

Mosgíel Holístic Centre



NOVEMBER 2018

***"I am grateful for what I am and have. My thanksgiving
is perpetual."***

Henry David Thoreau

This month:

- ❖ **Our Services**
- ❖ **The Art of Gratitude**
- ❖ **Let it be - by John Mills**
- ❖ **Sound Bath Session**
- ❖ **New to the Mosgíel Holístic Centre -
Ortho-Bionomy & Temenos Astrological Counselling**
- ❖ **Yoga and Tai Chi Classes**
- ❖ **Meditation; The Healing Group; Our Rooms**

Our Services

We offer numerous therapeutic services to our clients, including:

Specialist Massage: Sports, Remedial, Deep Tissue, Lymphatic Drainage, Indian Head Massage, Thermal Hot Stone Therapy, Reflexology, Pregnancy and Deep Therapeutic/Relaxation Massage.

Other Therapies: Specific Pain Relief, Ortho-Bionomy, Reiki, Aromatherapy, Cranio Sacral Therapy and Body Talk/Kinesiology.

Emotional Balance: EFT - Emotional Freedom Technique

Trauma Therapy: TRE - Trauma/Stress Release Exercise

Some of these therapies may be familiar to you, but some may make you wonder, "What on earth is that?"; So.....

How much do our therapies costs?

½ Hour Treatment \$ 45.00

¾ Hour Treatment \$ 65.00

1 Hour Treatment \$ 80.00

1 ¼ Hour Treatment \$ 95.00

1 ½ Hour Treatment \$110.00

1 Hour Ortho-Bionomy \$ 80.00

1 Hour Aromatherapy \$ 85.00

1 ½ Hour Aromatherapy \$120.00

1 Hour Hot Stone \$ 95.00

1 ½ Hour Hot Stone \$125.00

2 Hour Hot Stone \$155.00

GIFT VOUCHERS

are available to
purchase for all
of our therapies

(03) 4893677

12 Church Street, Mosgiel, 9024

Email: info@mosgielholisticcentre.co.nz



靈氣

Reiki I Workshop

*Saturday 10th & Saturday 24th November
2018*

10:00am - 4:00pm

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

Your Reiki workshop is a beautiful 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: \$300

*Please contact Lynette on 4893677 or 0277223118
(If these dates do not suit please still contact Lynette and we will arrange
a time to suit)*

SOUND BATH

Sunday 18th

3pm

Imagine being immersed in beautiful sounds that are healing to your body, mind and soul.....

A Sound Bath provides you the space and sounds to relax at a profound level. This allows your body to find its natural balance while creating space for insights.

Mosgiel Holistic Centre

12 Church Street

Sunday 18th November 2018

Time: 3.00pm

Cost: \$ 20.00

Wear some comfy clothes and enjoy!

All proceeds going to Sharon Baker's holistic, natural healing from breast cancer. Thank you for your support.



temenos
astrological counselling

Psychological Astrology

Traditional Astrology viewed the birth chart as a set of fixed character traits and as a tool for predicting the future. Psychological Astrology looks at the birth chart as a map of our inner self and our life journey. It can help us get a clearer picture of who we really are and what makes us tick. It offers incredibly helpful insight into such areas as:

Career choices, recurring patterns and challenges in life, relationship issues, low self-confidence and depression, health and well-being and much more.

Astrological Consultation

A consultation with a psychological Astrologer is useful at any time to gain a clearer picture of who we really are. It is helpful when you feel at a crossroads in life or have a specific issue you are needing insight into.

1 and half hours \$140 (includes preparation time)

Astrological Counselling/Coaching

The application of psychological astrology makes a powerful tool for counselling and life management. Regular sessions enable an in-depth approach and are the best way to use astrology to help individual development.

Sessions are 1 hour \$75

Psychological Astrology Classes

Cheska's workshops and classes have a strong experiential component. She uses stories, myth, image, the natural world, artistic expression and guided imagery to enhance learning and discovery. This offers a more direct and personal experience of the planetary energies and is suitable for complete beginners.

For more information or to make an appointment

Please phone Cheska on 021 253 5445

cheskaw@gmail.com

www.temenosastrology.co.nz

Let it be. - By John Mills

*Speaking words of wisdom, let it be
Let it be, let it be, let it be, yeah, let it be
There will be an answer, let it be
-John Lennon/Paul McCartney*

One of the more destructive ways of being in this world is to think that to know the future we have to look to the past.

If we allow ourselves the privilege of allowing the future to unfold without preconceived ideas we will embrace fresh thinking, new ideas and encourage solutions to arise that will benevolently guide us into the future.

There will be an answer, let it be

If we take a look at the majority of the wars that plague our planet they are wars fought virtually continuously for hundreds of years. We raise our children teaching them who our enemies are and so perpetuate the wars. We are letting our past define us.

Let us collectively stop pasting negativity onto the future. Stop deciding what is going to happen!

We need fresh thinking.

Let it be

I hold my hand up and confess, my generation has done an awful job of being on this planet, we have anchored our wants and needs in past thinking. Our way of life is based in me, me and don't forget me.

We only have some thirty years left before our weather patterns change, our sea levels swallow us up and still we cannot create change. We still maintain a past thinking that if others are not going to change why should we.

Let's back away from the old paradigm; let's encourage the young generation to be free thinkers, free from the past, from the sins of the father.

Allow them to see this world with fresh eyes and minds, not eyes and minds clouded by enemies and past wrongs.

Let them intuit new answers to what is happening around them; allow them to creatively create their own world. Lets stop indoctrinating them with old narratives such as an eye for an eye, it just makes us blind!

Change happens in an instant if we allow it.

Let us be part of that change by not focusing on the past, by not saying "when we".

When we look at a forest we should no longer see trees but the other half of our lung, then we will stop cutting down the trees. When we look at water we should not see recreation but a kinship, as we are some 80% water.

New eyes, new thinking, and a new understanding not based in old tales and stories.

Lets stop literally beating our children into submission based on past beliefs. This is simply fuelled by our fear of change not what the new generation bring to the world.

Allow the new to regenerate the beliefs, the ideas and solutions.

I think we would be amazed.

There will be an answer, let it be.

The Art of Gratitude

In the United States one of their biggest federal holidays is Thanksgiving, which is celebrated on the fourth Thursday in November each year.

Thanksgiving has been a federal holiday since 1863. The “First Thanksgiving” was celebrated by the Pilgrims after their first harvest in the New World in October 1621; the feast lasted three days and was attended by both Native Americans and Pilgrims.

Thanksgiving is an American holiday, associated directly with American history....but in reality Thanksgiving is something we should endeavour to practice every day.

The Definition of Gratitude

Gratitude has a different meaning within positive psychology than what it means in everyday life.

Most of us associate gratitude with saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, gratitude is not just an action. Gratitude is a positive emotion, which is really important because it serves a purpose

Positive psychologists contend that gratitude is more than feeling thankful for something, it is more like a deeper appreciation for someone (or something,) which produces longer lasting positivity.

The Two Stages of Gratitude

According to Dr. Robert Emmons, the feeling of gratitude involves two stages (2003):

1. First comes the acknowledgment of goodness in one’s life. In a state of gratitude, we say yes to life. We affirm that all in all, life is good, and has elements that make it not just worth living, but rich in texture and detail. The acknowledgment that we have received something gratifies us, both by its presence and by the effort the giver put into choosing it.
2. Second, gratitude is recognizing that some of the sources of this goodness lie outside the self. At this stage, the object of gratitude is other-directed; one can be grateful to other people, to animals, and to the world, but not to oneself. At this stage, we recognize not only the goodness in our lives, but who is to thank for it, and who has made sacrifices so that we could be happy.

The Purpose of Gratitude

People can use gratitude to form new social relations or to build upon and make current ones better.

Acts of gratitude can be used to apologise, make amends or help solve other problems people may face.

Alternatively, people may feel gracious because it can be an intrinsically rewarding process. Simply being grateful for being alive is a great way to motivate oneself to seize the day. The idea that tomorrow is not guaranteed is a strong motivator for some people.

How Gratitude Works

Gratitude is a selfless act. Gratitude acts are done unconditionally to show to people that they are appreciated, not because people are looking for something in return; however, that is not to say that people do not return the favor. Gratitude can be contagious, in a good way.

Conscious Gratitude

Science shows that Consciously practicing gratitude physically changes your brain. By pausing to say thank you, we strengthen the neural pathways of positivity, making it easier to see the good in life. Gratitude is basically an optimism workout.

Because of this reality and the towering stack of reputable studies that attest to the positive effects of gratitude on mental health, setting aside time to reflect on all that's going right in your life is one of the most popular happiness prescriptions.

Practicing Gratitude

There are many ways to practice gratitude:

- ❖ Write down one thing you are grateful for each day
- ❖ Practice meditation
- ❖ Give at least one compliment daily
- ❖ Vow not to complain, criticise or gossip for a week
- ❖ Receive Reiki therapy or Relaxation therapy
- ❖ Feel and sound genuinely happy to hear from people if they call you
- ❖ Volunteer or donate your time to a worthy cause
- ❖ Hug those that you love and tell them so

The Benefits

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

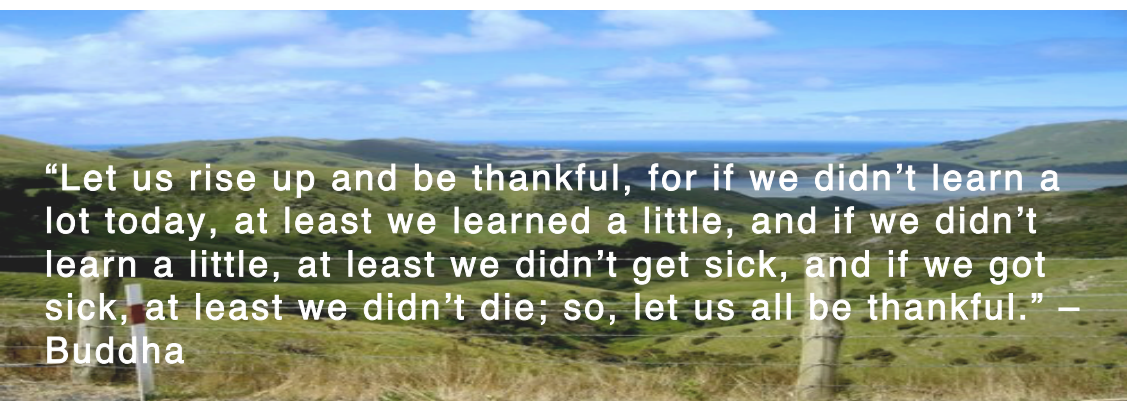
And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a home cooked meal or a warm sunny day.

Gratitude Mantras

Here are two positive mantras to help you in your endeavours to practice gratitude:

- ❖ I appreciate the abundance in my life and I allow myself to expand in gratitude, success and joy everyday.
- ❖ I clearly see all there is to be grateful for in life. I acknowledge the blessings I have received in my life with gratitude.

Thank you



New to the Mosgiel Holistic Centre

Ortho-Bionomy

About Ortho-Bionomy

Ortho-Bionomy is a gentle, non-invasive form of body therapy, which is highly effective in working with acute or chronic pain or stress caused through accidents, injuries or postural and structural imbalances.

Ortho-Bionomy is sometimes called a self-corrective or self-healing technique, because it helps the body to correct itself by working with the innate reflexes of the body. It uses slow, gentle movements and comfortable positions to unlock tension and relieve pain. There are no rapid adjustments, painful contortions or deep muscle work.

Instead, Ortho-Bionomy uses the body's preferred or most comfortable postures and mild exaggeration of any imbalances or distortions to initiate postural balance and integration. The work is safe, since the movements are made slowly and clients are not taken into any positions which could increase their pain.

Ortho-Bionomy's self-corrective approach often allows for long-lasting effects through changes to the body's own memory and the balancing of the proprioceptive/autonomic nervous systems. While gentle, this works very deeply and in a very interconnected way. As with the homeopathic principle "like cures like", the new knowledge and information gained during an Ortho-Bionomy session is often all that is needed to begin unravelling long-ingrained tension and pain. It does not take many sessions in order for significant changes or noticeable improvements to be apparent.

The word Ortho-Bionomy is based on "Ortho" meaning correct or aligned, "Bio" meaning life and nature; and "Onomy", the principles or governing laws. Thus, Ortho-Bionomy means the correct Application of the Natural Laws of Life.

Ortho-Bionomy was developed in 1976 by Canadian Osteopath and Judo Instructor, Arthur Lincoln Pauls. Based on his understanding of these two systems, Pauls developed a gentle way of working with injuries and pain without the use of force.

How An Ortho-Bionomy Session Works

During a treatment session, the client lies on a massage table, preferably wearing loose and comfortable clothing, while the practitioner gently positions the body to create ease and comfort around areas that are painful, tight or restricted. While gently using very light compression or traction to assist the nervous system this will stimulate the self-corrective reflexes that are present in the body thereby enabling the release of the pain and tension patterns that are present and causing problems.

These releases are accompanied by realignment and re-education of the joints, muscles and nerves. Mental and emotional tension caused or exacerbated by the pain and imbalances also disappear at the same time, creating a feeling of lightness and well-being.

Ortho-Bionomy sessions incorporate body re-education techniques such as postural awareness exercises, isometric or isotonic exercises to restore muscle tone and significantly increase the range of movement available within the joints. Often self-care exercises are given for clients to do at home to accelerate the healing process.

Each Ortho-Bionomy session last between 30 - 60 minutes. Many people chose a series of sessions to help chronic back, neck, joint and muscle problems or pain/stress syndromes. Usually there is no need for more than one treatment per week even when treating the most acute problems.

History of Ortho-Bionomy

Ortho-Bionomy was founded and developed by Dr Arthur Pauls, a British Osteopath and Judo Instructor. This extremely gentle therapy is highly effective in working with chronic stress and pain or problems associated with postural or structural imbalances caused through injuries, stress or illness. The practitioner uses gentle movements and positions to facilitate the change of stress and pain patterns in the body and allowing the bones and tissue of the body to come back into a place of realignment and strength. A strong focus is placed on the comfort of the client and the practitioner and no forceful manipulations are used. Ortho-Bionomy is very effective in helping alleviate both acute and chronic pain by reducing chronic muscle tension, soothing the joints, increasing flexibility and improving circulation through correctly realigning the structure of the body.

Ortho-Bionomy at the Mosgiel Holistic Centre

Gary has been amazed at how effective Ortho-Bionomy is in aiding those with restrictive movement, chronic stress and pain, and postural issues. Gary says that as the process is completely painless, clients can relax in the knowledge that sometimes the saying "no pain no gain" is completely incorrect.

Ortho-Bionomy can help anyone, of any age.

A 1 hour session costs \$80.00

Please cal the Mosgiel Holistic Centre on

(03) 489-3677

to book your session with

Gary McLaren.

MEDITATION

Monday Evenings 6pm - 7pm

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change them for the better. Meditation is a means of transforming the mind. Meditation encourages and develops concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. Such experiences can have a transformative effect and can lead to a new understanding of life.

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

Charge is by way of a \$5 Koha / Donation per person to cover costs

THE HEALING GROUP

Monday Evenings from 7:30pm

The Healing Group brings together healers to facilitate your body's capacity to heal itself – both physically and emotionally.

When you join the Healing Group you will lie comfortably on a massage table whilst the Group gently rest their hands either on you or alongside you. The only thing you need to do is relax! The healing energy helps with physical ailments along with emotional imbalances caused by stress, grief, anxiety – the possibilities are literally endless.

The Healers volunteer their time free of charge out of their desire to use their abilities to continue to help others.

Should you wish to experience this please phone The Mosgiel Holistic Centre on 489 3677 to book.

Booking is essential as numbers are strictly limited.

Charge is by way of a \$10 Koha / Donation per person to cover costs

OUR ROOMS

Did you know that our rooms are available to rent for likeminded therapists?

Our rooms can be rented by the hour, the day or over the weekend.

Totara: Totara is our largest room, and is the room utilised for the Yoga, Tai Chi and Qigong Classes.

Rates: First Hour \$57.50; Consecutive Hours \$28.75;
Per Day \$172.45; Weekend Rate \$345.00

Azalea and Driftwood: Set up as massage / complementary therapy rooms, these rooms are suitable for one-on-one therapies. They are furnished with a massage table and heated for you and your client's comfort

Rates: Hourly Rate \$12.65; Day Rate \$86.25

Rhododendron: Larger than Azalea and Driftwood, Rhododendron is suitable for one-on-one therapies, or small group (4 persons) therapies. Rhododendron is furnished with a massage table (additional tables can be provided for a fee) and heater for you and your client's comfort.

Rates: First Hour \$23.00, Consecutive Hours \$17.25
Per Day \$109.25; Weekend Rate \$218.50

(All Rates quoted above are inclusive of GST)

Please contact The Mosgiel Holistic Centre on (03) 489 3677 to book

Yoga4Life

At The Mosgiel Holistic Centre

Spring 2018 Timetable

Monday 6.45-7.45am (12 weeks by booking only)

Tuesday 6.00-7.30pm

Thursday 10.00-11.30am

Class numbers limited to 14

Regulars - please text your absence; Casuals - text to check availability

Casual price: \$15.00 per class

10-class concessions: \$120 (to be used within 3 months)

CONTACT:

Lisa Morrison (Yoga Aotearoa-IYTA NZ, Inc.)
0274370779 or lisa@ocw.co.nz



Taichi Classes

At The Mosgiel Holistic Centre

Thursdays 5.15 - 6.30pm

Suitable for beginners to advanced. Maximum 6 people

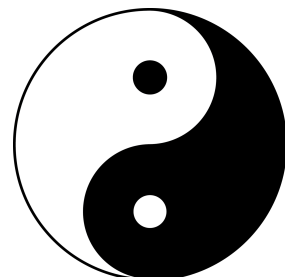
Donation of \$10 for each Class

Please wear loose comfortable clothing and arrive 5 to 10 minutes prior to class. Please bring your own water with you

Please Contact Keiko Imagi for any further information and to sign up:

Phone: 021 032 8544 or 453 0624

Email: threedragon17@gmail.com



Contact Details:

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

www.mosgielholisticcentre.co.nz

