

Gnostic

WINTER 2010

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

RUG
UP

NEW HEMP
OUTFITS
FOR WINTER

READING
YOUR
DREAMS

GOING
WITH
THE
SEASON



THE MACROBIOTIC
APPROACH



Gnostic School of Higher Learning

Celestine Prophecy

Group: *Mon 10am.*

A ten week course exploring the insights found in *The Celestine Prophecy*. Come along, even if you read the book 10 years ago, or not at all, the time is now to celebrate your life as a spiritual journey.

Contact Susy 4341 2359

Introduction to

Philosophy: *Mon 7pm.*

A ten week course discussing spirituality and quantum theories. How science and spirituality might have common factors. **Contact Gary 0408 206 164**

Drumming Course:

Drumbala Tues 10am.

Come along and have some fun being uplifted while awakening and expanding your inner rhythm. Learn to play, meet new friends and have some laughs.

Contact Katy 4342 1112

Wednesday Talks: *10am.*

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

Spiritual Cinema:

1st Wednesday 11.30am.

3rd Thursday 7.30pm.

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

Philosophy:

Wed 1.30–3.30pm.

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

Contact Gary 0408 206 164

Meditation: *Wed 7pm.*

Meditation is a tool to help clear the mind and develop relaxation. Also intended to strengthen the power of discrimination for Philosophy students. Suitable for beginners to advanced. **Contact Gary 0408 206 164**

Dream Interpretation:

Thurs 10.30–12.30pm.

Journey into the world of dream interpretation from an historical, philosophical, cross cultural and psychological perspective. Learn to recall, interpret and incubate your dreams to gain self awareness.

Contact Jane 0414 307 292

Energy Current

Meditation:

Sat 11am–12.30pm.

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

Contact Oscar 0431 636 586

Intuitive Development

Class: *Sat 2pm–4pm.*

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

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 personal gnosis.


WELCOME

Gnostic Corner may look like the result of a very deliberate plan – but it was not!

Originally one shop opened in 1998, Gnostic Forest. Others brought their visions and talents and the Corner has grown naturally into the current six stores.

Each business is individually owned and operated but we share resources and at times even staff. Working in this co-operative rather than competitive way allows us to tap into each other's strengths.

You can find organic whole foods to fill your pantry; clothing made from natural fibres like bamboo and hemp; meditation CDs and books to nourish your soul; fresh flowers to bring the beauty of nature into your home. There are healing therapy treatments, classes, and psychic readings. Our cafe has warming winter delights on the menu and delicious blends of fairtrade coffee. A new artist's work is featured on the walls each month.

Gnostic Corner is a great place to spend a few hours relaxing and absorbing the energy of our ever-evolving Gnostic Group. 



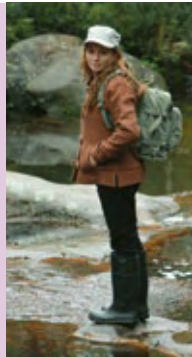
Voyage of the Orange Trees
by Graeme W Balchin Tel: (02) 4322 2672



Emily Holstein
Editor – Winter issue

INSIDE:

Check Reality	5
Going with the Season: the macrobiotic approach	6
Lending a Hand.....	9
Rug Up with Hemp	12
Japanese Acupuncture	15
Become your own Dream Reader	17
Astrology.....	18
Carrying the Lady – a Zen Parable.....	19
New on the Corner	20
Gnostic Readers	23



On our cover: Bridget

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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 © 2010

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CHECK REALITY



BY MARY HOLSTEIN

Most people probably don't think much about the concept of *reality*, being busy in their own lives. They would assume that it is the same for everybody.

Often conflict arises when we interpret the reality of a situation differently from someone else. We are usually so sure that our angle is the correct one we are prepared to argue the point.

Reality according to my dictionary is: *The state or quality of being real*. You can see that this is going to be very much open to our interpretation.

Quantum science has prompted many books and movies on the subject of reality.

The 2004 cult film, *What the Bleep Do We Know!?* highlights how we are bombarded with thousands of pieces of

information in every moment. Our ability to interpret this information is based on our previous experiences, that is – we recognise what we know.

So a more accurate definition could be that Reality is your view of the world, based on your interpretation.


Another person who may not have been exposed to the same experiences will see the same event through completely different eyes and therefore

have a totally different *reality* of the experience.

So there is little point in arguing, as all opinions are correct according to the individuals level of experience and interpretation. If we are open minded we can listen to other people's view on a particular topic and may even take on board some of their opinions, which will change our interpretation of events and create a new reality.

As our ability to comprehend more of what we are exposed to increases, so will our tolerance of other's opinions...

I suggest you be open to new ideas and realise that no-one has the ability to really understand all there is. With an open mind we can continue to understand new things. Scientists never discover anything new because there *isn't* anything new. It's just that as we stretch our minds we can now comprehend things that we couldn't even imagine with previous limited thinking.

Humanity will be in for a better time when we finally accept that our view is limited. Then again, that's just *my* view. 

Reality leaves a lot to the imagination.

– JOHN LENNON

I'm not crazy about reality, but it's still the only place to get a decent meal.

– GROUCHO MARX



Mary Holstein, co-owner of Gnostic Forest & Gnostic Bunch – always looking for a new angle on things.

GOING WITH THE SEASON



the macrobiotic approach

BY BIRGIT STECH

What is Macrobiotics?

The macrobiotic approach is based on the view that we are the result of and are continually influenced by our total environment. This can range from the foods we eat and our daily social interactions to the climate and geography in which we live.

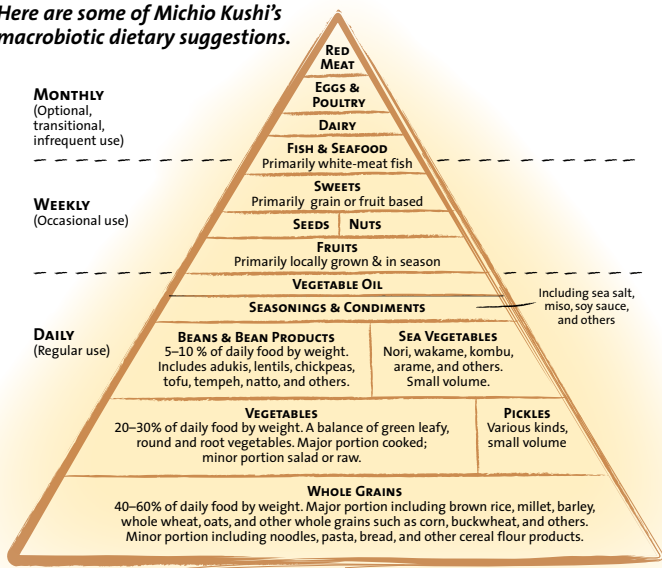
The macrobiotic approach to eating views physical sickness as a natural attempt by the body to return to a more harmonious state in its environment. It emphasises the importance of proper dietary and lifestyle habits. What we choose to eat and

drink and how we live our lives are primary environmental factors that influence our health and create who we are.

The term “macrobiotics” comes from Greek (“macro” meaning “large” or “long”, and “bios” meaning “life”) and was first introduced by Hippocrates, the father of western medicine. A more recent development stems from Michio Kushi who was inspired by philosopher-writer George Ohsawa. George Ohsawa published numerous works, which combined the western traditions of macrobiotics with 5,000 years of traditional oriental medicine.

Macrobiotic practices include eating more whole grains,

Here are some of Michio Kushi's macrobiotic dietary suggestions.





What we choose to eat and drink influences our health and creates who we are.

beans and fresh vegetables, increasing variety in food selections and traditional cooking methods, eating regularly and less in quantity, chewing more and maintaining an active and positive life and mental outlook. By using macrobiotic principles thousands of individuals world-wide have been able to prolong their lives and recover from a wide range of illnesses including heart disease, cancer, diabetes and many others.

Michio Kushi established general dietary and lifestyle guidelines that outline basic dietary proportions along with healthier lifestyle habits. These are not intended to define a specific regimen that one must follow and additional adjustments are required for individual application.

Winter Foods

Winter is the season where we can feel vulnerable, insecure, and lacking in motivation. Foods that can make us feel supported, warm and secure are buckwheat, oats, soba noodles, miso soup, adzuki beans, roots, greens and salty condiments.




Cooking style for Winter

With the seasonal changes from autumn to winter, we tend towards longer cooking methods that include stronger soups, sautéed vegetables, casseroles and baked dishes.

A little more oil, seasoning and sea salt are appropriate as they warm the body.

Vegetables are cut into larger chunks for longer cooking while buckwheat, along with fried rice and soba noodles are the grains most appropriate at this time.

In the ancient 5-element theory, winter relates to the bladder and kidney organs and meridians. Bladder energy or chi provides the structure and stability which supports the kidney energy to move effortlessly through any obstacles or challenges.

By adding the right foods to your diet, you'll feel more confident and less stressed, retain your sense of humour and have a greater sense of balance and stability. 



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

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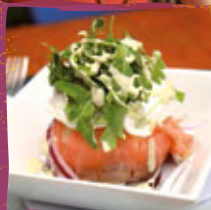
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LENDING A HAND

The world's first online micro-lending organisation aims to break the poverty/charity cycle...

BY GABRIELLE BOWLES

A little something a friend introduced me to recently really changed the way I think about donations to charities.

Charities are big business these days, between tele-marketers, door-knock appeals and street hawkers we are constantly asked to give money. All have their own merit and do good in various ways but I have noticed that with the influx of charitable organisations, people are conflicted as to which is the best way to donate and yet promote a move away from the poverty/charity cycle.



KIVA is the worlds first online micro-lending platform. The word KIVA is Swahili meaning 'unity' or 'agreement'. It was set up for the purpose of assisting entrepreneurs in impoverished areas with loans. It provides a means for people to start, build or develop further, a business that can help sustain an income for them. Rather than a handout, a KIVA loan promotes mutual respect between the borrower & lender.

KIVA partners up with micro finance providers around the world. These providers (called field partners) are well researched before a partnership is formed & their mission



is to alleviate poverty in their local community. They disperse the loans to entrepreneurs and require some sort of savings history to prove the borrower is a good lending risk.


Lenders then browse the Kiva.org site & choose an entrepreneur to support. Kiva disperses the loan to the field partners who will then either issue the loan or back fill the loan already granted. Entrepreneurs then repay their loans to the field partner along with any interest due. (this is only payable to the field partner to assist in their running costs and no interest is paid to Kiva lenders).

Once Kiva receives the repayments from the field partners the repayments are then credited back to the lender. From here a lender can finance another micro-loan, donate the funds to Kiva to help with operational costs or with draw the money from their Paypal account.

The key ethos of Kiva is to promote dignity, accountability and respect.

People in poorer areas often just wish to be given the opportunity to provide for themselves, rather than being given a handout. This method of micro-financing offers that opportunity and the respect that goes with running their own business.

So far Kiva has provided over \$100 million in micro-loans throughout the world.

If you're interested visit the Kiva website www.kiva.org and consider becoming a member, a lender or buy someone you know a Kiva gift (fund their lending). Sustainable donations to pro-active individuals and communities in need. 



Gabrielle Bowles is co-owner of Gnostic Mana Café – mother of four and Kiva supporter.

PERFECT winter warmer AND antioxidant boost!

ROAST BEETROOT SOUP



SERVES 8

(or can be portioned and frozen...)

Winter chilly nights are the perfect time to curl up with a bowl of homemade soup. Maybe it's just me, but when homemade soup is so easy and delicious, I can't understand why anyone would rather heat up the congealed stuff from a can.

– GB

1kg beetroot
3 medium onions chopped
3 celery stalks chopped
3 carrots peeled & chopped
12 garlic cloves
5 cups water
2 tablespoons butter
(or nuttlex for our vegan friends)
2 tablespoons olive oil
1 teaspoon ground ginger
1 teaspoon white pepper

Wrap beets and garlic cloves in foil and roast in a preheated 180°C oven for approx one hour.

Check beets with a fork, they are done when soft.

Place aside to cool. Then peel and cube beets.

Heat olive oil and butter in a pan. Saute onions, celery and carrot in the pan until just brown.

Add ginger, pepper, garlic & beets. Add water and bring to the boil.

Reduce heat and cover, allowing to simmer for half an hour.

Cool and then puree in batches in the blender or in pan with a bar mix.

Can be reheated gently on the stove and served with crusty bread and a dollop of sour cream if you like!

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RUG UP WITH HEMP

BY RICHARD HARVEY

Hemp has served mankind for thousands of years, valued for its strength and durability. Materials made from hemp have been discovered in tombs dating back to 8,000 B.C. Christopher Columbus sailed to America on ships rigged with hemp. It's combination of ruggedness and comfort were also used by Levi Strauss in the very first pair of jeans made in California.

While hemp fibre was the first choice for industry, the coarseness of the fibre restricted hemp from general clothing and most home uses. Hemp needed to be softened. Traditional methods to soften vegetable fibres used acids to remove lignin, a type of natural glue found in many plant fibres. While this method to remove lignin worked well with cotton or flax, it weakened the fibres

of hemp and left them too unstable for use. Hemp therefore remained as an industrial fabric.

In the mid 1980's, researchers developed an enzymatic process to successfully remove lignin from the hemp fibre without compromising its strength. For the first time in history, de-gummed hemp fibre could be spun alone or with other fibres to produce textiles for apparel. This technological breakthrough has catapulted hemp to the forefront of modern textile design and fashion. Given hemp's superiority to other fibres, the benefits of this breakthrough are enormous.

Hemp fibre is one of the strongest and most durable of all natural textile fibres. Products made from hemp will outlast their competition by many years. Not only is hemp strong, but it also holds its shape, stretching less than any

1. Sativa hemp bags 'Metro' \$64.95 heaps of colours.



1.

2. Kashi full body spiral embroidered multi button hemp blouse \$121. Hemp embroidered A-line pants with cuff string \$93.50.



2.

3. Kashi lined hemp pixie jacket w/hood and zipper \$99.95. Hemp embroidered A-line pants with cuff string \$93.50.



3.

4. Kashi two tone reversible hemp jacket \$132.
5. Ecowear woollen beanie \$19.95
HoodLamb hemp classic jacket \$380.
6. Kashi ultra thin hemp long sleeve shirt with piping collar and contrast stitching \$82.50.
Kashi hand stitched hemp hooded jacket w/ zipper \$110. Kashi hemp tailored pants \$99.

other natural fibre. This prevents hemp garments from stretching out or becoming distorted with use. Hemp may be known for its durability, but its comfort and style are second to none. The more hemp is used, the softer it gets. Hemp doesn't wear out, it wears in. Hemp is also naturally resistant to mould and ultraviolet light.

Hemp will take dye and retain its color better than any fabric including cotton. The porous nature of hemp allows it to "breathe," so that it is cool in warm weather. Furthermore, air which is held in the fibres is warmed by the body, making hemp garments naturally warm in cooler weather.

HEMP TODAY

Hemp provides all the warmth and softness of a natural textile but with superior durability. Hemp is extremely versatile and is now being used in countless products like clothing, accessories, shoes, furniture, and home furnishings.

Hemp blended with other fibres easily incorporates the desirable qualities of both textiles. The soft elasticity of cotton or the smooth texture of silk combined with the natural strength of hemp creates a whole new genre of fashion design.

The possibilities for hemp fabrics are immense. It is likely that they will overtake cotton, linen, and polyester in numerous areas. With so many uses and the potential to be produced cheaply, hemp textiles are the wave of the future! 🌱



Richie is the owner of the Gnostic Hemporium who has recently been liberated from his dreadlocks! He says this has enabled him to run faster and dry quicker! Please feel free to come and rub his noggin.

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JAPANESE ACUPUNCTURE

Meridian therapy the gentle way

BY STEFAN HAFNER



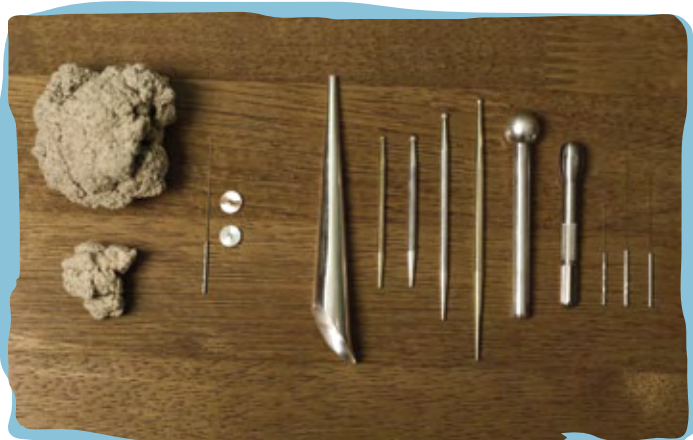
Acupuncture was introduced to Japan by Chinese monks in the mid 1600's. Hungry for knowledge, the Japanese quickly adopted and refined this unique system of medicine. Over time different schools of acupuncture developed in Japan, some included blind practitioners who were famous for their heightened sense of touch.

In the 1950's the renowned blind acupuncturist Kodo Fokushima developed the Toyohari style, as a progression of an earlier acupuncture style. Toyohari stands out as a gentle yet powerful method of treatment where only a small number of needles are used in a way that is painless to the patient. This makes it an acceptable form of needle therapy especially for sensitive or needle phobic patients.

As acupuncturist I often see patients that could not be successfully treated by allopathic medicine. In many cases they can be helped with Toyohari acupuncture because it is based on holistic energetic principles and sophisticated precise techniques.

The theory of Toyohari is based on century old classical Chinese medical texts but in practice, innovative new techniques and instruments are used. These include needles made from different metals such as silver and gold, specialised tools and various forms of moxibustion heat therapy. During moxibustion the herb mugwort is burned to radiate long wave infra-red heat into the body. This exerts a strong anti-inflammatory and immune boosting effect.

A Toyohari treatment has two aspects, firstly the 'root



▲ Toyohari needles, different grades of moxa and zinc and copper discs that are used as polarity devices. Each needle has a different pattern engraved in the handle so a blind practitioner can distinguish between them.

treatment' focuses on boosting the patient's energy level to enhance the body's self healing mechanisms as well as calming the nervous system.

Secondly the 'branch treatment' focuses on the treatment of symptoms. Techniques used range from inserted and non-inserted acupuncture, moxibustion, suction cupping and the use of polarity devices.

Treatable conditions range from nerve, muscle and joint problems to psychological conditions and hormonal disorders. Fertility, pre- and post-natal conditions as well as many other disorders can be addressed clinically.

Toyohari is practised in increasing numbers by therapists all over the world. Today there are over 1000 Toyohari practitioners in Japan and nearly four hundred in Australia, Europe, New Zealand and the USA. 🌱

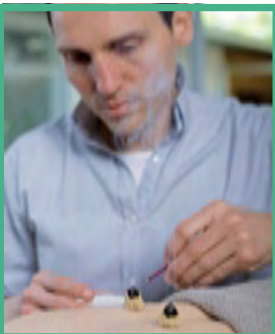


Stefan is the acupuncturist and herbalist at the Gnostic Healing Sanctuary.

TOYOHARI ACUPUNCTURE

STEFAN HAFNER (BHlth Sc)
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Ph. 4342 0434



Become your own DREAM READER



Dreams are memories of imagined experiences giving us a snapshot of our waking life – our relationships, hopes, fears, challenges and activities. They provide us with a playground to explore insights, creative interplay and problem solving at the unconscious level. And yes, everybody dreams, it's just that most of us don't remember.

In 1900 Sigmund Freud dragged the subject of dreaming back under the public spotlight after centuries in hiatus when he published '*On Interpretation of Dreaming*'.


He theorised that dreams contained the hidden parts of our nature we'd prefer to suppress. These parts emerged during sleep, when the gate keeper to our unconscious, our superego, was less vigilant and let bits slip through.

His student, Carl Jung, preferred to see dreaming as the act of reconciliation of our disparate parts into a whole, and our way to experience connection with the universal consciousness.

Whatever your approach, all you need to start working with your dreams is a journal and commitment to recalling and recording your dreams on waking. Even the smallest fragments or impressions can be illuminating.

Our lucid dreams – dreams that feel like you are awake whilst dreaming – can open the door to messages from our unconscious, our spirit guides and loved ones, both living and passed. Precognitive dreams can warn us of possible incidents in the future and Prodromal dreams are messages straight from your body, highlighting possible dis-ease states and offering insight into healing.

Once you begin, you will soon start to see your symbolic language unique to you, built on personal dream themes, dream symbols, dream words and dream locations. I know when I dream of a house I am dreaming about my self and I take care to notice the furniture it contains – new, tatty, old fashioned or mainstream – as it reflects the ideas and concepts I house in myself. When I dream of someone in a medical coat telling me something, I know I am receiving a message directly from my guides and angels.

A great way to explore this world of your mind is to join a class or group and meet regularly to work through your dreams and waking experiences. 



Jane Austin runs Dream Interpretation courses and one-on-one intuitive readings sessions at Gnostic Forest. She has a B.A. in English Literature, teaching and training qualifications and is a member of the International Association for the Study of Dreams.



ASTROLOGY

Planetary influences for July, August and September.

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.

JULY:

Tension struggles and frustrations through external events. Learning patience, tolerance and humility can bring success by reassessing and changing routines. Re-organising or reforming of Governments, businesses or organisations may bring opposition from others. "A true leader serves his people. Not the people serve their leader!". Taking care of yourself and moving forward with wisdom and insight should bring personal growth.

Solar eclipse... 2nd July 2010 ... 19th* 24" Cancer... @5.30am
Sun/Moon conjunction.

AUGUST:

Moving forward and letting of outdated ambitions will give you the ability to change your style of life, face your fears and move forward with responsibility. Self development and inner reflection will help you to slow down and contemplate life's meanings. Empathy for the suffering, charities and volunteer work all come easy to people who want to give more of themselves.

SEPTEMBER:

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

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



EXPLORING THE TAROT **THE FOOL:**

This card indicates a new cycle. One that entails trust and faith in the future. Courage and innocence will be found by the connecting of both self-love and the love of others. New opportunities are now available. Go forth with an adventurous loving heart, excited at greeting all of life's possibilities.

Loretta is a psychic reader at Gnostic Forest.



CARRYING THE LADY...

BY EMILY HOLSTEIN

There is an old Zen parable about two Buddhist monks walking alongside a river.

They come across a beautiful woman standing by the banks wanting to cross. She hesitates in fear of damaging her beautiful dress. The older monk picks up the woman and carries her across the water to the other side.

The monks continue to travel on in silence for some time until the younger one can take it no more. "You carried that woman when you know we are forbidden to touch women!" The old monk is surprised, "I left her by the river hours ago, but it seems you are still carrying her!!!"


All of us have things in our mental cupboards that we'd prefer not to have. Obsessions, regrets, insecurities, doubts, good things, bad things, old things. The people we surround ourselves with can either help or hinder the way we choose to remember these things. An honest friend helps us to recall our part in the experience. To observe the events without excess emotion and to deal

*Before enlightenment
– chop wood, carry water.
After enlightenment
– chop wood, carry water.*

ZEN BUDDHIST PROVERB

with the consequences as best we can.

My honest friend Deb understands the power of the 'de-brief'. We chat about our ups and downs at least once a week. Its cathartic. We discuss the good and the bad as we work and try to figure out our world. As friends we support one another but as friends we also call each other on our flaws. When either one of us is agonising over something pointless, we like to 'get our Zen on!' One of us will turn to the other and say "Put the lady down!" or ask, "Are you carrying the lady?"

It's become our simple, succinct way to snap each other back into the present. Not worrying or moaning or stressing about something we can't control. After all there is only this moment... 



Emily has been a part of Gnostic Corner for 12 years and is co-owner of Gnostic Forest and Gnostic Bunch.

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ART TO BOOT

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Decorating gumboots for friends has led to starting her own *Funky Gum Boots* label. Boots start from \$60, Crocs from \$30.

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STEAMLESS SAUNA



New far-infrared saunas offer a range of health benefits, without UV or radiation – and they feel great too.

As habitual sun-seekers winter can rattle most Aussies bones, driving us indoors and under doonas. Our winters are milder than most countries in the world yet still, each year, we seek out a hot cuppa, the woollies and our slippers. With this change in mode comes foods higher in fat and sugar, less physical exertion and a higher incidence of immune weakness and cold weather induced aches and pains. So what do to? How do we keep warm *and* healthy? Saunas could be the answer.

Over the years the humble steam sauna has evolved to embrace the power of the sun. Far Infrared technology (FIR) was fine-tuned in Japan in the 1960's harnessing the radiant heat emitted from the sun as opposed to harmful ultra violet (UV) light that burns our skin. Infrared waves are the most efficient at penetrating and warming the human body.

Sherry Rogers MD, author of *Detoxify or Die* advocates using the FIR sauna, reporting that "far infrared wavelengths...lower lactic acid, stimulate endorphins, and kill organisms like bacteria and parasites. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation and attract calcium to cell membranes where it is needed for healing."

The FIR sauna uses no steam but radiant heat, there's no water or steam to distract you from relaxing. Sitting in one of these saunas is an experience. I settled in to the one at the Healing Sanctuary here and found myself perspiring within minutes. Radiant heat permeates the cabin and by sitting with my back against the heating panels I could focus beautiful warm heat on my aching back! How luxurious to have this warmth and privacy. Time to myself! No phones ringing, no questions, no interruptions. I must do this more often! Without doubt this is the most relaxing and healthy activity I've experienced. I can enjoy my next glass of red wine knowing that the detox is just as enjoyable as my re-tox! – EH



READER'S SAUNA SPECIAL:

As a special bonus to *Gnostic Living Magazine* readers, Gnostic Healing Sanctuary is discounting the FIR Sauna treatments by up to 50% off for the months of July to September 2010. Prices for a 30 minute session start from a low \$10 per person. Packages are also available. Bookings can be made on 4342 0434.

Keesha Goode

intuitive
Mandala
Artist

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READERS

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

Bridget – Sunday

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

Julita – Monday

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

Loretta – Tuesday

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

Morgain – Wednesday

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

Oscar – Thursday

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

Jane – Thursday

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

Jennifer – Friday

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

Linda – Friday

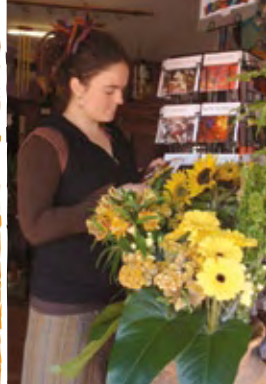
A well known psychic reader. Linda has been helping contact those in spirit for many years now, she has the unique ability to pass messages back and forth to those in the spirit realm.

Francesca – Saturday

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



It is our intention to offer readings to empower the seeker, Readers offer their interpretations of the situation and possible outcomes. As this is the world of free will you always have the power to change outcomes and determine your own future.



Find yourself at

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