

Mosgiel Holistic Centre

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



MAY 2019

"God could not be everywhere, and therefore he made mothers."

Rudyard Kipling

This month:

- ❖ **Our Services – What is Cranio Sacral Therapy?**
- ❖ **Bloody Hell *by* John Mills**
- ❖ **Thermal Hot Stones Workshop**
- ❖ **Meditation; The Healing Group; Our Rooms**
- ❖ **Sound Healing Meditation**
- ❖ **Art of Placement Workshop**

**MOTHER'S DAY
GIFT VOUCHERS
AVAILABLE**

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 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.....

What is Cranio Sacral Therapy

Cranio Sacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Using a soft touch which is generally no greater than 5 grams the practitioner releases restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it's effective for a wide range of medical problems associated with pain and dysfunction.



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

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

SOUND HEALING MEDITATION

SUNDAY 19th May at 4 – 5pm

Sound healing meditation using crystal singing bowls helps to balance your energy and 'drop' you into a deeper space of relaxation, meditation and healing.

The vibration and pitch resonate with your bodies natural vibration creating an environment for releasing toxins, rejuvenating which brings greater clarity and insight.

\$15.00 Donation

Please bring mat, blanket and pillow.

What is a Mother Worth?

by Anonymous

I humbly appraise my mother's worth,
It began with pain to give me birth,
Which triggered off a love so strong,
Blossoming into a life-long bond.

When needed, she was always there,
Someone I realized would always care.
And the older I got the more I knew,
A mother's love sincere and true.

Now as I watch my mother age in years,
I'm happy to help and ease her fears.
Privileged now to play my part,
As she did for me from the very start

BLOODY HELL – By John Mills

Hands up who knows what iatrogenic illness is? Not many of you I am sure, it is illness resulting from medical treatment.

“Humanity’s wake-up call to the reality of a quantum universe occurred on August 6, 1945. The atomic bomb dropped on Hiroshima that day demonstrated the awesome power of applied quantum theory and dramatically ushered in the Atomic Age. Quantum physics made possible the electronic miracles that are the foundation of the Information Age.” TVs, computers, CAT scans, lasers, rocket ships, and cell phones. (Lipton, B.H. 2005. *The Biology of Belief*)

“But what great and marvellous advances in biomedical sciences can we attribute to the quantum revolution?” There are hardly any. In 2003 a ten-year study of government statistics (Null, et al, 2003) concluded that iatrogenic illness is the leading cause of death in the United States and that adverse reactions to prescription drugs are responsible for more than 300,000 deaths a year.

Still to this day our brightest and most courageous young people who go study medicine driven by the need to help are still taught Newtonian physics and pharmacological medicine at medical school ignoring the importance of quantum biology some seventy odd years after it has been proven that we like the universe **are energy**. The reason medical students are not taught healing through quantum energy by the universities- a trillion-dollar pharmaceutical industry.

I was born thirteen years after quantum physics made it big in Hiroshima, I am now over sixty and the phenomenal power of quantum biology is still largely ignored.

We know that living organisms (us) must receive and interpret environmental signals to stay alive. We also know that our survival is directly related to the speed and efficiency of signal transfer (think car heading towards you at 100kmh) If the healing was given quantumly e.g. electromagnetically it would be received and interpreted by our immune system at 186,000 miles per second, while the speed of a diffusible chemical (tablet) is considerably less than 1 centimetre per second. You decide which would be preferable to your health.

Healing miracles have been hidden from the world’s population, instead we have been poisoned.

If in 2003 some 300,000 Americans died from iatrogenic poisons and that was sixteen years ago how many died last year and how many died in New Zealand? Do not think we are exempt; we take the same poison. We even manufacture it.

This is not sad; this is criminal as there could have been seventy years’ worth of alternatives in main stream medicine by now.

Thermal Hot Stone Workshop



**Presented by: Lynette Mills
@ Mosgiel Holistic Centre**

**Saturday 11th & Sunday 12th May 2019
9:30am till 4.30pm**

Morning & Afternoon Tea and Lunch included

\$300

You will learn the placement of the stones on the body, how to monitor the heat of the stones for the comfort and safety of your client and yourself and how to handle the stones while massaging to give a deeply relaxing, healing, therapeutic treatment for the best outcome for your client. This is a beautiful weekend of learning, giving, sharing and receiving.

Limited spaces available please call to book.

(03) 489 3677

WORKSHOP PRESENTED BY
DRAGONFLIES IN ACTION

ART OF PLACEMENT

Identify ancestral stories that inhibit
your wealth & health



Using the principles of
Feng Shui in a fun way
to identify your ancestral
patterns or story
reflected in your home
that may be inhibit a
satisfying wealthy &
healthy life.

- define an intention or goal
- identify ancestral habits
- get creative with ideas to
promote & enhance change
- monitor progress

Bring your creative imagination,
pen, paper, photos & sketch of a
room to transform within your
home/office



CONTACT:
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Dragonflies in Action
e: suzanne@dragonflies.co.nz
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WHEN: 11 & 18 May 2019
10.00am - 1.00pm

WHERE: Mosgiel Holistic Centre
12 Church St, Mosgiel

COST: \$250 early bird special
\$300 after 29 April 2019

WHAT STORY:

WHAT TO BRING:

Contact Details:

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

www.mosgielholisticcentre.co.nz

