

Gnostic

SUMMER 2010

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

Immerse
Yourself
Replenish
your Spirit

Drumming
ON THE COAST

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great prizes
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Wayne Carroll THE BOWEN TECHNIQUE (Thurs, Fri)

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AHOY HOY READERS!



I am just a little bit excited about this edition of *Gnostic Living*. Not only is it our summer edition, but this 4th edition sees out our first year of the magazine.

May I just say a big congrats to the whole Gnostic Corner on such a wonderful publication; this wouldn't happen without everyone's hard work and commitment to writing articles and promotion & distribution.

Also a big thankyou to Justin Archer, our graphic designer and JasArt, for much of the brilliant photography – especially our cover shots. To our advertisers, who make this whole project feasible, we thank you for your continued support.

With that, please venture forth through our wonderful little mag. This issue has love, drumming, gardening, candles, water and more. Check out page 20 for your chance to win some fantastic Gnostic goodies.

Also we love your feedback, so please feel free to drop us a line at info@gnosticcorner.com.au and tell us which articles you love, which topics you'd like us to write about in future editions and generally what Gnostic Corner means to you.

Happy reading!



Gabby Holstein

Editor – Summer issue

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There is so much to say about love. When we feel we “don’t have it” we are sad. When we feel we are “in it” the world is a perfect place. If we feel ours has been rejected we might want to go to the edge and jump off.

John Lennon said “the only thing we need is Love”.

Our challenge is to recognise what it really is, beyond the imitators of desire and infatuation. We all have such different interpretations of what love is.

Let’s consider that love is an emotional state that is contagious – the amount you receive is proportionate to the amount you create, multiplied by the rate other people spread it round. Like the concept of the movie “Pay it Forward”.

When you really give love you never need it returned. The act of giving raises your emotional field – which quantum science has identified with increasing your positive response to new situations.

One of the best tricks to having more love in your life is to simply love more things! Often it is easier with things than people. Now I’m not suggesting for one minute that you become materialistic. What I suggest is that you love the things that life has already given you, whatever they are. So love your job, love your car, love your coffee in the mornings, and love the ducks that stop the traffic

BY MARY HOLSTEIN

with their constant crossing of the road.

Practise Love on the things that don’t have ego’s to challenge you, in order to create a habit of loving and then you will find it easier to Love the people in your life.

To me love means to accept people and things the way they are, not because they do something favourable for me, just simply because they are.

Once you have mastered the ability to love the crazy way the woman at the Bank counts the money 4 times over when you’re in a hurry. And the way your partner uses that last clean towel to line the bathroom floor, you will taste a new type of Love, unconditional love.

Then there is the need to really love yourself – Self love can often be the hardest to achieve, we are so harsh on our selves. If we just try the acceptance kind of love on our selves things might lighten up a bit.

To really honestly love yourself you only need to accept yourself the way you are. Doesn’t mean you can’t be improving, but know that you are perfectly fine while trying to become an even better person.



Mary Holstein, Instigator of Gnostic Forest. Student of Philosophy. Looking for love like everybody else.

OUR KITCHEN GARDEN

BY GABRIELLE BOWLES

Has your grocery bill caused you blood pressure issues lately? Mine sure has.

I remember one of my first grocery shops after moving out of home in 2000.

The trolley was over flowing and my pantry filled for a little under \$220.

Now, the same \$220 wont half fill my trolley.

I needed to subsidize.

But how?

I'm not the greenest thumb in the bunch, but I do love cooking with fresh herbs.

So a few years ago I began with a few window sill pots, basil, thyme, parsley & chives. This saved me a few dollars here & there (not to mention, no more wastage from shrivelled supermarket bunches).

But with a family of 6 now..... I was going to have to step things up a little.

And so, with a little investment my kitchen garden began.

I started with a few half wine barrels that I picked up through the local hardware store. Some leaf litter from around the yard to form the base, newspaper layer, then some good old potting mix.

I went for relatively safe options first as I wasn't confident enough to get too exotic.

Cherry tomatoes companion planted with basil. Some carrot & parsley, chives & cucumber.

I was surprised with the results.

The tomatoes never made it as far as the table. No, not due to slugs, but my son Julian. He would pick & eat them straight off the vine. Success!

The basil was great too & lasted for ages.

There was the odd disaster. Cucumbers that rotted on the vine (bit too much rain). A bit of a snail attack on the basil. But with some perseverance and a few home remedies & natural sprays, the crop was saved.

Recently my hubby, the kids & I have extended our little home garden. Building larger veggie beds on our slopping block has not only given us the space to plant more than 2 dozen different edible plants, but has also made use of space we rarely used before now. We have even added a few chooks and a scarecrow to the mix.

I would highly recommend anyone disheartened by their weekly shopping bill, invest just a little time (and money) in their own kitchen garden.

You don't need to be a green thumb, or have lots of spare time. You don't need lots of land or good quality soil, many nurseries & hardware stores now stock great 'no dig' garden



beds. It also isn't necessary to go bezzerk like we have. Pick one or two of your favourite things to eat (those which you spend the most money on). A lot of plants can be grown in pots, on window sills or small garden beds in the corner of the yard.

Not only might you save yourself a few dollars but the rewards are numerous.

Our kids are learning about planting, watering, harvesting as well as the value of 'garden

friends', and how they help our plants grow.

Fair to say, that with a few good books and some great blogs, my hubby and I have learnt a thing or two as well.

Well I'm off now, time to go pick some fresh rocket and lettuce for our salad.

Happy cultivating! 🌱



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

Cajun Prawns with Mango Salsa



600gms Green Prawns – peeled w/ tails on
 2 large mangos – flesh removed & diced
 1 red chilli – deseeded & finely chopped
 2 Tbsp Coriander – roughly chopped
 2 Tbsp Cajun spice
 Juice of 1 lime
 1 small red onion – finely diced
 Salt & Pepper
 Snow pea sprouts, rocket or lettuce
 Olive oil



Toss prawns & Cajun spice (use more or less depending on how spicy you like them). Lightly oil a hot bbq plate or wok & cook prawns for 1-2 min on each side or until nice & pink.

Combine mango, chilli, coriander, onion and lime juice.

Season to taste.

Serve with prawns and some greens.

If the Cajun is a little on the spicy side for you, serve with some natural yoghurt as a dipping sauce.



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WATER

a living thing

BY BIRGIT STECH

Your body is 70% water. It's essential for every bodily function, however so much importance is placed on food as a way of obtaining health, while correct breathing and hydration are largely overlooked. After all, our bodies are mostly water and adequate hydration is essential to every physical function.

There's a reason why they say 'water is life' – our bodies depend on it for every single cellular function. Like oxygen, without water we cannot survive. At only around 4% dehydration, your ability to think clearly, cope with stress & physical performance reduces significantly.

Drinking tea, coffee, soft drinks & most energy drinks do not help you to become hydrated, in fact they do the opposite. The majority of people go through their daily lives chronically dehydrated, feeling sluggish & tired & not

Did you know that at \$1.20 to \$4 per litre, bottled water often costs more than petrol?

knowing why. Drinking water is the most effective way to stay hydrated & healthy.

From a personal point of view, I spent a great deal of time trying to figure out why I had back pain, trying everything from Chiropractic to Bowen Therapy without seriously considering the possibility that my body might be suffering from thirst at a cellular level. Inspired by Dr Batmanghelidj's book *Your Body's Many Cries For Water*, I considered drinking more good filtered water and my condition improved considerably.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. The Institute of Medicine (US) advises that

men consume roughly 3 litres of total beverages a day and women about 2.2 litres with food usually accounting for 20 percent of your total fluid intake to replace lost fluids.

The benefits of drinking filtered water


It is a well-known fact that town water is highly loaded with chemicals (chlorine, fluoride and other heavy metals and chemicals) and bottled water is an unknown quantity due to the industry being quite unregulated. Distilled or reverse osmosis water can be harmful as it removes too much from the water including minerals. Plus, to only filter out the physical harmful substances is not necessarily a good idea – this is because of the principle of homeopathy which states that as you remove the physical substance from water (by diluting in the case of homeopathy) you ‘potentise’ the effect of that very substance, as water remembers what has been contained in it. So if you remove noxious physical substances, you stand the risk of potentiating the effects of those substances. Energising water is said to remove the memories of noxious substances causing the water to change from large macro-clusters of molecules to smaller, more energetic micro-clusters for better absorption.

I believe that one of the most effective water filters on the market today is the Mineral Pot Ace Super. This amazing filter not only reduces fluoride



Polycarb safe drink bottles are a great refillable alternative to buying bottled water.

by 85% but also re-mineralises, alkalises, energises and magnetises water for better cell absorption and hydration. It also gives you high quality drinking water at only 3 cents per litre with that clean, pure, fresh taste as though it's just come from a natural mineral spring source.

To good health! 



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

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DRUMMING

ON THE CENTRAL COAST



BY RICHARD HARVEY

I've always loved drumming. As a kid, I played the drum kit but soon gave it up when more and more practise was required as I have the attention span of a three year old. However, the instinct to tap my foot and to slap my hands on the dash of the car to songs on the radio, stayed with me. The hypnotic power of music, with good strong beats, feels almost primal. It's that same feeling you get that makes you want to dance, when the music hits that spot deep within and you just want to let loose, let it all out and boogie. That's what I love about drumming.

I never really drummed again until about 10 years ago when a friend of mine gave me a little

djembe as a birthday present. It was the best present ever. I found myself seeking out other drummers. I would hear the sound of drums from a mile away and always went to investigate, to see if I could join in. Again it was kind of a primal feeling. To beat out a rhythm in unison with other folk was instantly gratifying. I just loved to play, to stay in time wasn't always easy but you soon learned that even a simple beat was enough to make you feel as if you were contributing, as if you were a part of this special creation.

In Adelaide (where I'm from originally) there were very limited avenues for drummers. We met once a week under a bridge in the city and drummed for hours, while fire twirlers




did their thing. A great feeling of belonging and camaraderie was always present. I always missed those nights while travelling around the world. With that desire to drum though, I would constantly be listening out for the sound of drummers no matter where in the world I was. Drumming with people from all walks of life in the most unusual and unsuspecting of places. It's something that can be done without needing words. It surpasses all language barriers. You don't even need drums. You can use anything from pots and pans, sticks and stones, even the kitchen sink.

During the Adelaide Fringe festival a few years back, a couple of mates and I strapped laundry tubs, spring water containers and the inside of a washing machine to our fronts and proceeded to entertain 15,000 people while marching through the streets. The energy and joy we felt was so contagious that our smiling faces were captured and shown on the evening news. Every channel chose to use our act as the face of the Fringe that night. That is the power of drum-

ming! It tugs at every body's inner rhythm. It makes you want to tap your feet, to dance, to move and to groove. It triggers something primal inside you and makes you want to join in. It makes everybody smile.

When I came to the Central Coast a few years ago, I was taken to Terrigal on a Wednesday night. I was amazed. There were over 50 drummers jamming together, on the beach, just having fun. I was in heaven!

The Central Coast has to have one of the highest proportion of drummers anywhere in Australia. With the specialist drumming group The Rhythm Hunters, the corporate team building exercises of In Rhythm and the great school programs run by Drumbala, all of which, are based on the Central Coast and offer excellent tuition to anyone wanting to explore their inner drum. So for anyone interested in learning or exploring the magic of this tribal activity, the Central Coast is by far the best place in Australia to do so.

For more information, feel free to contact Richie 7 days on (02) 4344 2300. 



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

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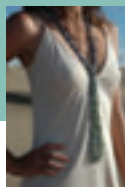
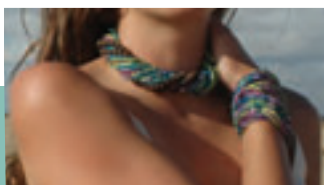
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Beeswax candles are used all over the world and are in huge demand overseas. The perfection and intention that goes into the creation of these beautiful candles is what strikes you when you light and enjoy each and every candle.

Recently in the creation of my goddess ceremony each morning I was touched by this beauty. I tried more economically friendly candles to create the experience & noticed I was overcome with fumes & frustration at their inefficiency and often short burn times. The Beeswax candles provide an essence and efficiency second to none. Each candle designed to burn to the last drop.

The technology behind the German imported machinery that melts the wax is driven in power by empty macademia


BY KERRIANNE MCNAMARA

shells to provide 65% of the power, then filtered through four layers of silk to give the finest quality of beeswax available.

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Beeswax is a mix of long chain hydrocarbons and esters produced by worker bees aged between 12 – 17 days. Bees produce wax to make “cells” made from minute flakes. These cells are used to store honey, protect egg laying & storing pollen. It takes about 7kg of honey to produce 1kg of bees wax.

It is estimated that for a bee to produce 1kg beeswax they would have to fly a distance greater than the circumference of the earth. The sheer magnitude of this achievement that the tiny bee accomplishes, adds to the romance & miracle behind the beauty of a beeswax candle.

Next time you burn a beeswax candle give a thought to the love & labour that has gone in to creating the light you to enjoy by one of nature's smallest yet finest craftsmen, the bee. 

Beeswax candles are available at *Gnostic Healing Sanctuary*. Mention this article & receive a free bag to buy your candles in bulk.

Time OUT!



I gave myself permission to take a time out today!

Appropriately preparing myself for some time out often leads to a question of whether *doing* the task will get it done or taking some time to prepare for it will get it done with more efficiency and focus.

When the feeling of being overwhelmed grabs us, it is often difficult to take the action necessary to complete daily tasks. I find taking a little holiday from the overwhelming, helps to gain clarity and gives one the required energy to achieve whatever we set out to do.

So, sitting at the beach, I grounded (or face planted) myself in the sand. With all the business running in my head, I took a few deep breaths and connected to all that 'IS'.

I grabbed handfuls of sand in my fist and let it run through. The thought "like sand through the hour glass, so are the days of our life." I noticed the tighter I squeezed, the quicker the sand slipped through. So I concluded that taking some time out, would not only make the sand slip more slowly, but that I was smiling and enjoying the experience. Giving me the experience of Joy.

Finding Joy in the small things has made a huge difference in how I spend my days.

Rushing to eat a mango for breakfast one morning, I


BY KERRIANNE MCNAMARA

stopped myself and remembered to find the joy. Instead of denying myself the pleasure and merely scoffing it down, I cut the cheeks from the mango (first for the season) peeled the skin from the fleshy seed, leaned over the sink & stopped to remind myself of the experience I was about to undergo. I tasted the sweet flesh, sucked on the seed and remembered what it was to "really" enjoy the mango experience.

In a busy world, with much to think about and often more things to do than hours in the day, it is easy to find ourselves in this state of being overwhelmed.

The more we push to complete daily tasks, sometimes the harder it is to achieve things, finding ourselves deeper and deeper until finally we simply shut down.

By taking a few seconds focusing, centering on an object, a smell, a taste, a feeling, we can re connect the now. Aligning our thoughts and enjoying some simplicity, before returning to life, calm and collected.

I invite you to stop and savour these moments. You will remember the "JOY" and enjoy many more minutes in your day. 



Kerrienne is the owner of Gnostic Healing Sanctuary. She is passionate about education and wellbeing.

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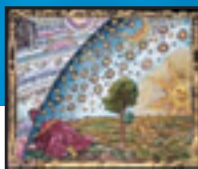
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ASTROLOGY

*Planetary influences for December 2010
January/February 2011.*

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:

Culmination of many ideas and paying attention to detail will bring well thought out plans to fruition, especially legal matters or projects you have worked out in advance. Saving money for personal and business resources is important as this will help you immensely in the near future.

Full Moon...Total Eclipse...

...21 December 2010...18'.17" Gemini...6.17pm...

Sun/Moon Opposition...

Emotions may not be harmonious, conflicts may occur within yourself and with whom you are emotionally involved with. These will reveal a great deal about the inner workings of you both.

JANUARY:

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

FEBRUARY:

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

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

EXPLORING THE TAROT THE EMPRESS:

Suggests a maturity of the feminine aspect. In a reading it may mean moving forward with plans. Domestic stability and harmony. Venus type energy awakening the heart to love.

Loretta is a psychic reader at Gnostic Forest.



ACCIDENTAL ENLIGHTENMENT

BY EMILY HOLSTEIN

People search for 'no-mind' in their meditation all the time. No-mind is the art of emptying your mind and sitting – at peace – in the nothingness. I am searching for something to write this article about and somehow 'no-mind' has crept up and launched itself upon me. What timing. I wasn't even trying. Honest.

People meditate for years to get this feeling. This article is a week over-due. Doesn't my (usually) over-active mind realise this? Where has all my inspiration gone? I don't mean to seem ungrateful for this gift but I really must get a wriggle on with it.

While I think of something to write I'll tell you a story about a farmer.

There is a very old Taoist (pronounced Dao-ist) story that tells of a poor old farmer who lives on the land with his son and their horse. One day the horse escapes. The people of his village hear what happened and come to visit him saying, "What bad luck!" to which the farmer replies "Maybe".

A few days later the horse wanders back – and brings with it three wild horses. "How lucky you are!" the neighbours shout to him. "Maybe," the farmer replies.

Seeing the new horses and wanting to tame them the farmer's son gets thrown and breaks his leg. Again the neighbours appeared. "What bad luck!". "Maybe," said the farmer.

The day after some recruiting soldiers came to town to force all young men to join the army. As they saw the farmer's son had a broken leg, they left and he was not conscripted. The neighbours congratulated the farmer on his luck, "What good luck!" The farmer's response? "Maybe..."

So my inability to think of anything interesting to write for you, is it good luck or bad luck? More to the point, does luck exist or is it just a judgement we make towards things? It's hard for us to separate ourselves from what is happening. Hindsight is a wonderful thing that we get when we don't need it anymore. As time passes we can see events with perspective and sometimes if we're lucky we can pull insight from them. Wish me luck...



Emily is co-owner of Gnostic Forest and Bunch. And still hasn't come up with a subject for this article.

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Simply tell us where you found *Gnostic Living Magazine* and send your name, phone number and email address to:

EMAIL: info@gnosticcorner.com.au. **SMS:** 0402 295 079.

POST: to Gnostic Forest, Chambers Place, Woy Woy NSW 2256.

Or of course you can come and see us at our stores!

Entries close February 19, 2011.

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The Divine Matrix

AUTHOR: Greg Braden

PUBLISHER: Hay House

RRP: \$26.95

GLM RATING: ★★★★★


You don't need to be a scientist to understand the concepts of Gregg Braden's *The Divine Matrix*. It helps to have an open mind, open to the possibilities that things may not be as they seem.

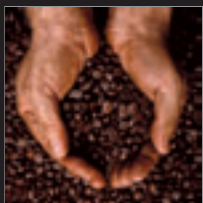
Between 1993 and 2000, a series of groundbreaking experiments revealed dramatic evidence of a web of energy that connects everything in our lives and our world – *The Divine Matrix*.

From the healing of our bodies, to the success of our careers, relationships, and the peace between nations, this new evidence demonstrates that we each hold the power to speak directly to the force that links all of creation.

I was amazed to read this book and discover that DNA removed from a donor will experience the same emotional response as its donor at what ever distance. Not only that, but the response was immediate. Wow!

Consciousness is the greatest gift there is and Gregg Braden helps us to realise we can control this power and influence the world we experience, rather than living in response to the world around us, we can begin to consciously co-create our world.

So if you are ready for a reality shift you don't need to buy the latest gadget you just need to accept new concepts and this book will keep you entertained as your mind expands to new possibilities. – M.H. 



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READERS

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

Morgain – Sunday

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

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.

Bridget – Wednesday

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.

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

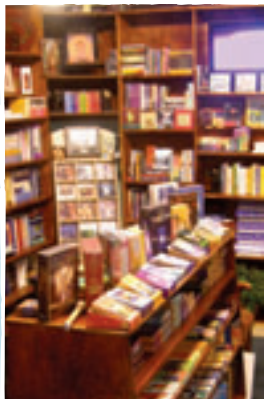
A well known psychic reader. Linda has been helping contact those in spirit for many years now, she has the unique ability to pass messages back and forth to those in the spirit realm.

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.



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