

Gnostic

ISSUE 12 2013

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST



SPICY
seafood
SALAD

LOVE
your
SKIN

THE ART
of
BREATHING
Pranayama

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.

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.

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.

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.

Margie Braunstein COUNSELLING & PSYCHOTHERAPY *(Saturday)*

Therapy provides a caring, safe, relationship in which one can address the challenges of living and reorganize one's perceptions of the world. Gently explore and unravel old patterns and create new behaviours that will change the way you experience life forever.

Lisa Callinan REMEDIAL MASSAGE THERAPIST *(Sunday)*

Lisa is a remedial and relaxation massage therapist who works from a holistic perspective integrating the mental, emotional and spiritual to calm the body, mind and soul. She coaxes the body into letting go rather than forcing change, to help unlock tension and tightness and restore the body to balance.

BEAUTY, GEL NAIL & WAXING SERVICES

Megan Green HOLISTIC BEAUTY *(Monday, Tuesday & Saturday)*

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CLINIC HOURS:

Monday–Friday: 9am–6pm • Saturday: 10am–4pm

• Sunday: 10am–3pm • Clinic appointments available after hours by prior arrangement.

Tel: (02) 4342 0434 • www.gnostichealing.com.au

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



Welcome to another great issue of our Little *Gnostic Living Magazine*!

There's a really excited and optimistic energy in the air as I write this, it seems everyone around me is having experiences of synchronicity, emotional healing and awakening in their lives. I can see examples of it everywhere as those around me realise we are growing, changing and seeing old situations with new eyes and new understanding. When we allow ourselves the compassion to change our current ways amazing door can be opened!

This issue finds us exploring the mind-body-breath connection and finding ways to reconnect to ourselves and breathe through challenges that arise. There's a recipe for ice tea, some yoga moves to try out (for the full -giggly- experience join me at a *Peninsula Yoga on Gnostic* Class!) and some more great articles and insights from our Gnostic Corner Family.

Our experiences here on the Gnostic Corner are shaped by YOU and we feel blessed to have you all as part of a positive change here on the Coast.

Namaste to you, my Truth Lovin, Tea Sipping, Game Changing Peeps!



Emily Holstein
EDITOR, ISSUE TWELVE



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ON OUR COVER:
Bess de Jong is one of our favourite regulars! She's a student at Peninsula Yoga on Gnostic and the Gnostic School Philosophy classes. Working as General Manager at the Rhythm Hut in Gosford, Bess is also co-creating FunkYEH Freestylers Dance Workshops – For more info call 0420 682 245.

Advertising enquiries to Mary at: gnosticlivingmag@gnosticcorner.com.au

Graphic design by Justin Archer Design • Email: jarcher@idx.com.au

Photography of Gnostic Corner is by JasArt. Web: www.jasartphotography.com.au

All other photos are from Bigstock.com.

Published by Gnostic Living Magazine © 2012

Gnostic Living Magazine is proudly printed on EcoStar recycled paper by Evolve Printing.

We welcome your feedback and suggestions, please email: info@gnosticcorner.com.au

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Gnostic School of Higher Learning



MONDAY 7pm:

Introduction to Philosophy

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

Contact Gary 0408 206 164

TUESDAY

Drumbala Ladies

Beginners: 10–11.30am

Advanced: 11.15am–12.15pm

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 3.00–4.30pm:

Higher Consciousness Group

Offering tools to reach beyond your dreams Angelica and Terence Atman will guide you to reach your true potential. Exploring the nature of consciousness, relationships and spirituality.

Contact Angelica 0422 330 575

SUNDAY 10–12pm:

Tarot Classes

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

Contact Fran 4389 3662

Please phone Gnostic Forest on 4344 5251 to confirm class times over the holiday period.

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.





As time goes by, life brings new experiences. Things that we would have fretted about at one time don't seem to matter any more. What we once thought of as wrong, may now appear to be alright or at least OK...

Right and wrong haven't changed, because they never existed! They exist only in our minds. So the only thing that is changing is our minds.

We absorb information and then use that information to make judgments, we conclude that we "know what is right" based on this information. We then go about trying to convince others about this new found "right". The more people who we can get to agree with us the more secure we feel in our correctness.

This is at the bottom of all arguments, different opinions of what is right. The battle continues until one surrenders in defeat, agreeing to change his/her mind about the matter at hand.

The notion of right and wrong affects us when we think that someone has hurt our feelings. Feelings are part

BY MARY HOLSTEIN

of our emotional body. They get hurt usually by something someone else believes is right and we don't agree.

If our physical body is feeling hurt, it is often because there is a blockage that needs to be removed.

If you press into your lymphatic glands they sometimes hurt, that is because they are blocked and something needs to be released, once you work on the area with a gentle massage the blockage can be released and it no longer hurts.

So if we translate this to our hurt emotional body it would be fair to say that we need to identify the blockage and release our attachment to it so that our emotions can be healed.

It's not about being right or wrong – because remember they don't really exist – it's more likely about our attachment to our opinions and our readiness to be offended (hurt) when someone else has a different angle on things.

A Gnostic understands that each person has a reality



created by their own perception and therefore it is not possible to tell someone that they are wrong because this would be implying their perception is invalid...


Once we can sort out the illusion of *RIGHT* and *WRONG* we can begin to truly live in peace.

Think about co-operation. When we behave in a co-operative fashion everyone's needs seem to get met. Rather than going on about our rights and entitlements we begin to behave in a way that suits everyone. When your life isn't flowing or things seem to be blocked, ask yourself the question "how is my behaviour creating what I do not like here?"

If you answer this question honestly, you will often find that it is you and your own behaviour that is not co-operating with your own wishes. Maybe it's because you are being righteous about something. By massaging this behaviour, the blockage (that you created)

is removed and you will begin to co-operate with your own desires. Once you get into the space of co-operation you will notice that those around you begin to co-operate, it's contagious just like any behaviour.

Co-operation is the process of working or acting together. In its simplest form it involves things working in harmony, while in its more complicated forms, it can involve something as complex as the inner workings of a human being or even the social patterns of a nation.

When we realise that there are no such things as rights and wrongs, and we can see that hurt feelings are really emotional blockages, we can also understand that it's our own behaviour that sets the standards of what we experience. 



Mary Holstein, owner of Gnostic Forest.
Glad to know I can't be wrong...

Welcome to The Gnostic Corner...

Having 9 businesses with similar names creates lots of interest from both local and visitors to our area.

We started out as one shop, Gnostic Forest in the late 1900's and have grown as opportunities come along. The Cafe was the 2nd business and then came the Organics market and the Healing Centre. Seven years ago the Bunch flower shop opened and then the Hemporium, the Enchantments, The Clearing Hypnotherapy Centre and our most recent addition is Peninsula Yoga.

We are all independently owned and we trade in co-operation rather than competition with each other. By supporting the group rather than the individual we all have access to much more energy and it is easy to prosper. It's also easier to cope with the challenges small businesses inevitably face. By drawing on the support of the collective the ride is much smoother than by trading as an individual. Our ethics are really an agreement we make to ourselves and our own business, because to break the ethics would be to dishonour ourselves.

Its a great model – definitely not as deliberate as it looks, and we all have fun doing what we love! – Mary Holstein

what the fractal?

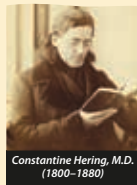
with
John Rollo

Hering's Law of Cure: "We heal from the head

down". This means that before we can even begin to heal we must believe we can heal. We must be mentally prepared and strong in order to allow the body to heal. We must not doubt the body's ability to heal itself. "We heal from within out". This means we must allow the body to cleanse. In order for the body to eliminate toxins it must be allowed to do so by not suppressing any kind of discharge. In order for the body to heal itself it must eliminate these toxins and mucous that were suppressed at this time. Since this was the last illness it is the easiest for the body to heal.

Unfortunately, Hering's Law of Cure is not used today in orthodox medicine. Mainstream medicine generally believes that because the symptoms are suppressed the problem is cured, or by removing the organ, which is not functioning correctly, it can cure the problem.

Perhaps this is why no one knows what a 'Cold' is today. A 'Cold' is the body's way of eliminating toxins, which it does by increasing the mucous from the mucous membranes in order to free the toxins. Toxin elimination is imperative in order for the body to stay healthy!



Constantine Hering, M.D.
(1800-1880)

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Liam Grant: 0415 498 548**

Give peach a chance...

BY GABRIELLE BOWLES

Once many years ago, my sister shared a funny saying with me in an effort to get me to stop, center myself and breathe (no doubt I was in a flap about something though I have no recollection what).

"In with the peach and out with the green," she said calmly, breathing in through her nose deeply and slowly releasing the breath out through her mouth.

I'm not sure if I followed suit but I definitely remember giggling. "What on earth?" I blurted.

Again, Em repeated in a Zen manner, "In with the peach, out with the green," another deep breath followed. We looked at each other and then cracked up laughing.

It turns out this little phrase was something Em had developed with a friend of hers while doing some volunteer work a few months prior. It was their little way of informing each other that the internal barometer was rising and a conscious effort to calm oneself was required in order to avoid a storm.

The quirky yet appropriate phrase I have since adopted to remind myself at times to pause and inhale clean energy, then exhale stress, anger and frustration. It also makes me giggle which is a good




icebreaker when I am reaching boiling point.

Mind tools such as this one, are a great way to slow an avalanche. Those times we all have when it feels like things are snowballing out of control and emotional doom is inevitable.

My kids think I'm going squirrely when I blurt out 'in with the peach, out with the green', but it distracts them from whatever they are badgering me about long enough for us to all have a giggle and calm down.

What mind tools do you use? Does it help bring you back to center so you can proceed forward a little calmer?

If you don't have your own tools, pinch this one. Or make up something unique, a little giggle won't go astray either so don't be afraid of being silly.

Peach In, friends! 



Gabrielle Bowles, partner of Gnostic Mana Cafe and will be needing plenty of peaches as a newly elected Gosford City Councillor.



This delicious salad is spicy and crisp, with fresh asian flavours.

baby octopus & bean shoot salad

Ingredients:

Baby Octopus – 1kg

MARINADE:

200ml Soy sauce

2 cm cube of ginger finely grated or finely diced

3 cloves garlic – crushed

1 Lemongrass stalk (Use white part of stem, smash length with back of knife then slice thinly)

2 tbsp Ketchup Manice

4 tbsps sweet chilli sauce

1 lime (juiced and zested)

SALAD:

1/4 sml cabbage – finely sliced

2 carrots – finely sliced

1 capsicum (yellow or red) – finely sliced

1 cup bean shoots

2 generous handfuls of lettuce – finely shredded.

Method:

Combine marinade ingredients together and toss octopus through.

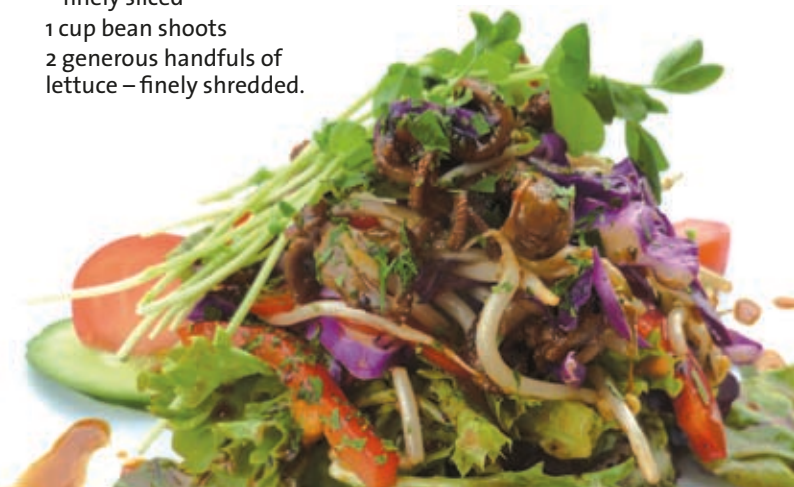
Let sit for a few hours (overnight is even better!)

Prepare salad ingredients and toss together in a large bowl.

Barbeque octopus in a hot pan with a tbsp of oil for 2 mins. Add some marinade for the last minute of cooking to glaze the pan. *Be aware not to overcook the octopus as it can easily become tough.*

Toss octopus and salad together and arrange on plate...

Bon appétit!





slowFOOD

Many people have lost contact with the origins of the food they eat. When we grab a burger on the run or munch on a bag of chips as we watch TV, we are totally unconnected with our food – where it comes from, and what went into making it. As a family, community, nation and planet we need to acknowledge our food sources.

It is time to teach our children that food is necessary for nurturing not only our bodies, but also our spirits.

What better way than over the dinner table or while planting seedlings in the veggie patch? Sitting down to meals consisting of real food, lovingly and mindfully prepared, has the ability to encourage peaceful and fulfilling interactions with the people we share those meals with.

Alice Waters, chef and vice-president of Slow Food International put it very succinctly: “Pleasure and justice must go hand in hand. The power of Slow Food is connecting the

BY SANDRA WARKENTIN

THE SLOW FOOD MOVEMENT

was founded in Italy by Carlo Petrini in the mid eighties, as an alternative to the proliferation of fast food outlets.

The movement seeks to preserve traditional cooking techniques, promote local food producers and encourage ecologically sustainable farming methods.

Slow Food has grown into an international organisation with over 100,000 members in 130 countries throughout the world.

two. Pleasure and taste bring people together; bring people back to the table, establishing a new relationship with food and each other. In schools we can reach all children, and if we feed all children delicious wholesome sustainable food it can become a right for all and not just a privilege. We know the unrelenting forces of fast food nation are indoctrinating our children, and that’s why we need the universal and very possible solution of an edible education.”

What we eat and drink, how we prepare and eat our food can also greatly affect our mood and stress levels. Some foods in particular are even said to improve our mood and help us handle stress. Oats and legumes for example, which are digested slowly by the body, help us to maintain a steady energy level avoiding the ups and downs of sugar crashes. Fresh fruits and vegetables, in particular those which are high in anti-oxidants, such as blueberries, help us to stay healthy and more able to fight off illness.

Proper hydration helps us to deal with stress more easily because we are less prone to getting tired if our bodies are properly hydrated. A refreshing cup of tea made from organic ginger will not only hydrate the body, but will help settle the stomach during stressful situations. And we've all heard of

→ Get involved

SLOW FOOD IN AUSTRALIA:

We build networks between grower and eater, agriculture and market, community and world. We champion good, clean, fair and local food in ways that enhance knowledge, respect and passion.

Australia has 31 Slow Food chapters, around the country. We are part of a world network in 153 national communities. We support localism and defend food diversity. In the past 20 years we've helped to save more than 500 foods at risk of loss to agriculture and fishing.

www.slowfoodaustralia.com.au

the wonders of good chocolate and how it is a mood booster. It even helps some people who are prone to depression to be less anxious and irritable.

Real food, slow food and sustainable food are powerful tools to better health and a peaceful and prosperous existence for all beings on our planet. 🌱

Caroline and Glenn Cardier are the new owners of Gnostic Organics and look forward to sharing their vision for the future of food with their customers and encourage you to come in and have a chat.



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Friday Night Poets & ☾

THE Half-Written Book Club ✨

step out on the ledge with me

what we need is a breath
of rarer air a space
above and beyond society
a territory
to which none has made
legitimate claim

this expedition has been stuck
in red tape so long
the provisions have spoiled
if we go now how will we
endure the wilderness

i want to find out

© Kelly Blaney-Murphy

Always the eyes
are caught by surprise
whether if be sun or moon rise

subtle warm show
spreads a silent glow
that carries all earth in the flow

then to be met
within the last breath
of the final sun or moon set

– Andrea Cook

The world goes spinning
The world goes spinning
round and round
round and round
To spin with it
or watch?
Is not the question

In the mind there must be stillness
In the dance there must be heart

– Liz Macnamara

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.

Breathing a stairway to heaven



BY LIZ MACNAMARA

Recently I started playing the recorder again – yes the same squeaky soprano recorder which is the terror of music teachers in every school. No one at home is thanking me for it, least of all my dog who quickly leaves the room at the first note, however I persist because not only do I enjoy making music(?) again, but I have discovered an entirely unexpected benefit. What I have found is that twenty minutes of practice a day is an excellent exercise for the lungs and I am breathing better during the day because of it.

Breathing is one of the rare functions of our bodies which can be controlled consciously as well as operating unconsciously most of the time. It is often considered the most important of our functions since we die within minutes without it. Most people know that our physical health depends greatly upon a correct exchange of gases in the lungs: expelling waste materials from the body along with carbon dioxide is equally as important as our intake of good quality air. What is less known is the role our breathing plays on our mental, emotional and spiritual health.

One little known aspect of how our breathing affects our health is its role in regulating the pH of the body. Carbon dioxide, a waste product generated by cells after they metabolise oxygen, is mildly acidic. We

automatically regulate the amount of carbon dioxide expelled from our bodies by regulating the speed and depth of our breathing. Even a minor deviation in our acid-base balance can severely affect many organs of the body, sometimes in very noticeable ways. For instance during hyperventilation you lose too much carbon dioxide; that is why breathing into a paper bag can help, as you breath back in the acidic carbon dioxide which quickly stabilises the system. That is also why it is important to work carefully with breathing exercises to prevent upsetting this delicate mechanism.

One safe exercise is known as the Heart Breath which simply involves slowing your breathing rate down gently till you achieve a rate of five cycles per minute, or more simply, breathing in for six and out for six. There should be no strain, just a gentle slowing to what is comfortable for you at this moment. There is no need to pause during the cycle unless that pause comes naturally to you. It should be a familiar rhythm that you naturally find when falling asleep. This breath balances the pH of the body and has a number of other beneficial effects such as triggering the relaxation response, lowering the heartbeat

and blood pressure and clearing the mind.

Breathing and thinking are deeply connected. As your thoughts change your rate of respiration also changes automatically. Through this mechanism it is possible to calm or excite the mind by changing the breath. Usually we use this connection to calm the mind by calming the breath, but if you want to get worked up about something try panting for a few seconds and see what happens!

Certain breathing patterns can be used to retrieve memories. 'Breathing is the most amazing experience,' says breathwork practitioner Raelene Coad, who helps clients to 'connect at a cellular level to memory'. She has seen people retrieve forgotten memories and even access past lives simply by using their breath to achieve an altered state. 'It is important to set an intention and work with a guide', she warns, since sometimes the discovered material can be traumatic.

Our lungs enfold our heart so perhaps it is no surprise that breathwork practitioners use the breath to regulate the emotions as new material is digested during sessions: allowing old limiting beliefs to surface and change to resourceful understanding which enable change.

Raelene explains that it is relatively easy to achieve an altered state using the breath alone and suggests that those who wish to try breathing techniques do twenty breaths at most before they stop and achieve a stable state to prevent unwanted reactions.

'Through proper breathing techniques the chemicals in the body take on a different quantity and quality, and your perception changes. Everything becomes extraordinarily beautiful', wrote hypnotist Ormond McGill in a treatise on the breath written after he trained with yogis in India. 'A life force pervades the entire universe', he continues, 'Prana is a bioenergy which enters the body with the breath.' McGill notes that breathing was the first of 112 methods of meditation for enlightenment that Shiva taught his consort Devi, and also the favourite method used by Buddha. Indeed the connection between breath and spirit has been explored in thoroughly over the centuries and forms the heart of many esoteric practices.

So whether it be for health, peace of mind and heart, or in search of cosmic consciousness there is much to learn about the breath and from it. A respectful exploration of your own breath is to be encouraged. And in this exploration do not neglect your voice, your song, your music. Singing and playing a wind instrument are both sublime and safe ways to develop your breath. As for me, I have my own ambitions: an alto recorder is on the way. Hopefully its bigger, deeper sound won't frighten small animals or children as I attempt those haunting notes that have always begun *Stairway to Heaven*. 🎵



Liz Macnamara is a hypnotherapist at The Clearing on Gnostic Corner – a space for things to happen. hypnohub.com.au.

The Clearing on Gnostic Corner

a space for things to happen

Liz Macnamara

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Raelene Coad

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Weekly Classes – new members welcome

MONDAY

7pm Hypno-meditation for Weight Release.

Rochelle

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THURSDAY

11am Lose Your Pain with hypnosis for chronic pain sufferers.

Liz 4341 0464

FRIDAY

6.30pm Writing Groups: poetry, prose, screenplay. Join us for inspiration and feedback.

Liz 4341 0464

SATURDAY

11am Clearing Classes. Free introductory classes – see web for details.

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

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Call Master Hypnotist Liz Macnamara on 4341 0464

love YOUR SKIN

Our skin is the largest organ of the body. We nurture it and adorn it in some form every day. But do you really know what's in all those creams and lotions?

Almost all skin care products are based on oil. There is vegetable oil, an agricultural product and there is mineral oil, a petroleum product. Check your labels and look for the words *Paraffinum Liquidum*. This is just a fancy word for refined crude oil (mineral oil) and is found in many trusted beauty products. It contains no vitamins or fatty acids, it clogs pores and is drying and congestive to the skin.

What you *want* to see in your skin care are organic vegetable oils. These oils contain vitamins, minerals, essential fatty acids and are readily absorbed by the skin. Different vegetable oils have different properties and offer a wide range of benefits for different skin types.

HAZELNUT OIL has astringent qualities and helps normalise sebum production, making it a great choice for acne prone skin.

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BY MEGAN GREEN

HEMP SEED OIL nourishes the skin due to its high content of proteins and essential fatty acids. Closely matching our own skins lipids, so is readily absorbed into the skin and plays a preventative role in skin aging and a healthy moisture balance.

ROSEHIP OIL is extremely high in essential fatty acids and is known to help treat dry, irritated, weathered skin. It is also suitable for treating burns, scars and stretch marks. It is considered a “drying oil” which means that it is quickly absorbed by the skin and does not leave an oily feel.

Just remember, pure oils have a shelf life and are at their best when given a cool dark space to live.

My hope is that you are all heading to that jar or bottle of moisturiser or cleanser to check out your label and that you'll consider taking a 1 month challenge to embrace a healthier skin care routine. I'm certain you will notice the difference. 🌱



Megan Green is the resident hempy beautician at Gnostic Healing Centre.

(Pictured) Rut Frohlich
from 3creativemoments
– Kundalini Yoga

Yogic breathing

*When the Breath wanders,
the mind is unsteady, but
when the Breath is still,
so is the mind still.*

– HATHA YOGA PRADIPIKA



PHOTO: Kara Wilkinson www.phishphotography.com

Yogic Breathing or *Pranayama* is generally defined as breath control, but this does not fully explain the concept. *Prana* means vital energy or life force and *ayama* means control.

Breath is the most vital process of the body. It has a direct affect on both physical and emotional health. Breath influences the activities of every cell and system of the body.

The average person breathes about 15 times per minute and 21,600 times per day. Unfortunately people tend to breathe incorrectly only using the upper lobes of the lungs, breathing then becomes shallow. Shallow breathing can induce a stress response because it causes the heart to work harder to provide oxygen to the blood.

Breathing correctly improves circulation bringing more blood, oxygen and fuel to the muscles and helps concentration.

In the Yogic context the breath is the link between the body and mind. Concentrating on the rhythm of the breath allows the Yogi to bypass the

BY JOHN WILSON

incessant ego driven self chatter of the mind.

Lengthening and slowing down the exhale is like applying a handbrake to your nervous system. It activates and stimulates the parasympathetic (rest and digest) branch of the nervous system bringing about states of calm.

Linking movement to breath is vital in Yoga asana practise. Synchronised movement with breath provides a point of focus but it also allows the practitioner to deepen and settle into a pose comfortably.

Pranayama is at the heart of Yoga practise. Breathing techniques can be prescribed as a therapy specific to a particular person, others can be safely offered in a general class.

Pranayama should be practised in consultation with a qualified Yoga therapist or teacher.



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

www.peninsulayogacentre.com.au



Tree Pose (Vrikshasana)

Vrksha Sanskrit for tree and *Asana* -literally translates as “sitting down” but commonly understood as “Body position”.

Vrikshasana is a one legged balancing yoga pose that emulates the strength and energy of a tree.

Comparing the standing (supporting) foot as the roots of a tree helps us to visualise and refine the practice of this pose. The connection points between the foot and the earth establishes your foundation, pressing down the foot creates support and anchors the body to the earth similar to tree roots. This visualisation helps to keep your balance too!

The arms and hands either rest (palms together) at the heart centre or move overhead toward the sky similar to the branches of the tree. The crown of the head moves upwards creating length to the torso, rib cage and spine. This is similar to the way the crown foliage of a tree moves upward reaching for vital energy of the sun, and creates length in its trunk.

Creating opposing lines of energy in the body is essential to achieve maximum benefit of Vrikshasana. The pressing down from the waist through the leg into the standing foot creates strength and stability and the reciprocal drawing energy upward by the lengthening of the upper body allows energy to move upward toward the crown chakra.

The benefits of the Tree Pose are enormous, increases in balance, building concentration, developing focus and quietness of the mind, enhancing strength and stability in the feet, ankles, hips and pelvis, stabilizes the sacrum and increases overall strength of the body.



Warrior Pose (Virabhadrasana 2)

The second pose in the Warrior series is named after the warrior “Virabhadra”. It honours the heroic qualities that reside in each of us. The benefits of this pose are that it creates mindful awareness of the power in the legs and propels the upper body into action.

Warrior 2 is a lunging pose where the body is placed in a side ways plane of alignment. The muscles of the legs are spiralled in opposite directions. This spiralling action switches on the muscle fibres powerfully to create a solid foundation. The strength created through the legs is transferred into the feet strongly connecting the practitioner to the earth. The body and nature become one.

Warrior pose teaches the use of the back leg in resisting and supporting the action of the bent front leg. It can also be felt in the arms, hip sockets and pelvis. The arms are held parallel to the floor which creates strength in the upper back and shoulder girdle. The spine is held perpendicular to the ground without arching the back.

Once the pose is established in the physical body the focus of the mind is established as the eyes gaze (dhristi) on the middle finger of the leading hand, creating a “warrior” type mindfulness.

Although the pose is practised statically if the correct groups of muscles are switched on with appropriate spiralling your body will be working very actively from deep inside.

The benefits of Warrior 2 include an opening and strengthening of the hips, toning of the legs, alignment between the upper and lower body, building of endurance and creating focus of the mind.



Drinking tea has long been embraced for its great taste and health benefits but it also has a unique ability to calm you down and relax your body.

Iced tea is growing in popularity as a healthy, refreshing and hydrating alternative to soft drinks. Everyone is catching on to the benefits of this fantastic beverage and there are many.

Although any tea you drink is great for relaxing the mind and body, certain ones have characteristics that help facilitate the process.

For example, out of the major groups of tea used as a cold beverage, **green** or **white** tea is best for relaxation. The reason is because they contain very low amounts of caffeine, so don't over stimulate your body.

Herbal teas such as Chamomile, Peppermint, Spearmint, St. John's Wort, Lemon Balm and Valerian are also great calmatives for relieving stress and tension.

If you wish to enhance the flavour of your tea, dried, fresh or frozen fruit can definitely jazz up any iced tea. If using a flavoured fruit tea base, try a different kind of fruit to make a blend. Think of fruits other than the usual lemon garnish – dried fruit peels or fresh ginger, apple, passionfruit, raspberries or peach added to a herbal brew, can add a fresh and fruity lift. If using frozen fruit, they can also act as cooling agents for your iced tea. Chop up fruit into smaller pieces and add to tea after pouring over ice.



CHILL OUT blend

1/4 cup loose green, white or herbal tea of choice

1.5 litres boiling water

1/2 cup lemon juice

1/2 cup orange juice

Pulp of 4 Passionfruit

1/4 cup small fresh mint leaves

1 lemon, scrubbed, thinly sliced

1 orange, scrubbed, halved, thinly sliced

Honey or Stevia to sweeten to taste

ice cubes, to serve

STEP 1: Place tea in a strainer in a large, heatproof jug. Add boiling water. Stand for 8-10 minutes. Remove strainer.

STEP 2: Add sweetener and stir until dissolved. Add lemon juice, orange juice and passionfruit pulp. Refrigerate until ready to serve.

STEP 3: Add mint, lemon and orange slices. Serve over ice. Enjoy!



Liliana Aitken-Jones
– Naturopath & Proprietor
Gnostic Healing Centre &
Natural Apothecary.

THE POWER OF COLOR

Colour has been used since earliest times as a curative healing the body, mind and spirit. We are all aware of the recuperative power of sunlight in wound healing and uplifting our spirits, as well as its link and role in the body's manufacture of Vitamin D. The different wavelengths of light – which we perceive as colours – affect every aspect of our physiology. Some colours arouse our energy and others encourage sleep and relaxation.

On a seasonal level the high colours of summer feed and energise us – especially **RED**.

So let's explore the colour red which is synonymous with summer. Red is the densest colour with the longest wavelength and lowest energy level of all visible colours. It is the first colour the human eyes sees and often associated with passion, life force, vitality and danger. We use it for grounding and balancing in our lives. Red, is the colour of Life.

Red foods such as tomatoes, rhubarb, plums, red cabbage, red onions, beetroot, all contain carotene and lycopene (anti-oxidants) which help in eliminating free radicals from the body and protect against cancer. The rich red colour of the fruits and vegetables is also an indicator of Vitamin C. Experiment by adding a few to your summer salads and vegetable dishes; eg., cayenne peppers, chillies, ginger, cinnamon. Red foods bring vitality to the system promoting healthy circulation,




adrenal glands and reproductive organs.

It also governs the *root chakra* which is located at the base of the spine. It nourishes the adrenal cortex of the kidneys, which governs our “flight or fight” response. It deals with life challenges that focus on family, community and survival. Whenever we fall into the ‘victim’ archetype we lose our ground or being. By addressing the “Mother” archetype we learn to be our own good parent, sustaining a positive outlook whatever the situation is.

Homeopathically red colour remedies help to anchor the spirit in the physical plane. Whenever a person goes through life changes that take them away from their safety zone, the colour red grounds them safely in their experience. It works well for people recovering from illness, surgery and major life changes.

On a *Mental* level ‘red’ remedies help the dreamers to refocus their attention on the world around them, grounding them in a practical manner.

On the *Physical* level, red remedies can be beneficial for those with low blood pressure, exhaustion and fatigue, circulatory problems and anaemia. 



Kim Bourke is a Homeopath at Gnostic Healing Centre.



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Richard Zammit

"From Umina to Townsville"

Richard is a Central Coast artist who paints what he sees and feels.

Sensual forms of fig trees and figures in oils or ink, that sometimes morph together.

He has lived and worked on the Central Coast since 1972 and exploring his love of art from the 90's with fluid lines of crayon and ink at a cafe on paper tablecloths, he continued to practice at life drawing groups and painting sessions with local artists.

Zammit has exhibited his work at 304 on West, Fishheads, Gnostic Mana, Grandma Moses, 30x30 Exhibition at Pyrmont, Gosford Art Prize and "Kariong, A Moment in Time" (Bambara) at the Erina Art Space.



Steven Urquhart

Steven Urquhart trained formally in graphic design before beginning his artistic career through graphite works in 2010.

Though his career is only in its infancy he has experienced much notoriety, commissioned for a number of works as well as a work published in an Amy Winehouse tribute book available online.

Using mixed media of oil, acrylic, charcoal and pencil his works are predominately portraiture, photo realist in execution. In commenting about his practice Steven suggests that he doesn't see himself as a realist portraiture artist though this phase of his practice is allowing him to train in mastering mediums.

Steven is currently developing his next body of work which sees him mixing iconic surrealist notions with portraiture in order to add depth and capture the subjects character in a unique way.

Steve's main inspiration continues to stem from music and the works many other artists from over the globe.

For more info or contact details you can find Steve on Facebook www.facebook.com/SteveUrquhart



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JOHN WILSON



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(Arcade Ave) *Behind Gnostic Organics*

Jean Mcarthur

I am a local artist and a member of CC Art Society and CC Watercolour Society. Mainly working with waterbased Acrylics but diverting occasionally to paintings of animals in pastel, and pen and ink with watercolour. Won 1st prize in the Australian Society of Miniature Art NSW in 2008 and commendations over the years in various exhibitions in Sydney and the Central Coast.

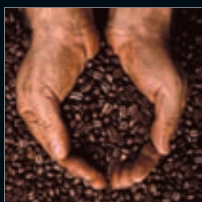


Sue Robinson

Local artist and a member of Central Coast Art Society. I have been exhibiting from 2002 onwards. My work has been accepted 3 times in Art of Sydney Awards, Gosford Regional Gallery yearly Art Prize. Private Exhibition last June at Shorethyme Restaurant Norah Head.



See work plus resume on two websites:
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LIFE as we know it...

Most people I talk to are finding that life seems to be moving more quickly and is often more challenging these days – so much so that we barely have time to stop and have a ‘breather’. In order to cope with this we need to stay focused and be in the “Now”.

My family have been experiencing some serious illnesses, which have been stretching me above and beyond my limitations. However, we must remember that each of us is only one person and we occasionally need support from others. We need to put our hand up and ask.

I am so grateful to be in a loving, caring, healing network of people to remind me of this. As always, I ask the Angels to come closer and help whenever necessary. Remember you are never alone.

One of my grandsons sat his HSC this year. His first exam was English, which he had studied well for. Upon reading this paper he went into a panic as the questions asked had not been covered in their curriculum. When I asked how he got through this he said he had an option to leave after the first hour or he could try to make it work. “Nan,” he said, “I spoke to myself and said *breathe*, and

BY JULITA WARDLEY

“Sometimes all you can do is *not* think, *not* worry, *not* imagine, and *not* obsess. Just BREATHE and have faith that everything will work out for the best.”

– ANON.

I remembered to drink water”. He answered the questions he knew and said that he did the best he could. His second English exam went much better, giving him more confidence for the rest.

Our breath is our life force – we need to remember to take a few deep breathes all throughout the day, especially if there is crisis in our lives.

Play some relaxing music while at home or driving to work. A little sleep will also help to relax your mind and your muscles will let go and release the tension in your body.

Take time for yourself and enjoy your journey here on earth. 🌱



Julita is co-owner of Gnostic Enchantments – Remember to nurture yourself!

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Room clearing

We are in constant communication with the element of air through our breath. To prepare for room clearing using the element of air it is valuable to first connect with the Spirit of the Air through conscious breathing. Using this technique, we can discover the universal Spirit of Air that links us to our entire planet. We share this element with all living creatures and plants.

The power of the Spirit of Air is change and transformation. Smoke connects us with this energy and throughout the ages smoke has been used in religious ceremonies to purify spaces. Our prayers and petitions rise with the smoke to meet the creator and the answers to these prayers

travel back through the same path.

A very simple way to enliven a room is to light a stick of incense as an intention to purify the space. Use different scents to create different intentions for your room. Another powerful method is to breathe the room clean. Stand in the centre of the room and expand your energy to fill the entire space, then breathe your intention towards every corner until you feel the room has become immersed in your breathe of intention. Thank the Spirit of Air when you have finished acknowledging the change in the space. 



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a life lived in fear

(or anger or sadness or...)

Growing up with Gnostic Mary as a mum was an interesting experience. When fighting as children we'd seek a referee and approach mum whinging, "So and so made me angry/sad/upset!" to which Mum would reply, "No one can *make* you feel anything!"

This led me on an interesting journey and now, when relating to others, I've become aware that I am the creator of the emotions I experience. We are in the drivers seat of our suffering and can, at any moment choose to alter the navigation systems.

The tradie who is late to a job *made you* feel disappointed...

The child accomplished something at school and *made you* feel pride...

The loved one who did something that *made you* feel un-loved...

Emotion we express is based in attachment to things *being* a certain way. Claiming your negative emotions can be challenging, especially through big loss.

Fear is an attachment to/love of self.

Sadness is an attachment to/love of something/someone.

Anger is attachment to/love of something being a certain way.

It is human to feel emotions. To realise the negative ones are a sign of love or attachment is liberating. To have loved (past tense) is acknowledgement of our attachments and to open

BY EMILY HOLSTEIN



ourselves to suffering. To be loving unconditionally (in the present moment) we include ourselves in that expression, not reliant on the other. We are more gentle with our own flaws and those of others and we can even love that which no longer is, without end.


Nothing in this life is forever and I remind myself daily to savour three things...

What IS (even if it's just the breath in your lungs!)

What WAS for all it's taught me and shown me I can feel.

What WILL BE for all it will teach me and show me I can choose to feel!

To cultivate the emotions we want to experience more requires acknowledging our attachments and not making our happiness reliant on anyone or anything. Its tough but with this understanding I have experienced a release from choosing suffering.

What do you choose to feel today? 



Emily's current mission is to now see everyone with love but not attachment! Her life mantra? "We are all doing our very best in any given moment."

ASTROLOGY

*Planetary Influences for December,
January, February 2012/13.*



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:

DECEMBER: Making changes in relationships will be important this month, especially where finances are involved. Be careful who you trust. Reflecting on your deeply felt needs will help you advance in some areas with discipline. Slow down and smell the roses, and be careful not to go over the top. Waiting for life to come to you won't happen. Compulsive feelings may make you feel overwhelmed, so you may find you will not get much done at all.

JANUARY: Opportunities wait for you to tap into your real talents – so, it's not a time to procrastinate! Jump into action as your effort towards your goals will be a long and lasting one. Your energy is intense, clear and resourceful and evaluating who you are and how you fit in with your relationships with others is important. Sometimes you may feel restricted having obstacles in your way, so be aware of your feelings because you may experience angry outbursts and dangerous situations.

FEBRUARY: Expect the unexpected... there will be challenges and a rapid change of circumstances. Facing these challenges and how you approach life will give you a new sense of purpose. You may also experience rebellious tendencies towards conventional ways, wanting changes that are more appropriate for today. Learning to tap into your inner being and valuing who you are will be an important lesson for you and your future with yourself.

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



EXPLORING THE TAROT HANGED MAN

When the Hanged Man shows up in a Tarot spread it's usually time to look at reviewing or even reversing what you are doing. A situation may have become stagnant and despite giving it much energy you are not getting the desired results. By changing your perspective you will change your behaviour and in turn change your world.

ON THE CORNER



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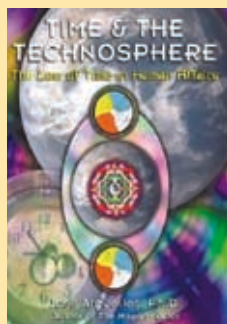
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Bliss
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Time & the Technosphere

AUTHOR: Jose Arguelles Phd

PUBLISHER: Bear & Company



Wow! This is not for the faint-hearted, but rather for the serious student who is prepared to accept new concepts about time.

Jose Arguelles was a Mayan Elder who passed over a couple of years back. He has this fascinating view that the Gregorian Calendar has us locked into 3rd dimensional time. He felt that only by aligning to true time, which is the 13 moon 28 day cycle we could ascend to higher dimensions.

Much of the worlds negative behaviour he believes is a result of not being in harmony with the rest of the galaxy. To change and replace the calendar is to return us to our original purpose leading us back to pathways of harmony and natural health. He supports his theories with complex diagrams and gives useful suggestions on how to make the transition.

– Mary H.

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– Mary H.

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Morgaine – *Sunday, Monday*

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Josh – *Monday*

Hearing messages of guidance through clairaudience, Josh combines Tarot, Runes and his intuitive abilities to provide direction and clarity for your present situation.

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.

Ingrid – *Wednesday, 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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