

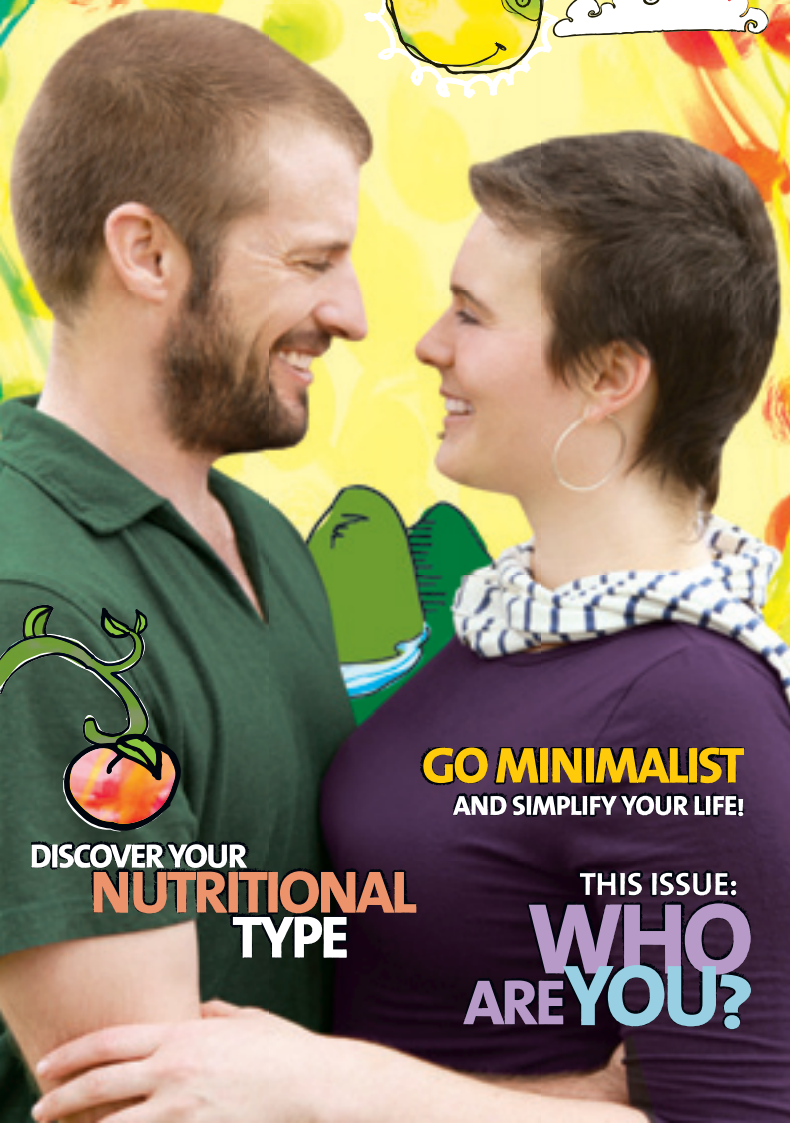
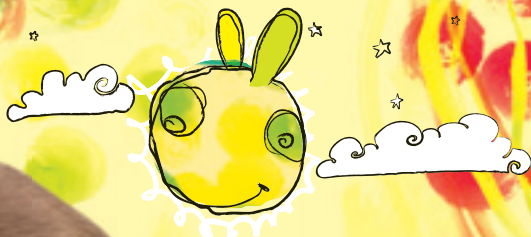
Gnostic

ISSUE #5 2011

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST



DISCOVER YOUR
NUTRITIONAL
TYPE

GO MINIMALIST
AND SIMPLIFY YOUR LIFE!

THIS ISSUE:
WHO
ARE YOU?

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WHO ARE YOU?

In this, our fifth issue, we take a look at the old question of “Who am I?” This question is really the first question in our spiritual journey. We may not start there, but the question will always pose itself somewhere along the way.



At Gnostic Corner, we often see people coming together to share, support and encourage one another, to help each other look within and live a life of freedom and choice.

As we journey through our life experiences, it seems that until we stop and really ask ourselves “Who am I?”, we cannot truly be responsible for how we treat ourselves or others. Our relationships remain the vehicle for discovering our way of “Being”, but it is in our own observation of this that we discover “Who I am!”

I invite you to create a space for this awesome question as we share with you who we are! You’ll find articles on eating for your nutritional type, going minimalist, dealing with disaster and more!

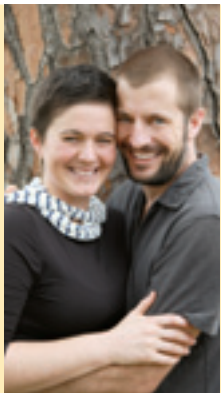
We have fun putting this magazine together every three months and hope that you enjoy reading it! 



Kerriane McNamara
Editor, Issue Five

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Gnostic School of Higher Learning



MONDAY 7pm:

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A ten week course discussing spirituality and quantum theories.

How science and spirituality might have common factors.

Contact Gary 0408 206 164

TUESDAY 11am:

Drumbala Ladies beginners class

Come along and have some fun being uplifted while awakening and expanding your inner rhythm.

Contact Katy 4342 1112

TUESDAY 1st & 3rd 7.30pm:

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Experience the silence, stillness and tranquility that lie at the very core of your BEing. The night includes Guided and Silent Meditation, talks and supper.

Contact Shantari 0450 509 882

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THURSDAY 7pm:

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SATURDAY 11am:

Energy Current Meditation

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SUNDAY

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Who am I?

This question has been asked since the beginning of time. “Who are you?”

Once in a meditation class when this was asked, the answers varied from carpenter, schoolteacher, husband, musician to sportsman. It seems most people associate who they are with what they do and what they mean to others.

A woman who marries will be likely to take her husband’s name. Should this marriage end for whatever reason, she may have an identity crises, not knowing who she now is.

Likewise a man may take on a career and if after years he is retrenched he could have a similar melt down – no longer being sure who he is in relation to the world.

Since ancient times, philosophers have asked the question, “who are you?” and the answer is simply *I AM*.

I AM consciousness, part of the original creative force. We find our consciousness in the physical world and from the moment of the 1st breath we are busy creating experiences.

I AM is pure potential to create, until we define ourselves with labels of what we are doing. These go on to then limit our potential i.e. if I am this – I am not that.

A Gnostic practise is to get to know yourself, really think about what is important to you. Develop a sense of morals




BY MARY HOLSTEIN

and your own integrity. Once you get this sorted you will find that life’s questions including “who am I?” begin to get easier to answer.

Consider that no-one ever in the past or in the future to come, will create the set of experiences you will during your life. You are unique! Once you realise this and define yourself with your own set of moral values, you will have a clearer understanding of your place in the world and rely less on other peoples opinions and judgments of who you are.

Every day is a precious opportunity to use your conscious creative force in a way that honours your integrity. I suggest what you do is not as important as how you do it.

So it seems that we all are pure potential, exploring the physical world for an unknown amount of time, creating experiences. We wouldn’t want to waste one moment of this would we? 



I AM ... being Mary Elizabeth Holstein, wife, mother, grandmother, business woman, tomato grower ... thinker.

TO RISE OR FALL?

Finding those hidden reserves when you need them.

BY GABRIELLE BOWLES

There is nothing like a heat wave to test your patience and endurance.

Add to that, a good dose of morning sickness & you soon find your limits being tested.

This has been my week this week, temperatures soaring about the mid 30's, humidity and the ever familiar (for me at least) feeling of a queasy tummy. A few times I have found myself wondering how much more I could possibly take.

I have felt close to breaking point a few times. Luckily for my husband there has only been one emotional out-burst and it was brief.

I find it interesting though, how in times of struggle (be it physical & or emotional) we as humans can rise to the occasion, no matter how dire.

My situation is not dire by any means. I know too well it is a short lived situation & that I have the choice, to crumble & succumb to the heat & feeling ill, or to soldier on & do all in my power to minimise the exhaustion.

Over this same week though, I have often wondered about those facing greater challenges and whether or not they have felt their decisions were quite so simple and even within their control.



The challenges faced by Queenslanders earlier this year, from life changing floods to cyclones. I wonder how many of the souls affected, felt they had any 'choice' in what had happened or what was to come next.

While many would agree, weather is something beyond our control (to the most part anyway) there is still the 'choice' to live in areas prone to tropical storms. There is the choice to stay in the home or evacuate. The choice to heed warnings & advice, or not.

We saw people faced by the most devastating of situations, stand tall and say 'we'll just start again'. There is no lack of emotion, but rather than giving in to grief & despair, these resilient Aussies turn that emotion to action beginning seemingly immediately, to turn around & get back up.

It is inspiring. And begs me to wonder why so many of us, in situations far less devastat-

ing, sometimes find it so hard to turn our emotions into constructive action.

A lot of people find it easy to turn to destructive action, drinking, smoking, gambling, illness and violence. I find it astonishing how on one hand people can instinctively act for their own and others greater good, no matter how severe the adversity and yet on the other hand, be so torn & controlled by emotions that their only instinct is to bring themselves or those around them, further down into grief.

Both are clearly infectious, the good deeds & helping nature of those responding to a disaster with charity, positivity & generosity and the self destructive, abusive and viral tendencies of someone acting out of emotions of anger, jealousy, fear or greed.

No matter the scale of our challenges or how or why they come to be.

I think it is important for us to remember that our actions or reactions can be constructive or destructive. We need to challenge ourselves to remember that our behaviours can have an infectious effect on those around us.

By keeping this perspective, we can choose to amplify a disaster or crisis (even a crisis of self) or respond with vigour & determination, to rebuild and start afresh.

Just a little philosophy that crept in during the heat wave & nausea.

And with that... I'm off to make a nice cold jug of fruit juice and weather out my little challenge on the lounge, under the fan, with the kids! 🍋



Often pondering the how's and why's of the universe, between changing nappies, school runs and the laundry.

COOK

CHOCOLATE BROWNIES

125g unsalted butter
200g dark chocolate (70% cocoa plus is best)
3/4 cup castor sugar
3 eggs lightly beaten
1 cup plain flour

1. Preheat oven to 180° / 160° fan forced. Grease & line with baking paper an 18cm x 28cm rectangle slice tray, allowing a 2cm overhang on each side.
2. Melt butter & chocolate over a low heat, stirring until completely melted. Remove from heat & stir in sugar. Stand until cool.
3. Stir in beaten eggs & flour. Pour into prepared tray & smooth top with a spatula. Some might like to add their favourite nut, or some chunks of chocolate at this point. Just press gently down into the top of the brownie. (Walnuts are delicious!)
4. Bake for 25 min or until brownie is firm to touch. Allow to cool in tray before turning out & cutting.

I love, love, love this served warm with a good vanilla ice cream. – GB





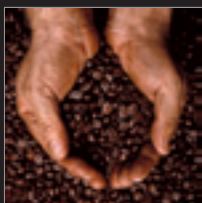
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WHICH NUTRITIONAL TYPE ARE YOU?



BY BIRGIT STECH

Just as it is obvious that we all differ tremendously with respect to our outward physical appearance, we also have a unique biochemistry and genetics. We all process foods and utilise nutrients differently. Therefore, when you adopt a diet based on your specific “nutritional type,” you will resolve most health disorders and achieve optimum health”, says William Wolcott, author of *The Metabolic Typing Diet*.

The fact is, you really can eat the best organic foods, exercise regularly, drink plenty of fluids, get sufficient rest, take the finest supplements that money can buy... and still not feel well, or even start feeling worse than before!

You need to find out exactly what is right for YOU! Proteins, Carbs, Vegies? A nutritional program that is tailored specifically for your kind of metabolism and that will meet the special and unique nutritional needs of the one and only you.

When you finally balance your nutritional needs, your food cravings are said to disappear, and you will wake

You need to find out exactly what is right for YOU! Proteins, Carbs, Vegies?

up each day with more than enough energy. Yeah! Well, if this isn't happening, then this is your giant clue that you are not giving your body something it needs, and you need to modify your program!

Due to widely varying hereditary influences, we all process or utilise foods and nutrients very differently. Thus, the very same nutritional protocol that enables one person to lead a long healthy life full of robust health can cause serious illness in someone else.

As the ancient Roman philosopher Lucretius once said, “One man's food is another's poison.” It turns out, his statement is quite literally true.

So, why are our metabolisms so different? There are a number of factors that determine peoples' unique nutritional requirements, but none is more significant than a person's ancestral heritage, where you grew up, e.g. in cold

northern regions or in a tropical region etc.

In the early part of the 20th century, a brilliant scientist by the name of Weston Price demonstrated this. He travelled all over the world and sought out all the indigenous populations to study their diet and their health. His discoveries were remarkable and extremely important. What he discovered was that:

The diets of all the indigenous peoples were tremendously varied. Yet those indigenous people who followed their ancestral diets were robustly healthy.

But those who moved away or for other reasons strayed from their ancestral diet developed degenerative processes.


There are no good foods and there are no bad foods, except in terms of foods that are right or wrong for your genetic makeup. If you think meat is bad for you then how do you explain the Inuit (Eskimo) who eats up to 10 pounds of meat a day, yet there are no incidences of cancer or heart disease. Or the East Indians who have lived for countless generations on



Finding the right foods for you is the key. 'It might be a low-fat, high carbohydrate diet filled with pasta and grains, or a high-fat, high-protein diet focused on meat and seafood, or anything in between.'

a near vegetarian diet? Think dairy is bad for you? The Swiss ancestral diet was largely based on dairy and rye.

According to Wolcott, what we need to do in order to feel well and healthy is to understand what our body needs as opposed to someone else's, in order to function the way it was intended to. Check out "Nutritional Typing" and eat right for your metabolic type.

To good health! 



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



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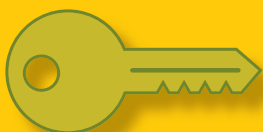
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Simplicity is the ultimate sophistication.

LEONARDO DAVINCI



Go minimalist

> **simplify your life!**

I have been told many times that I am an obsessive compulsive neat freak. I have a better term for it: I'm a *minimalist*. That sounds way better!

When you need your wallet or your keys, do you know exactly where they are? Can you grab them without even looking? Or do you need to dig around in a huge bag crying out "It's in here somewhere" while you turn the entire contents over on a table.

Frustrating isn't it, when you can't find what you are looking for. Of course we have these situations every day. That piece of paper on your desk, that file on your computer, that bill, and where did that scrap of paper go with that phone number you needed. The reason for this is that smaller things have

BY RICHARD HARVEY

more places they can be stored. How many places are there to store your car? You'll be looking in the driveway or the garage. Now, how many places are there to store your keys?

Take the example of my keys: They have exactly two places they could be: 1) My right front pocket, or 2) hanging on the key rack. If they're not in either, then I've lost them. There is a place for everything and everything has its place.

Your car is in the driveway, your TV in the living room and your bed in the bedroom. Huge things with their own clearly defined place. The smaller things get however, the harder it seems to give them their own place.

Minimalism 101...

- ☐ Find a permanent spot for everything.
- ☐ Allow yourself one place in the house as a dumping spot and one spot only.
- ☐ If you haven't used an item within the last year, ask yourself – "do I really need to keep it?"
- ☐ Start with just one room and try to keep it clutter free. Use it as a space to clear your mind.

Minimalism is easy in theory and that's why the solution is easy as well. Reduce the number of places those small things can hide. Get a smaller bag. Have fewer jackets to leave your keys in. Reduce the number of folders in your computer. Best would be to reduce things so far that even the smallest thing has only one or two places it can be.

Take a look around your home and see all the surfaces, now imagine how they would look without anything on them. See the minimalism? It's right there under all the clutter, just waiting for you to uncover it. If you find something that serves no purpose, ask yourself; Is there a need to keep it? That of course is the first step in applying minimalism. Get rid of anything that serves no purpose. If you do not enjoy using an item, do not keep it! If you enjoy it, ask yourself; what is it for and what is its specific place? Is that place suitable?

***Complexity means distracted effort.
Simplicity means focused effort.***

EDWARD DE BONO

Start with one room and find a place for everything you want to keep in it. Everything has its own place and should be in that place and nowhere else. This is the key to Minimalism.

Minimalism is a great way to reduce stress. Clutter is a form of visual distraction, and everything in our vision pulls at our attention at least a little. The less clutter, the less visual stress we have. So, even if its in one room that we create our minimalist space, it can be a great place to unwind, calm the mind and de-stress... 



Richie is the owner of Gnostic Hemporium. He is a self confessed minimalist, not an obsessive compulsive neat freak!

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A JOURNEY OF ONE WOMAN



BY KERRIANNE MCNAMARA

As I begin this article I am reminded of the road less travelled. I look back on my life and I find there were times when I was not so sure. I was a person who lived much of her life at the mercy of others: their expectations, their values and their rules. I was awakened through books and courses. I sought advice from practitioners, who are taught to ask the questions of us that we might be afraid to ask ourselves.

The biggest discovery of all was that I am responsible for every detail of my life. My joy, my sadness, my expectations of myself, my reaction and response to every situation, emotion and thought that enters my consciousness. This was a huge discovery and one that I am still unravelling. Old habits, thought patterns and structures I have built up over my lifetime.


The way in which I deal with life now is that I can fool around. I don't have to be so serious and right all the time. It is all just made up, a game for us to play our part in. How fun is that? Takes all the pressure off. It gives me permission to make mistakes, to dive in and know that I won't drown. Instead I was drowning in the worry, anxiety and fear, preventing me from experiencing a full & wonderful life.

Raised in a family with three siblings and a ghost sister. I ended up taking the role as the eldest child from a very young age, with the task of being

responsible. Mother lost a child when I was one and I made it my job to try and fill the empty space that losing my sibling had created. I married young, to a successful, ambitious young man who provided all the material needs that any couple would desire. We raised two wonderful children to become successful adults.

Our paths changed direction after twenty years of marriage and that's when I began my journey of self discovery. Who am I when I am not a wife, mother and daughter? I had forgotten that there is an existence outside those roles. What a shock it was to discover at almost 40 years of age that I was defined only by my roles in life and that I was more than just flesh, bones and a mind.

Within these roles I had created boundaries so tight that breaking out of them was almost like being reborn. Many wonderful discoveries have followed and each of us take our own road to travel.

I invite you most earnestly to take up your staff and follow wherever that road leads you. Examine all the nooks and crannies, the light and dark. Learn how to observe, either through meditation, philosophy, practising stillness in some form. You will soon discover that "who you are", is a unique individual on a wonderful journey toward enlightenment. 

THE POWER OF THE MIND TO PROMOTE HEALING

Our environmental stresses of diet, work, relationship all influence our state of health. We know that when we are in pain or feeling off colour we can take a pill to suppress the symptoms for a short period. But some sickness or pain becomes persistent, returns every time we are run down, tired or stressed. If we could see the response of our body when the cortisol hormones peak and upset the good hormones like oxytocin, serotonin & melatonin in our body, we would see why this pain and sickness affects us. So imagine this! We get a headache or a pain in our right knee, we take a pain killer and get on with our stressful, busy and complex life. Symptoms dissipate and we ignore the warning our body gave us to step up and notice something is out of balance. Maybe we need more water, more sleep, less sugar, some quality time with our partner or children – but the busy life persists, must keep going... So the muscles tighten a little further and next time we feel the pain it takes a bit stronger medication to resolve it. We go to the doctor, get X-Rays, do tests, get stronger medications. Then our body starts some new symptoms, digestive problems, nervous anxiety, rashes. More medication, more creams – making the pharmaceutical companies, wealthy and us dependant on their products.

STOP! Take a minute to assess the situation. Ask yourself some

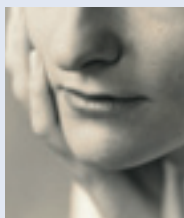
BY KERRIANNE MCNAMARA

questions. Have I been overdoing any area of my life lately? Have I taken enough time to unwind before sleeping (or was I sitting in front of the TV/ Computer till 5 minutes before I climb into bed?) Did I spend some quality time with friends or family this week? Am I living a life I love?

It is time to take a look at what is truly important in your life. Know there is ALWAYS choice. When we start looking at our own wellbeing through these channels, new opportunities present themselves. There is an abundance of knowledge, happiness and pure consciousness within all of us. Take the time to listen to your intuition and discover a whole new approach to wholeness, wellness and wellbeing.

A range of natural therapies can help you tap into that knowledge, awaken you to your potential to gain control and choice over your health issues.

There is a famous Buddhist proverb which I quote to myself often, "When the student is ready, the teacher appears". Open your mind to those around you who can teach you a new way. Gain awareness around the thoughts that can create negative moods and emotions. Heal the past and move forward, creating a life you love. 🌱





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ASTROLOGY

Planetary Influences for March, April and May 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.

MARCH:

This month, changing direction and a desire to start afresh may cause some internal conflict when making decisions. Old structures are no longer acceptable and you may find yourself re-defining your relationships within the world structure. This will give you the freedom to explore a new kind of awareness. There may be some unexpected twists and turns with an unpredictable outcome..

APRIL:

There is a need to re-assess life's strategies either because of emotional upheavals or physical limitations. Recognising the source of the problems at hand and communicating your opinions/view-points will help end projects that require concentration. Seeking answers will alleviate confusion and balance out your emotions and structure of your life. Letting go of old and bringing in a brand new "New" is prominent.

MAY:

Helping other people will bring a sense of personal fulfilment this month. By being constructive you will gain wisdom and maturity through your relationships. There will be a sense of confidence in the air and maybe some high expectations of those in authority. Generally speaking, people are feeling warm, friendly and loving. Be aware though, of anyone who wants to invest your money elsewhere. If it sounds "too good to be true" it often is! Think twice and don't gamble away your dollars.

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

EXPLORING THE TAROT THE EMPEROR

He suggests the ability to bring form and structure into your life. This is now a good time to plan and organise. Be aware of not becoming too set and settled, thereby deleting freedom. You may even have a need to review any unresolved father issues.

Loretta is a psychic reader at Gnostic Forest.



HEART of the BUDDHA



There is a story of a well-known army officer who went to meet a highly respected elderly monk. Being conceited, the officer wanted to prove he was the superior person.

The two men conversed and the officer asked the master, "Old monk, do you know what I think of you and the things you've said?"

The master replied, "I don't care what you think of me. You are entitled to have your own opinion."

The officer snorted, "Well, I will tell you what I think anyway. In my eyes, you are just like a pile of dry shit!"

The master simply smiled and stayed quiet.

Seeing that his insult had fallen on deaf ears, he asked curiously, "And what do you think of me?"

The master said, "In my eyes, you are just like the Buddha."

Hearing this remark, the officer left happily and went home to brag to his wife about the incident.

His wife said to him, "You conceited fool! When a person has a heart like a pile of dry shit, he sees everyone in that light. The elderly master has a heart like that of the Buddha, and that is why in his eyes, everyone, including you, is like the Buddha!"

BY EMILY HOLSTEIN

Its is a blessing and a curse that our mind is one of the few things in this life that we have free reign over. Teacher Charlotte Joko Beck talks about "purifying the mind". Not to become some sort of saint but to refine our mental selves. Joko Beck describes attention as being the tool for cutting through the dross of our thoughts. This does not mean to be unaffected or dispassionate in our lives. Simply to bring our awareness to the present moment thus discarding thoughts that do not serve us.

A form of mindful meditation exists where by you say silently to yourself exactly what it is that you are doing. Chopping carrots, chopping carrots. Walking, walking. Sitting, sitting. Any time thoughts bubble up in your mind you can simply label them and put them down. Worrying; Remembering; Judging. Mindfulness through attention encourages a stark but delicious clarity to your day. In this state there is only ever now. Besides which, would you prefer to be the Buddha or the pile of dry poop! 🌱



Emily enjoys reading about Buddhism and Zen and then wrestling it into her everyday life...

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Glad no Matter What

AUTHOR: SARK

PUBLISHER: Brumby Books

With numerous titles to her credit Sark has the ability to deal with “real” issues we can each relate too.

Into each life some rain... even into the life of bold, bright, inspirational SARK. Though she has empowered millions to live their creative dreams, manage their financial lives, and savour personal connections, the death of SARK’s parents and cat and the end of a love relationship tested her ability to walk her own talk. But as *Glad No Matter What* shows, she – and readers – can face, feel, and heal from loss and change. Much more than a simplistic search for the silver lining in storm clouds, SARK’s approach is a map, guidebook, and step-by-step strategy for profound, positive transformation through, rather than despite, life’s inevitable travails. When grief, sadness, and other strong emotions seem overwhelming, this book shows how to skilfully work with those feelings and access their significant healing power. Readers who get under SARK’s umbrella find themselves singing in the rain.

Her books open your heart to give understanding to the emotions life throws at you. You have to love her titles *Eat Mangoes Naked*, *Inspiration sandwich* and of course, *Juicy Living*. – Mary H. 




Three Cups of Tea

AUTHOR: Greg Mortenson

PUBLISHER: Penguin Books

One of those books I grabbed at the airport to read on a flight, but then it had the potential to ruin my weekend away as I couldn’t put it down.

A story of a regular mountain climber – if there is anything regular about people who push themselves to such limits. This guy was so moved by the hospitality of people from some of the poorest parts of the world, that he made a promise to them and himself to return and help them build schools to educate their children, especially the girls. He believed that education was the answer to help bridge the gap of mis-understanding between the western world and those of central Asia. He had to overcome prejudices from the Muslim communities he went to help and then more prejudice from the Americans back home. Caught in a no-mans land his determination to make a difference pushed him on.

I guarantee when you have finished this book, like me you will be moved to make a difference. When you see how little it takes to give a few \$\$ and the permanent improvement it makes, not just to the children it educates but to the communities who otherwise might have a distrust of the Western world. Loved this book!! – Mary H. 



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 and Sunday

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

Jane – Thursday

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

Jennifer – Friday

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

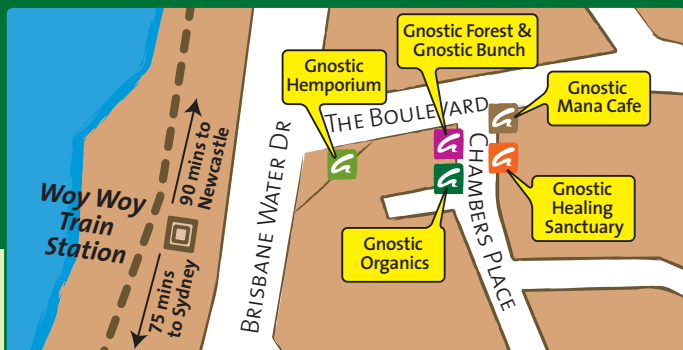
Francesca – Saturday

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.



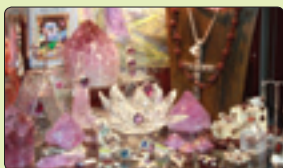
It is our intention to offer readings to empower the seeker, Readers offer their interpretations of the situation and possible outcomes. As this is the world of free will you always have the power to change outcomes and determine your own future.

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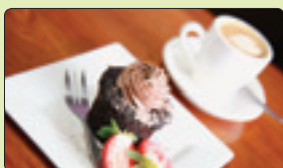


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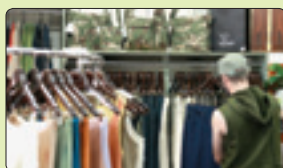
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Gnostic is derived from the ancient greek word *Gnosis*, which means
'Knowledge through personal experience'.