

Gnostic

ISSUE 9 2012

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

Learn the
Rhythms
OF YOUR
body

Ancient
healing
therapy
REVIVED

TIME for
RENEWAL

A woman with long dark hair and a green leafy crown is smiling and holding a large, clear crystal ball. She is wearing a purple top with a beaded necklace. The background is a colorful, patterned fabric.

GNOSTIC HEALING CENTRE

A team of highly qualified practitioners to bring you homeostasis for **Wholeness, Wellness & Wellbeing.**



Lana Aitken-Jones NATUROPATHY (Mon to Fri)

Lana's main focus is on finding the underlying cause of your health issues & supporting your own body's natural healing abilities. Lana is also passionate about longevity & anti-aging medicine. Registered with all major health funds.



Tiffany Smith ENERGY HEALING & NATUROPATHY (Tues to Sat)

Tiffany combines Energy Healing & Naturopathy to help people feel more mentally, emotionally, spiritually & physically connected & well balanced. Registered with all major health funds.



Stefan Hafner ACUPUNCTURE (Mon, Tues, Thurs, Fri)

Acupuncturist specialising in the gentle Japanese Toyohari style. Stefan treats most health conditions with this ancient drug free holistic system. Registered with all major health funds.



Wayne Carroll BOWEN TECHNIQUE/REIKI (Wed, Thurs, Fri)

Advanced Diploma Bowen Technique and Reiki practitioner/teacher – Wayne uses gentle movement over fascia and muscle to assist the body's natural ability to realign, repair and co-ordinate, bringing it back to harmony and balance. Amazing results!



Ange Collongues MASSAGE (Mon, Tues, Wed)

Remedial, Hot Stone, Pregnancy, Deep Tissue & Intuitive style of massage. Ange provides a deep tissue massage to leave you feeling balanced and relaxed.



Joanne Cameron LOMI LOMI (Fri, Sat)

Having trained in Hawaii & Australia Joanne offers a holistic approach to healing. Using a combination of warm stones and coconut oil, Lomi Lomi bodywork allows you to realign and heal from within.



Karin Holyman TRIGGER POINT (Thurs)

Karin is a DRM Trigger Point specialist, Aches & pains, decreased strength and/or restricted movement, headaches and poor circulation can all be treated by activating Trigger Points. Karin also performs remedial massage.



Maxine Skinner MASSAGE/REIKI (Sun)

Nurturing, relaxing massage to release muscle tension, combined with the gentle energy of Reiki to balance your chakras & healing your mind, body & spirit.



Mandy When KINESIOLOGY OCCUPATIONAL THERAPY

(Wed) Mandy guides you to unlock underlying stresses to allow the body to heal itself. Using acupressure points, crystals, sound, posture, flower essences and colour.



Megan BEAUTY THERAPIST (Mon, Tues)

Megan provides quality beauty & waxing services. Megan uses all organic products & the skincare products are made up for you at time of consultation to specifically suit your skin type.

Francesca Billé REIKI/ENERGY HEALING (Sat, Sun) Francesca will help you to re-connect your mind, body & spirit so you can take on the world.

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Shop 1, No 31 Chambers Place,

Woy Woy NSW 2256



Gnostic Healing Centre



This month our theme is ‘Time for Renewal’. I have to admit that I’m a creature of habit, and would gladly spend my days tinkering in the garage, whittling away the hours, quite content with my day’s efforts, (a wonky shelf that I will no doubt throw away next week in frustration), oblivious to the fact that the world is passing me by...

But the truth of the matter is that our lives thrive on change and chaos. It breeds energy and opportunities. And needless to say, with five children, a rapidly expanding business and a red headed wife, chaos is my co-pilot.

Too often we can become stuck in a routine of monotony, with our ‘I’m too busy’ blinkers on. I believe the two greatest assets we have are our time and our energy – you have the power to create your opportunities, your challenges and your windfalls.

So with all of that in mind – create some fun, befriend a ginger, Stop making wonky shelves and try something new.



Gray

Gray is one of the owners of the Gnostic Mana cafe, Father of five and builder of wonky shelves.

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Gnostic School of Higher Learning



MONDAY 7PM:

Introduction to Philosophy

A ten week course discussing spirituality and quantum theories. How science and spirituality might have common factors.

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

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

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 heat of the day for an hour of relaxation and stillness. 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

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities.

Contact Loretta 0401 416 934

SUNDAY 10am:

1st Sunday of each month

Family history group

Create an accurate record for future generations to help them understand their heritage and better understand themselves.

Contact kerry@whothellami.com.au

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.

2012: WE HAVE ARRIVED

There has been much speculation about 2012 – almost everybody is wondering what, if any, changes are about to appear!

Many indigenous people including the Mayans have their calendars or cycles finishing at this time. What has prompted this? Could it be that the major planets line up with the black hole in the centre of our Galaxy? This has not happened before in recorded history. NASA has identified the energy coming from black holes as consciousness.

Wow! This brings up many questions including ‘what is consciousness?’ A Gnostic explanation would be that consciousness is the ability to observe, explore and create the physical world. Humans have the highest ability of all species to use consciousness and we have more humans on this planet now than ever before. If you do the numbers you will quickly realise this adds up to a pretty impressive situation. We have more humans with access to more consciousness than ever before.

The only flaw I see, is that the divine mind that set this all up also gave humanity free will. This is where, if we take our eye off the ball, we could come unstuck. We need to reassess our priorities and begin to act in a co-operative rather than in a competitive way, or we could very well see destruction on a grand scale. By staying focused on a goal of peace and harmony for all, we can change our ego-based behaviour and begin to act for the good of our communities from local to global.

BY MARY HOLSTEIN

The good news is that we are now in the Age of Aquarius (not just a song from a musical). Aquarius is all about having visions and working for the good of all. Up until now, it has been difficult to put these visions into action. We simply didn't have enough consciousness to think past ourselves and our own needs. But 2012 is a different story. If the collective “we” don't get it right now then we never will.

Your call to action is:

Meditate and find peace of mind – it all starts with you.

Find ways that your behaviour benefits more than just yourself.

Share and Repair – this will lighten the load on the planet and the economy.

Remain positive and look for the good in all situations.

Hold the vision for peace and harmony – turn off the TV forever.

Gnostic Corner business community has adopted many of these philosophies and we are having a totally different experience to the rest of the business world. By acting together we have all continued to grow and prosper.

I am excited about the future beginning right now. I promise you the more you forgive, trust and enjoy every day, the better each will become. 🌱



Mary Holstein – Initiator of Gnostic Forest ... it's my fault!



FRUGALLY REWARDING!



Have you ever experienced your daily flow in life shaken by something financial unexpected? The ins and outs of everyday life suddenly challenged by a debt or drop in income that seemingly appeared out of oblivion?

Very recently, we experienced just this. A large debt we hadn't expected, at a time that couldn't be more inconvenient.

There were tears, disbelief, worry, & even anger – not unlike the emotions experienced in grief. It can be incredibly unsettling & stressful for people to have unexpected financial pressures add to the increasing costs of living. For us, it was a stressful event that saw our family already budgeted week to week, pushed to now include a sizable debt repayment.

I feel there is no argument these days that our society tends toward excess. Over-consumerism, over-consumption, the NOW complex of having to have things immediately. Disposable products were once things that were repaired. Nowadays the tendency is to replace, and food waste, oh so much food waste. While we try our best not to be wasteful, in reality, our family was no different to the rest of society.

These days, there are so many things in our lives that we have come to see as necessities that really, are not. Many of us have no real concept of

BY GABRIELLE BOWLES

what it is like to live in depression-like standards. A friend recently told me a story about tinned tomato herrings & rice 5 nights a week... I'm sure not many of us have ever resorted to those measures, but when things get tough, what can be removed from your budget?

We found it incredibly enlightening to discover that a number of things we had come to see as necessities in life, with a little modification & family 'reprogramming' we could quite easily live without.

While our debt was going to be around for sometime, slowly but surely it would disappear. What we were learning as a result of our situation, was turning out to be a far more rewarding experience than we ever could have imagined.

For starters there was a ditch list; foxtel (which really frightened me to think how much we had wasted on it for 2 years), take away food (we were not big take away eaters but it was a weekly treat).

We then did a massive declutter and sold some of the good condition items we had but rarely used. Online shops are great for this.

There was a pantry challenge... to use all the random things taking up space. Turning items hiding at the back of the cupboard into meal sensation.



And from then on, shopping with a meal plan. This requires a little work & self control but it is amazing how much you can save when you stick to a plan, no impulsive buys.

Bulk buying can save lots too. When something you regularly use is on sale (and non perishable of course) buy up. Significant savings can be made.

The environment is benefiting from our new found frugality as well. Where before I thought nothing of jumping in the car to run errands here & there, I now find I am planning my trips to minimize how often I have to go out. Lets face it, petrol is a killer.

And the old sewing kit too has been given a revival. It

really doesn't take much for running repairs but in our disposable world, the trend is to just replace.

The refreshing thing we are learning is a sense of gratification for what we do have & a new found respect for little things today's society generally takes for granted.

While I would gladly have the debt disappear tomorrow, I am in some ways grateful for the simplicity it has brought to our life. Our new approach to how we live & how we spend is really very rewarding! 🌱



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

SAVE

Banana Muffins

Kids lunch box fillers can be ridiculously expensive these days. Not to mention most are full of sugar or additives, even those that claim to be healthy. A great way to ensure you know what your kids are eating and save some dollars at the same time, is to make up a big batch of muffins. I like to freeze them individually (in a bit of cling wrap) once cool & then just pop a frozen one in the kids lunch box, perfectly defrosted for them by morning tea time.



3-4 ripe bananas – mashed (great way to use bananas too ripe for eating)

1 cup castor sugar

2 eggs – lightly beaten

1 1/2 cups self raising flour – sifted

125gms soft butter or margarine

1 teaspoon vanilla essence

1 teaspoon bicarb soda

1 tablespoon milk – maybe a little more

Preheat oven to 180c.

Grease a 12 hole muffin tray with spray oil.

Cream butter & sugar until pale.

Add eggs one at a time mixing well in between.

Stir through mashed bananas & vanilla.

Fold in sifted flour & bicarb. Add the milk if the mix looks a little dry, mix should be thick but not runny.

Divide mix evenly into the muffin pan, filling each 1/2 full so there is room to rise.

Bake for approx. 20-25 min or until skewer inserted into center of one comes out clean.

Cool in tray for 5 minutes, then turn out onto a wire rack to cool completely. – GB

Psychic Reading

THE LANGUAGE OF ENERGY

What is a Psychic Reading? The biggest clue is in the name.

When someone is giving a reading they are accessing information about the client by using their 3rd eye. You may have seen ancient Gods and Goddesses depicted with a vertical eye between their eyebrows. This is a way of describing this energy centre.

This energy centre is in the Energy Body and is connected to the physical Pineal Gland located in the centre of the brain. It is actually a subtle-body eye used to see the subtle-bodies – Aura and Astral. The reader can look at and read the energy field of the client and is able to translate the information stored there in the form of thoughts, beliefs, experiences, hopes and dreams.

It's another language – just like body language!

How accurate they are depends on their level of development and the receptivity of the client.

Sometimes when we receive a reading we might not like what we hear. Of course all things being energy and because of the Spiritual Law of Free Will, the reading is the prediction of things to come based on where you are currently at, and can be changed – as simply as changing your mind!

Energetic and spiritual healing can be a really fast way to help that process.

If we do like what we hear – great! Keep energising it and

BY SAVITRI EARTHEART



there is a good possibility of it manifesting.

Every reader has different skills and will draw on these to help give you the best information possible. Tarot Cards and Crystal Ball are tools to translate the language and whatever your flavour – chocolate or vanilla – that is perfect!

Just as there are spirits in bodies, so too there are those who are not. A medium can use other inner-plane senses to dialogue with passed-over loved ones. Remember though that their consciousness is limited to their life experience so their guidance is not always of the highest vibration. Connecting to your guides and divine beings can be very beneficial.

The most important thing for anyone receiving a reading to realise is: *if it's to be, then it's up to me!* It is ultimately your choice.

A great reader will empower you and is a great way to help get perspective to make healthy life choices. Enjoy your exploration of the inner-plane and its relationship to your physical world. 



Go organic you're worth it!



Picking up some fruit and veg isn't usually a big decision. Many people simply check out the price and quality. But of course there's another decision you can make – organic or not...

Well, first of all, with organics you can be sure that what's on offer is in season. Seasonal eating is one of the highest principles of healthy eating – the body recognises such and we're putting less strain on our digestive organs. Organic produce is not stored as long as some commercially grown produce and is therefore much fresher and higher in nutrients. New research shows that due to the way organic food is grown, it is 40% higher in nutrients and anti-oxidants! Milk and cheese have been tested to be up to 90% higher.

In contrast to commercially grown produce, the organic industry is strictly regulated. Farmers claiming their produce to be certified organic must belong to organisations such as NASAA (National Association for Sustainable Agriculture) or ACO (Australian Certified Organic) and regularly have their soil and produce tested for contaminants.

BY BIRGIT STECH

Why is organic food more expensive? Organic produce is grown and processed without the use of synthetic chemicals, fertilisers, or GMOs and with a focus on environmentally sustainable practices. Organic produce is much more labour intensive (hand-weeding, crop covers etc) and takes longer to grow. An organic free range chicken for example takes 2-3 months to grow, a commercially produced chicken however, is fully grown in 1 month. Note that 'Free range' only is NOT organically produced meat!

Keep chemicals off our plates! Chemical poisons banned overseas because of serious health concerns are still used in Australia, with the regulator taking *up to 16 years* to investigate the risks, reported Robert Burton-Bradley from news.com.au in August 2010. There are 29 pesticides used in Australia currently under safety review by the Australian Pesticides and Veterinary Medicines Authority (APVMA). In the USA, the Environmental Protection Agency considers 60 percent of all herbicides, 90 percent of all fungicides and 30 percent of all insecticides to be carcino-

genic. The bottom line is that pesticides are poisons designed to kill living organisms, and are harmful to humans. In addition to cancer, pesticides are linked to birth defects, nerve damage and genetic mutations. US research suggests that children receive four times the exposure of many common pesticides in food of an adult. This is because of their smaller body weight and their need for high energy foods. The food choices you make now will impact on your children's health in the future.

Does organic farming make a difference to the environment? The answer is yes. Agricultural soil is eroding many times faster than it is built up naturally. A one kilo loaf of bread is produced at the cost of seven kilos of soil lost. Soil is the foundation of the food chain in organic farming, but in conventional farming the soil is treated more as a medium for holding plants roots. Conventional farmers tend to rely on chemical fertilisers, ignoring the soil ecosystem.

Monoculture is the practice of planting large areas of land with the same crop year after year. While this approach has tripled farm production be-

tween 1950 and 1970, the lack of natural diversity of plant life has left the soil lacking in natural minerals and nutrients. To replace the nutrients farmers use chemical fertilisers in large amounts. Pesticides also kill wildlife and soil organisms.

Organic farmers reintroduce natural areas and encourage life in the soil. They produce healthy plants which are well supplied with minerals making all the flavour-producing substances they need. Many chefs use organic foods because they are well cared for during their production and taste better!

By going organic we are supporting a true economy. Organic foods might seem more expensive than conventional foods, but these food prices don't reflect hidden cost borne by taxpayers, including hidden costs such as pesticide regulation and testing, hazardous waste disposal and clean up, damage to the environment and costs to the medical system.

Go organic – you're worth it! 



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



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Weekly Classes – new members welcome

MONDAY

6.30pm Abundance
Meditation,
Savitri **0413 343 879**

TUESDAY

7.30pm Hypnomedita-
tion for Weight Release,
Rochelle **1300 791 173**

WEDNESDAY

2pm Christian
Meditation.
Cybelle **0424 446 430**

7pm Conscious
Life Meditation,
Robyn **0450 509 882**

FRIDAY

6.30pm Writing Groups:
poetry, prose, screenplay.
New and experienced
writers are welcome to
join us for inspiration
and feedback.
Liz **4341 0464**

2/31 Chambers Place, Woy Woy NSW
Tel: 4341 0464 www.hypnohub.com.au

Every breath Every day

Every breath is a beginning. Right now I am learning the rhythms of my body, the rhythms of my day. I have been using biofeedback equipment which makes a record of my heart, the beats of my heart and the spaces between them. There is a natural rhythm: the heart rate increases on the in-breath and slows down on the out-breath. I am learning to synchronize breath and pulse. You don't need to be hooked up to do this. Simply breathe slower, more deeply, smooth and regular, allow it to develop without forcing. When I watch this breathing on the monitor the amplitude expands from a scratchy squiggle into long even waves. If I try too hard, I feel a pressure and these waves begin to crumble at the peak. Experiment till you find the rhythm that is right for you – a wave like breathing that is deep and easy, naturally flowing in and out. Perhaps it will remind you of moments just before falling asleep.

When you find this place of synchronization your nervous system reaches a balanced state where the body can relax

BY LIZ MACNAMARA

and renew. A host of good things begin to happen: you feel noticeably more relaxed, thinking becomes clearer, your serum pH becomes balanced and your blood pressure lowers.

'Ultradian' rhythms are simply patterns of energy variation during the day.

But breath is only one of the rhythms I am exploring. Throughout the day there are times when energy increases and slows down. Most of us have observed a 'morning energy' when it is easy to get things done. I had thought that energy simply declined throughout the day, then I discovered the concept of ultradian rhythms which are simply patterns of energy variation during the day, for instance patterns of hunger. There is one rhythm which especially interests me: a cycle of energy which lasts around 90 minutes and then drops for around 20 minutes. Scientists have discovered that during those 20 minutes we tend to get irritable and make mistakes. Learning

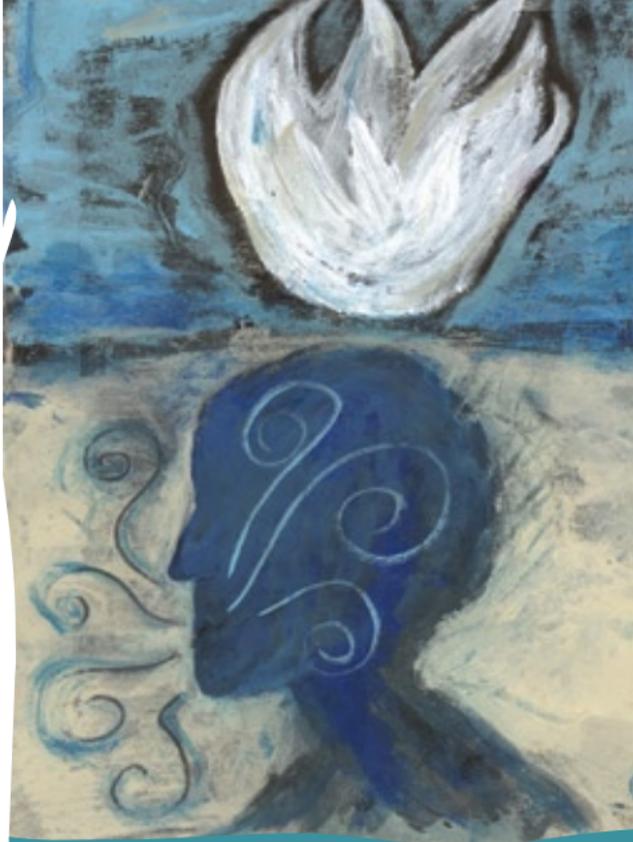
There is one way of breathing that is shameful and constricted. Then, there's another way: a breath of love that takes you all the way to infinity. - RUMI

to work with this rhythm rather than push through it allows the body and mind to renew their resources.

So the next time you are feeling tired or stressed think about these rhythms. Do you need to take a healing break? Why not compound the effect by practicing your deep, even breathing? Conversely you may find it is bursts of energy that are lacking, making you sluggish. Remember after a rest to get up and do something active and optimize your mind-body rhythms.

As a hypnotist there is one other pattern that fascinates me: the rhythms of the brain. When we take a break our brainwaves begin to amplify and slow down in a very similar pattern to that of our heart rate variable. This time of lower mental activity is the ideal state for meditation and hypnosis. By simply combining slow, deep and even breathing with an awareness of space you can easily enter the alpha state, that very pleasant magical place where conscious and subconscious minds meet.

For instance, let's imagine that right now as you are reading this you are resting and have become a little more aware of your breathing, which has become deeper and slower



When you own your breath,
nobody can steal your peace.

- AUTHOR UNKNOWN

in response. Notice, right now, what happens if you become aware of the space between the words you are reading. Is it possible for you to imagine becoming aware the space in which you are sitting at the same time as you are aware of the space between the words you are reading? Can you sense a shift in your awareness as you read, noticing the spaces between words and the space in which you are sitting and the space within you? Can you imagine this is the space where things can happen?? 



Liz Macnamara is imagining a space for things to happen at The Clearing on Gnostic Corner.

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Friday Night Poets & ☾ THE Half-Written Book Club

Since I became a mum

Since I became a mum
Dog's teeth are sharper
Roads busier
Cars faster
Every poor lonely old man is
A potential predator
Kitchen utensils
Are instruments of torture
Cleaning products are
Lethal poisons
An inch of water must be avoided at all costs
Washing machine doors locked
Toilet lids clamped
Slippy things made unslippy
Climbable things made unclimbable
Everything sharp must be made blunt
My eyes full of fear

Since I became a mum
Flower's petals are brighter
Bird's chirpier
Dog's furrier
Every trip to the shops is
An adventure
Kitchen utensils
Are musical instruments
Cleaning up is
Bubbly fun.
An inch of water is a pirate's ocean
Washing machines are rocket ships
Toilets are fascinating
Leaves must be chased on windy days
Puddles must be jumped in with green wellies
Everything blunt is suddenly made sharp
My eyes full of beauty

Kate Toon
Poet in Residence
Gnostic Mana Café



Friday Night Poet
Kate Toon was recently chosen as 'Poet in Residence' at Gnostic Mana Café in Woy Woy by *Australian Poetry* in their annual list of Café Poets. 'I'll use the residency to create a collection of short poems for publication', says Kate. 'I also hope that customers will tap me on the shoulder to commission a poem. I'll be writing them on a donation basis with all money going to Pet Rescue.'

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.

Round up them Witches!



Helping people to heal and feel better has been a respectable profession for thousands of years. Shamans, medicine men and women, herbalists, (and witches) have been seen as traditional healers treating body, mind and soul. Then in the last 200 or so years, the healers have become priests, GPs, surgeons and psychiatrists to name a few.

Traditional healers treated people with a combination of herbs, foods, sweat lodges, meditations to mention just some ways. They encouraged people to reconnect with their spirit, to look at their own behaviours to see if they had brought their 'dis'ease upon themselves. The way of this treatment meant that all parts of the human form were looked at and considered important and relevant.

Modern medicine has taken great strides forward in understanding the human body from a scientific/mechanical point of view. The modern scientists and doctors of the last 200 years have brought many valuable advances to the human race. Smallpox, which used to kill so many people, has now been removed from existence. If you have a heart attack, doctors can fit a pacemaker or remove the blocked artery causing the problem. The modern medical system is fantastic for acute and life-threatening illnesses.

BY TIFFANY SMITH

All the qualified complementary medicine therapists I know agree with this.

An observation I have made of the medical system (and perhaps it is changing) is that doctors seem to view the body mechanically. For example, if the skin is breaking out in eczema, they treat the condition with steroids to suppress the immune system. A naturopath will instead look at the immune system to see why it's out of balance and try to correct the imbalance with herbs, diet, vitamins and minerals – so the eczema stops because the body's system is put back into balance. I go one step further as an energy healer – I want to know what the emotional/spiritual/mental state of the client is to see why the immune system went out of balance to start with.

Another issue I have with parts of the medical community (especially the group that is currently in the news) is the view they hold that complementary medicine is all *woo woo* healing – that we can't back up our claims of the treatments we use, that our products aren't scientifically proven. I accept that there are some practitioners out there who aren't properly trained, and they are giving the rest of us a bad name – I imagine just

How much are the pharmaceutical companies behind this push to ban natural therapies?

like Dr Patel from Rockhampton has given surgeons a bad reputation...

This current group is trying to have Universities banned from teaching complementary health courses. Their aim, should they achieve this, is to have health funds stop giving rebates on natural therapies such as naturopathy and Bowen therapy.

It feels like we're back in the 1600's and there's a witch hunt on the horizon because natural therapies are threatening the medical profession's status quo!!

The health funds only give us rebate status if we have attended and passed government recognised courses. The course I studied in Naturopathy was 3 years full-time and was completely science-based – if it couldn't be proven scientifically – we weren't taught it! The herbs, vitamins and minerals we prescribe have all been through scientific testing of their efficacy.

It makes me wonder how much the pharmaceutical companies are behind this push to ban natural therapies. The complementary health area is growing, with more and more people wanting to take responsibility for their own health. They are turning away from pharmaceutical



products as these products can cause more health problems than they solve. People are using natural products and spending less on pharmaceuticals, which of course then affects these company's bottom line.

The majority of responsible, well trained natural therapists are happy to work with their client's GP so that the client gets the best possible outcome for their health, but many medical practitioners don't seem to want to return that professional courtesy.

However there are also some encouraging signs of change. More and more integrative health practices are being set up with GPs, looking at the range of different therapies available to help their patients. This is fantastic to see! 



Tiffany is a qualified Naturopath & Energy Healer and co-owner of Gnostic Healing Centre.

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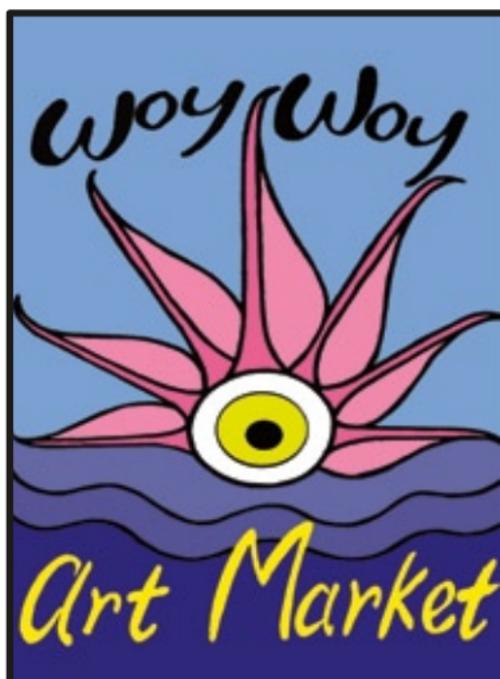
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As a small business owner I am always grateful for the support I receive from the local community. I am also proud that I am 100% community funded – no bank loans, only the trust of a few individuals who believed in me enough to invest in my business. So when I shop, I like to return the favour.

Did you know? A locally owned independent business returns approximately 45% of each dollar spent, back to the community.

Each dollar spent at a locally owned business will circulate in different ways within the community, through wages, rents and the purchase of materials and supplies at other local independent businesses. In addition, these other businesses will turn that dollar back into the community... and on it goes, around and around.

Local, independent businesses can be found in every suburb. You can grab an espresso to go, buy locally grown produce or freshly baked bread, shop for unique gifts or household items, or choose a good book for a day at the beach. You can get your hair cut, have your taxes prepared, or apply for a mortgage at your friendly community bank or credit union.

These small businesses add to the character of neighbourhood centres, contributing more than just goods and services. They offer

BY RICHARD HARVEY

personalised attention, add diversity to our shopping options, they pay their local employees, local taxes/fees/rents with the income they receive.

The way we spend our money has a great influence on the neighbourhoods and wider communities where we live, so many times I have seen and heard people object to some big international franchise coming to town but then the same people go and support it when it arrives by purchasing there.

Each time you choose to spend your dollars at a local, independent business, you are voting for the continued strength and vitality of our community.

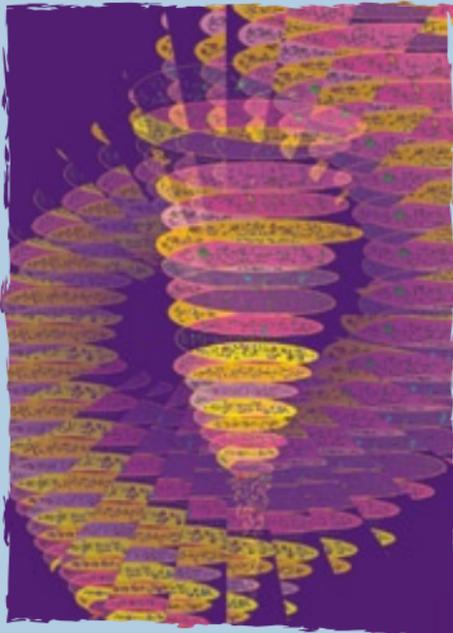
Don't underestimate the value of every move you make including your purchases - the message you send when you spend is "I approve of this place and product"

Locally owned independent businesses are more likely to treat their staff and their customers like family – often people think the Gnostic Corner community of businesses is run by just one family, that's because we all feel like family and support each member equally. 



Richard Harvey is a small business owner and proud to be part of the Gnostic Corner business community.

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Rosalyn McMahon

With my larger art works I love to work with a mixture of mediums.

The joy of inspiration given with each work, carries me through the re-creation process of deciding the why, how, where and when of the composition, subject matter, style and medium etc.

Similar to the hand painted herb (shown right), my work tends to produce a delicate, sincere essence of the subject matter. This, I feel, has a healing effect.

A good part of this exhibition consists of a collection of natural history images which I have delicately painted and tried to deliver in an accessible form as small paintings and gift cards.

It is hoped my work will add to the enjoyment of enhancing one's home, work environment, or as a gift offering to another.



Kim Ryan

Kim is a central coast based artist who studied Fine Arts at The University of Newcastle and recently completed her Bachelor degree in 2011.

Primarily producing graphite work, Kim also incorporates the use of photography, ink and fibres into her art making, examining the interplay between photo realism, fluidity and abstraction.

After travelling and spending time in orphanages in Mumbai, India, Kim's art reflects the humble nature of the Indian culture and the vibrant aesthetics of their traditions. This body of work draws upon her spiritual interactions, exploring the personal and cultural associations of belonging and a renewed sense of place.

Since 2009 Kim has been involved in several solo and group exhibitions, both locally (Gosford, Sydney, Newcastle) and internationally (Hong Kong).



PENINSULA YOGA WITH JOHN WILSON



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TIMETABLE

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<i>Thurs</i>	10.30am	90min	Umina
<i>Thurs</i>	6.00pm	60min	Umina
<i>Sat</i>	9.00am	90min	Umina
<i>Sat</i>	4.00pm	60min	Ettalong

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Ettalong: Uniting Church Hall, Picnic Pde

Kesha Goode
Intuitive Mandala Artist

ART FROM THE HEART

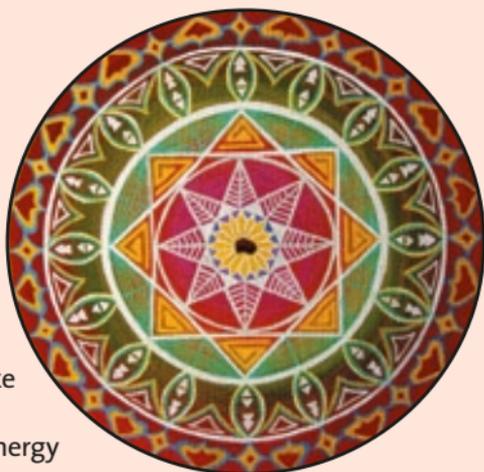
The Mandala is a universal sacred energy circle used as a focal point for meditation.

I am a self taught artist creating from my heart to channel love and healing energy into each Mandala.

These sacred circles emit a gentle yet powerful vibration helping to take you out of the “mind” and bringing you into Heart-Consciousness. The energy emitted from each Mandala can be re-programmed according to your needs. You work with them using intention when you want transformation in your life.

Mandalas are a reminder to come back into the NOW moment. The more you work with them the more personal power comes forward to reveal the love within.

Whether you use them for meditation or not, their energy helps to facilitate the safe “falling away” of any unhelpful attitudes and the clearing of any personal blockages, or negative energy in a physical space. Personal Mandalas can be created for weddings, births, naming days, homes, business and holistic centres. I also enjoy painting large mural Mandalas directly onto a wall or floor.



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!



TIME FOR TRANSFORMATION

BY JULITA WARDLEY

Challenges are the experiences that we learn from and grow – spiritually, mentally and physically. How we approach and deal with these lessons determines our future.

What we think and what we say creates our lives. When we find the positives from an unwanted experience, we can look into the situation and see what our lesson was in that time, accepting all scenarios. This can help us change the way we do things, so as not to create this experience again in our lives.

Having a supportive family and friends helps make the journey more bearable. Talking out your thoughts with others

can make the situation seem lighter. So leave unwanted thoughts and experiences behind you. They do not serve us any purpose.

When we hold on to anger the only ones hurting are ourselves. It is important and healthy to express how we feel in an unpleasant situation, so as not to bury it down into our bodies, as this can cause us health problems. **THIS IS A NEW DAY, A NEW YEAR.** Our actions and thoughts are manifesting so much faster now so **THINK BIG; DREAM BIG; TAKE ACTION.** You are in charge of your own destiny! 



THE BUTTERFLY SYMBOLISES TRANSFORMATION, GROWTH, CELEBRATION & JOY. IT REPRESENTS THE SOUL OF YOUR UNFOLDING JOURNEY.

Like our lives to the Butterfly; Starting from the lava eggs, (start of our journey) then to the caterpillar, (nourishing and developing), then to the cocoon (sometimes we want to hibernate to gain strength) and then from the cocoon to the BUTTERFLY (spreading our wings to fly). See the Beauty in yourself, no judgement, we are

what we are meant to be. Only we can make the necessary changes in ourselves. Nobody else can make us happy. We need to find that in our hearts. Remember everything is in Divine Order. Angel Blessings. 



Julita is co-owner of Gnostic Enchantments – a space to find the inner child within each of us.

THE YEAR OF THE DRAGON

Courage, Honesty and Integrity

BY RHONDA HUNTSMAN

On January 23rd we welcomed The Year of the Water/Black Dragon. According to Eastern astrology the dragon is a divine, magical beast; the symbol of good fortune, enthusiasm, integrity, strength, courage and endurance. The dragon's responsibility is to protect the earth and maintain the balance between chaos and order.

As two main elements (water and earth) are highlighted this year, the emphasis is on the flow of creativity; innovative, far-reaching ideas; large projects; greater financial growth and prosperity. Therefore it can be a favourable year to start or expand businesses or social programmes. However the emphasis will also be on conducting all spheres of life with a high degree of honesty and integrity.

The adverse interaction between these two elements on a global level can mean that the destructive forces of earthquakes and tsunamis may be more prevalent, and greater turmoil (with resultant changes) may be seen in the political, social and economic arenas.

On a more personal level, family relationships are favoured. It is believed to be a positive year for the establishment, or solidifying of fami-



lies, and the birth of healthy, creative, talented children. The greatest progress, happiness and success can be achieved by eliminating negative chi/energy left over from the past, and by bringing the mind, body, emotions and spirit into alignment. The Dragon year will therefore be an excellent year to renew our personal intentions and interpersonal relationships. If we choose to act with courage, honesty and integrity, we can then move with boldness and enthusiasm into this momentous year. 🌱



Rhonda is co-owner of Gnostic Enchantments – a space to find the inner child within each of us.

the amazing benefits of Leech therapy

As a boy, walking the streets of my hometown in Germany, my brother and I would always stop at the pharmacy and press our noses against the shop window. The reason was the small aquarium with black leeches on display. With a mixture of amazement and aversion we stared at the wormy creatures stuck by their front and rear suckers to the inside of their confinement. With raised eyebrows my brother reminded me that Grandfather once got leeches for a blood clot in his leg.

Decades later after moving to Australia, a newspaper article aroused my attention. It reported of a Sydney man whose carotid artery, which supplies blood to the brain, was to 80% blocked and faced the risk of an imminent stroke. To the amazement of his cardiologist, he managed to almost completely unblock the artery within five days by applying leeches to his body under the guidance of an Iranian leech therapist.

Fascinated by this story I started looking into the current use of leeches in medicine and found out that leeching is experiencing a revival.

Leeching is one of the earliest healing methods documented in medical history. The first writings about leeching appeared in ancient Indian Sanskrit writings by the physician Sushtra (100-600 B.C.E.).

BY STEFAN HAFNER



In 18th century Europe leeches were hunted to near extinction due to their popularity as medical instruments. Today, after a break of only a few decades the practice of leech therapy (hirudotherapy) is again increasing in popularity in the West and can be found in hospitals and private practices.

Leeches recaptured the attention of biomedicine some years ago, when a young boy severed an ear in an accident. Surgeons managed to re-attach the ear, yet leeches did the final work by unblocking the fine blood vessels, freeing them from coagulated blood and allowing the ear to again fuse with the body. A local example is the surfer Glen Orgias who's hand had been severed in a shark attack on Bondi Beach in 2009.

Recently a group of German doctors conducted large-scale clinical trials on the effect of leeches for a multitude of health conditions. Their biggest study on the common complaint of osteoarthritis of the knee included 1000 patients.

Surgeons used leeches to stimulate blood flow in surfer Glen Orgias' hand which was severed in a shark attack on Bondi Beach in 2009.

The results concluded that leech therapy is superior to any drug treatment. One single leech treatment can provide up to 6 months of pain relief.

The healing effect of leeches is due to the extraction of stagnant blood as well as the 14 active ingredients in the leech saliva that is injected into the site during feeding. The most well-known saliva component is hirudin, a chemical that

inhibits blood coagulation. Other ingredients break down blood clots, act as anti-inflammatory, increase circulation and have an anaesthetic effect.

Leech therapy has proved to be effective for a multitude of conditions such as varicose veins, tendonitis, haemorrhoids, thrombosis and embolism, tinnitus, back and neck pain.

This vast array of uses is definitely more than the young German boy could have imagined all those years ago. 📌

Stefan is passionate about leeches and practices leech therapy and acupuncture at the Gnostic Healing Centre.

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Cracked pot

I am fantastic at pointing out to myself other peoples flaws. Being in front of me they are much easier to see (and stomach) than my own.

Perhaps seeing them IS one of my own? What if our flaws are opportunities for other peoples strengths to shine.

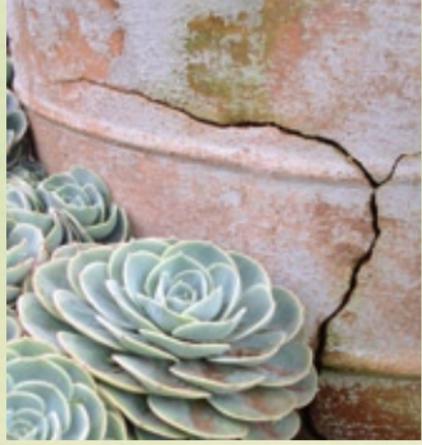
The day that you fall into a puddle of tears, your work-mates muster to lift you up, simultaneously running a bit faster around you to pick up the slack. The time you forgot to get dinner on the way home so your partner does a 'surprise chef' number on the tins in the back of the pantry. The time you choose not to blast your horn at the person in the car behind rushing and pull over calmly to let them pass.

A story...

An elderly Chinese woman had two large pots , each hung on the ends of a pole , which she carried across her neck to gather water each day.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water while at the end of the long walk from the stream to the house, the cracked pot arrived only half full.

Every day the woman brought home only one and a half pots of water. The perfect pot was proud of its accomplishments, but the poor cracked pot was ashamed of its own imperfection, miserable that it could only do half of what it had been made to do.



BY EMILY HOLSTEIN

After years of what it perceived to be bitter failure , it spoke to the woman one day by the stream. "I am ashamed of myself, this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

"That's because I have always known about your flaw, so I planted seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

Next time I see someone cracking I think I might plant some seeds... 



Emily is a co-owner of Gnostic Forest Spiritual Shop in Woy Woy.



ASTROLOGY

*Planetary Influences for March...April...
May 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.

MARCH:

There is a great desire to reform and improve conditions around you as you feel the need to take risks to tread a new path as new possibilities await. Confidence and persistence is required to get the right balance and propel you towards your goals. Adjusting your expectations regarding your future is prominent as one chapter in your life is closing making way for a new one to begin. Politics is also high on the agenda this month.

APRIL:

Opinions may need to change. Communication with people may be a little frustrating at times as you see the end of some projects coming to a close making way for a new and brighter future. Being confident and optimistic is the key to having fun as success is there to be made if there is co-operation between all involved. Success can also be had in sports and changes in your home life may bring some very comforting and fulfilling moments.

MAY:

Having insight and great understanding is important for all, so you can heal any past hurts, especially within the home and family. Facing fears and letting go of any emotional upsets can help release any tension in relationships, so an awareness should be developed to balance out these issues. Demanding changes is not a good idea. Learning to be patient will enable you to adapt to your obligations and help solve any problems you have with divine wisdom.

Annular Solar Eclipse...21st May 2012...9.53am...o' 52" Gemini...

Jennifer has been an Astrologer for 21 years. FFA credited.



EXPLORING THE TAROT STRENGTH

Powerful Energies around you. Use it wisely. Your workload could be heavy. Any old issues can be resolved (business or personal). Let go of dark fears.

Remember – *as you think, so it is!*

Loretta is a psychic reader at Gnostic Forest.

ON THE CORNER

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Dragon year

Dragons symbolise strength, courage, good fortune, new beginnings and successful endeavours. They urge us to tap into our psychic powers and see the world with eyes of mystery and wonder!
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Fortune & Feng Shui

Lillian Too Fortune & Feng Shui 2012. Chinese astrology for each of the twelve Chinese Zodiac Signs \$19.95. AVAILABLE AT GNOSTIC FOREST, T: 4342 4466



Gnostic Healing Centre opened in 2003 when the current building was renovated. Originally known as the Gnostic Healing Sanctuary and Organics Market it began with a small therapy clinic and organic shop. After 2 years the Organics moved across the road into a separate business and then just last year Gnostic Healing was reborn with its own Apothecary. Like all Gnostic businesses GHC has changed and transformed into the current business which now features 10 therapists offering a broad range of modalities and herbal remedies prepared to meet clients specific needs.



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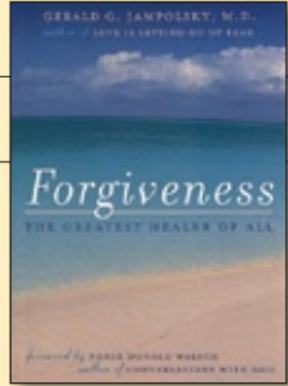
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Chambers Place, Woy Woy



Forgiveness

AUTHOR: Gerald Jambolsky

PUBLISHER: Atria Books/Beyond Words



This great little book is an important read. Even if you don't think you have "issues" with forgiveness I guarantee that it only takes a few hours to read, and as you do you may discover that you do have some things and people in your life that you haven't forgiven completely.

Gerald Jambolsky explains that you either forgive or you don't – there are no half-ways. A bit like being pregnant, you can't be nearly pregnant and you can't nearly forgive.

Once we get on with forgiving people, events and mostly ourselves we can expect our life's to start to flow in the direction of our desires. He claims that physical pain is caused by emotional unforgiveness.

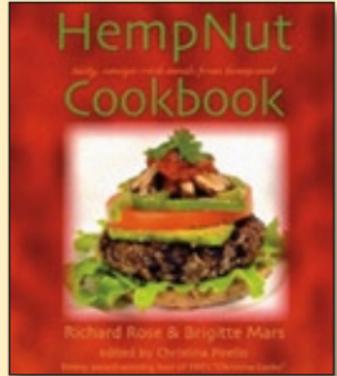
This is the kind of book you want to pass onto your friends and family.

One of the many great quotes: "forgiveness is letting go of all hopes for a better past" – *Mary H.* 

Hemp Nut Cookbook

AUTHORS: Richard Rose and Brigitte Mars

PUBLISHER: HempNut, Inc.



Why hemp food? Hemp seeds contain more than 30% complete protein, with all of the essential amino acids necessary for digestion. It is rich in essential fatty acids, trace minerals, vitamins, fibre and other essential nutrients. On top of this, they taste great too!

As with most books about hemp, this one has a brief overview of hemp history and explains in great detail the nutritional benefits of hemp seeds. This enables the reader to educate themselves about the amazing benefits hemp has to offer.

Without doubt, the best recipe in the book is the hemp burger pictured on the front cover. Made with black beans, brown rice, rolled oats, hemp seeds, onion, bread crumbs and some nut butter, it really does rival it's meaty counterparts. – *Richie H.* 



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READERS

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

Morgain – *Sunday, Monday*

Empowering life guidance using tarot, numerology, astrology, crystals and spirit guide communication. Also past life sessions to relate information on karmic lessons, fears, gifts and talents.

Loretta – *Tuesday*

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

Savitri Earthheart – *Wednesday*

Savitri brings wisdom from the divine dimensions. Merging with Gaia & connected to your Higher-Self & Team of Guides. Savitri is a Clairvoyant with accurate perception. Offering Aura Interpretation. Medium-ship, Crystal Matrix & Tarot.

Oscar – *Tuesday, Thursday and Sunday*

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.

Franchesca – *Saturday, Wednesday*

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 – *Saturday*

Psychic Medium. Connecting you with past over loved ones and bringing through their messages of love and support. Christian also uses his Clairvoyant psychic skills through Psychometry and oracle Tarot to give you positive guidance NOW for future possibilities.



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 on Gnostic Corner

The Boulevard & Chambers Place, Woy Woy, Central Coast NSW



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