

Gnostic

ISSUE 10 2012

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST



Super
foods

Yoga for
commuters

Healing
tea

WORKlife

getting the balance right

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Sun: Closed

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Sat: 10am–4pm

Sun: By Appointment

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Hello Gnostic Friends!

We've decided to dedicate this issue of *Gnostic Living Magazine* to travellers... and movement! Be it travelling to work or looking within to our bodies – those most amazing machines – we are constantly in a state of flux: breathing, moving, twitching, pumping blood, digesting, flexing, growing, talking, thinking. We're always moving, even when we are still!

In this issue we explore the ways in which we can make our movements more purposeful and mindful, be it through better nutrition and our health, or our work/life balance.

There are some fantastic – *small yet mighty* – ways in which we can affect our lives and bodies with our choices!

We hope you enjoy this edition and your movements today – whatever they may be...

Hope to see you on *The Corner* soon!



Merrily Merrily,
Emily
EDITOR, ISSUE TEN

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ON OUR COVER:
Monty has been working on Gnostic Corner for 9 months, after leaving the corporate world behind. She is currently studying for a diploma of Energetic Healing and Body Mind Medicine.

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Gnostic School of Higher Learning



MONDAY 7PM:

Introduction to Philosophy

Philosophical discussion group comparing science and spirituality. Exploring quantum theories and helping you to "know thyself" and understand your place in this world.

Contact Gary 0408 206 164

TUESDAY

Drumbala Ladies

Beginners: 9.30–10.30am

Advanced: 11am–12 noon

Come along and have some fun being uplifted while awakening and expanding your inner rhythm.

Contact Katy 4342 1112

TUESDAY 1.30pm:

Energy Current Meditation

Experience the flow of energy running through your body, feel the light dimension and the spiritual realm while meditating within a current of energy.

Contact Oscar 0431 636 586

TUESDAY 7pm:

Earthart The Path of Ease & Grace

Connect to your I Am presence. Develop your relationship with Gaia. Practical inner-plane tools for a life of Ease & Grace. Create peace through mental & emotional mastery.

Contact Savitri 0413 343 879

WEDNESDAY 10am:

Free Talk

An informal but informative talk is given on various topics by a variety of speakers including authors and practitioners.

Gold coin donation.

WEDNESDAY 1.30pm:

Philosophy

Philosophical discussion group comparing science and spirituality. Exploring quantum theories and helping you to "know thyself" and understand your place in this world.

Contact Gary 0408 206 164

WEDNESDAY 7pm:

Meditation

Meditation is a tool to help clear the mind and develop relaxation. Also intended to strengthen the power of discrimination for Philosophy students. Suitable for beginners to advanced.

Contact Gary 0408 206 164

THURSDAY 1pm:

Meditation

Escape the fast pace of the day for an hour. Experience a range of meditation styles which clear the mind and allow your wisdom to surface.

Contact Julie 0432 566 584

THURSDAY 7pm:

Energy Current Meditation

Oscar offers the energy current meditation in an evening class.

Contact Oscar 0431 636 586

SATURDAY 11am:

Energy Current Meditation

Energy Current on the weekend to help rebalance after a busy week.

Contact Oscar 0431 636 586

SATURDAY 2pm:

Intuitive Development

A guided and respectful group to encourage your intuitive spiritual self. Young people welcomed and supported.

Contact Loretta 0401 416 934

For more information about classes please call into Gnostic Forest.
It is our intention to offer space for the distribution of knowledge. Each facilitator shares their opinions and students receive through their own interpretation taking full responsibility to discern their own gnosis.



Pay attention to your intentions!

BY MARY HOLSTEIN

So many things going on in your life and so much information coming at you – it’s hard to know what to give your attention to.

The things we fret about take our attention and energy. They also lower our immune system, making us more prone to illness and disease.

The people we mix with each day, either at work or as we travel to and from work, affect our energy levels in a subtle but profound way. Just as we might share bacteria by breathing in and out the air of others, so too we share energies of moods and emotions.

Have you ever walked into a room and felt the bad mood of someone who had been there before you arrived? The influence of emotions is felt long after the person has left.

Until we tune in and become aware of these subtle fields of influence we have no chance of protecting ourselves from them.

Some days you start out fine, then before you know it your mood has changed and you begin to feel really run down and annoyed by the slightest thing. Unless you do something

consciously to pull yourself out of it, the entire day can become a drain and lots of things can go wrong.

Each new day when we wake is like a blank canvas, a completely fresh start. Then our minds kick in and ‘remind’ us of the business of yesterday – who we are, what we do, what is left over to be done from the day before... this is where we carry forward any baggage that was left unpacked from the previous day.

By beginning with meditation and mindfully *setting the intention* for each day we can be more deliberate with where our attention goes.

Don’t give too much attention to things that are not your business. The morning news on the television or radio may be interesting but it’s really not your business. I guarantee that most of what you hear will not affect you in any way other than to change your field according to what emotion you attach to it. Very little of what you might see or hear is likely to make you feel safer or more secure. By the time you have left the house you may be already off to a bad start!

During the day if you notice the field changing, take a break – even a few minutes in the wash room and reset the intention.

These simple tools can help you to stay focused and your energy levels and immune system are guaranteed to show the benefits. 



Mary Holstein – Student of Philosophy: “the art of knowing yourself.”

SO MUCH TO DO!

BY GABRIELLE BOWLES

So, I have a few jobs. I am a mum of five, a self-employed book keeper, a chef, footballer, domestic engineer, an underwater ceramic technician, volunteer and a fashion consultant (to my 3 daughters). Given all of that, I come highly qualified to write about being busy.

It often seems overwhelming to others but somehow I just seem to fit it all in. Work, family time, volunteering and a social life of sorts, it's just the norm to me. That is until it all goes horribly wrong...

Last week a major culmination of tasks and objectives all needed completion at once. The idea of my article topic went from *cool* to... *OH GOD – THAT!* I found myself asking the same question often asked of me by others, 'how on earth do you do it all?'. Only this time I wasn't so sure I knew how, or *if* I could keep doing it at all.

I started to wonder whether I even knew anything about achieving a lot, with just a little time for each task. Obviously with five kids, life is pretty

demanding – school, daycare, sports, parties, appointments – and being self-employed is a double-sided coin. There is the flexibility of being your own boss and master of your own employment, but when the unexpected happens and someone needs to step up, that someone is always you!

It was through the pondering of my busy life that I began to notice the extra challenges and barriers I set myself by attaching my ego (standards, ideals and perceptions) to the simple tasks at hand.

Was it not enough to have a meal on the table for dinner? Did it really need to be fresh home-made pasta with a slow cooked home-made sauce containing a plethora of vegetables?

I mean, that sounds nice – but when there are kids to pick up, reports to be done, washing to be folded, lawns to be mowed, errands to run and that gig we booked tickets to 3 months ago to attend... fish fingers should do, right?

With a little bit of self-control (and an understanding of how my picky nature wasn't always the best friend of efficiency), I noticed how I approached the 'necessary' and balanced that with the 'ideal'. It was just as important to prioritise family and social as much as book work and admin.

By lowering my bar (ego...) a little bit, the balance became just that little more achievable.

It has felt rather satisfying in such a crazy few weeks, to

detach a little from what I wanted to achieve and focus on what was important to achieve. I could have both, it was just important to remember which one to prioritise.

In light of all that, please enjoy my Carbonara recipe, a

compromise between both my ego and my time, hence the use of store bought pasta LOL... 🍴



Gabby is a partner of Gnostic Mana who works from home while raising her (growing!) family.

COMFORT FOOD

Fettuccine a la Gabrielle

1 pk Fettuccine (to feed 6–8)
1 brown onion – finely diced
180g mushrooms – sliced
2 cloves garlic – crushed
4 rashers bacon – diced
1/2 cup dry white wine
2 tblsp chopped fresh thyme (or chives)
300ml thickened cream
1 1/2 cups finely grated Parmesan
1 free range egg – lightly whisked
Salt & pepper to taste
Olive oil



- ◆ Bring a large pot of salted water to the boil. Add pasta and stir well. Cook for 8 mins (or according to packet instructions) or until al dente.
- ◆ Place a splash of olive oil into a large frying pan. Cook onion over a medium heat until soft, add garlic. Cook until fragrant.
- ◆ Add bacon and increase heat. Once bacon begins to colour, add mushrooms, cook for 2 mins or until they begin to soften.
- ◆ Add wine and use to deglaze the pan (using a wooden spoon is great to get all the yummy bits off the bottom of the pan).
- ◆ Turn heat down and add cream and parmesan cheese stirring well to combine. Add herbs.
- ◆ Drain pasta and return to the empty boiling pot. Pour over the creamy bacon and mushroom sauce, toss to combine.
- ◆ Finishing touch is to add the whisked egg to the hot pasta and sauce (off the heat now) and quickly toss and stir through to stop the egg curdling. This thickens the sauce. Season to taste with salt and pepper.

I like lots of cracked pepper!
Enjoy! – GB

Delicious FOOD

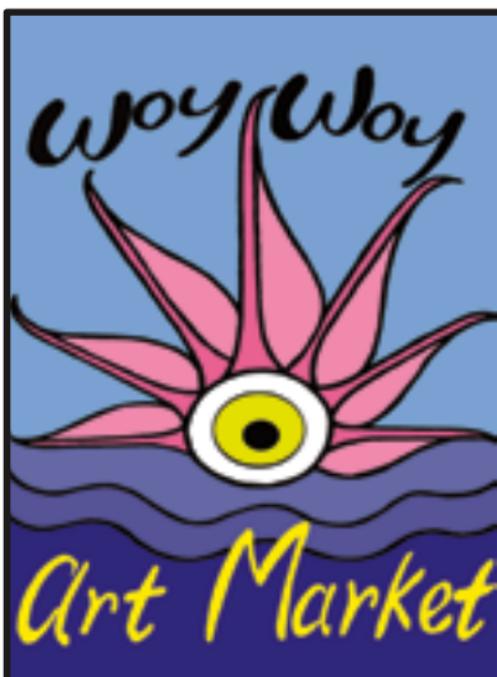
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SUPER FOODS

*for optimal
health!*

BY BIRGIT STECH

Food is not just about vitamins and minerals, carbs, fats and protein. It is also about antioxidant, immune-stimulating, anti-cancer, hormone-balancing and antibacterial properties, as well as a range of other ingredients that can activate or sedate the system as required. By definition, superfoods are calorie sparse and nutrient dense meaning they pack a lot of punch for their weight as far as goodness goes.

I have been taking a mixture of superfoods for a long time and make up smoothies with coconut water as a base with a mix of greens like kale, chlorella, spirulina, wheat grass, raw cacao, maca powder, turmeric and cinnamon. Supergreens can help purify the blood of toxins such as pesticides and even help to remove heavy metals. They support a liver-cleansing function and play a role in helping to balance blood sugar and – give you the extra energy needed for a busy day!

Green leafy vegetables and fresh water algae

A natural superfood! Green leafy vegetables are so readily available and so highly nutri-



Tuscan Kale is a rich source of organosulfur compounds, and has been linked to cancer prevention.

tious, however most people do not eat enough of them. Studies continuously confirm that populations that eat a diet high in green leafy vegetables

What makes a food 'super'? – Superfoods are calorie sparse and nutrient dense.

run a far lower risk of heart disease and cancer. Fresh raw green leafy vegetables and algae (tabs or powder) contain high doses of chlorophyll, easily digestible proteins, enzymes and a wide range of vitamins and minerals. These particular vegetables act as mini-transfusions for the blood, a health tonic for the brain and immune system and a cleanser of the kidneys. Try any of the following: rocket, spinach, dandelion greens, kale, watercress, parsley, lettuce, endive, chicory, broccoli sprouts and mustard sprouts, spirulina, chlorella, wheatgrass.

Fruit and Nut Superfoods

Fruit and nut superfoods are high in anti-oxidants that fight free radicals in the body. Free radicals may sound a little like an extremist terrorist sect evading capture and wreaking havoc across the globe and in

Power through your day The ORGANIC way!

Compact Multi-purpose juicer & mincer

Cold-press method juicer for maximum retention of nutrients and living enzymes. Easy to use and clean, the Compact juicer is a multi-purpose kitchen wiz with life-time warranty on motor and 5 years on parts. Given the best overall performance score by *Choice Magazine*, it is a great tool to boost your energy levels and immune system. Start juicing today! Only \$299.



Fresh Sprouts from your kitchen bench!

Turn your kitchen into a greenhouse and discover how much fun it is to cultivate your own fresh and crunchy shoots using an original BioSnacky germinator. Sprouts are a great source of vitamins & minerals, and part of a well-balanced diet at any time of the year! 3 sizes. Priced from \$13.99 to \$56.75



Drink Water as nature intended!

The new Ace Bio Mineral Pot purifies, re-mineralises, magnetises and alkalises water. It removes chemicals, heavy metals, bacteria and fluoride, creating fresh-tasting, healthy water for better hydration. Bench-top and under-sink units available. 1.5litre pot \$179 (incl 2 year filter).



KitchenPro Grinder/Blender

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Magnesium Bath Crystals

Magnesium and sulphur are 2 key elements crucial to life on earth and usually present together in natural hot springs. These bath crystals from EpZen are of the highest pure quality. Available in unscented, Detox and Relax formulation with wonderful Aromatherapy oils to revitalise stressed and tired bodies!
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fact within the context of your body this would be right. They are, in part, a natural occurrence through metabolism. However extra and unnecessary free radical load can be put on our bodies by external factors including pollution, cigarette smoke, radiation, burnt foods, deep fried fats and cooked foods. Most beneficial are goji /maqui /acai berries, raw cacao, maca root, coconuts and – oil, noni fruit and a variety of nuts (soaked and dehydrated = activated to increase nutrient absorption).

Bee Superfoods

The Egyptians wrote about it back in 5500 B.C., the Indians used it for their religious ceremonies in 1000 B.C. and even the Babylonians have been noted to use it in their medicinal practices. The western world discovered the benefits of bee superfoods by accident, during an investigation of native Russian Beekeepers who regularly lived past 100 years of age who ate raw honey, rich in bee pollen, every day. Bee Pollen is available as granules, great over a muesli. Royal Jelly contains every nutrient necessary to support life. Rich in B5 it is known to combat stress, fatigue and insomnia and is a vital nutrient for healthy skin and hair.

Seaweed and Algae

Seaweeds are the most nutritionally dense plants on the planet as they have access to all the nutrients in the ocean. They can contain up to 10 times more calcium than milk and eight times as much as beef. The chemical composition of seaweeds is so close to human



The Japanese have known the benefits of seaweed for centuries.

blood plasma, that perhaps their greatest benefit is regulating and purifying our blood system.

Available seaweeds are Nori, Kelp, Dulse (great to eat raw) Arame, Wakame and Kombu (used in Japan for centuries as a mineral rich flavour enhancer. Add a strip of Kombu when cooking beans making them more digestible and reducing gas.) Dunaliella Salina is super-rich in betacarotene and chlorophyll, enhancing the immune system and neutralising toxins in the body.

All fresh organic foods have health benefits. Organic produce contains higher nutrients than commercially grown food and as an added benefit does not contain harmful pesticides. Many other natural foods can be regarded as superfoods, cold-water fish with its high omega-3 fatty acid content, seeds such as pumpkin, sunflower, flax and sesame seeds, yoghurt and all fermented foods, each a powerhouse of nutrients.

Simply put, superfoods are the best of health foods and should be eaten in abundance, on a daily basis for optimal health. 



Birgit Stech is the owner of Gnostic Organics. She enjoys researching and sharing the new findings!

Friday Night Poets & ☾ THE Half-Written Book Club ✨

A Passenger Passing

Gone again today
7.30-7.30 almost to the minute
earned my pay
slept on the train and woke to Woy Woy
fresh-after-rain on a cool night
we walked in ones and twos and the glimmer of a cigarette
became fog on a window
cars splashing though puddles
tyres sleeking home

Liz Macnamara

Routine

Each day the machine
pretending to be human
wakes and goes to work

© *John Wright*

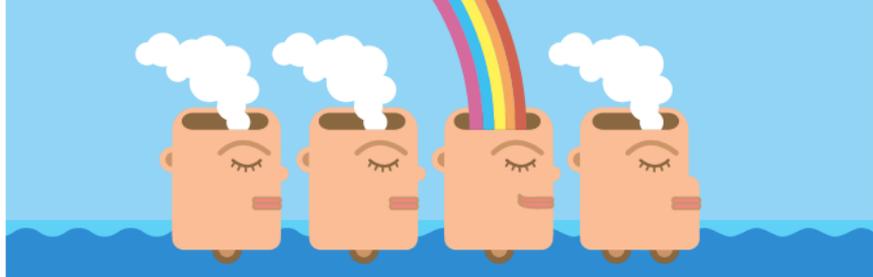
a thousand voices
speak through wind
she-oaks at Tascott

Andrea Cook

Breathing in
Imagine that you are a Pelican
Spreading your wings
Into Flight
Holding the breath in the chest
Imagine low flying over Brisbane Waters
Breathing out
Cruise gracefully down
Onto the Waterway

Cynthea Burwell

FRIDAY NIGHT POETS are happily sponsored by The Clearing on Gnostic Corner – a space for things to happen. Peer support groups for writers of most genres are available. New members welcome. Call Liz on 4341 0464.



Train OF thought

So you are on the train and you have over an hour and you do this twice a day and more than one day in more than one week and Yes it is *beautiful* by Brooklyn, but you have stopped looking after that.

Would you like to change your life? Well, settle into your seat and read on.

Suppose you have an hour every day in your life. An hour to change your life every day. What can you do?

Do what you love

You can read and you can write. Read books that inspire you: biographies, classics in any genre, something new that makes you think. Write your novel: I know of at least two people who are doing that right now on the train beside you. Write your life, your folly and your passion, ask a question to an empty page and sooner or later the answer will write itself out.

Get out your notebook: compose a symphony or draw a sketch. Learn how to make mind maps and generate new ideas, or get inside the structure of one that already intrigues you.

Knitting is cool again; happy hookers are stitching up cosies for everything from iphones to trees. Try felting a farmyard of creatures. Maybe start with something simple: crochet a season of scarfs, knit yourself a pair of bedsocks with curly toes.

BY LIZ MACNAMARA

Listen to something completely new, it may be a song, a meditation or a lecture. There are many courses available now on CD. Learn a new language or skill. Expand your possibilities while forming new networks in your brain.

Do what you need

Close your eyes and listen, breathe for five – in, breathe for five – out. Do this three times, right now, try it. Breathe and listen; listen and breathe. It is the simplest meditation. A recent study at the University of Sydney found a consistent relationship between making time for a silent meditative experience each day and health, especially mental health.

Be there

Practice this meditation every day, but always remember: sometimes a stranger will sit beside you on a train, a stranger beside you on a day that is seemingly the same. And you may speak with this stranger. And when you speak someone's life can be changed, it may be theirs, it may be yours, it may be both, but things will never be the same. 



Liz Macnamara is a hypnotherapist at The Clearing on Gnostic Corner. She is currently creating *From Here to Hornsby*, a soundscape for commuters.

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WORK LIFE

Most of us, if we have any sense, dream of creating that perfect work-life balance.

But what does balance mean to the average person? And with so few hours in the day, just how many should we sacrifice on the altar of 'work' and how many should we invest in 'life'?

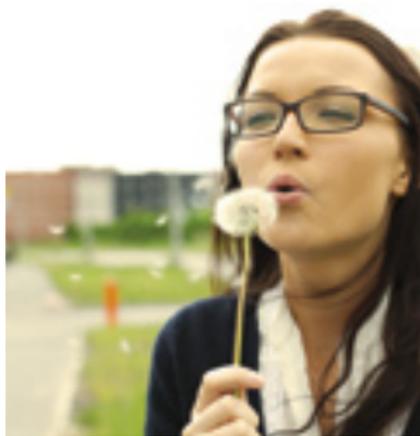
I've noticed that the screaming urgency of my mid-20's work ambition has lately receded to a dull murmur. Back then, I flogged my guts out at various advertising agencies for a fairly pathetic pay packet.

Looking back at those long hours of unpaid overtime, the many missed lunch breaks and the time not spent doing things I enjoyed – well, it all seems a bit silly in retrospect.

Thankfully my work epiphany came early and I realised two important facts:

1. Work won't love you back.
2. When you're old and grey you're unlikely to think: 'Oh, I wish I'd worked more hours...'

So, for the last eight years or so I've been experimenting and trying to get the work-life scales to balance in a way that suits me. A major factor in moving to the Central Coast was to allow my family and me to escape the financial stresses of Sydney. Thankfully, we only have to commute to Sydney a few times a week, and the lower cost of living lets us earn less and, therefore, work less.



BY KATE TOON

Of course, striking the balance is a project in progress, and there are still days when the dog doesn't get walked, my son has bananas for dinner and I realise that my eyebrows are so in need of a good pluck they're joining in the middle (of my back). But I've learnt a few things along the way so here's my advice on how to strike the perfect work life balance.

Define what balance means to you

Your balance might not be the same as everyone else's, especially if you're lucky enough to earn your cash doing something you love. But, whether it's incorporating time to have dinner with the family, or ensuring you always get to the gym, make sure you're working to live, not living to work.

Realise your limits

The truth is that after around eight hours of work most of us are no longer working at full capacity. Tasks that

The Clearing on Gnostic Corner

a space for things to happen

Liz Macnamara

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Weekly Classes – new members welcome

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WEDNESDAY

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11am Lose
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chronic pain
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Liz 4341 0464

FRIDAY

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inspiration and
feedback.
Liz 4341 0464

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took one hour in the morning (when our brains were perky) drag on in the evening and take much longer. Realise when you're not at your best and give yourself a rest.

Learn to unplug

In this digital age it's so easy to stay permanently in touch – the iPhone in your pocket, the computer permanently on, the Smart TV streaming emails while you watch your favourite shows. But even if you're self-employed it's important to set yourself work boundaries. Perhaps Sundays could be a 'no computer day', or you always turn your phone off after 6pm.

Being unavailable for a few days a week will be great for your stress levels!

Make 'me time'

Ever noticed how you usually make the appointments that are written in your diary? Well, do the same for 'me time'. Schedule strict times to do something for yourself, and then don't reschedule unless it's an emergency.

Work less

Okay, sounds obvious, but many people have never thought about simply working less. Working a four-day week or a nine-day fortnight might not make a huge difference to your income (when you factor

in tax, lunches and travel costs). And just think what you could do with all that extra time?

Exercise

Most of us have used the 'too busy' excuse to avoid exercise. But in fact, making time for a quick run with the dog, or a stroll down to the beach at the start of the day, will actually make you more productive. By getting your blood pumping and releasing endorphins you'll work smarter and achieve more in less time!

I still find it hard to get out of 'work mode' and into 'mum mode' when I'm with my son. It's so tempting to nip back into my home office and check emails. But, if I don't want him to grow up glued to the computer screen, or working himself into an early grave, then I have to set a good example, right?

Oh, and the best piece of advice I ever received to find a little more time in the day? Buy clothes that don't need ironing.

Simple but inspired! 



Kate Toon is a writer, poet, and copywriter living on the Central Coast, with her husband and son. She's recently self-published a book of poetry entitled 'Gone Dotty' after her residency at Gnostic Mana as a Café poet. Read more at www.katetoon.com.

Make it happen..

Kate Toon's new book *Gone Dotty* was partly funded using POZIBLE, an amazing 'crowdfunding' site for projects and ideas. It's a great way for creative-minded people to raise funds, realise their dreams and make stuff happen!

www.pozible.com



Tea is a religion
of the art of life.

– OKAKURA KAKUZO

healing



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HRT (hormone/reproductive tonic) blend (black cohosh, liquorice, dong quai, aswaganda, st john's wort, mint, red clover, lavender, lemon verbena, rose petals, hibiscus) Aids in the treatment of imbalances associated with the menstrual cycle, and the female reproductive system. Reduces fluid retention and provides nutritional support, mildly cleansing the skin, urinary system and blood. A gently uplifting blend which promotes an overall sense of well-being and balance.



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blends

Each cup of tea represents an imaginary voyage.

– CATHERINE DOUZEL



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Echinacea Boost (echinacea, siberian ginseng, spearmint, ginger, lemongrass) This anti-oxidant and health-promoting blend helps boost the immune system to ward off seasonal colds and flu. It helps relieve reproductive and urinary tract symptoms and has been shown to help decrease the body's inflammatory response in allergies, eczema and psoriasis.



Pick-me-up Blend (ginkgo, gotu cola, ashwaganda, oat straw, rose root, peppermint, thyme, rose petals) A nourishing, refreshing, rejuvenating and anti-oxidant blend to help with concentration, focus and alleviate tiredness naturally without caffeine. Also acts as a general 'adaptogen' tonic to the nervous, digestive, immune and reproductive systems, to help support you through your day.

Ginger Glow Blend (ginger, lemongrass, hibiscus flowers, calendula) Stimulates the blood circulation and warms the extremities when feeling the cold. A lovely refreshing combination to help digestion, and alleviate fullness and bloating resulting from over indulgence.



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Kim Ryder

Kim is a local artist who has been drawing since a very young age. She is, however, mostly self-taught, with a long standing passion for printmaking and mandalas, and a new-found passion for working with plaster. Her current obsession is casting beautiful pregnant bellies. The bigger the better!

Kim loves the sense of time standing still when she is immersed in the art of creating. Her ultimate goal when working is to let go of the need to perfect, and instead appreciate the fluidity, innocence, magic and wonder of letting go.

After a beautiful homebirth of her baby in early 2011, Kim experienced post natal depression. Making time to reconnect with her creative self has been a key factor in her recovery. 50% of sales made during Kim's exhibition in July will be donated to PANDA, the Post Ante Natal Depression Association – www.panda.org.au

For further information, check out www.pickledtink.com.au or www.facebook.com/pickledtinkartwithheart.



Sherry McCourt

My love of draftsmanship and figure drawing is translated into much of my work. My brush finds its way into negative spaces, searching for colour and looking for the 'music' in a piece. Mostly a studio artist, I prefer to work in oils and consider myself very lucky indeed if I can



coerce a live model to sit for me. Quirky, slice of life moments appeal to me – like the humour of Norman Rockwell and the darkness of Jack Vettriano's work. More recently, my compositions use geometry in their planning, trying to create relationships with each element. Although I prefer a realistic, painterly way of applying oils, I'll leave photo-realism to the camera. In the past few years I have been fortunate enough to win several awards and have been selected for exhibitions such as the Sydney Royal, Gosford Regional, and Killcare's Art by the Sea. Further details: www.sherrymccourt.com.au .

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JOHN WILSON



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Saturday	9.00am	90min
Sunday	10.00am	60min

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Facebook: Peninsula Yoga with John Wilson

Address: Gnostic Corner, Chambers Place
(Arcade Ave) *Behind Gnostic Organics*

Julie Williams

I am a New Zealand born Maori of Ngati Tuwharetoa descent. I believe art has a way of speaking without words and I take my inspiration from nature and my Maori background. I like to create paintings that have a sense of movement and flow with a spiritual message about the strong connection between all living things.



art@mana: Every month at Gnostic Mana cafe, we are proud to exhibit artworks from some of the Central Coast's leading artists. And all of the work is for sale. So while you're sipping the best coffee around, check out the local talent. You might even end up taking some home!



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ANGELS of TRAVEL

BY JULITA WARDLEY

We all know that travelling can be a stressful time. From packing our bags, getting to the airport or organising transfers, it can seem like we don't fully relax until the holiday is almost over!

We are only human, and these things affect us all. What we can do is to plan ahead. We can ask those around us to help. And we can also seek the protection and guidance from those less physical too – those who have looked after travellers for centuries.

Archangel Raphael is a powerful healer of physical bodies. Raphael is based on the Hebrew word *Rapha*, which means doctor or healer. He also earned the role as the Patron of Travellers. He earned this title after travelling with Tobias, keeping him safe from harm. This is encouraging to know whenever you are feeling ill, as you can call him mentally to ask for help and he will oblige. He is a wonderful aid when it comes to safe travel, assuring all transport, accommodation and luggage details go miraculously well. Archangel Raphael is very loving, kind and gentle. You would be aware of his presence when you see emerald green light. Archangel Raphael and Archangel Michael often work in tandem wherever necessary.

Archangel Michael is the overseer of all angels. He is another helper to call on as he



guides and protects. He carries a sword which he uses to release us from the snares of fear. He stands tall and is very strong. Again, before boarding your flight ask Archangel Michael to protect all passengers and crew and surround the plane inside and out with light. In 1950 Archangel Michael was canonised as Saint Michael, the Patron of Police Officers, because he helps with heroic deeds and bravery. So call upon him whenever you feel afraid or vulnerable. He will instantly come to your side, lending you courage and ensuring your safety, both physically and emotionally. You will know when Michael is around as his energy is very warm.

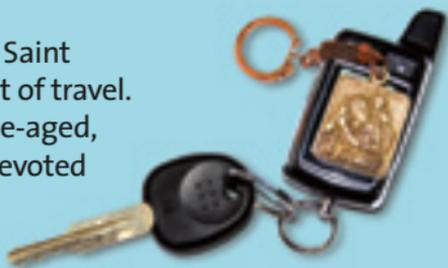
It is not only on holidays that we need protection. When I

Saint Christopher

Travellers have long recognised Saint Christopher as the patron saint of travel. He is often depicted as a tall, middle-aged, bearded man, carrying a staff. He devoted his life to carrying people across an otherwise uncrossable stream.

One day a little child appeared before him and asked to be carried across. As they crossed the river, the child steadily increased in weight until Christopher found his tiny burden so heavy that it was almost impossible to bear. When he finally reached the other side safely he asked the babe why he weighed so much. The child Jesus replied that he carried the world's sins upon his shoulders. As a reward for his service, Christopher's staff was miraculously transformed into a living tree.

Christopher was a widely popular saint, and was especially revered by mariners, ferrymen and travellers. Wearing a Saint Christopher amulet or carrying one in your wallet while on your travels is said to offer great protection and ensures a safe journey.



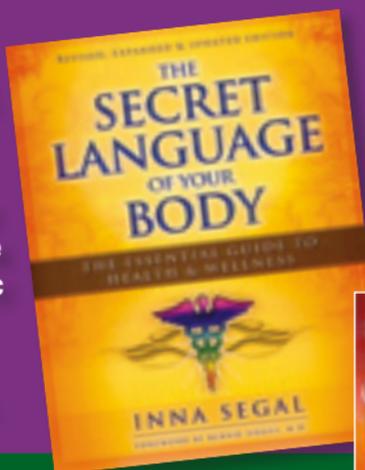
start out to work in the mornings or when I travel to see my family in Sydney and on the South Coast, I ask Archangel Michael to protect my car, inside and out, and ask for protection for myself. I also ask him for a parking spot and if I specify where, he often accommodates me! When travelling

on the trains, buses, ferries and at our workplaces, these angels can help protect us all. We only have to ASK, and remember always to give gratitude and thanks to them. 🌿



Julita is an Angel Intuitive and co-owner of Gnostic Enchantments. She wishes safe travels for everyone.

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Yoga FOR COMMUTERS

BY JOHN WILSON

I'm going to state the obvious – sitting on a train for an hour and a half during the daily commute to Sydney is not the best for your health.

Your body is designed to move. Once it's forced to become stationary and is locked into the shape of your train seat, every system of the body can be adversely affected. And when you combine that with sitting at a desk for 8 or more hours at work...

Your knees may start to ache because your legs are bent and locked into one position, the hamstring muscles (the back of your thigh) will tighten, hip flexors muscles (the front of your thigh) will tighten, your lower back will ache because of the pressure being placed upon the lumbar section of your spine, your upper back posture is altered because you may have to round your shoulders to fit in the seat, your chin moves forward causing neck pain as the weight of your head is moved out of alignment with your torso.

Whilst on the train it's important to be conscious of your posture. Be mindful of sitting in a way that places the least impact on your body, lumbar spine being supported by the back rest of the seat,



SeanPavonePhoto/BigStock.com

don't slump and keep lifting up through the chest with your shoulders back. If you're working on your laptop or ipad don't let your head move forward or down toward the screen, keep your head balanced on top of your shoulders without placing undue strain on your neck.

Take regular breaks from your desk whilst at work. Stretch your body and mobilise the joints to counter the sitting position. Shoulder circles and squeezes, stretching the front of your chest by lifting through your breast bone, waist circles to release your lower back, gentle forward and backward bends to stretch both torso and legs.

Commuting can have an adverse affect on your mental health as well. Over-crowded and slow running trains, boredom and time away from your loved ones all have a negative

impact on your emotional well being. Rather than getting stressed over a situation you can't control, how about trying a simple relaxation technique?

Close your eyes, sit up tall and become comfortable in your seat with your feet evenly spaced and connected to the floor. Take your focus inward and connect to your breath. Feel the breath enter your nose and leave your nose. Notice any difference in temperature between the inhalation and exhalation. Start to notice the rise and fall of your chest as you breathe, let your body and mind relax deeper on each exhalation. Gently start lengthening your exhalation (without hyperventilating). The lengthening of the exhalation

*Blessed are the flexible,
for they shall not be bent
out of shape.* — ANON

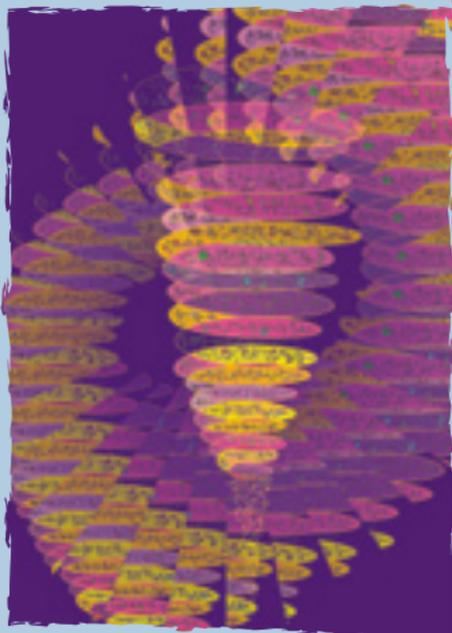
will stimulate your parasympathetic nervous system and bring about states of calm and peacefulness.

An experienced Yoga teacher will design a specific programme tailored to your needs. 🧘



John graduated from the distinguished Yoga Teaching Diploma at Nature Care College in Sydney and is a member of the Yoga Teachers Association of Australia. John is now part of the Gnostic Corner and is looking forward to offering Yoga classes at the new Yoga room 'Peninsula Yoga @ Gnostic'.

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SCHOOL of ROCK

BY EMILY HOLSTEIN

There was once a stone cutter who was deeply dissatisfied with himself and his life. One day he passed the house of a wealthy businessman. Looking in, he saw expensive belongings. "How rich and powerful that businessman must be!" thought the stone cutter. He became very envious, wishing that he could be like the wealthy man.

To his great surprise, the stone cutter then became the businessman! He quickly began enjoying his new found luxury, living the "high life". One day soon the prime minister of the country came to town, security escort and journalists in tow. His words created governance and laws that all had to abide by. "How powerful that leader is!" he thought. "I wish that I could be the Prime Minister!"

Then, by the same strange fate as the first time, he became the Prime Minister, bestowed with so much power, yet feared and hated by the people. By now, it was summer and the Prime Minister felt very uncomfortable in his suit. Looking up at the sun shining proudly in the sky, he realised it was totally unaffected by his presence.

"How powerful the sun is!" thought the man. "I wish that I could be the sun!"

Ten guesses what came next! The man now found himself to be the sun! Fiercely shining down on everyone, scorching fields, cursed by the farmers and generally causing drought and sweatiness to all. To his dismay though, a huge black cloud



moved in and shielded the earth. "How powerful that storm cloud is!" he thought. "I wish that I could be a cloud!"

Then he became the cloud, flooding the fields and towns below, cursed by everyone. But soon he found that he was being pushed away by a great force. Realising that it was the wind and beginning to get the gist of how this whole caper was working he thought: "How powerful it is... I wish that I could be the wind!"

Surprise surprise... he became the wind and took much delight in showing his immense power and blowing tiles off the roofs of houses and uprooting trees.

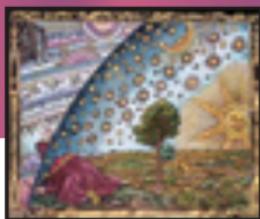
Down on the earth the people were getting more than a little ticked off with the weather. After a while, huffing and puffing, he ran up against something that would not move, no-way, no-how. It was a huge towering rock. "How powerful that rock is!" he thought to himself, plan a-brewing... "I wish that I could be a rock!"

Then he became the rock, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the hard surface, and he felt himself being changed. "What could be more powerful than I, the rock?" he thought. He looked down and saw far below him the figure of a stone cutter... 



Emily is a co-owner of Gnostic Bunch and Gnostic Forest in Woy Woy.

ASTROLOGY



Planetary Influences for June, July and August 2012.

As the year moves on the earth continues its orbit around the sun, this natural progression changes our position in relation to the other planets and the following influences occur.

JUNE: June will bring many intense moments bringing a feeling of vulnerability, and a fear of losing everything you have worked hard for. When you make life changing decisions, thinking clearly will help you gain the insight and wisdom when deception and disillusionment will raise its ugly head, as you may feel resentment for those people you feel have let you down. You will be clearing away all past outworn structures as sudden changes will bring new, exciting and welcoming upheavals in your life. Thinking before you act, say or do anything is vital as there could be a communication breakdown within the home and with your loved ones as tempers may flare out of control.

June 4th...Lunar Eclipse...9.03pm...14'14" Sagittarius...

JULY: Many new opportunities in July are making you make the most of any break in your normal routine, so facing your fears and letting go of past behaviours will help you achieve your goals, leaving behind painful memories that are linked to your heart. This will bring to you the ability to see old hurts in a new light as you strive for renewed power and success. Legal matters/conflicts, reforming Governments, business or any other institution are also high on the agenda this month and avoid anything of a shady nature.

AUGUST: August is a time to slow down as it is a beneficial time for growth in your innermost personal life and to reflect on how to achieve your new goals as you seek security within your home and family. Parents will become an asset to you, wanting to help and assist you any way they can, regarding a tying up of loose ends and straightening out any relationships that are not working very well. A good time to settle down and expand on family values which can bring inner peace and calm, and a feeling of strength and growth.

Jennifer has been an Astrologer for 22 years. FAA Certificate.



EXPLORING THE TAROT WHEEL OF FORTUNE

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Learning to accept and adapt to situations as they progress through your life. Guard against opposing thoughts from ego.

Loretta is a psychic reader at Gnostic Forest.

ON THE CORNER



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New Chef Shareid introduces one of his delicious signature recipes to the Mana Specials board. The tasty, salty, spicy flavours of asia, highlighted with fresh grilled chicken & topped with a fried egg. AVAILABLE AT GNOSTIC MANA CAFE, T: 4344 1444

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Many people ask what does *Gnostic* mean?

Over the ages this term has been hard to define. Originally coming from the ancient Greek word *Gnosis*, which means *knowledge gained through personal experience*.

So a 'Gnostic' is someone who understands that their experience is what they can rely on.

What they directly see, hear, smell, taste or touch is what they know. Everything else falls into the category of belief.

A Gnostic would also accept that someone's perception creates their reality. This allows others to have differing opinions without the need for right or wrong.

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The Alchemist

AUTHOR: Paul Coelho

PUBLISHER: HarperCollins Australia

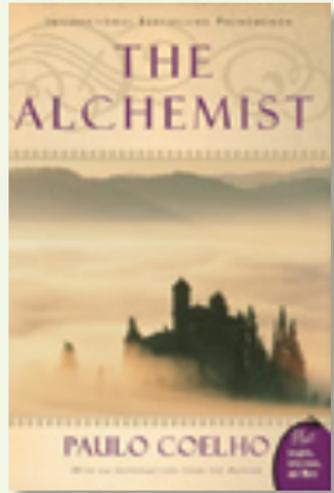
'Everyone on earth has a treasure that awaits him.'

This classic novel takes a look at following your dreams to find happiness in life. It's an exciting, fun read suitable for questing minds of all ages.

The Alchemist is the story of Santiago, a shepherd boy who sets out in search of worldly treasure. From his home in Spain he journeys to the markets of Tangiers and across the Egyptian desert to a fateful encounter with the alchemist...

Author Paul Coelho shows how you must follow your destiny using freewill to explore what the world offers. He looks at symbols and synchronicity, with fear of failure being the enemy of happiness. In this book we are encouraged to remove all blocks and create the life we dream of.

Paul Coelho has written 30 books, *The Alchemist* being the 1st and the most popular – *Mary H.* 



Awake with Birds

ARTIST: Michael Peter

LABEL: Foghorn Records

In 2010 Michael began writing songs for his second album. It was a project that became very close to his heart and took Michael and producer Andrew Beck on a musical journey that

was to last almost 2 years. The resulting album "Awake With Birds" is warm, eclectic and multi-layered, full of musical storytelling and intriguing lyrics.

Without doubt, this is his best work to date. It has already been receiving multiple plays from various ABC radio stations, Triple J's Roots and All program, and local stations nationwide. The first single "Skin on Skin" was released in July 2011.

Accompanying its release was Michael's first film clip that has already received multiple plays on the TV show RAGE. The album was released in March 2012 and the current single "Balance Beam" features a choir of school children that will leave you singing out loud. This is one awesome album!. – *Richie H.* 



READERS

Gnostic Forest offers readings daily from 10am – 4pm. Phone for an appointment on 4342 4466. Phone readings also available.

Morgain – *Sunday, Monday*

Gentle and genuine guidance through tarot, numerology, astrology, spirit guide communication. Past life regression to unlock karmic lessons also available by request.

Loretta – *Tuesday*

Exuding experience and grace, Loretta uses psychic tarot incorporating messages from your guides to help clarify your current situation and move into your future with confidence.

Oscar – *Tuesday, Thursday, Sunday*

Specific and unique, through his skills of clairvoyance and mediumship Oscar offers guidance and comfort from your spirit guides, higher self and lost loved ones.

Savitri – *Wednesday*

Savitri use the Divine Crystal Matrix to intuit cosmic wisdom. Soul and Akashic records give guidance with crystal ball, cards and dream interpretation for accurate guidance with discernment.

Ingid – *by appointment*

Warm and nurturing, Ingrid uses psychic abilities, tarot, numerology and dream interpretation skills to help you gain clarity of past, potential futures and present.

Jennifer – *Friday*

Genuine and honest, Jennifer uses tarot, astrology and numerology to give specific and accurate information about now and timing for future possibilities.

Franchesca – *Thursday, Saturday*

Clairvoyant. By reading your aura and the tarot cards Franchesca can help empower your decisions. Palm readings and medical intuitive services also add further guidance.

Christian – *Wednesday, Friday, Saturday*

Caring and kind hearted, Christian connects with lost loved ones in spirit to bring through wisdom and messages of support. Psychic skills and oracle cards give positive guidance for now and in the future.



Readers offer their interpretations of the situation and possible outcomes. As this is the world of free will you always have the power to change outcomes and determine your own future.

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