

Gnostic

ISSUE 11 2012

# LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

YOUR ULTIMATE

organic

FEAST



FEED YOUR MIND  
GROW YOUR IDEAS

# GNOSTIC HEALING CENTRE

## Wholeness, Wellness & Wellbeing

### **Lana Aitken-Jones** NATUROPATHY (Monday to Friday)

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 (Monday to Saturday – not Wednesday) Tiffany combines Energy Healing & Naturopathy to help people feel more mentally, emotionally, spiritually & physically connected & well balanced. Registered with all major health funds.

### **Kim Bourke** HOMEOPATH (Saturday)

Homeopathy, holistic non-toxic form of medicine stimulating the body's own healing abilities. Safe, affordable and effective. Plus animal homeopathy home visits available.

**Wayne Carroll** BOWEN TECHNIQUE/REIKI (Wednesday, Thursday, Friday) 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!

### **Joanne Cameron** LOMI LOMI, REFLEXOLOGY & REIKI (Friday)

Having trained in Hawaii and Australia, Jo offers the ultimate goddess treatment for rejuvenation and activating your inner pharmacy for healing on all levels. Using warm stones and luxurious coconut oil, the treatment also incorporates Reiki energy to revitalise and restore.

### **Stefan Hafner** ACUPUNCTURE (Monday, Tuesday, Thursday, Friday)

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.

### **Karin Holyman** TRIGGER POINT (Thursday)

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.

### **Morgaine May** MASSAGE – VARIOUS MODALITIES, REIKI-SECHEM

(Wednesday) A range of styles from remedial to pregnancy, aromatherapy, lymphatic & reflexology – hands on healing for deep relaxation and emotional wellbeing. Treatments that support all body systems & help to relieve chronic & acute pain conditions.

### **Maxine Skinner** MASSAGE/REIKI (Sunday)

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### CLINIC HOURS:

Monday–Fri day 9am–6pm • Saturday: 10am–4pm

• Sunday: By Appointment • Clinic appointments available after hours by prior arrangement.

Tel: (02) 4342 0434 • [www.gnostichealing.com.au](http://www.gnostichealing.com.au)

Shop 1, No 31 Chambers Place, Woy Woy NSW 2256





As the days warm up and the flowers start to bloom, we're all reminded of the new life that comes with Spring.

Nature organically circles around to the beginning, with fresh buds everywhere and animal offspring being born – the air is full of life. I've been lucky enough to experience some of this organic creation in my own life.

Gnostic Corner was one such beginning. What started as one shop, evolved into a co operative of businesses working together for the benefit of the whole.

Not all things in life are so organic. Many people experience challenges in life that require much planning and thought. Some ideas need to be brainstormed and 'nuttied out' so to speak but essentially, everything around us has to start somewhere, somehow.

Both positive and negative things begin somewhere.

With that in mind, this Spring I am choosing to be conscious of starting as many positive things as possible. They may not be big or grand things but my focus is on them being positive things.

Planting little positive beginnings in what I say and what I do and hopefully contributing to a little more love in the world.



Happy beginnings friends!

Gabby Bowles

EDITOR, ISSUE ELEVEN

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ON OUR COVER:

Elisha works at Gnostic Mana Cafe. Just back from travelling to England, Greece and Canada for 12 months, she's looking forward to a Coastie summer.

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# Gnostic School of Higher Learning

**MONDAY 12.30–2.30pm:**

**Ongoing classes:  
Dreams, Astrology**

Understand yourself and others by deciphering the planets and the messages or your dreams.

**Contact Maureen 0418 113 799**

**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**

**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 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**

**SUNDAY 10–12pm:**

**Tarot Classes**

Learn the basic skills required to interpret this amazing ancient psychic tool.

**Contact Fran 4389 3662**

**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.*

# CHOOSE YOUR destiny

Philosophers often debate the concept of free will. Some people talk about destiny. A Gnostic interpretation would be that we have free will about how we *explore* our destiny.

**T**his physical world is all about navigating emotions. Try having one whole day without emotions... it wouldn't be easy and also wouldn't be much fun (but then that's an emotion). Our Egos constantly create emotional responses to things that happen and then we react.

We seem to have free will in what we do. Even in limited situations like being caught in traffic – we might be destined to be late, but we have free will on how emotional we get about it. And the response we take will determine what happens next.

Our emotions are like little cords of energy which we send out into the ether towards whatever we are projecting them at – a person, a place, a situation.

We have all been in situations where we were late for whatever reason and then when we arrived the person or event had been held up anyway – so there was really no delay at all. But in a parallel world we have been held up sometimes and gotten all fired up emotionally. Then there was anger or frustration from someone when we finally arrived, the

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BY MARY HOLSTEIN

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meeting went pear-shaped and the day continued to deteriorate. Ever heard yourself say “I have had a bad day and it just keeps getting worse...”?

We were destined to be delayed, but our emotional response (free will of behaviour) determined the next play of events. Once we get the hang of how emotions are energy cords that shape our reality we have more free will on how life goes. You have a choice in every moment, and the choices you make affect your reality in a subtle but permanent way.

With that concept in mind we take a step further down the road of free will. This step concerns the responsibility we have to each other. We live in a connected world and our behaviour affects others. We have just realized that our emotions affect our future experience. Well, we are the microcosm and our behaviour affects the macrocosm. In other words we are a small world and our experience reflects in the larger world.

This includes entertainment. When we watch violence on a movie or even when we watch



the news and hear of the horrible things people are doing to each other, that behaviour sinks into our subconscious and becomes available for future responses. You might believe that you are not violent despite what you see or hear, but we are all connected and you are storing these experiences into the collective unconscious. You may not have committed the crime, but you helped load the weapon.

Consider that your micro-cosm feeds the emotional ingredients into the macrocosm for others to draw from.

Quantum physicists are currently exploring 'holographic theory', which is all about how the three-dimensional world

we believe that we inhabit may actually be a kind of image or construct created, at least in part, by the human mind. Fascinating stuff – but really this is something which mystics have expressed in different ways since ancient times: *We are all ONE energy exploring physical reality from different angles of a hologram.* Wow – that's a huge responsibility!

Use your free will, select your emotions and you will become destined to have a peaceful life knowing that you are contributing in a positive way to the larger world. 🌱



Mary Holstein, student of philosophy – travelling down the rabbit hole further all the time...

**SECOND SUNDAY OF EVERY MONTH 10am – 3pm**

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**CONTACT: Riyaz Pocketwala: 0416 162 067  
Liam Grant: 0415 498 548**

# what the fractal?

with  
John Rollo

**I've always loved elephants** – such amazing creatures...

In March this year a man known as 'the Elephant Whisperer' died suddenly of a heart attack. Lawrence Anthony had devoted his life to the protection of animals and the establishment of a large Reserve in South Africa. In 1999 he agreed to take in a herd of wild elephants which had escaped from every enclosure they had been in and were considered extremely dangerous. Lawrence began working with the group, focussing on the matriach of the herd, 'Nana'. "I'd go down to the fence and plead with Nana not to break it down," he said. "One morning she just stood there. Then she put her trunk through the fence towards me. I knew she wanted to touch me. That was a turning point." The elephants gradually learned to trust him and were able to settle into their life, roaming over the 5000 acre reserve.

When Lawrence died, the same herd of elephants walked 12 hours in from the bush and gathered outside his house. They had not been to see him for over a year. They stayed there for 2 days. Somehow they sensed what had happened, and came to say goodbye.



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# Community Pride

BY GABRIELLE BOWLES

As a young kid on the Coast, some of my best memories were of the city show, a local theatre production, school fetes and even just a BBQ with the neighbours. I used to love the sense of belonging to something special, the school, the community, the neighbourhood... a developing sense of pride for being (as we call it) a Coastie.

I'm not sure if it comes from getting older and having more responsibilities and pressures, but that feeling hasn't been around much over the last 10 or so years. I often hear young people talk about 'getting out of here' as though staying means surrendering to a life of monotony. Then there are the letters to the editor in the local paper, some calling for more jobs and infrastructure and others complaining about changes and development. At times it seems like a double edged sword – you can't have progress without change, but you can't change things without progress.

I was lucky enough as a kid to experience what happens when someone is passionate enough about where they live to want to make a difference themselves. My dad has spent over 20 years now doing just that, making a difference as a local councillor. Public office,

even in a small community can be a largely thankless job. But watching my father's passion for our local area has re-ignited my desire to be part of something special.

It's easy to sit on the sidelines and critique a council on what they should or shouldn't be doing. It is far harder in reality to be that representative and look beyond the individual nay-sayers to a bigger, more promising vision for the community at large. Building a sense of community is hard, but boy – can it be worth it? There is nothing better than the sense of solidarity you can get from your local community and it's something that I think is important to invest in.

I love where I live. We are blessed with beautiful surrounds, lush forests and golden beaches. So much do I love the Coast that I've decided to stay right here and raise my family. This is where our family business is and where our kids go to school. And this is where I want to give something back.

I want to help build a sense of pride in our community that I think many have forgotten is possible.

Let's see how I go... 



Gabrielle Bowles, partner of Gnostic Mana – Candidate for Gosford City Council Election – hoping to make a better future.





## SUNNY DAYS

### Picnic Cob

*This simple recipe is a great idea for a picnic lunch or BBQ and can be customized to suit your taste buds.*

1 large crusty cob loaf

A selection of cheeses, pesto, relish and any antipasto goodies you like...

Small goods and/or vegetarian options

For this one I used salami, baby spinach, cream cheese, marinated grilled eggplant, smoked peppers, olives, sun-dried tomatoes.

- ◆ Cut the top crust off the cob to create a lid.
- ◆ Hollow out the cob, leaving a 1cm wall around the edge.
- ◆ Brush the bottom of the cob with your choice of cream cheese, pesto or relish & proceed to layer the other ingredients on top.
- ◆ Be sure to fill right to the edges.
- ◆ Finish off by brushing the top crust with cream cheese or pesto & place on top of the stuffed cob.
- ◆ To serve carefully cut across the cob in thick slices.
- ◆ A cheeky glass of wine would compliment this nicely!

Enjoy! – GB

## SHAMANIC ENERGY CLEARING

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- Trying to sell
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Contact Shaman Jodi

0401 357 114 – 4322 3838 [shamanjodi@live.com.au](mailto:shamanjodi@live.com.au)

# FOSSIL SHELL FLOUR

## AN ANCIENT MINERAL REDISCOVERED



About 4 months ago I fractured my knee. I began researching for anything which would give me relief from the pain, and help speed my recovery. I became intrigued by the many claims about a substance called Fossil Shell flour (FSF), and I started taking it myself. The result is that my bad knee is having better joint movement much earlier than expected in the healing process.

### What is Fossil Shell Flour?

Actually, FSF (Diatomaceous Earth) is not an earth. It is the fossilised remains of microscopic shells of freshwater plankton algae/plants called DIATOMS. FSF is 84% Silicon Dioxide (Silica). There is no life without Silica! Some say that, "Silica is the most important trace mineral for human health!" Silica plays an important role in many body functions and has a direct relationship to mineral absorption. The average human body holds approximately seven grams of silica, a quantity far exceeding the figures for other important minerals such as iron.

### Detoxifying with FSF

FSF (DE) has been reported in scientific literature to absorb methyl mercury, E.coli, endotoxins, viruses, bacteria, organophosphate pesticide residues, drug residues, and protein, perhaps even the

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### BY BIRGIT STECH

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proteinaceous toxins produced by some intestinal infections. Microscopic live cell analysis of blood taken from individuals who have detoxed for many months produced no evidence that this particular diatomaceous earth ever makes its

*After using Fossil Shell Flour, many people have experienced relief and recovery from minor and major health problems such as Chronic Fatigue, toxicity, arthritis and other inflammatory conditions. Increased energy and general well-being have also been reported.*

way intact into the blood. Also, hair analysis of these individuals displayed normal or even slightly low amounts of silica. This evidence, combined with a very low trace and toxic mineral content (usually ppm), supports the concept that DE Fossil Shell Flour removes toxins that poison the immune and regulatory functions, instead of adding trace minerals that support these processes in the body, as was once thought.

### How FSF works

As it moves through the stomach and digestive tract, it attracts and absorbs bacteria, fungi, protozoa, viruses, endotoxins, pesticide and drug residues, E.coli, and heavy metals.

### Fossil Shell Flour for your pets

You can even protect your pets with FSF. When lightly rubbed into their coats or dusted on their premises, it is very effective against fleas, ticks, and lice. It can also be used as an organic wormer and will kill any parasites the pets may have. As pets get older, they also get sore joints. With FSF in their diet they will feel better. Apply to moist kennel areas to reduce odours, dry the area, and prevent pests breeding. Deodorising and absorption are natural functions of DE, so add to kitty litter to absorb odours and keep the litter box drier.


These toxins are trapped and passed out of the body. In addition, any larger parasites that happen to be in the stomach of digestive tract are "cut up" and killed by the sharp edges of the DE.

All of these activities result in a much healthier body with less sickness. We often hear the phrase "I just feel better" with our FSF users. This better feeling comes from all the "junk" being removed from the body and by giving our immune system the "jump start" it needs.

Fossil Shell Flour is amorphous (non-crystalline) and the food-grade variety is generally regarded as safe but as an extra safety precaution the dust should not be inhaled.

Working up the amount you take gradually from about a

teaspoon to a rounded tablespoon over a few days or weeks is a good way to enable your metabolism to adjust to FSF. Taken with water or juice first thing in the morning will allow the FSF time to move through and absorb toxins from your digestive tract without interference and without absorbing nutrients from foods or liquids.

We should of course all avoid exposure to toxic metal and other forms of toxins as much as possible. Consider using Fossil Shell Flour to detoxify and help to protect yourself from the many harmful effects of any unavoidable exposures. 



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



#### Your daily Detox with Fossil Shell Powder

Containing 84% Silica this "Miracle Powder" is reported to enhance energy, reduce pain, clean the walls of the intestines, amongst other great benefits. A simple and inexpensive way to do your daily detox! 1kg **\$22.95**

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[www.gnosticorganics.com](http://www.gnosticorganics.com)

# Friday Night Poets & ☾

## THE Half-Written Book Club ✨

### SONGLINES

when we walk the land  
the spirit of the earth awakes  
when we walk the land  
the songlines stir to life  
waves of memory ebb and flow  
linking past – present – future  
carrying our journey into time  
into ground  
where we walk the land

© Jeannie Lawson

### LIZARDLIKE

“I’m just a lizard”, she said,  
Stretching sensually in the sun,  
A lizard heart within a smooth skin,  
So unlike a reptile’s hide.

Rays permeated the soft shield,  
Awakened slumbering cells.  
They stirred, nudged each other  
And said, “Time to get moving”

© Jill Nevile 2012

### LULL

in the coastal house it’s turning dark  
I’m scuttling about like a crab  
heat dripping rivers on a wall of drab  
the clicking fan doing its rounds  
palms crying out loud in the park  
a million urgent cicadas screaming  
splitting my brain while they jump out of their skins  
heat drains and noise wins  
buzzing circles my ears  
mosquitoes in their six day dreaming  
skins in time trials across the floor  
the limbo before the towering wave  
tosses this day into an undersea grave  
the southerly cloudhead pressing  
unidentified insects at the door

John Blackhawke

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.

# THE fear factor

I was asked the other day about how a phobia begins.

It struck me as useful information for shaping our lives, and even more useful for shaping the lives of tiny others, so I will share it.

A phobia begins as a shock. A dog barks and startles the baby. Later the baby will sleep through it, and perhaps he will begin to have dog dreams. Who knows?

One day he sees snarling: a nasty little dog lit up with his own pooch power snarling on a lead. It makes an impression. But there are friendly dogs too – he is still learning many things.

And then disaster: a snap and a bite, very frightening. This will later become a place to heal.

Then usually one more thing happens to confirm it, especially around the same time. This is where a sensitive parent can helpfully intervene and where expressing our own outrage and fear can reinforce a child's fear.

As an adult, phobias can develop when we are vulnerable after a shock from life. A rudeness at the shops which she would normally take in her stride is just too much today. She goes home to lick her wounds, curl up in a ball and sleep. Tomorrow she decides just to use the local shops. At first that seems alright and then she starts running into some-



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BY LIZ MACNAMARA

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one she would rather avoid. She orders online and is too ashamed of her own weakness to open the door.

Master Hypnotist Igor Ledowchowski talks about a fear muscle. The more we use it the stronger it gets. Give into a small fear today and you make it stronger tomorrow.

But the converse is also true: challenge a small fear today and tomorrow it will be weaker.

We should be careful about the little hesitations in life. Yes, sometimes it is wise to retreat and recuperate, but watch those moments, keep note of them and do not let a habit make a slippery slide in your mind.

Yes, sometimes it is difficult to speak, to be yourself and dance laughingly on nimble feet. Life is full of shocks and there are weeks you just need to sit on a rock and pause.

And there are times to mind your habits, watch them develop. The good ones and the troublesome.


It takes 21–28 days to create a new neural highway. To make or break a habit. This is good news if you want to start something positive for yourself: after a bit of perseverance in the first



month you will be automatically prompted to do the new behaviour. It is also good news if you are noticing a new direction in your life that you suspect might be harmful to long-term happiness. Disrupt the pattern; take good care, as habits can form in 21 days and even less if reinforced. There is a definite window of opportunity where it is easy to stop, with a little effort. And when that window closes there are habits of mind that shape your life.

I recently read a book called *Yes Man* by Danny Wallace who set himself the task of saying Yes to every offer for a year. Yes to spam email, Yes to invita-

tions to parties he didn't want to go to, Yes to taking on tasks at work that no one wanted, Yes to everything. At the end of that year he has a spot on TV, a new direction and a new love in his life.

Inspired I tried this and it makes an excellent challenge. A day of saying Yes and seeing where it leads you. It is even a great antidote for a mild phobia. A little Yes can change your life. 



Liz Macnamara is a hypnotherapist at The Clearing on Gnostic Corner – a space for things to happen. [hypnohub.com.au](http://hypnohub.com.au).



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# GROW YOUR ideas

If at first the idea is not absurd  
then there is no hope for it.

ALBERT EINSTEIN



Unlike many other occupations, you don't need much 'stuff' to be a writer; just a pen and paper, possibly a computer, a comfy chair and an endless supply of coffee. But there is one elusive and priceless thing you just can't manage without and that's inspiration.

Inspiration (from the Latin *spirare* to breathe] means to 'breathe in', to stimulate and invigorate and it's what all creative types need to get their juices flowing. But inspiration is an awkward bugger. Often it appears when you least expect it. A great idea will pop into your brain as you wrestle with shopping bags at the check-out, or while you're cleaning the loo, but later you'll stare blankly at the screen, your brain barren, and find that your inspiration has gone walkabout.

If you think you've lost your inspiration down the back of the sofa cushions, here are some tips on how to find it again.

**BE A MAGPIE** Take inspiration from all sources. Try watching people and notice what they're wearing, their gestures, their conversations. Read outside your comfort zone, watch films and television, listen to music, go to

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BY KATE TOON

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events, art galleries, museums. To be inspired by life, you've got to live it.

**BUY A NOTEBOOK** Capture that idea when it strikes in either a note book or on some snazzy app on your smart phone. Remember to write clearly and neatly (often I look back on my notes and can't understand what the heck I was going on about).

**JUST START SCRIBBLING** Remember nothing you write is by accident and your first draft is never your last. Just start writing and you might inspire yourself.

**DON'T FEAR FAILURE** Often the fear that the idea you have isn't good enough can cause you to dismiss it, but ideas breed ideas. Encourage yourself to 'let go' and enjoy the process rather than focusing on the result.

**BE BORED** That long wait for a train or time spent standing in line at the ATM is a great opportunity to let the brain drift into inspiration land. Daydreaming feeds the creative soul.

**GO FOR A WALK** A breath of fresh air can often be, well, a breath of fresh air for your creative brain. As your body

# The Clearing on Gnostic Corner

*a space for things to happen*

## **Liz Macnamara**

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## **Raelene Coad**

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Weight Release.

**Rochelle**

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Your Pain with  
hypnosis for  
chronic pain  
sufferers.

**Liz 4341 0464**

### **FRIDAY**

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prose, screenplay.  
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inspiration and  
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### **SATURDAY**

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introductory  
classes – see web  
for details.

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is busy with the action of walking, your mind can often slip sideways and seek out inspiration.

**TALK TO OTHERS** There's a reason advertising agencies are keen on brainstorming. Bringing together a group of creative minds can spark genius. Little seeds of ideas often grow into a flourishing crop with the input of others. Find a friend to share ideas with and the inspiration will flow.

Of course I couldn't write about inspiration without

including the classic Thomas Edison quote:

*Genius is one percent inspiration, ninety-nine percent perspiration.*

Inspiration is just the first step on the long hard road to creation. Once you've had your brilliant idea, it's time to roll up your sleeves and start the real work! 



Kate Toon is a poet, copywriter and author of 'Gone Dotty'. Read more at [www.katetoon.com](http://www.katetoon.com).



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Contemporary musicians like Sting with his band The Police have used their music to portray gnostic themes: The 1980s hit *Spirits in the Material World* is a perfect example of this continuing philosophy.



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# THE PERFECT CUP OF tea



**T**here's nothing nicer than a soothing cup of herbal tea. But besides being a tasty, warming, caffeine-free pick-me-up, herbal tea has many wonderful health benefits.

Unlike other forms of tea, herbal teas contain no caffeine. They also taste great and are easy to drink. Your herbal tea may consist of one main herbal ingredient or it may be a blend of different herbs, designed to bring about a specific purpose, such as relaxation, rejuvenation, or relief from a specific condition, amongst other things.

Making the perfect cuppa can be quite an art so here are my tips for brewing the perfect cup of herbal tea.

Firstly, when you are preparing your herbal tea, use fresh, cold water and if possible, brew your tea in a ceramic, glass, cast iron or stainless steel container. A tea strainer is also

---


**You can never get a cup of tea large enough or a book long enough to suit me...** – C.S. LEWIS

---

useful as it lets you create your own blends of herbs, and stops them from escaping into the infusion.

Add 1 to 2 teaspoons of herbs per cup of boiling water, cover and let it brew for 8 to 10 minutes, but don't over steep, as the flavour may become too strong, leaving a taste more medicinal than pleasant.

If you wish to enhance the flavour of your tea, sweet orange peel, dried cranberries, cherries or fresh ginger added to the herbal brew, can add a fresh and fruity lift. Or if the herbal tea becomes a little bitter you can make it more palatable by adding some honey, lemon juice or Stevia.

Now all you have to do is to get that kettle on... and enjoy! 



Liliana is a Naturopath – she is a passionate Gnostic business owner and tea-totaller.

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

# BOWEN THERAPY

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Bowen Therapy is a dynamic system of muscle and connective tissue therapy that was developed in the 1950's by the late Tom Bowen in Geelong, Victoria, Australia. It is sometimes called the "homoeopathy" of bodywork. There are now thousands of practitioners scattered all around the world.

During a treatment, the clients lays on a massage table while the practitioner delivers signals to the nervous system from specific locations of the body by applying gentle pressure on Muscles, Tendons, Fascia, Ligaments, Joints and Nerves.

This initiates the body's realignment process addressing both chronic and acute injuries and other health problems.

Most practitioners work with clients whose conditions have developed over many years, where patterns of dysfunctional muscle recruitment and posture have become entrenched over time.

A session involves many 'procedures' each of which consists of several sets of moves. The practitioner pauses for as many minutes as are needed for the clients body to begin responding, often profoundly.

After the nervous system begins to adjust to the tension level in the muscles, the client is ready for the next set of moves.

*Had enough of pain medications and their side effects?*




Pain free movement and up-right posture are normally the affects one experiences after a couple of treatments. Sounds like a good start, and remember, its "Australian Made".

The first Bowen Treatment is approximately 1hr.30 mins, subsequent treatments 1hr.

In contrast to other hands-on modalities the Bowen Technique allows the body to heal itself with minimal intervention.

## Should I have a treatment?

Have you had enough of pain medications and their side effects? Looking for gentle stress or pain relief, or maybe a postural realignment, lymphatic stimulation, circulation or nerve pain relief, or just a general realignment? Then you have answered your question. 



Wayne Carroll is a Bowen Therapist and works at the Gnostic Healing Centre.

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## bliss feng shui

Marlih Jung

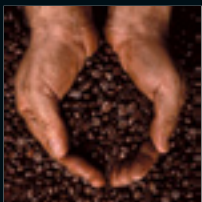
Bliss Feng Shui Consultancy

Phone 02 4388 2160

Mobile 0411 536 084

[marlih@blissfengshui.com.au](mailto:marlih@blissfengshui.com.au)

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*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!*

## Lisa Jewel

Creating art is an expression of my life experiences and emotions. I paint in the moment, not planning or trying to control the outcome. The picture will evolve in its own time. I feel my art is trying to tell me something. It is an interesting adventure which forever surprises me. When

I am not painting, my attention is focussed upon my music. My challenge is to find the balance between the two as they feed off each other bringing inspiration. As does stepping into nature allowing space and fresh eyes to encourage me to take risks with my brush. This is when the magic really begins to take place.

See more at [willowjewel.com](http://willowjewel.com)



## Alain Khouri

Khouri is a world travelled photographer with an extensive library of mesmerising and often breathtaking images from around the globe. Spanning several continents and over 30 countries, his work is rich in cultural depth and celebrates the universal nature of humanity.

His love of colour and pattern, and his ability to capture moments in unique ways match his bold, curious and vibrant personality.

You are invited to enjoy his solo show at the Gnostic Mana for the month of November 2012.

A long time love of the relationship between the simplicities and the intricacies of life have often inspired his work. Alain's photographs invite the viewer to enter his world, giving them an opportunity to develop their own interpretations from the images. Alain's passion for colour, pattern and design will feature strongly in his exhibition, with prints on canvas and archival rag paper.





# PENINSULA YOGA

~ on Gnostic ~

## JOHN WILSON



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Monday	7.00pm	60min
Tuesday	5.30pm	60min
Wednesday	10.30am	90min
Thursday	6.30pm	60min
Friday	7.00am	60min
Saturday	7.00am	60min
Saturday	9.00am	90min
Sunday	10.00am	60min

All Classes are \$10 per person

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**Email:** [Peninsulayogacentre@hotmail.com](mailto:Peninsulayogacentre@hotmail.com)

**Facebook:** Peninsula Yoga with John Wilson

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

## James Mosely

No guru, no method,  
no teacher, Thank you Van.

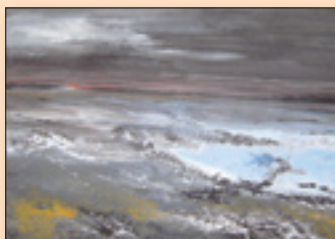
No mystics, or magic, gods or  
saints, mythical kings or iguanas.  
Thank you Dory.

Thank you Riyaz for the initial  
encouragement. Kept me going.

Thank you Arlene for stimulating my imagination with your  
amazing knowledge, advice and ongoing support. You are  
invaluable to me.

What others do so well with words, "I've spent my whole life in  
clouds at icy altitudes," thank you Joni. I try to express with paint.

Sometimes it's an idea, or no idea, either way nothing turns out  
as expected. The paint goes on, accidents happen, and there  
is unexpected joy. A feeling of opening up to those with time  
enough to look.



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# TALES OF THE Dragonfly



**M**any cultures have myths or stories of dragons.

Some of these creatures have wings, some breathe fire – others are brave and scary all at the same time. In some cultures they were thought to know the secrets of the earth...

The Chinese took ownership of dragons throughout Asia. Their dragons had 5 toes – and the further the dragon ventured from China the fewer toes it had. The Korean dragon had 4 toes and the Japanese only had 3. If a dragon returned home to China its toes were magically restored to the original 5.

In modern times the word dragonfly comes from the myth that dragonflies were once dragons, but were too small to breathe fire and therefore did not grow.

The dragonfly is the subject of intrigue in almost every continent it is found in. Different civilisations have developed unique meanings behind their behaviour and lifestyle.

The dragonfly symbolises change: change in the perspective of self realisation and the kind of change that has its source in mental maturity and the understanding of the deeper meaning of life.

Native Americans believe the dragonflies are souls who have passed on. In Japan the dragonfly is very important. The ancient name *Akitsu-Shimu* means Dragonfly Island. Dragonfly has been the official symbol of Japanese warrior

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BY JULITA WARDLEY

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clans for some sixteen hundred years. Later it was adopted by the Emperor of Japan and is his official emblem. The symbol represents Joy and Light and if you see two dragonflies this is a symbol of love.

Perhaps the dragonfly represents humanity's progress with taming our own dragon natures?

*There were in fact dinosaur dragonflies that lived 300 million years ago. — One fossil found had a 2½ foot wingspan...*

Stories are now being blended as the world's cultures merge. The dragon and the dragonfly too, will take on new roles and no doubt continue to inspire our subconscious to overcome our own shadows of doubts and aggression. The modern dragon is represented in our movies (the story telling of our generation) through characters with magical powers. The children of today continue to dream about being brave, strong, safe and protected.

The stories change but also stay the same...



Julita is co-owner of Gnostic Enchantments and loves travelling the world in search of dragonflies.

# Restorative Yoga

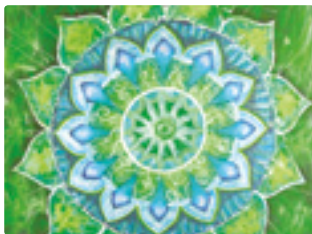
BY JOHN WILSON

**R**estorative Yoga or *Yin* Yoga is a practice that allows you to deeply relax, and develop states of restful bliss and inner peace. You will become refocused, rejuvenated and revitalised as you allow your body to be passively stretched, and your mind to focus on the present moment.

The Yoga postures are practised with a big emphasis on the use of Yoga props, bolsters, blocks, blankets and straps which help your body stretch and open passively, while being held and supported with very little or without physical effort. This allows you to hold postures longer and focus your mind on the breath, mantra or mandala. The more the body is supported by props the deeper the relaxation will be. You will feel the sweetness of both body and mind as the restorative energy starts to flow.


A restorative class starts with some gentle stretching to warm the muscles and open the joint spaces. Similar to any other well structured Yoga sequence your body will be placed in various positions to ensure balance of the physical body, forward bends, backwards bends, twists and inversions are practised with reliance and trust in props.

The benefits are enormous. The parasympathetic nervous system (rest and digest response) is stimulated, immune



response is stimulated, helps lower blood pressure, increases flexibility, pain relief, helps to rehabilitate injuries, releases stress, improves concentration, helps with developing deeper sleep and many more.

Restorative Yoga is by nature very gentle however if you are overly tense in a particular part of your body you will be physically challenged. You will discover tightness in your body and restrictions in your movement that you were completely unaware of during a restorative class. This is because you are asked to slow down and deeply explore the affects and sensations of the practises on both body and mind. You can bring softness to your body and openness to your energy channels if you allow yourself to relax and remain focused.

Restorative Yoga is grounding and calming. This type of practise is an antidote to a stressful western lifestyle but it is most beneficial as a compliment to your usual Yoga practise. 



John holds a yoga teaching diploma and is a member of the Yoga Teachers Association of Australia.

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



# CREATE SPACE



The time is *now* – make room for something new in your life!


The things we surround ourselves with either *inspire* us or *block* our inspiration.

When clutter builds up around our home it causes stagnant energy. Stagnant energy can effect our moods and can cause illness, bad relationships, lack or loss of money only to mentions some effects.

The value of reducing excess “things” and tidying up our space can not be underestimated. Humans are creatures of habit, and sometimes it takes encouragement to break habits and let go of things we have been holding onto. If you haven’t used something in the last year you probably won’t be using it in the future either.

→ **Tip for doing it yourself:** Start in the corner of your home that is the furthest away from your front door and work toward the front door (in other words sweeping out bad energy). After completing the spring clean/clear, open the doors and windows to let new energy into the home, play your favourite music, sit for a few minutes and visualise what you would like in your life from this point on.

If you choose to employ a professional, it is important that the person you choose for the task is aware of the physiological effect clutter has on the occupant. Depending on the severity of the clutter, it is important to be cautious and declutter slowly and systematically and keep a constant eye on the occupants. Uncontrolled decluttering can have an unfavourable effect on the occupants.

A clearer space will improve your energy levels and increase inspiration. Get started today! 

## What is clutter?

- ◆ Things you do not use or love
- ◆ Things that are untidy or disorganised
- ◆ Too many things in too small a place
- ◆ Anything unfinished
- ◆ Storing things for others



*In the Spirit of a loving and supportive Space*  
Marlih Jung is a Feng Shui Consultant  
[www.blissfengshui.com.au](http://www.blissfengshui.com.au)

# THE FORCEPS OF MY MIND

The forceps of our minds are clumsy things  
and crush the truth a little in the course of  
taking hold of it. - H.G. WELLS

**C**onfession: I recently reacted to someone that I love who was struggling with anger, impatience and despair. With fear as my motivator and rescuer as my archetype I galloped in and achieved nothing...

Our responses to others are born in our emotions, judgments and past experiences all culminating to a lightning flash moment of response.

This reaction carries us in a tsunami-like wave of action/ reaction until we are no longer in the moment but are lost in space, acting out the past or future of our own minds with little relevance to the person or situation that faces us.

To catch yourself in this moment breaks the illusion but alas, most of us (myself included) only do so only in retrospect. We can only be responsible for our own behaviour so to reflect on it, without judgement, helps us to make different choices next time.

It's in this space we can begin to see our mental "default" program so as to better understand the filter we impose upon our lives. It is within silence we create a viewing platform to listen in on and shame our automatic responses, to be done with them so we can gain more clarity in our every day interactions.

It is in your mind that "reality" is created, beyond this

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BY EMILY HOLSTEIN


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supposed reality is what actually "is".

Mindfulness is spoken of in Buddhist teachings quite often. To bring sour awareness back into the present and respond only based on what is in this moment requires dedication. It is this I am yet to master but willing to practice as long as my reactive nature persists!

Epilogue: I just got off the phone with my friend. He is doing well and seeking help from less emotional sources

Maybe I don't need to try to fix everything and everyone after all.... Moral to the story: Solutions are best found through help sought, not forced. 



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

# ASTROLOGY

*Planetary Influences for September, October, November 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.*

**SEPTEMBER:** There may be some internal conflict with thoughts and attitudes when making adjustments in new business dealings and schedules. Thinking very clearly and having self control before you take any action will help you organise and to make firm decisions on any number of subjects. Being aware of your surroundings and the people you are dealing with will be a positive start.

**OCTOBER:** Opportunities await you and you will have an intense feeling that your true purpose of life is within reach. The feeling of transformation will feel real although other people's values is something you need to take into account especially when there are secrets involved. Great determination with joint enterprises and executives are prominent as the resources are there for you to work with.

**NOVEMBER:** Changing direction, tension, disputes, insecurity and impulsive actions are something you need to be aware of this month because you may feel like you are beating your head against a brick wall. Thinking clearly, making wise decisions and reassessing life's strategies will help you to overcome any obstacles that stand in your way – especially when you're feeling irritable and frustrated. Using excess energy may cause some to be accident-prone.

*14th November...Solar Eclipse...New Moon...21'57" Scorpio...8.11am*

*29th November...Lunar Eclipse...Full Moon...6'11" Gemini...00.35am*

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



## EXPLORING THE TAROT JUSTICE

It's time to learn to examine situations without judgement, to weigh up events before taking action. Realising that only universal laws hold the truth.

---

Loretta is a psychic reader at Gnostic Forest.

# ON THE CORNER



## Pure Magic

Dr Bronner's Magic Soaps are made with organic oils and certified fair trade ingredients. 100% Vegan soaps in Bars and Liquids: Peppermint, lavender, Almond, Eucalyptus, Tea Tree, Unscented Baby-Mild, Rose and Citrus Orange From \$3.95. AVAILABLE AT Gnostic HEMPORIUM, T: 4344 2300



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## Owls about

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## Zero Limits

AUTHOR: Joe Vitale

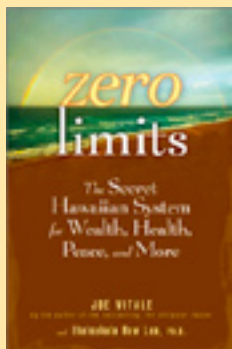
PUBLISHER: Wiley, John & Sons

An amazing book – even though it’s written by a guy who is clearly an egomaniac! That might not get you interested, however the concept is intriguing and well worth persevering past the ego stuff.

It’s all about a Hawaiian doctor who healed a ward of criminally insane patients without even seeing them personally. He read their files, then healed what he saw wrong in them. The way he did this was to see it as a reflection of him, and healed himself. This technique he calls *cleaning*. He doesn’t suggest it is easy, but with practice apparently it works. He has cleaned himself and healed thousands of people in areas such as health, relationships and wealth – the things that concern most of us.

The cover suggests you “be prepared for a journey that is both challenging and inspiring beyond anything you’ve imagined”

– Mary H.



## NEW Gnostic Corner Website



Hey, check out our new site and don't forget to leave us your review!

👉 [www.gnosticcorner.com.au/reviews/](http://www.gnosticcorner.com.au/reviews/)

# 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 – 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 – Thursday**

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.

## **Francesca – Wednesday, 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.

## **Christian – Tuesday, 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.

# Find yourself on Gnostic Corner

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