

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre



September 2016 NEWSLETTER

HIGHLIGHTS FOR SEPTEMBER

MYOFASCIAL WORKSHOP

With Beth Beauchamp
9,10,11,12th September

www.mfrworkshops.com

EAR HEALTH

Starting Wednesday 14th Elizabeth will be at The Mosgiel Holistic Centre on a Wednesday and a Thursday for you ear health needs. For bookings Ph: (03) 4550801

Taste Success

Wednesday 28th September Tracy Loughran presents a health and wellbeing meal preparation information evening. All welcome. For booking call Kaye 0274861602

CATLINS RETREAT

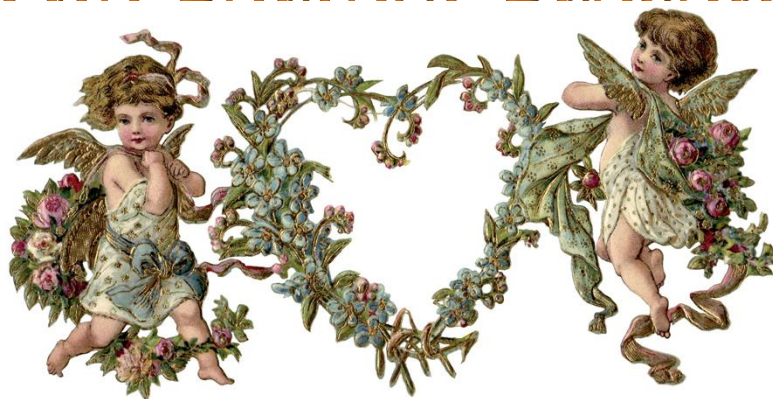
Todd Wall is holding a Zen based retreat on the 16th – 19th September. Contact Todd on (03) 4811105



Gift Vouchers

From The Mosgiel Holistic
Centre

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





PAULO MARTINS

**A SPECIAL EVENT NOT
TO BE MISSED.**

Paulo Martins from Brazil presents a powerful meditative concert with 10 crystal singing bowls and 30 Tibetan singing bowls.

For one hour on Saturday 8th October at 6.30pm.

Cost \$20 cash only.

Bring pillow, blanket, yoga mat and dress comfortable.

REIKI SHARING
Saturday 2nd October 2016
2:00pm – 4:00pm
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 – September 2016

Greetings my Dear Friends

Life can be so confusing with so many different views and concepts that in our humanness we are bombarded with throughout our lifetime on Earth. If you were to drop all the concepts around Spirituality you may just begin to understand the enormity of what you the life force are. The way to this is to be open, open to all possibilities. As I have mentioned before life is a play which you all individually write, when you are sitting watching your play unfold screen by screen at some point let the stage be empty of the actors in your play, sit in the empty theatre of your mind, what is left? An empty stage, now turn one spotlight on and play it over the stage bringing light into the dark corners of your mind revealing to you how large your stage of life is, now go and explore the empty stage upon which you write your play, explore every crevice, leave non unexplored. The universe is opening around you like many shutters, you pull the blinds up to reveal there are no limits, except your mind. You cannot be un-Spiritual or Spiritual for they too are concepts that the collective ego's of your world have created for people to be judged by. There is only life being expressed in many different ways – all plays. At the end of the day view your play of the day – how would you rate it? You are your own critic so view it carefully.

Your mantra for the day, month, year would be “I am the life of all beings.”

Your most humble servant
Obion



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.

PSYCHODYNAMIC THERAPY OR COUNSELLING

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
B.Couns
MNZAC
Psychodynamic
Therapist
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 *

½ Hour Treatment	\$40.00
¾ Hour Treatment	\$60.00
1 Hour Treatment	\$75.00
1 Hour Aromatherapy	\$80.00
1 Hour Facial	\$80.00
1 ¼ Hour Treatment	\$90.00
1 ½ Hour Treatment	\$105.00
1 ½ Hour Aromatherapy.....	\$115.00
1 ½ Hour Facial.....	\$115.00
1 ½ 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

This month I would like to highlight a book I am reading
by Dr Candice B. Pert. PH.D.

Dr Pert came to prominence as a world renown scientist
when early in her career working at Johns Hopkins
University School of Medicine she discovered the brain's
opiate receptor. She became the only female chief at NIMH
of Brain Biochemistry of the Clinical Neuroscience
Branch. She is a world renown pharmacologist having
published over 250 scientific articles.

The reason I am giving you some background is to show
that the author of Molecules of Emotion: Why You Feel the
Way You Feel. Is not some "space cadet."

Let me share a short piece from her book on page 18:
"Iv'e come to believe that virtually all illness, if not
psychosomatic in foundation, has a definite psychosomatic
component. Recent technological innovations have allowed
us to examine the molecular basis of the emotions, and to
begin to understand how the molecules of our emotions
share intimate connections with, and are indeed
insparable from, our psychology. It is the emotions, I
have come to see, that link mind and body. This more
holistic approach... Offers a new way to think about
health and disease - not just for us scientists, but for
the lay person also...I show how the molecules of emotion
run every system in our body, and how this communication
system is in effect a demonstration of the bodymind's
intelligence, an intelligence wise enough to seek
wellness, and one that can potentially keep us healthy
and disease free without the modern high-tech medical
intervention we now rely on."

In the back of the book she gives a recommended list of
bodymind practices that recognise the body's innate
healing potential, and the partnership of patient and
healer in restoring the body to health. For example:

Holistic and Creative Therapy, Holistic Health,
Complementary Medicine, Physical and Natural Therapy,
Relaxation, Counselling, Therapeutic Healers,
Psychotherapy, Music Therapy, Qigong, Nutritional
Therapy, Massage, Aromatherapy, Body Talk, Reflexology,
Reiki, Craniosacral Therapy, Therapeutic Touch,
Meditation, Yoga.

All of which we do at The Mosgiel Holistic Centre.

TIRED ?
GAINED WEIGHT ?
LOST YOUR MOTIVATION ?

Come along to an information evening on improving your health and wellbeing with delicious easy to prepare meals that will get you back on track

WHEN
Wednesday
September 28th
7pm - 8pm

WHERE
Mosgiel Holistic Centre
Auditorium
12 Church Street Mosgiel

FEATURING • **Tracey Loughran**, Reg Naturopath from Flourish Naturopathy



LIMITED PLACES

Book your seat to this FREE event now.

Call Kaye. 0274861602
email

Kaye@tastesuccess.co.nz

TOPICS

gut health,
hormones,
healthy sleep

WWW.TASTESUCCESS.CO.NZ

Reiki II Workshop



Saturday 1st & Sunday 2nd October

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

Please contact Lynette on 4893677 or 0277223118

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

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: **MERIDIAN DYNAMIC EXERCISE WITH FORTY-NINE POSTURES.**

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 15TH September 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 Class

Suitable for beginners to advanced. Maximum 8 people

Donation of \$10 for each Class

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. Also 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**



**The Mosgiel Holistic Centre
is pleased to once again have sound
therapist**

RODRIGO

weaving his healing sound magic

On

Sunday 2nd October

At

6.30pm

cost \$15

(Bring blanket and pillow and yoga mat if you have one.)

HOW AROMATHERAPY WORKS

By: Aromatherapist Astrid Andreassen

For an appointment phone The Mosgiel Holistic Centre on 4893677

Whether inhaled or applied topically, essential oils can help bring about fundamental changes in physical, mental and emotional wellbeing by triggering, and strengthening, our bodies' own natural responses. Each essential oil has its own character and aroma, exhibiting a varying number of properties and benefits which are unique to itself - no two essential oils are quite the same.

Inhalation

When essential oils are inhaled through the nose, aromatic molecules are carried through the lining of the nasal cavity via tiny olfactory nerves, located in the roof of the inner nose, to the olfactory bulb and then from there to the part of the brain called the limbic system (often commonly referred to as the "emotional brain"). The limbic system in turn influences the endocrine system and the autonomic nervous system.

The endocrine system is a major regulatory force in the body. It consists of glands that secrete hormones into the bloodstream; these hormones act as chemical mediators to regulate many bodily functions including mood, metabolism, growth and development.

The autonomic nervous system operates, for the most part, below the level of our awareness. It connects the brain and spinal cord to the limbs and organs and directs, via electrical impulse, basic instinctive bodily functions such as heart rate, digestion, respiration rate, salivation, perspiration, and sexual response.

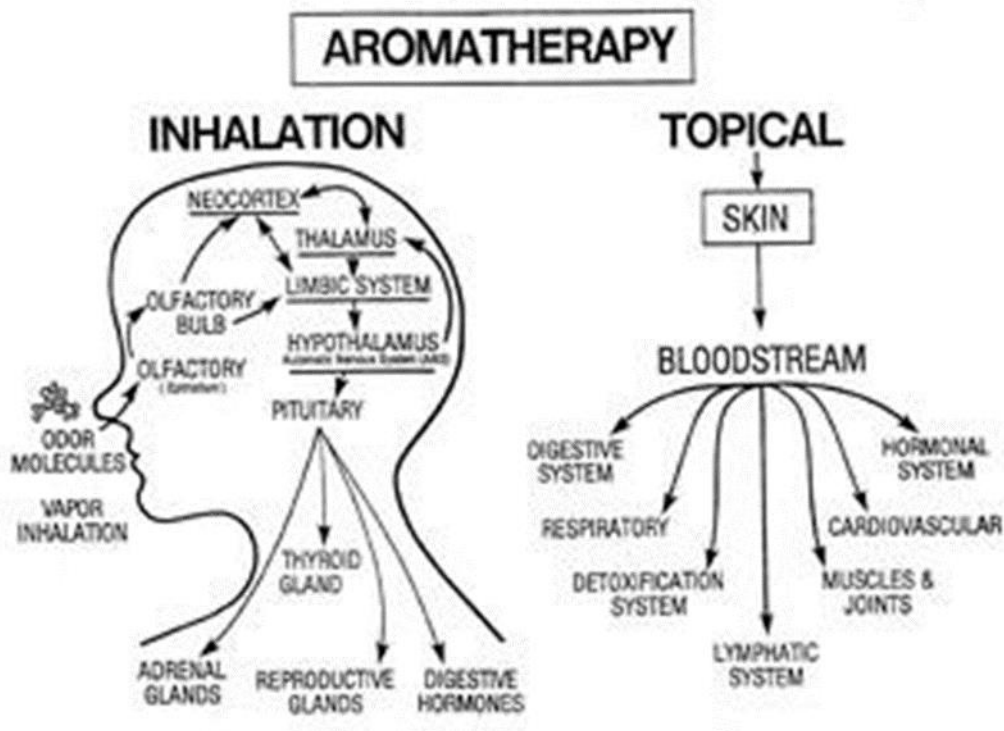
Molecules inhaled through the nose or mouth are also carried to the lungs and interact with the respiratory system.

Inhalation can be the most direct method of delivery for the healing components in oils. Through the nasal cavity, the chemical messengers have direct access to the brain and can go straight to work on the systems that moderate the body. This is why essential oils have such a rapid and powerful effect on our moods and general state of mind.

Topical Application

Our skin is somewhat permeable. The active chemicals in essential oils are absorbed just like the ingredients in common pharmaceuticals such as hormone replacement therapy cream and nicotine patches.

When essential oils are applied to the skin, their healing components are absorbed into the bloodstream. From there they disperse to the specific organs and systems on which they work. They disperse into the body fluids, where they not only help to kill bacteria and viruses but also stimulate the body's immune system, thereby strengthening resistance to further attack. Some essential oils increase the circulation and help with the efficient elimination of toxins, others promote new cell growth and encourage the body's natural ability to heal itself.



Magical combination

Massage is one of the best ways to enjoy aromatherapy because you not only receive the therapeutic properties of the essential oils, but you also get the wonderful benefits of the massage itself. The therapeutic action of the essential oils when brought together with the revitalising effects of massage stimulate all of the organs in the body, plus the skin, muscles, nerves and glands. The increased circulation of the blood and lymph flow also assists with the clearing away of body toxins.

Because essential oils can influence our emotions, aromatherapy can help to lift depression, soothe irritable nerves and generally encourage a better state of mind. It has been discovered that relaxing oils such as Lavender, Sweet Marjoram, Clary Sage, Sandalwood, Frankincense and Ylang Ylang work by stimulating a neuro-chemical called serotonin that is naturally produced by the body to help relaxation and induce sleep. It is this action that makes these oils so invaluable in helping long-term conditions such as insomnia, stress and tension.

References:

http://www.quinessence.com/how_aromatherapy_works.htm

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/how-do-essential-oils-work>

<http://www.21drops.com/about-aromatherapy/>