the truth about
life after death. What we are here for and to find out
whom we truly are.**

Now is the time to find out.

Sheila Wall is now resident at The Mosgiel Holistic Centre every third Wednesday of the month to provide personal readings. Or learn about your psychic capacity on Sheila Walls course starting on the 15th June.

Also on hand to get in touch with loved ones who have passed over we have Janet Arthur doing personal sessions on the 8th & 9th July including an evening of mediumship on Friday 9th July 7pm-9.30pm

See inside for more details



Clairvoyant Readings

With Sheila Wall

I will be available for personal Clairvoyant Readings
between 2.00 p.m. to 6.00 p.m. on every third Wednesday of the month
at the Mosgiel Holistic Centre.

Fees are: ½ hour \$60.00 1 hour \$80.00

All sessions are recorded onto a CD. This is included in the fee for appointments.

Please phone the Mosgiel Holistic Centre
on (03) 489 3677

where your appointment will be confirmed.

Psychic Course

Are you interested in learning about your Psychic abilities, how to recognize them and what it might mean. How to develop those abilities and use them for your own personal benefit, enhancing life in every sense.

The course covers:

Aura's: How to see and interpret the various colours.

Symbols: How to interpret various images.

Sensitivity: How to develop and work with your feelings to
trust those gut feelings.

Abilities: Various ways to develop your Psychic abilities.

Energy: How we use and work with energy in every sense.

This is a hands on course. You do the work following the Instructor Sheila Wall.

Fee: \$300.00 for the 10 weeks. May be paid by weekly installments of \$30.00.
To enroll please leave your name and phone number at the Mosgiel Holistic
Centre, Phone number: (03) 489 3677. Lynette will phone and confirm your
place.

Commences 15th June at 7.00 p.m. to 9.00 p.m. for 10 Weeks.



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



SOUND/VIBRATION SESSION
Release the toxins from your body
Orchestrated by
Chilean Sound Therapist
Rodrigo
Sunday 26th June at 6.30pm
At
Mosgiel Holistic Centre
12 Church Street, Mosgiel
No booking necessary
Cost: \$15.00

Wear loose clothing. Bring blanket & Pillow. Yoga mat if you have one, if not there are some available at The Centre.



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 – June 2016

Greetings my Dear Friends

There are so many different ways that we can bring the message of life to you, telling different stories which in the end all say the same thing. Love yourself and allow yourself to learn to live in harmony with all people and most of all yourself. You all seek to be loved yet in reality you all seek peace of self. Have you noticed or rather been aware of how few people are at peace with self? It is difficult in a human ego self world to bring one's self to be at peace, as one needs to release so much. Ego self is like a child pushing food it dislikes around the plate, trying to avoid eating the food it dislikes.. Ego does the same thing. It's called avoidance of taking responsibility to deal with emotional issues it does not like. Unlike the child who has a kind parent who allows it to leave the nasty food. You can only do the same for so long then eventually you need to face your emotional food, or there will be no peace in your heart and mind. You have to face self. My dear friends I am with you in love and peace, do not give up, it is so worth the effort.

Obion



Touch Your Heart Ltd



ZEN RETREAT

Catlins – 1st to 4th July 2016

These Retreats were discontinued last year due to heavy commitments in other areas but have now been re-instated to satisfy popular demand.

The Retreats are conducted among the beautiful forests and beaches in the Catlins area of New Zealand's South Island with Todd Wall as the facilitator.

The Retreat is for three nights leaving on the fourth day between 3.00 p.m. to 4.00 p.m. (depending on circumstances) after a full day of Zen activity.

Details are as follows:

Retreat Fee: \$160.00 (This is for Accommodation and tuition only. You need to provide your own food for the four day period). We stay in accommodation (maximum 12 people) with full electricity and cooking facilities.

More details are available on request:

Contacts: Lynette Mills, Phone: (03) 489 3677

Todd Wall, Phone: (03) 481 1105 or

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

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.



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 \$30 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 *

1/2 Hour Treatment	\$40.00
3/4 Hour Treatment	\$60.00
1 Hour Treatment	\$75.00
1 Hour Aromatherapy	\$80.00
1 Hour Facial	\$80.00
1 1/4 Hour Treatment	\$90.00
1 1/2 Hour Treatment	\$105.00
1 1/2 Hour Aromatherapy.....	\$115.00
1 1/2 Hour Facial.....	\$115.00
1 1/2 Hour Hot Stone.....	\$125.00

Thermal Hot Stone Massage

Special Price \$110.00

GIFT VOUCHERS AVAILABLE

(03) 4893677

12 Church Street, Mosgiel, 9024

THOUGHTS FROM THE BACK ROOM: BY JOHN MILLS

I have been watching a series of films on YouTube called The Truth About Cancer - A Global Quest. Do you need to watch it - without a doubt YES!!

It is a very well produced straightforward look at the facts surrounding the fear we call cancer. I, like most, hear the term cancer and fear it as a death sentence. This is far from the truth, most cancers are cureable and in most cases preventable.

Cancer has become a business, a very big business.

I do not want to be alarmist but I do believe we need to educate ourselves about our own health. Gone are the days where the doctor knows best. At best all the doctor can do is offer what they have been taught, and that is limited.

Ask any doctor what they were taught at university about nutrition and I am told they have about two or three lectures on the subject. The very fuel we need for health is ignored in favour of pharmacological drug education. Watch the films and you will understand how that came about.

Equally important for me in watching these amazing films was the learning I did in relation to my own and my family's health in general.

There are also very important warnings we need to heed in relation to our health. One of the more startling facts is that mammograms cause cancer, and that there are a number of more accurate and less invasive ways to monitor for breast cancer.

Immunisation is harmful. Here is a quote from the film (bearing in mind it is an American film however where America goes New Zealand Governments seem hell bent on following). Ask your doctors for the true facts first before just placing a needle in your or your child's arm in the belief it is healthy.

"Vaccines. SB 277 is a bill passed through the California state legislature that makes vaccines mandatory for children. "It's a dangerous precedent because it strips away medical choice from parents and citizens," says **alternative health writer Mike Adams**. "And it establishes a precedent where the state believes that it owns your body or the bodies of your children. They never talk about the ingredients: the mercury, the formaldehyde, the MSG, the antibiotics, the aborted fetal cells that are used in them, and in the past, the hidden cancer viruses like SV40, which was found in the polio vaccine injected into as many as 98 million Americans. They never talk about that."

Read More <http://www.cancertutor.com/ttac-global-quest-cancer-blind-spots-toxic-vaccines-homeopathy-emotions/>

Sound familiar, the push to force us to poison our children without the right to refuse. I am not saying do not vaccinate, I am saying be informed, choose for yourself. Your body and that of your children is not the states it's yours. Do not give your family's health away to anyone.

Become informed watch the films and make educated choices.

Janet Arthur
Psychic Medium
Visiting Mosgiel



***I am looking forward to travelling down from
Christchurch
to the Mosgiel Holistic Center in July.
I will be doing readings at the Center on
Thursday 8th of July and Friday the 9th of July.***

An Evening of Mediumship

***On Friday Evening the 9th July from 7pm until 9.30 I
would like to invite you for an evening of Mediumship
to connect with loved ones who have passed over . \$25
per person.***

Website: [http//: www. Angelspeak.billboardme.co.nz](http://www.Angelspeak.billboardme.co.nz)

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 **Ba Duan Jin: Eight Aspects of Health Exercises**.

"Jin" in Chinese means something brilliant and beautiful, like a brocade.

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 16th June 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. Also bring your own water.

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

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.