

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



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**REIKI WORKSHOP 1
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4 STEPS TO MEDITATION**

4 STEPS TO MEDITATION

Step 1: Place yourself in a quite position that is comfortable for you. It can be sitting crossed legged, lying down, sitting on a couch etc, it is your choice.

Step 2: Gently breathe into your stomach area 'watching' its rise and fall.

Step 3: Close your eyes or gently lower your eyelids and allow your thoughts, feelings and emotions to drift from your mind without judgment. Do not engage with the thoughts.

Step 4: Five minutes enjoyment of being in the now, at peace, is far more beneficial than half an hour or an hours struggle.

Remember that you can never do meditation, you can only be in meditation. Enjoy the journey.



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



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

HOT STONE SPECIAL \$115 1 1/2 hour

GIFT VOUCHERS AVAILABLE

(03) 4893677
12 Church Street, Mosgiel, 9024

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

SOUND HEALING THERAPY

Chilean Therapist

RODRIGO

Sunday 26th February at 6.30 pm

Venue: Mosgiel Hoslistic Centre

Donation: \$15

Mosgiel Holistic Centre
12 Church Street, Mosgiel 9024

Tel: 489 3677

Reiki I Workshop



靈氣

*Saturday 25th & Sunday 26th February 2017
9:30am till 4.00pm*

*Presented by Lynette Mills
at Mosgiel Holistic Centre, 12 Church Street, Mosgiel*

Come and learn the beautiful art of Reiki Healing. Your Reiki workshop is a wonderful time of sharing and healing for all involved. You receive an “attunement” and the technique of using Reiki for yourself and others.

You will also learn meditation techniques to help you still your mind and find peace and calmness in your every day life.

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: \$290

*Reiki II 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)

Yoga4Life

Beginners Course

4 sessions - \$60

Sat&Sun

10.30-noon

March 4,5,11,12

Small group – maximum 12

Mosgiel Holistic Centre -12 Church st

Yoga4Life classws are suitable for all, but for many,it feels

beneficial to be in a class specifically for the absolute beginners.

These classes will introduce you to the foundations of a

Safe and effective yoga practice,
Including postures, breathing, mweditaion 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

Disapointment:

Lisa Morrison

0274370779 or 4894009

lisajan@xtra.co.nz

WHAT IS REIKI?

REIKI as it is known today is very ancient, as old as humanity. Reiki is the most modern name used since its re-discovery in the 18th Century.

REIKI is a gentle, but powerful “hands on” healing technique, which brings wholeness to both recipient and the giver. It restores the natural balance in the body.

REIKI complements, but does not substitute the healing properties of all modalities, including orthodox medical treatments, natural therapies etc. It can be given in conjunction with any other treatment. It is not intrusive, since the Reiki energy will pass through clothing, bandages, braces, plaster casts etc, so that disrobing is not necessary.

REIKI has no connection with any Religion, Cult, Dogma or special belief system and does not involve hypnosis or massage. This life force energy is the source of life itself and far older than any religious philosophy.

REIKI is pure, unpolarised energy and is non-intrusive.

To benefit from Reiki you need only be open and willing to receive the Energy.

The living body, human or animal radiates warmth and energy. This energy is the life force itself, and has as many names as there are human civilizations, it is known as *Prana* in India, *Chi* in China, *Ruach* in Hebrew, *Barraka* in Islamic countries. The Polynesia Hunas call it *Mana*, the Native American Iroquois people call it *Orenda*. In Japan the energy is called *Ki* and it is from this word that Reiki is named (Universal Life Force Energy).

In the life force energy of Reiki, the person who is attuned as a Reiki healer has had her body's energy channels opened and cleared of obstructions by the Reiki attunements. She now not only receives an increase in this life force energy, *Ki*, for her own healing, but becomes connected to the source of all universal *Chi* or *Ki*.

While everything that has life has *Ki*, a Reiki attunement connects the receiver in an increased way to its limitless source. After receiving the first attunement in Reiki I the receiver becomes a channel for this universal healing energy. Now all she needs to do to connect with healing Universal Energy (*Ki*) is to place her hands upon herself or someone else and it will flow through her automatically.

The process of attunement or initiation is what sets Reiki apart from every other form of laying on of hands or touch healing. The attunement is not a healing session, it creates the healer.

There are three degrees of attunements. Each degree's attunement increases the positive power of her ability to channel Universal Energy. It is the attunements themselves that are Reiki and without this process - which must be passed directly from Teacher/Master to student - the healing system is not Reiki.

Some of the benefits of Reiki

Reduces stress and promotes relaxation.

Alleviates tiredness and aching muscles.

Relieves headaches, colds, flu, cuts, burns, fatigue, stomach upsets,

Promotes recovery from surgery.

Eases the pain and discomfort of chronic diseases.

Helps overcome fear and anxiety

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. \$80.00 per session.



**JOHN MILLS
MNZAC
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 \$50 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

Yoga4life

Invites you to:

'LIVING YOUR YOGA'

WITH LISA MORRISON (YTĀ, NZ)

A day of nourishing, inspiring & holistic yoga, aimed to increase confidence in taking your practices off the mat and into your Life.

Join me for an invigorating 'Be Here Now' morning Asana, Pranayama & Niyamas, Mandalas & basic Ayurveda to bring balance to your life & create unique home practices, finishing with Yoga Nidra (deep guided yogic sleep) to revitalize, energise & restore.

Where: Mosgiel Holistic Centre - 12 Church street

Date: Sunday 26th March

Time : 9.30-12.30, 1.30-3.30

Investment: YTĀ Members - \$40 Non-members - \$60

Bring yoga mat, blanket, felt pens/colouring pencils, Lunch

To Book : email Lisa Morrison, lisajan@xtra.co.nz or

Text or phone 0274370779/4894009

Practising and sharing yoga for over 15 years, I have developed a deep understanding of the energy bodies: how to activate and balance them, bringing a sense of strength, ease and confidence to one's whole being. A strong emphasis is placed on the refinement of natural and universal movement principles that underline safe and sustainable yoga, using the breath to create pathways of alignment from the inside out, while also sharing the therapeutic, anatomical & physiological benefits, ensuring that students become their 'own best teacher' through listening & responding to their innate body's wisdom. Yoga4life grew from a desire to share yoga that ALL could access & benefit from, at every stage of their life. I am continually challenged & inspired to meet my students' unique & ever-changing needs, whether they are 18 or 80 years young!

Southern Laser Healing

Drug Free relief and Healing with no side effects
LLLT restores cellular functions providing these Clinical
benefits

- Accelerated tissue healing
- Reduces inflammation
 - Reduces pain
 - Reduces swelling

Julene McCorkindale

P: 0272275246 E: julene.slh@gmail.com
www.southernlaserhealing

TAI CHI

Keiko Imagi

Thursdays 5.30-6.30pm

Suitable for beginners to advanced

Max 6 people- Donation of \$10 for each class

QIGONG CLASS

Thursdays 6.35-7.35pm

Suitable for beginners to advanced

Max 6 people-Donation of \$10 for each class

Phone: 0210328544

Email: threedragon17@gmail.com

Service a lifetime's work.

When I look at what we do at the Mosgiel Holistic Centre it can be boiled down to one thing - **service**. Our washing machine ran out of "puff", and as it is an essential machine in providing service at the Centre we had to call in the person who helps maintain the poor machines "puff".

Anyone who knows my wife Lynette knows what an amazing practitioner she is and that she gives completely of herself in her work and friendship. She understands the meaning of service and that it is a sharing of love.

I have always maintained that smaller loads in the washing machine are better for longer lasting service; she says the machine should be filled. While working on our machine the washing machine person confirmed her opinion and that my holding back on the amount ruins the machine.

I hope you are following this metaphor. You see we are all on this planet because we have chosen to be and we are here to not only serve our fellow human beings but the earth itself. Choose any job and you will see it is based on the service of someone or something else.

We are here to serve and to love. It is not only what we are here to do but it is also what brings us pleasure. It is a please and thank you life. Please because we want something from someone else or thank you because we received something from someone. Most people who come to see me for counselling do so due to a lack of love.

So what the repairperson and my wife taught me is that we all need to come from a fully loving position. When we receive we need to receive in complete love. To be of service that is healthy and long lasting we need to love completely and that we need to love ourselves first and foremost. If we are not functioning from complete love we shorten our lives. We are designed to give and receive love.

Nothing is by accident; every action is a learning moment, even a broken washing machine.

Be kind to each other.

John

New face at the Mosgiel Holistic Centre

My name is Jaime Handisides and I am the new friendly face you may have already seen around the Centre.

I joined the family at the Mosgiel Holistic Centre at the beginning of February.

As the receptionist/Administrator or as Lynette would say the new John.

I have a wonderful husband Angus some of you may already know Angus from the healing group. Together we have five beautiful children.

I hope to meet you all very soon.

Jaimexxoo

Changing Tides

Wendy McLaren

Clairvoyant

0273303059

Monday and Thursday evenings

Weekends by arrangement

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 dis-ease. 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.

The first seven years of life are “critical”

This of course is not news. We now know that the formative years form the basis or foundation not only to our physical health but also our emotional health.

What I would like to highlight is an overlooked aspect of our development; what we believe to be our understanding of who we are.

From the moment we are born (new research tells us that in fact it goes back to conception) and our mother holds us in her arms and looks lovingly at us – or not, we begin to form our understanding of who we are.

We start to feel loved – or not!

We then interact with siblings, relatives, friends etc and each person gives us a piece of the puzzle by being “critical” of us. You are beautiful or not, you are good at maths or not, you are weak or strong.

Everyone has an opinion as to who you are and your capacity. Sadly we have no frame of reference so we believe the opinion of others, even our thirteen-year-old peers seem to know who we are (and the school bully).

In the end we become the good or bad that others believe about us and we play out our lives based on lies, untruths and critical judgement.

No one and I mean no one, not even your parents know who you are. No one can unless they were born into your skin and have had the exact same experiences as you have had until now.

We need to wake up to the fact that our beliefs about ourselves were from others not ourselves and we need to start coming to some understanding as to who we truly are.

The best way to do this is to take any belief of yours and if it does not make you happy, if it does not make your heart sing. if it brings you pain or discomfort; then it is not yours it was something someone else thought about you and you believed as a truth. Discard it, give it back and choose to believe in what is uplifting and enriching in your life.

If you do then your physical and psychological health will follow.

We are designed for health not ill health.

Do not believe the critics and remember everyone’s a critic!

Enjoy: John Mills

