

Gnostic

SPRING 2010

# LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

TASTES LIKE  
SPRING

FIND YOUR  
SACRED  
SPACE

COOKING WITH  
KIDS





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## **Celestine Prophecy**

**Group:** *Mon 10am.*

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**Contact Susy 4341 2359**

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## **Drumming Course:**

*Drumbala Tues 10am.*

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**Contact Katy 4342 1112**

**Wednesday Talks:** *10am.*

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

## **Spiritual Cinema:**

*1st Wednesday 11.30am.*

*3rd Thursday 7.30pm.*

A film is shown to inspire you and encourage taking responsibility for your life circumstances and future choices. **Contact Gnostic Forest 4342 4466**

## **Philosophy:**

*Wed 1.30–3.30pm.*

Practical course of 10 weeks for thinking adults. Blending eastern and western philosophies.

**Contact Gary 0408 206 164**

**Meditation:** *Wed 7pm.*

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**

## **Energy Current**

**Meditation:**

*Sat 11am–12.30pm.*

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**

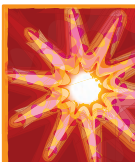
## **Intuitive Development**

**Class:** *Sat 2pm–4pm.*

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities. **Contact Loretta 0401 416 934**

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# NAMASTE

**W**e present issue 3 of *Gnostic Living Magazine*. What was just an idea tossed around at a casual meeting in February of this year is now the magazine in your hands.

I am always impressed by how a thought becomes a thing – people respond to ideas and actions bring about results... you might like to have a look at your own life and ask what thoughts from the beginning of 2010 have become things?

Already we find ourselves in spring the 3rd season on our Calendar. This issue is packed with advice on how to feed your children, how to detox your body ready for the more active months leading into summer. The exciting news that hemp may soon be legalised for consumption as food in Australia and some of the great health benefits of this amazing product. There is advice on how to create a sacred space in your home. And some great tips on local bushwalks... Plus more.

We hope that you will find something to help you understand the power you have to influence the ideas that become things in your life. 



**Mary Holstein**

Editor – Spring issue

*Namaste: The divine spark in me honours the divine spark in you.*

## INSIDE:

Polarity.....	5
Cooking with Kids .....	6
Spring Cleaning from the inside out.....	9
Hemp for Health.....	12
Step it up – Bushwalking .....	15
Sacred Space .....	17
Astrology.....	18
Birthing .....	19
You can WIN! .....	20
Gnostic Readers.....	23



On our cover: Lillian and Gray

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# POLARITY



**W**e live in a world governed by many laws, one of which is Polarity. We have polar opposites for everything, from males and females to hot and cold, on and off, north and south. This polarity has manifest in religion as God and the Devil, and for the Gnostics as spirit and matter.

For everything we perceive there is an equal and opposite and varying degrees in between.

All polarities are merely expressions of the same thing. Both hot and cold are expressions of temperature, male and female expressions of humanity. Love and hate expressions of caring – consider that you can't hate someone or something that you don't care about. This

## Gnostic Understanding

A Gnostic understands the soul does not really belong in the physical world, we are spiritual beings by nature visiting the physical experience. For our entire life we are faced with experiences in order for us to create emotional responses. Emotions being the element of creation into the physical world. These emotions feed the field we are in and influence our future experiences. So feel the life you wish to experience for yourselves and others.

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BY MARY HOLSTEIN

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is why passionate relationships often fall into bitter divorce.


What we also need to acknowledge is that nothing can exist without its opposite. We simply wouldn't know cold if we didn't also know hot.

To our advantage that means that we cannot create a situation without a solution – it is not physically possible in this realm of polarity to have one without the other.

No such question can exist inside our world of duality without the answer. What we do is focus our attention and energy on the perceived problem – making it appear larger – and often we completely ignore the solution that accompanied it.

An easy remedy to this dilemma can be to always ask “what can benefit me in this?”

Once we change our perception from the perceived problem to ask for the solution it will appear.

Try it next time you are unhappy with how things look. Remember that all opposites are of the same thing and that by simply changing the angle we look from we may well see the solution... 



Mary Holstein, founder of Gnostic Forest and student of philosophy and self realization.

# COOKING WITH KIDS

BY GABRIELLE BOWLES

**E**very parent is familiar with the term 'Fussy eater'.

Even if your little angels are pretty good at clearing the plate, every kid has been through a stage where no matter what you put in front of them, they are not going to touch it.

Many kids these days grow up eating foods of convenience, not necessarily junk food but much of it over processed and far from its original state. Hence a lot of kids recognise few fruits & fewer vegetables in their raw forms.

The more kids I have had (currently up to 4), the more

conscious I have been to introduce them to a wide variety of foods.

I try to engage the kids in cooking as often as possible. I find that the more my kids enjoy food, not just eating it, but mixing, touching & shaping it, the more they are open to trying new types of food.

With school holidays on the way, cooking with your kids is a great way to keep them busy & introduce some new foods.

Preparation is always the key & will help things go a little smoother. I recommend investing in a sheet of vinyl, big enough to cover your dining room table. Kids and food = mess, but as long as you're







having fun, a bit of mess won't hurt.

I like recipes that involve dough... cookie dough (for when a sweet treat is appropriate) or pizza dough (for when you want to work some veggies into the mix).

The dough can often be prepared ahead of time & then the kids can knead & roll the dough while you prep the other ingredients that often need to be chopped (obviously not a job for the littlies).

Pizza dough and cookie recipes can be found easily online. I often find what I need at [www.taste.com.au](http://www.taste.com.au) look for recipes that have 4-5 star ratings.

Set the kids up at the table (covered with your table saving vinyl) with rolling pins, plain flour & dough. If making cookies, you can use an assortment of cookie cutters, but best to stick to less detailed shapes as the more detailed shaped tend to fall apart easier. Cookies can be cut out and decorated with sultanas, choc chips, almonds, m & ms, finely chopped dried apricot or apple.


For pizzas, get each kid to roll out a base on a sheet of baking paper. These don't need to be



round, crazy shapes are way more fun! Then place small bowls of chopped ingredients on the table, a bowl of tomato paste and some spoons.

Toppings can be everything from the traditional ham & pineapple to finely diced veggies like mushroom, capsicum, tomato, basil, thin slices of potato, olives and of course cheese. Mix it up with some feta crumbling on top!

Encourage the kids to get colourful with their toppings. Let them get their hands involved & don't worry about the mess. The important thing here is enjoying creating the food. My experience is that they will try all sorts of new foods if they were involved with the creation. Even the fussy eaters can be tempted by being allowed to choose say 3 ingredients from a plate containing 5 or more. Just like adults, once children are given the power to use their free will they are more likely to co-operate.

Once your kids have created their edible master pieces, pop them (the master pieces not the kids) in the oven for the desired time, a quick tidy up and your creations should be ready to sit down & enjoy together. 

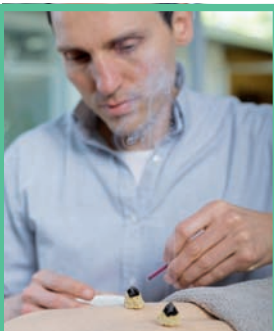


Gabby is a mother who works from home doing the nuts and bolts part of the Gnostic Mana business.

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# Spring Cleaning

*from the inside out...*

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BY BIRGIT STECH

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**W**ith the arrival of Spring it is time again to get rid of all your clutter, fix up the outside of your house and do a little bit of cleaning. In addition to doing things around your home, this is also a perfect time to do a little cleaning on your inside. Spring is nature's beginning, and time to give birth to the new you. I am often asked about the benefits of fasting in order to improve health but I'm not an advocate of fasting. Most people, like myself, do not have the proper blood sugar control to fast and end up feeling dizzy, hungry and don't perform well in their day to day activities. Here are a few tips to get you get started. Bring that energy and vitality alive NOW!

I always find it very beneficial to cleanse away the old with Colon Cleanse, a product containing Magnesium Oxide, stimulating bowel function – taken just for a day. After your

cleansing day, start with juices and soups which are easy to digest before going back onto solids. A glass of apple cider vinegar with a teaspoon of honey in the morning flushes out the toxins nicely. Drinking plenty of filtered water (8 glasses a day) and herbal teas supports elimination.

In general, a food based detox program suggests taking a break from the big five: sugar, caffeine, alcohol, wheat and dairy products. Instead of coffee, I recommend drinking green or white tea for the antioxidant effect and to help you get rid of any coffee withdrawal headaches.

Eat an abundant amount of colourful fresh fruits and vegetables! They are high in fibre, vitamins and phytonutrients that prevent and help treat disease. **Organic fruit and veg are best as they contain no pesticides thus promoting natural detoxification.** To retain most of the nutrients steaming your veg is preferable and

gentler on your digestive system than raw foods.


Supplementing your diet with probiotics will help digestion and food absorption and is one of the main keys to looking and feeling your best. Adding a tablespoon of colloidal Chromium to your water helps maintain normal blood sugar levels and relief sugar cravings.

Raw juices are a great way to start the day! Try a combination of carrot, celery, apple, beetroot and ginger to get your oomph going! Drinking your juice slowly and mixing every sip with saliva will assist proper digestion. Ideal juicers are the cold-press method ones such as the Compact Juicer, retaining 60% more nutrients than conventional juicers



**Spring – lots of organic fruit and vegies in season now!**

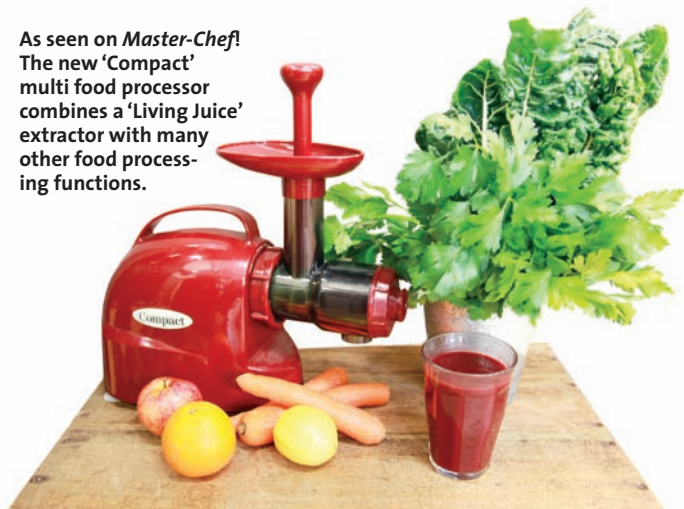
(please see below for special offer).

It is best to give your body a mini five-day cleanse at the beginning of each season. By doing so now you will be paving the path for a Spring full of health and vitality! 



Birgit Stech is the owner of Gnostic Organics – run with passion and inspired by her customers daily!

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# HEMP FOR HEALTH

BY RICHARD HARVEY

**T**oday, many modern diseases are caused by nutritional deficiencies due to the industrialisation of our food supply. To gain greater shelf life for their products, manufacturers chemically alter and adulterate foods with no regard for the consequences to health. The western diet is deficient in omega 3 with an excess of omega 6. This imbalance causes inflammation and leads to an increase in degenerative diseases, such as cardiovascular disease, arthritis and premature aging.

Could hemp be the answer? Omega 3 essential fatty acid is the centrepiece of Hemp nutrition. Currently, available sources of omega 3 such as

fish oil are highly manufactured products stripped of the vitamins and minerals essential for the proper utilisation of the oil. Hemp seed contains both omega 3 and omega 6 in an ideal ratio of 1:3 along with uniquely high levels of vitamin E, easily digested protein and high levels of essential vitamins and minerals. In other words, hemp seeds are very, very good for you!! It is said that early settlers near Sydney survived a 2 year drought off only Hemp seed and Buddhist's believe that Buddha lived for 2-5 years off of 5 Hemp seeds per day on his journey to enlightenment.

With its rich history as a food source, why is it that we cannot find hemp seed products on our supermarket shelves. If you travel through




**Hemp milk – a healthy alternative to other non-dairy drinks. A sign of things to come.**

Europe, Canada or the USA, you will see huge ranges of hemp seed products including hemp milk, hemp cheese, hemp burgers, hemp tofu and even hemp yogurt. It's nutritional benefits and great taste have helped hemp become a bona fide billion dollar crop. Even in America, where the growing of hemp is still illegal, they import millions of dollars a year worth of hemp foods from Canada. We grow hemp in Australia, so why can't we buy hemp seeds to eat and hemp milk to drink. Why are we missing out?

The Ministerial Council is going to meet next year and it will make a decision regarding hemp as a food. This would allow our hemp industry the chance to grow and develop hemp foods, just as the rest of the world has been doing for years. Imagine being able to happily consume one of nature's true super foods without fear of discrimination. Hemp

must not be confused with marijuana. The levels of THC (the psychoactive ingredient that gets people high) are non-existent in industrial hemp and all Australian hemp crops are rigorously tested to ensure this.

It is my hope that our government makes the right decision, allowing us to make our own informed choices about what we eat. Hemp is a proven alternative food source providing a great solution to nutritional deficiencies... and it tastes good too. Hemp as a food? Yes please!!!

If you would like to have your say, please contact your local MP and voice your opinion, sign up to FSANZ (Food Standards Australia New Zealand) for updates on the issue or simply talk to others about hemp and its many uses. If you would like more information about anything in this article please ring me on (02) 4344 2300. 



Richie is the owner of Gnostic Hemporium and is constantly scouring the globe for new and innovative ways to use and promote hemp. He is also looking forward to Summer and enjoy's long walks along the beach.



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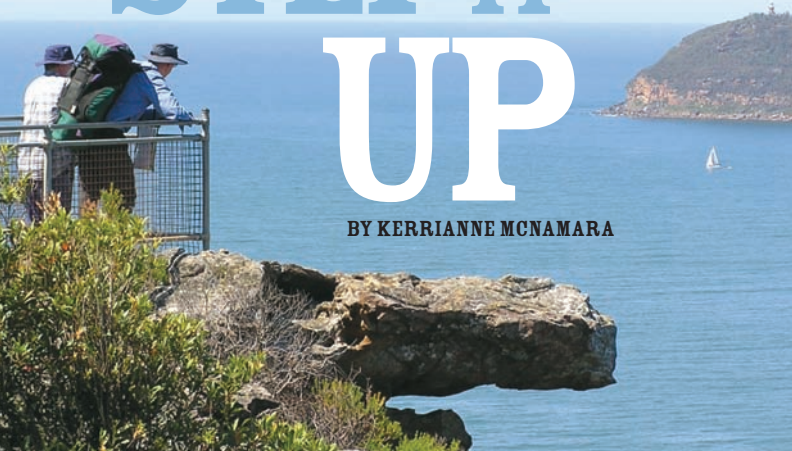
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# STEP IT UP

BY KERRIANNE MCNAMARA



**B**ushwalking on the Peninsula is one of my favourite pastimes. We have such a wide & varied terrain to explore. The bushland along Woy Woy Road offers some great walks including aboriginal art and native bushflowers, since the bushfires of 2004 we have had a great opportunity to see the bush at its best as it regenerates itself. Some of my favourites include Angelsword flower (clear spiritual communication & discernment) & the tiny clusters of slender Rice flower (properties akin to groups).

For a different experience we have the coastal walks from Bouddi National park at Wagstaff across to Maitland bay, we see the rocks & ocean interacting together at Putty Beach with an awesome display of colour & texture. Then by disappearing into the bush you can appreciate the hardy foliage that withstands

## The lookout at Warrah Trig.

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salt, wind and ocean currents. As you wind along the path constructed to protect the bushland from our invasion and curiosity you can hear the birdlife & insects communicating in throngs- depending on the time of day you visit.


The trig behind Little Beach is only for the dedicated bush camper as it's a 750 metre walk into the site and you have to carry all your essentials with you, including water – the nearby creek water is not safe to drink. Tallow Beach, although very pretty, is also a dedicated 'bushie's' camping experience with similar facilities to those at Little Beach. The walks along these areas reveal more of our beautiful coastline & nature including Fringed Violet (heals the aura & physic protection) and She Oak (balance & wellbeing for women) in abundance.



Using the healing properties of flower essences is an ancient art, adopted by Ian White and applied to the flowering plants of the Australian bush. It works on a subtle level with powerful impact. Available at Gnostic Healing Sanctuary is your own personal blend.

Then we have the beautiful Waratahs to admire adjoining the great North Walk at Patonga. *Warrah Lookout* is the most popular vantage point overlooking Patonga with a vast ocean view. On its western side is Waratah Patch (Heals black night of the soul – depression) where you can appreciate the natural waratah displays through September and October. Access is on the short *Tony Doyle Walking Trail* that leads through the ridge-top bush to the lookout directly out over Broken Bay. Just near the lookout the Doyle Track crosses over a dirt road which the enthusiastic walker

can follow to Pearl Beach and Patonga village.

There are other colourful wildflowers from July to October and later on even some Christmas Bells. Take a walk over this spring & enjoy the many beauties of our area. Respect & leave the bush as pristine as you find it. Keep one those annoying plastic shopping bags in your glove-box for a spontaneous clean up. 



Kerrianne is the owner of Gnostic Healing Sanctuary and spends her spare time playing with her three gorgeous grandchildren, with a little bush walking on the side. Come in & see the curls now forming.

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# Sacred SPACE


In our busy lives we are faced with many and varied tests. Emotional stress is perhaps the major factor. It is therefore important for our mental, spiritual and physical wellbeing that we take action to alleviate this situation.

We usually share our home with other people or pets yet we all need a private sacred space to replenish and reconnect with our spirit, to bring in feelings of peace and tranquility. Our spirit craves it. It also seeks the safety of isolation, if only for a few minutes each day. Plan your sacred space. Find a corner in your favourite room or even the garden shed and claim it as your sacred space. By covering a small table or stable box with a cloth or scarf, add a candle – preferably white – a small pot plant or beautiful fresh flowers.

Because we live in the physical world the best way to replenish our soul is through the physical senses. Using the colour and perfume of the flowers we feed the sense of



sight and smell. You can also use soft soothing music to balance the sense of sound. A comfortable chair for touch and a little something pleasant to eat or drink for taste. By lighting the candle we may connection to the non physical spiritual part of our being

Visit this place regularly and feed you soul through your senses. Blessed Be! 



Loretta is a psychic reader, she also conducts the Psychic Development classes on Saturdays at Gnostic Forest.

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# ASTROLOGY

*Planetary influences for September, October and November 2010.*

*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.*

## SEPTEMBER:

Roller coaster ride, surprising twists of fear and excitement. Be aware of taking risks as these could come unstuck as you may disregard rules and regulations. If you remain positive and flexible there are opportunities of success to be made as you can expect favourable change through materials assets. Resisting and denying any challenges will bring a strong sense of uneasiness, instability and tension.

## OCTOBER:

Discipline, hard work and definition of work done by authorities are important for dissolving negative traits and working to overcome internal problem solving. We need to assimilate and eliminate obstacles in order to fulfil new purposes for the future or our world.

## NOVEMBER:

State of change and social transformation will bring challenges, sharing powerful experiences within associations and organisations will have authorities being unreasonable and rigid. Organisation abilities should bring positive results as the challenge to be flexible will help you find answers in financial and material resources.

---

Jennifer reads for Gnostic Forest on Fridays. F.A.A. certified for 18 years.

## EXPLORING THE TAROT

### THE MAGICIAN:

The Magician gives us the opportunity to test our unique abilities to overcome all obstacles placed before us on our spiritual journey

The four suits are shown on this card.

Sword for the mind. Cup for the emotions and feelings. Wand for action and the Pentacle for physical and material things.

All the energies needed for resolution in all our earthly experiences.

---

Loretta is a psychic reader at Gnostic Forest.



# BIRTHING

BY EMILY HOLSTEIN

She moans gently and rocks from side to side. Her body is doing exactly what it needs to. Contracting, stretching, expanding. The lights are low. There is a quiet reverence given to this space. Her birth space. Preparations are made in a mindful and unhurried way.

Aware of what is happening within, she allows herself to experience the rushes knowing that they bring her baby closer.

This is birthing, but not as you know it. This woman is experiencing a home birth.

For some people, the idea of home birthing can incite strong reactions. We've been trained to view birth as a procedure not a process. For most Australian women giving birth, hospital is the only known choice.

Midwifery in a hospital setting has both limits and benefits. While midwives here have support from specialists in the instance of complicated pregnancies or births they can be restricted by time limits, protocol and 'preferred' hospital practice. A birthing mother's preference, comfort and, at times, safety are put aside to keep within these limits.

In times gone by, babies were often birthed in a home setting and traditional lay midwives would attend. These attendants were often educated through experience rather than formal training. Homebirth has come a long way since then. Modern midwives are now trained in all aspects of non-invasive medical care. During regular visits throughout her pregnancy a



private midwife gets to know the birthing mother well. She attends during her labour and supports her afterwards.

For women who have had uncomplicated pregnancies home birth is a real option. Natural birth advocates such as Ina May Gaskin have witnessed the benefits of birthing outside a hospitalised environment and advocate a woman's right to birth where she feels safe and is supported. The World Health Organisation states that women who have low-risk pregnancies, receive appropriate support and formulate contingency plans can give birth at home.

I have, so far in my life, been witness to two homebirths and feel absolutely blessed to have been present. These women were free to trust their bodies and move around. They listened to their midwife's wisdom and were free to make decisions for themselves along the way, with support from family and friends. Giving birth is one of the most difficult and challenging things a woman will ever ask her body to do, but it can also be the most empowering.

For more information about home birth in Australia please check out these websites:

[www.homebirthaustralia.org](http://www.homebirthaustralia.org)

[www.homebirthservices.com.au](http://www.homebirthservices.com.au)



Emily is a passionate advocate for birth choices and co-owner of Gnostic Forest and Bunch.



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# READERS

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

## **Bridget – Sunday**

The palm is an accurate map of your life. Using palmistry you can build on your potential to change your life. Bridget is an experienced intuitive palmist and can help answer questions about your career, love life relationships, family, children and health.

## **Julita – Monday**

Gentle angel readings to clarify your situation. Guidance from the angels to guide your future. Julita uses numerology to help you understand your life potential.

## **Loretta – Tuesday**

With her many years experience teaching psychic development, Loretta uses psychic tarot and incorporates messages from guides to help clarify situations.

## **Morgain – Wednesday**

Psychic tarot incorporating astrology, past lives and medium ship. Accurate informative empowering readings given with discretion and care.

## **Oscar – Thursday**

Psychic medium. Offering genuine advice from your spirit guides and higher self. As your higher self has access to the universal mind, Oscar brings clear knowledge to help direct you on your path.

## **Jane – Thursday**

Using her intuitive/clairvoyant skills and her deep knowledge of subconscious symbolism Jane can help give clarity to your current situation as well as guidance for the future.

## **Jennifer – Friday**

Jennifer has a very unique talent, combining the arts of the Tarot, Palm & Astrology to give the enquirer a close look at their current situation and future possibilities. Understanding the timing and influences of the planets can be valuable in times of challenge.

## **Linda – Friday**

A well known psychic reader. Linda has been helping contact those in spirit for many years now, she has the unique ability to pass messages back and forth to those in the spirit realm.

## **Francesca – Saturday**

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



*It is our intention to offer readings to empower the seeker, 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.*



*Find yourself at*  
**Gnostic** CORNER

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