

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

12 Church Street, Mosgiel. Dunedin 9024



October 2016 NEWSLETTER

Evolutionary Energy Reaches Earth

Recently you may have seen on television the announcement that scientists have noted an energy wave entering earth's atmosphere. The Group have told us that it is the energy wave from the collapse of a star called a quasar. The energy from this collapsed star struck earth on 27th September and affects the harmonics of earth till 17th January 2017. You may find yourself feeling off kilter, frustrated or more annoyed than usual especially in relationship.

You can use this energy as an evolutionary tool to see from a multiple perspective. If you need to re-align and balance your energy come see one of our Reiki Masters. They can assist you in feeling grounded, balanced and in harmony with the new energy.

Phone Lynette 4893677



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 HEALING with RODRIGO

Once again you are invited to join us on

Sunday 2nd October at 6.30pm
and

Sunday 30th October at 6.30pm

to experience
the healing sound and energy of Rodrigo.

No booking necessary
Just bring yourself a blanket and pillow.
Cost \$15.00

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 – October 2016

Greetings my Dear Friends

Have you noticed how many different containers there are in your world including you?

While walking with Sheila through the shop where she buys her food, I noticed how most items are contained in boxes or tins. Then there is the container trolley you place the items in and the bags the items are packed in ready to transport to the car, another container.

You yourself are the container for the Life Force Spirit. When you open a tin of fruit you savour the delicious fruit, when you open your heart to the Life Force Spirit do you savour the Spirit letting the Spirit fill you with the sweetness of life as the tin of peaches fills you with the sweetness of their juice and taste.

What a wonderful display of Spirit containers you all are. I will have to design a large tin opener for the human container, so that you may open yourself up to reveal the Life Force Spirit you truly are.

Lighten your life with a smile every time you see the reflection of your container.

Blessings Obion



REIKI II WORKSHOP

Saturday 1st October & Sunday 2nd October

If you have done Reiki I and wish to advance in your practice you are welcome to:

Phone Lynette 489 3677

Still a few places left.

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.

It is a completely safe and non-invasive process with surprising results.

The Healing Group is non-sectarian and have come together having experienced the power of their own energies and capacity to heal.

The healing energy is not only for those with a physical ailment, it is for everyone. 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.

PAULO MARTINS A MEDITATIVE CONCERT

A SPECIAL EVENT NOT TO BE MISSED

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

Saturday 8th October at 6:30pm

For 1 hour.

Cost \$20.00 cash (door sales)

Bring pillow, blanket, yoga mat and dress comfortably.

PSYCHODYNAMIC THERAPY OR COUNSELLING

I am a psychodynamic therapist 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
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.

Taichi & Me: By John Mills

Some four years ago at the opening of the Mosgiel Holistic Centre a woman brought us flowers. At that time I had no knowledge as to whom she was but was very impressed by the way she carried herself. It was as though she floated.

Not long after our opening I was introduced to her at a function. This is how I came to meet Keiko Imagi.

I will not reveal her age out of respect other than to say she looks half her age. So what is her secret? Taichi. Keiko who now runs the Taichi and Qigong classes at The Mosgiel Holistic Centre is a great advert for the benefits that Taichi and Qigong can bring to our lives.

Anyone knowing me knows that the last thing I do is physical exercise, but I wanted to experience the benefits and so a few years ago I enrolled in Taichi.

It is not easy, what you see on television is usually a western form.

Keiko holds three world titles from the competitions in Hong Kong so she teaches not only the correct way but also teaches you the energy secrets behind the movements.

Right from the start I could feel and see the benefits. Yes it could be frustrating at times learning the movements but that frustration was far outweighed by the benefits.

My body had to correct itself while it learnt a new way of being.

I can highly recommend it as a daily practice.

Sadly my counselling work has meant I have missed a few months of Taichi and my body knows it.

Come join us.

Thursdays at 5:30 for Taichi

&

Thursdays at 6:35 for Qigong

Phone Keiko 021 032 8544

THOUGHTS FROM THE BACK ROOM: BY JOHN MILLS

I have been pondering. That in itself can be dangerous, however in this instance it is more reflective. I think I will call my ponderings The Trojan Horse called Fear. During the great Trojan Wars the Greeks were having great difficulty in bringing down the city of Troy. Ten years of great difficulty in fact.

So they came up with a cunning plan, they built a rather large wooden horse, dedicated it to the gods and presumably sailed away.

The Trojans thinking it was an offering dragged it into the city. That night out jumped Greek soldiers. They opened the gates to Troy and in came the Greeks under the cover of darkness and destroyed Troy.

What is the Trojan Horse in our lives. What destroys our inner being under the cover of darkness - FEAR.

Fear is an acceptable emotion should you be faced by a sabre toothed tiger, but there are not that many of them around anymore, so why do we run our lives based on fear.

The Existentialists would have you believe that everything boils down to the fear of death. They are not that far off the mark. I believe the reason we are all so fear driven is because fear is the food of our ego's, and that it is the death of our ego that we fear.

We need to allow the ego to fall away, to no longer be the pretender to the throne. We need to take back the control in our lives by giving up all control.

It is not easy but it is possible. Through meditation/mindfulness we can allow the ego to take its rightful place and no longer dominate our being.

With appropriate egos we become free of worry, free of anxiety. And it is a lot cheaper not having to buy what we buy out of fear such as insurances, flashy cars, massive homes that ten sub African families could happily live in. All done for the fear of not having enough; not being seen in the correct light; fear of others opinions; fear of our own self-critic.

Let's live in freedom let's kick our ego's to the curb.