

Gnostic

ISSUE #7 2011

# LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

FIND  
YOUR  
**NATURAL  
STYLE**

Juicing  
FOR Health

**EARTH  
MOTHER**  
How do  
you Doula?



# GNOSTIC HEALING CENTRE

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We would also like to introduce three new therapists.

**Angela** and **Maxine** both provide a range of massage services including remedial and relaxation, and **Trudy** our beauty therapist will be offering fabulous botanical facials and skincare treatments.

*We will now be open on Sunday's offering massage as well as other great services.*

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*Enquire about health fund rebates*



This issue welcomes the reader inside the Gnostic Corner community. Like all healthy organisms it is constantly evolving and we now have three new ventures to introduce to you.

Lana and Tiffany have brought new energy to the Gnostic Healing Centre by adding a modern apothecary to the well-respected range of natural therapies already available, perched above you can find Liz creating a space for things to happen at The Clearing on Gnostic Corner, while Julita and Rhonda are taking flight in an intriguing winged venture called Gnostic Enchantments.

Inspired by a sense of community – whether it be a community of angels or chickens – in this issue we explore what being part of something greater than the individual can make possible. Read about the ethic behind the Corner co-operative and our responses to joining it. Learn how simple choices in your life – what you wear, what you eat, even what you take time to notice in the environment – have repercussions for a community, ranging from the community of cells in your own body to how we sustain life on this ball of earth, itself a part of a community held in orbit in the space between stars. 🌱



Liz Macnamara  
Editor, Issue Seven



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ON OUR COVER: Sammi Zajko, with son Jeremiah. See Sammi's article on page 8.

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# Gnostic School of Higher Learning



## **MONDAY 1pm:**

### **Mums Spirituality**

A nurturing group for mums of all ages. Take time out and learn ways to nurture yourself though guided meditation, practical spirituality and chakra awareness.

**Contact Julie 0432 566 584**

## **MONDAY 7PM:**

### **Introduction to Philosophy**

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 1.30pm:**

### **Energy Current Meditation**

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**

## **TUESDAY 4pm:**

### **Childrens Meditation**

Brings your child into their heart centred awareness. Cleaning out negative energy & emotion – calming, grounding, focusing and rebalancing them, which improves overall life experience.

**Contact Savitri 0413 343 879**

## **TUESDAY 7pm:**

### **Life Mastery with Earth Heart**

A casual group integrating the spirit and everyday life, with

practical tools to expand the mind and energy body. Creating mental and emotional mastery.

**Contact Savitri 0413 343 879**

## **WEDNESDAY 10am:**

### **Free Talk**

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

Gold coin donation.

## **WEDNESDAY 1.30pm:**

### **Philosophy**

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

**Contact Gary 0408 206 164**

## **WEDNESDAY 7pm:**

### **Meditation**

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

**Contact Gary 0408 206 164**

## **THURSDAY 7pm:**

### **Energy Current Meditation**

Oscar offers the energy current meditation in an evening class.

**Contact Oscar 0431 636 586**

## **SATURDAY 11am:**

### **Energy Current Meditation**

Energy Current on the weekend to help rebalance after a busy week.

**Contact Oscar 0431 636 586**

## **SATURDAY 2pm:**

### **Intuitive Development**

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities.

**Contact Loretta 0401 416 934**

**For more information about classes please call into Gnostic Forest.**

*It is our intention to offer space for the distribution of knowledge. Each facilitator shares their opinions and students receive through their own interpretation taking full responsibility to discern their own gnosis.*

# WHY WAIT? LET'S RESONATE

**M**y first attempt at writing on this issue's theme, 'community' was about being nice to your neighbours and getting invited to dinner – all very sweet but a bit light. I decided the concepts that are harder to digest provide the best spiritual nutrition. So here we go...

**Our communities are really nothing more than *Morphic Resonance Fields*.**

A man called Rupert Sheldrake described this field as the place where the subtle effect each one of us has on the other is recorded. We live in communities and believe that what is around us has an effect on our social, mental and physical wellbeing. The Morpheic Resonance Field would suggest the opposite. We affect the field or community if you like, in a way equally as strong as the guy who drops a gear and accelerates past the café while you peacefully have your coffee.

Every single one of us has all the power to make a noticeable change in the space where we live. To assume any less is to forgo your responsibility to contribute in a positive way.

Many people dream about moving away to live in "An Alternative Community"

Hello!! – Maybe you could just live in an alternative way?

What is stopping every one of us today from becoming trusting, co-operative, generous? I would suggest it is fear. Fear that we might lose something, fear that we might not be repaid or the most hideous of all fear that we might appear different.




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BY MARY HOLSTEIN

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"Be the change you want to see in the world"... Mahatma Ghandi was onto something when he wrote this. We have no right to expect our communities to support us. We have a responsibility to support every member of our community in any way we can.

The Morpheic Resonance Field – the collective field that we all live in – will absorb our behaviour, thoughts and emotions and this is what is likely to be repeated in the future, be it tomorrow next week or in the next generation.

The beauty of this philosophy is that it is not limited to a local small community of influence. The behaviour you display every moment of every day affects every thing and everybody in the known world and beyond. No deed goes unnoticed, good or bad. Just because you didn't get caught doesn't mean the wrong wasn't recorded on the field and increased the likelihood that someone else will suffer.

Every positive thought deed and emotion you create will lift the spirit of your community. Every kindness to nature be it plant, animal or a human will create a more co-operative environment for us all to enjoy. 



Mary Holstein, co-owner of Gnostic Forest & Gnostic Bunch, is watching the positive expansion of a co-operative business field.



# SPRING TO LIFE!

**N**ature is always amazing but there's no better time to see this than in Spring. We are lucky to have enough room at home to keep a few chickens, a pooch & some bunnies ... oh & the cats, lets not forget the cats.

Our not-so-little family is growing, with our 5th bubba due any minute. And our animal friends have cottoned onto the breeding fever also. The kids have had a blast recently with 2 of our hens getting broody & between them hatching 12 healthy chicks.

It has been a fantastic experience for the kids. Watching the way the hens co-parented right through, from nesting to mothering once the chicks hatched.

The hens took turns laying the eggs, one a day for just over 2 weeks and so when it came time for hatching, we got to discover a fluffy new edition (occasionally 2) each day for almost a fortnight.

Not all of the 15 eggs hatched, but this too was a positive & important thing for the kids to learn about. I love to see the way the animals instinctively 'know' when an egg is not fertile & push it away from the nest, while continuing to care for the other young. The different noises the hens make to communicate to their little ones is also amazing. My 3yr old Lillian has probably learnt the most from this experience.

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**BY GABRIELLE BOWLES**

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She is always wanting to 'hold a bubba'. While we do let the kids handle the chicks, it is a great lesson to get them to recognise when the chicks noises change & indicate that they have had enough & want their mum now. Lillian has gotten good at recognising this herself & always puts them back when they start to cheep loudly.

Our eldest Nikki also learnt a lot. At 12yrs old sometime throughout the process she would get a little idealistic about all 15 eggs hatching without a problem. It was a good opportunity to explain how things don't always go to plan & sometimes 'nature' just decides that some eggs aren't meant to hatch. While it can be sad, it was good to show the kids that this is how nature keeps a balance.

I enjoy watching my kids experience nature. But things that seemed simple & real to me as a kid, have become foreign to many youngsters now days.

'Where does milk come from?' the mother asks her son.

'The shops!' He replies somewhat bewildered by his mother's silly question.

While many of the changes in our world now are exciting & amazing, I like to try & keep in perspective the wonderful realities of our world that are pure & simple. I think it is just



as important for our kids to know & appreciate the circle of life, as it is to know how to use an ipod or access information on the net.

I believe it is essential for kids to also understand the balance of nature & respect the process. With a planet that is obviously affected by our lifestyle (whether or not you believe in global warming) it is an investment in our future & sustainability to keep our kids connected to nature. Knowledge is powerful & making sure we pass on knowledge about the 'simple things' we will hopefully ensure that despite our own evolution we maintain a balance with the nature around.



It's not possible for us to all have a mini farm in our back-yard, but if you are ever looking for a great day out with the kids, consider visiting a farm or country show where you will be amazed how much your kids can learn from the animal kingdom in action. 🌱



Gabby is a partner of Gnostic Mana who works from home while raising her family — and chickens.

## EGGS

# Pavlova

**6 large free range eggs, separated**  
**1 1/4 cups castor sugar**  
**2 tsp cornflour**  
**1 tsp white vinegar**  
**1/2 tsp vanilla extract**  
**Thickened cream**  
**Seasonal fruit of your liking**

Preheat oven to 200C.

Line a lightly greased oven tray with baking paper, trace a 24cm diameter circle onto it.

Using an electric mixer whisk egg whites until soft peaks form. Make sure the bowl is super clean & dry to achieve best results. Gradually add sugar, 1 tablespoon at a time, continuing to whisk as you go.

Meringue will become thick & glossy as the sugar dissolves. Test a small amount of meringue by rubbing between your fingers. If it is still gritty to touch, continue whisking until smooth.

Add cornflour, vinegar & vanilla and gently fold through until just combined.



Spoon meringue onto the baking paper using the circle as a guide.

Smooth the sides ensuring they are slightly higher than the top, this will help to hold fillings later.

Place in the centre of the oven for 10min, then reduce temp to 120C and continue to cook for 1-1 1/4 hrs or until dry to touch. Turn oven off & allow Pavlova to cool in the oven with the door ajar.

Once completely cool, the pavlova can be stored in an air tight container until needed (1-2 days) or decorated & served. Use whipped cream to fill the centre of the pav (a little icing sugar added to the cream adds sweetness) and top with a selection of your favourite seasonal fruits (be creative!). – GB

# HOLY DOULA

**How a doula can help you have an empowering birth experience.**



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BY SAMMI ZAJKO

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“Doula” (dool-a) is a Greek word that generally means “mothering the mother” or “being with woman” during labour. A doula is a professionally trained support for a woman and her partner during pregnancy, birth and the post-natal period. It is so important for women to have the continuous support of a doula during this time in her life.

The memories of a woman’s birth will stay with her for the rest of her life. She will remember whether she felt loved, supported, respected, nurtured and safe. It is important to have the right support people in place to ensure that her birth is a positive experience.

Various studies have shown that the continuous presence of a doula can reduce the length of labour, as well as the use of drugs and other medical intervention such as forceps and caesarean. These studies also show that women who have a doula report less pain and anxiety during labour and experience greater satisfaction with their birth. They experienced an amazing appreciation of their body’s strength and performance and of themselves as women. They breastfed for longer. They experienced less difficulty with mothering. They had more positive feelings towards the baby and higher self-esteem. Their relationship with their partner was enhanced


and they experienced significantly lower rates of post-natal depression.

A doula believes that birth is a non-medical event and has a deep respect for the power of birthing. She works with the pregnant woman to encourage her to trust her instinct and her body’s ability to birth naturally. She recognises that each birth is unique and that the birthing woman needs individual attention and support.

A doula provides continuous physical and emotional support for the pregnant woman and her partner. She acts as an advocate in a world where birth is increasingly medically “managed” and based on fear.

The goal is to help women have a safe and satisfying birth experience whether she chooses to birth at home, in a birth centre or in a private or public hospital. A doula is able to provide women with information and fully respects their informed decisions.

Bringing a new life into the world is one of the greatest lifetime achievements for a woman and her partner.

Conception, pregnancy, birth and parenting are all expressions of love. They should be treated with the respect that they deserve. 



# Juicing for Health

*Juicing is a very powerful tool that you can use to accelerate your progress towards optimal health.*

BY BIRGIT STECH

**H**ealth professionals recommend 6-8 servings of vegetables and fruits per day but very few of us actually get that. I have found that juicing is a simple and easy way to assure that I will reach my daily target for vegetables. I juice every day and consume a big glass of green juice daily. To minimise exposure to toxins, ideally your fruit & veg come from an organic source.

## 5 Great Reasons to Juice

**1. Juicing helps you absorb most of the nutrients from the vegetables.** This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

**2. Juicing allows you to consume an optimal amount of vegetables in an efficient manner.** If you are a carb type, you should eat 500g of raw vegetables per 25kg of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.



**3. You can add a wider variety of vegetables in your diet.** Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

**4. Juicing is an easy way to get beneficial enzymes,** which are primarily found in raw foods, into the body. Enzymes in fresh fruits and vegetables have the vital role of converting food into body tissue and energy. Enzymes are also involved in metabolism, so one of the more valuable health benefits of juicing is that it can increase metabolic rate. In addition, antioxidants and other immune enhancing properties are concentrated in juices.

**5. Juicing can help to accelerate recovery from illness.** In fact, juicing with specific combinations of fruits or vegetables can target particular conditions and improve or alleviate symptoms. However, due to the detox reactions, you may feel worse before you feel better. It can take up to three months until you feel some improvement as interestingly, three months is also the average lifespan of red blood cells. So in three months you should have renewed most all of your red blood cells and this is the typical time frame for most people before they see any dramatic improvement in their health.

### Getting Started

First, you need a good juicer. The slower the juice is extracted, the more nutrients are preserved. Endorsed by health professionals Sandra Cabot and Kristine Matheson (*From Cancer to Wellness*) is the Compact Multi Purpose juicer, a slow-moving masticating juicer, presenting great value for money. Easy to handle and clean, it comes with a life-time motor warranty. But not only

does it make juice, it also makes yummy ice cream, purees food, makes nut butters, pasta, noodles and sausages.

And of course, you need a good recipe; something that tastes great, or else you'll likely quit before you've really gotten started!

Here's my favourite juice recipe combining the classic juicing fruit & veg plus some dark leafy greens:

- 1 large carrot
- 1 large apple
- 1 med beetroot
- 2 celery stalks including leaves
- 1 piece of ginger (size according to taste)
- A couple of leaves of kale or silverbeet
- You may wish to add 1/3 filtered water to 2/3 juice.

Most raw foods metabolise in the body leaving an alkaline residue, combating over-acidity. Drinking your raw fruit & veg juice daily will definitely deposit goodness into the alkaline bank! Enjoy!



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

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*a space for things to happen*

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# Belonging

*Longing to be here.* The first day I came to Woy Woy I sat at the Gnostic café and scribbled a poem. I was looking for a home. Here were holiday makers and hippies, cyclists in bright lycra and children duckbound with fistfuls of crumbs. One white resplendent goose preening her specialness did not turn her back on a crust.

*Here live longing.* So, like so many others, I moved to the coast. Friends congratulated me, told me I was smart to get out of Sydney, that it was beautiful up there and the train ride lovely. Not far, they said, but too far I knew for them to come.

*Here live.* First summer: step onto a beach scorching underfoot, water cool and zinging. I bought a bright-yellow underwater light and trawled dark waters. Warm evenings watching the secret life of creatures lured out of the liquid deep. I killed nothing for my hunger was fed. Alive as the night and sun summer lightening.

*Here home.* The city fell behind as I slowed for a mother and five fluffy cheeping-yellow balls of duck waddling to water. My house became a refuge.

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BY LIZ MACNAMARA

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When it rained they swam in puddles on the corner.

*Here live be.* Turning my back on Sydney I dozed on the train plotting my final escape from commuterdom. A dream and then suddenly, tragically, the money to make it come true. Above my favourite corner a vacant set of rooms. On a whim I called the agent to inspect them. Just curious I told myself, but this far I knew I would come.

*Becoming here.* Blue walls and hope. I opened my doors and entered them. I wandered downstairs onto the corner and was invited in. Faces became names, became stories, became beginnings. The Clearing on Gnostic Corner they said, welcoming. At night a secret clan of writers came scribbling. And then shy, clever, tremendous, hearts glistening: my clients made me tender ... listening.

*Here belonging.* In the afternoon I sit on my corner communing. Stop and talk with me, tell me a day or a song. Longing no more in sun. 🌱



Liz Macnamara is the owner of The Clearing on Gnostic Corner and is making a space for things to happen.

# anxiety AND THE human animal

BY SEAN BIRK




**W**e've all experienced anxiety at one point or another. In fact, just about every animal on earth does. It's a natural biological process that forms part of our instinctual flight or fight response.

In prehistoric times, when our bodies evolved this response, anxiety was simply a reaction to a danger or threat in the environment. The physical reaction – including “symptoms” like increased heart rate, raised blood pressure, hyperventilation and ‘butterflies in the stomach’ – would have all played their part in helping us to get away from the danger and survive.

Fast-forward a few hundred thousand years and we still have the same biological responses to perceived danger. However, there are no longer sabre-toothed cats on the prowl. In their place, we have emotional and psychological stresses. The trouble is, without a physical threat to deal with, we have no way to turn off our natural biological response – and anxiety can become excessive. Prolonged anxiety can result in ongoing feelings of dread, fear, stress and depression. It's all too common to then become anxious about being anxious ...and get caught in a vicious cycle.

Certainly, there are chemical ways one might treat anxiety on a symptomatic level – particularly when it takes the form of acute and chronic conditions like panic disorder and obsessive compulsive disorder.

However, from a counselling and psychotherapy point of view, there are techniques that can help a client deal with not only anxiety, but its causes too – in ways that are as natural as the experience itself. These include exercises that progressively tense and relax the muscles, breathing exercises and cognitive behavioural therapies, which use a systematic approach to understanding the link between thoughts, feelings and behaviours.

Speaking to a counsellor is a good first step to find support in the process of understanding anxious feelings and finding an appropriate method of managing anxiety. It's also an opportunity to learn how to deal with the triggers for anxiety and prevent the feelings becoming excessive in the first place. 



Sean Birk is a counsellor and life coach at The Clearing on Gnostic Corner.

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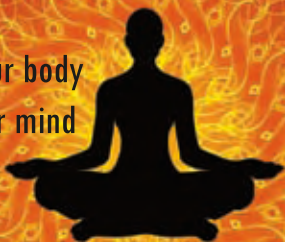


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# ORIGINS & HISTORY OF THE COMPOUNDING APOTHECARY

In anticipation of the newly refurbished Gnostic Healing Centre and our eagerly awaited Natural Apothecary for the compounding and dispensing of herbs, nutraceuticals and skin care preparations, we thought it would be insightful to look back at the use of medicinal herbs and the historical role of the compounding apothecary.

Most people only know the term 'Apothecary' as an outdated term for 'Pharmacist'. However, traditionally apothecaries had a much more active role in community medical treatment. Historically they did the work of doctors, performing surgeries, acting as midwives and treating every ailment known. They kept stocks of herbal remedies in their shops. They prescribed these remedies by mixing fresh or dried medicinal plants and other natural substances to fit the unique needs of a patient, and their wares were used to treat everything from infections to digestive troubles.

The first apothecary shops were founded during the Middle Ages in Baghdad. By the end of the 14th century, Geoffrey Chaucer (1342–1400) was mentioning an English apothecary in *The Canterbury Tales*, specifically "The Nun's Priest's Tale".




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BY LANA AITKEN-JONES

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By the 15th century, the apothecary had gained the status of a skilled practitioner, though they largely operated through a retail shop which, in addition to ingredients for medicines, sold tobacco and patent medicines.

The earliest druggists were familiar with various natural substances and their uses. These drug artisans compounded a variety of preparations such as medications, dyes, incense, perfumes, ceremonial compounds, preservatives and cosmetics. Drug compounders seeking gold and the fountain of youth drove the Alchemy movement. Alchemy eventually contributed to the creation of modern pharmacy and the principles of pharmacy compounding.

By the 19th century, pharmacy began a transformation from an art to a science and the medical professions had taken on their current institutional form, with defined roles for physicians and surgeons, and the role of the apothecary was more narrowly conceived as that of pharmacist.

Natural products that were long a staple in the pharmaceu-

tical armament started being analysed for their chemical makeup. Scientists began exploring the structure of drugs, linking structure to the activity of compounds, and they began to synthesise compounds with similar structures. The industry was in its infancy but the mass production of drug products had started. There was no longer the need for ‘pharmacists’ to know the habitat, the part of the plant used and the time of gathering of their raw materials.


Pharmacists began isolating and identifying the active ingredients contained within these crude drug concoctions. Using fractionation or recrystallization, the compounding pharmacist would separate the active ingredients, like morphine, and use it in place of the crude drug. During this time modern medicine began.

With the isolation of medications from the “raw materials” or crude drugs came the birth of the modern pharmaceutical company. Where pharmacists and apothecaries were trained to compound the preparations made by the drug companies, they were unable to do it efficiently on a small scale. So economies of scale not lack of skill or knowledge produced a market for the modern pharmaceutical drug companies.

Today, the traditional apothecary is making a comeback with herbs and natural medicines becoming more popular and pharmacists, naturopaths and herbalists compounding products using fresh or dried tailor-made natural ingredi-



ents, instead of a one dose tablet/capsule fits all approach. This may be done in order to change the form of a medication from a solid to a liquid or powder to enable easier administration and absorption by the body, or to avoid a non-essential ingredient that the patient may be allergic to. It may also be done to make the product more palatable by the addition of favourite flavours to a medication.

The ‘modern apothecary’ may be defined as someone who believes that nature provides the resources people need to heal their bodies and spirits. At The Gnostic Healing Centre and Natural Apothecary, we take into account your specific needs and apply our healing expertise to them. Where a patient can sometimes fall through the cracks of today’s mainstream health care particularly in terms of ‘chronic’ care, our team integrating eastern and western herbal traditions and other alternative therapies has the ability to optimise patient care in a more complete and holistic way empowering you physically, mentally and spiritually to better health. 



Lana is a naturopath and co-owner of the new Gnostic Healing Centre. She is also passionate about longevity and anti-aging medicine.

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## OPPOSITE PAGE:

**1. DRESS:** Chotti Belted Dress in Burgundy by *Ishka* \$52.00

From GNOTIC FOREST

**PANTS:** Light Steel Blue by *Sylph* \$66.00

From GNOTIC FOREST

**SCARF:** Floral Square Scarf by *Paraphernalia* \$20.00

From GNOTIC FOREST

**2. TOP:** Simple tee naturally dyed hand loomed organic cotton in rustic red by *Sinerji* \$69.00

From GNOTIC HEMPORIUM

**SKIRT:** Bamboo in ruby red by *Eco Wear* \$59.95

From GNOTIC HEMPORIUM

**SHOES:** Hmong tribe hemp fabric boots \$89.95

From GNOTIC HEMPORIUM

**Fairtrade Necklace and bracelets – Zulugrass by Leaky Collection** from \$12.95

From GNOTIC HEMPORIUM

**SCARF:** Stripey scarf by *Om Shantipi* \$18.00

From GNOTIC FOREST

**3. TOP:** Hemp Cowl neck tunic in forest green by *Eco Wear* \$79.95

From GNOTIC HEMPORIUM

**SKIRT:** Circle of leaves skirt naturally dyed hand loomed organic cotton in Bark by *Sinerji* \$129.00

From GNOTIC HEMPORIUM

**4. DRESS:** Tribal Print Dress by *Om Shantipi* \$47.50

From GNOTIC FOREST

## RIGHT TOP:

**5. TOP:** Bamboo tank top in Majesty by *Eco Wear* \$54.95

From GNOTIC HEMPORIUM

**PANTS:** Burnt Orange by *Sylph* \$66.00

From GNOTIC FOREST

**SCARF:** Stripey scarf by *Om Shantipi* \$18.00 (as headband)

From GNOTIC FOREST

**Fairtrade Jewellery – Zulugrass by Leaky Collection** from \$12.95

From GNOTIC HEMPORIUM

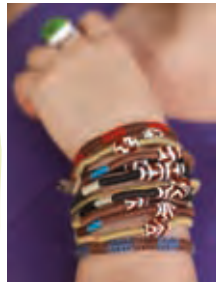
**FOOTWEAR:** *Swamisz* \$35.00

From GNOTIC HEMPORIUM



**ABOVE:** Goddess Style Earrings in Amethyst by *Simply Gems* \$60.00

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**ABOVE:** Locally hand made hemp bracelets by *Chandra* from \$6.95

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# HAPPY CLOTHES

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Natural fibres offer advantages in durability, water absorption, temperature regulation, anti-microbial properties and the list goes on...

The weave of natural fabrics allows heat and moisture to escape when the temperature is hot and will help insulate the body when the temperature is cold, keeping us comfortable in all weather conditions.

We should really go one step further and choose sustainable fibres – ones that will not destroy the earth but actually give a little back.

Clothes made from Organic Cotton, Hemp, Bamboo and Soy are much kinder to the environment. And they are also currently produced by smaller operators. By supporting these small operations, we take business away from multinationals. Most big corporations have little regard for human health and are only interested in the bottom line. Over time, by voting with our wallets, we can change the way these massive clothing companies manufacture and produce their products.

We have seen this happen with organic foods. The big supermarkets have realised that if they want to keep their



customers happy, they need to offer what the customer is going elsewhere to get. We are slowly starting to see an increase in demand for fair trade and sustainable clothing and a few big companies are starting to play ball and offer such alternatives.

Let's hope that more big clothing brands are forced to look at their practices and ensure that ALL their clothing is made from sustainable, non polluting, natural fabrics, using sweatshop-free factories that don't employ prisoners or children. The difference is a no brainer. If we compare farm fresh organic produce to that of cold stored, 5 month old supermarket produce, we taste the difference immediately. Synthetic, plastic feeling clothes that are mass produced in some sweat shop for two cents with no regard for the environment... *OR...* clothes made using natural, sustainable fibres with natural dyes in factories with happy workers.

Yep, happy clothes = happy planet = happy days. 🌱



Richie is the owner of Gnostic Hemporium, supporting fair trade products and clothes made from natural fibres.

# Friday Night Poets & ☾

## THE Half-Written Book Club

### **Gnostic Mana**

(First visit)

The woman behind me wants to open a restaurant  
or get her truck licence and travel Australia  
or become an astronaut and live on the moon  
that would be cool – live on the moon  
not forever just for a while  
Waxheads check out babes  
getting a sugar hit in the corner  
grannies and greenies gabber sipping vegan coffee  
I wonder if I want to move to Woy Woy  
a pelican walks past  
the sun slouches in for the afternoon

— *Liz Macnamara*

### **the view**

and honestly  
as far as the eye could see  
it was truly sumptuous  
I mean jaw-  
droppingly amazing  
– the sort of scenery you  
can't describe, like  
well, what do you think of  
when you hear 'a picture  
paints a thousand words'?  
laid out below me was that,  
that grand worth  
of stunning planetary beauty  
and  
I rifled through  
the seat pocket for the  
in-flight magazine.

— *Kelly Blaney-Murphy*

FRIDAY NIGHT POETS and the HALF-WRITTEN BOOK CLUB offers  
peer support groups for writers. New members welcome.  
Contact Liz 4341 0464.

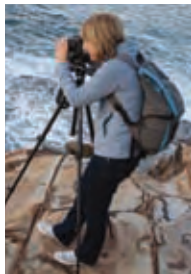


## Michelle Hughes Photography

From the time I first picked up a DSLR camera I have never looked back. Photography has become a true passion in life.

I love being up early to see the sunrise, and to capture them forever. I also enjoy portrait photography and capturing family memories for clients.

Photography has taught me how to look at the world around us differently; something insignificant in your eyes may be a beautiful picture through my lens. The images I capture are how I see it and it is a privilege to be able to save them forever as a photograph. See more at [www.michellehughesphotography.com.au](http://www.michellehughesphotography.com.au)



## art@mana | EXHIBITIONS AT Gnostic MANA CAFE



**Russell Austin** has exhibited his work in several group shows throughout Sydney and the Central Coast NSW with solo exhibitions in Newcastle and

Gosford and work in an international collection in Edogawa, Japan, first place in the UTBM art prize 2010, Sydney, and three major murals in the Gosford region.

His work has become an expression of his idealistic interpretations of the world around and its eccentricities.

Working in oils, Russell attacks the canvas with a furious alla prima method, followed by a more contemplative series of glaze layers to achieve light and illusion.

Working with charcoal, pastel or water colour pencils, he creates fast and fluid figurative drawings from a live model.

A number of Russell's paintings emanate an emotive atmosphere, alluring with ambiguous realities, while others can be brutally honest or a blatant parody. Russell has also been commissioned for several portraits over the years for national and international collections. See more at [www.russellaustin.com.au](http://www.russellaustin.com.au)





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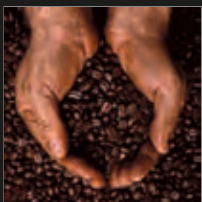
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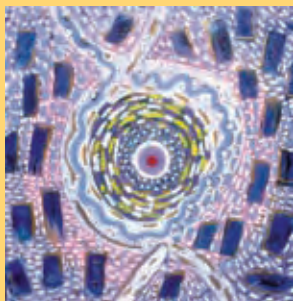


**GREEN BEAN COFFEE**  
IN-HOUSE FRESHLY ROASTED

## Kathleen Star

The Central Coast of NSW is a place of great beauty and being so close to nature provides constant inspiration.

My artwork is a form of 'heart' expression. I work intuitively creating one shape and colour at a time to produce the final piece. I love using bright colours and spontaneous mark making as I build up textured layers. I produce large acrylic paintings and pastel coloured drawings for original art sales.



On another level, my artworks reveals deeper meanings. I love exploring the hidden messages contained symbolically within each artwork. The artworks contain special stories that help us understand exactly what is happening within, on a subconscious level. I receive information from a different perspective to help my clients deal with everyday issues such as health, relationship, family, loss of loved ones and career. With this information clients are able to release emotional blockages which helps them move on to a more positive state of mind.

Kathleen Star is available for psychic art readings, painting commissions, art workshops and mobile art lessons and can be contacted at [www.kathleenstar.com](http://www.kathleenstar.com)

## art@mana

Every month at Gnostic Mana cafe, we are proud to exhibit artworks from some of the Central Coast's leading artists.

And all of the work is for sale. So while you're sipping the best coffee around, check out the local talent. You might even end up taking some home!





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# Gnostic Enchantments

*Introducing Julita and Rhonda, the proud owners of the new Gnostic Enchantments shop.*

We have stepped out of our comfort zone, in our later years in life, to accept this wonderful exciting opportunity; bringing years of life experiences and knowledge and honouring our Inner Child.



Within this Mystical store you will find many Treasures of Angels, Fairies, Dragons and Butterflies to name a few of our “Winged Gifts”. We encourage you to come in and explore our beautiful range.

We would like to thank Mary, Emily and all the “Gnostic Family”, for their tireless work, encouragement, interest and Loving support, to make this venture possible.

Also many thanks to our wonderful families for their welcomed help and support, to bring our vision into reality. 🌱

– Julita & Rhonda



# Angels & Archangels

BY JULITA WARDLEY

Ever since I was a little girl I have had an affinity with angels.

These beautiful beings are here to help us but we do need to ask. Our life's journey is our choice. The only time the angels will intervene, without us asking, is if you are in a life threatening situation and it is not your time to pass.

To invoke the angels all you need do is call them. Don't worry

about special names or rituals, simply ask for help.

Angels realise that being in the physical world is sometimes very difficult and their job is to assist us with our freewill.

Know they are always there.

*Gratitude* is very important.

The more we acknowledge their presence the more they will help us. 🌱



*These are the four main Archangels working with us, however there are many others to love and support us through our journey.*

**ARCHANGEL MICHAEL** is the overseer of all the angels. He directs them as to when and where to go. He has a sword which releases negativity. He holds a shield to protect us from harm. Be open to feeling his warmth of love and protection. To me it is like he wraps a comforting cloak around my shoulders.

**ARCHANGEL RAPHAEL** is the healing angel. He can help us through emotional physical and mental challenges. He works with beautiful emerald green healing energy and when you call for his help you can visualise the energy coming through your crown chakra (top of head) and feel it surge through your body. Then visualise a white light following to cleanse your body.

**ARCHANGEL GABRIEL** helps us with our life purpose. With my own experiences I feel this angel as a female energy. The Archangels are androgynous therefore different for each of us. Just accept what you feel is right for you. Trust your intuition. Archangel Gabriel guides us with our creative talents and the arts.



*Archangel Michael*

**ARCHANGEL URIEL** is the angel who helps us to release the toxic thoughts and feelings from our mind and our body. What we say and think creates our future. Holding on to past hurts and pain only encourages DIS-EASE. So be open to asking him to help you have more positive thoughts and let go the past, as the only person this is hurting is you.

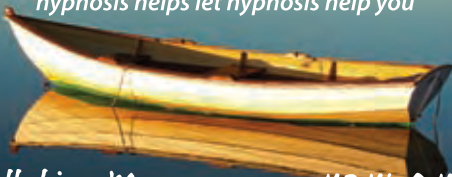


GNOSTIC CORNER has evolved into a thriving business community. By trading in a co-operative, non competitive manner, the needs of each individual of the group can be met. Sharing resources and skills makes a community strong. Realising that as the group grows the needs and priorities will need to change, keeps the group fresh and open to new opportunities.

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

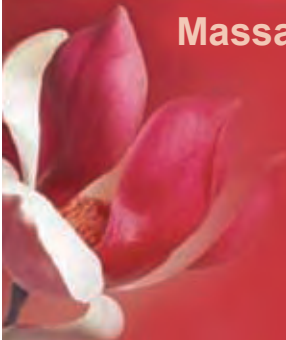
## Why WORRY, Woy Woy?

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## ➔ First, a parable...

WORD SPREAD ACROSS the countryside about the wise Holy Man who lived in a small house atop the mountain. A man from the village decided to make the long and difficult journey to visit him. When he arrived at the house, an old servant greeted him at the door.

"I would like to see the wise Holy Man," he said to the servant. The servant smiled and led him inside. As they walked through the house, the man from the village looked eagerly around, anticipating his encounter with the Holy Man.

Before he knew it, he had been led to the back door and escorted outside.

He stopped and turned to the servant, "But I want to see the Holy Man!"

"You already have," said the old man. "Everyone you may meet in life, even if they appear plain and insignificant... see each of them as a wise Holy Man. If you do this, then whatever problem you brought here today will be solved."

Hello everyone  
I meet...

Thanks for helping me to learn stuff. About myself mostly. The way I want to be. About behaviour I like and dislike. And patience! Oh you guys are great at teaching me that!

Sometimes the way you behave is a reflection of something inside me I don't like.

It's good you can reflect this to me so I can choose differently when I react. Thanks for that.

I realise it's all too easy for me to make assumptions and to create drama in my life by over-reacting to you.

I don't want to do that anymore.

I've decided that you are doing your very best in this moment. I'm gonna do my best not to judge you.

I realise that it's most likely you haven't set out today to bug me or screw things up.

---

BY EMILY HOLSTEIN

---


*No matter how bad your situation is, you can always lose your temper and make it worse. — INDIAN SAYING*

---

It's quite possible there is a world of stuff happening for you I know nothing about. I figure the best way to help you is to be compassionate towards you during this anger/anxiety/fear/weirdness.

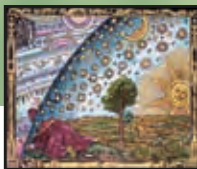
But I won't make it my own.

Perhaps this is giving you the benefit of the doubt, but it's my hope you'll do the same for me when I'm struggling.

I love you. Be gentle with yourself. 



Emily tries her very best in any given moment most days a week at Gnostic Forest & Bunch. On other days she is just human.



# ASTROLOGY

*Planetary Influences for September, October and November 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.*

## SEPTEMBER:

This month you need to be very aware of WHO you are dealing with, especially when doing any business deals or signing contracts. Your perception may be that you will trust the wrong people who could be a dramatic downfall in your life. Avoid making life-changing decisions as you may have a lack of clarity and confusion relating to any goals you may have, turning these feelings into anger and frustration as you see your plans going no-where. Exercise patience and avoid any risks.

## OCTOBER:

Thinking clearly will bring rewards for past actions. Doors are opening for you but be careful not to let opportunities slip through your fingers. There is a sense of optimism in the air and feelings of confidence and enthusiasm will help you to think clearly about any new projects you want to start. Great time for any long term planning that requires attention to detail especially in any organisation and restructuring business transactions. Some people may find this is a serious time where work is concerned and definitely not interested in anyone who wants to play games in business.

## NOVEMBER:

November brings a time to let the past go... and lay it to rest... bringing in the right balance to propel towards your goals with sound judgement. Striving to improve conditions around you will help you to clear up and clean out anything that is holding you back in life, and help to straighten out any situations that have been sources of trouble for you. Authorities may be of assistance. Professional success, political power or gains in wealth are there for those who want to reform and remake at this time.

Solar Eclipse; 25/11/2011...4.24PM...2\*37'...Sagittarius

---

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

## EXPLORING THE TAROT THE LOVERS

Balancing the duality within (Yin/Yang).

To recognise and accept both parts of self.

To experience the sexual urge inherent in all life forms. It may well mean the need to learn equality through a romantic relationship, or balancing your marriage.

---

Loretta is a psychic reader at Gnostic Forest.





# CORNER SPECIALS

★ Mention *Gnostic Living* to receive these special offers!



## Be seen in Camouflage

From the makers of the awesome Sativa range of Hemp and Organic cotton bags come the Indica range of cammo print bags. The full range of these bags are in store now. Mention *Gnostic Living* and get 20% of any Indica Bag. AVAILABLE AT Gnostic HEMPORIUM, T: 4344 2300



## Enchanted

Discover these mystical beings cast in pewter. Buy 2 and receive a 20% discount as our opening special! AVAILABLE AT Gnostic ENCHANTMENTS, T: 4341 8874



## Singing Bowls

Tibetan Singing Bowls are used for meditation and relaxation. Priced from \$32 for GLM readers, and receive a free cushion with all bowls. AVAILABLE AT Gnostic FOREST, T: 4342 4466



## Sprout up!

The Bio Snacky Mini Greenhouse ensures perfect conditions for growing fresh, vitamin and mineral-rich sprouts every day. RRP \$57.65 *Gnostic Living* reader special: free 250g packet of Organic Sprouting Mix, valued at \$5.25. Available now at Gnostic ORGANICS, T: 4341 8900



## Rub it in

Spring is a great time to give a loved one a massage, so come in & check out our expanding range of massage products & essential oils! We are offering 15% off all our essential oils for Sept, Oct, Nov. AVAILABLE AT Gnostic HEALING CENTRE, T: 4342 0434

**GNOSTIC CORNER • THE BOULEVARDE & CHAMBERS PLACE, WOY WOY**



# CLAIRVOYANCE, SPIRITUALITY & ABUNDANCE

Working Together for You

Developing your natural clairvoyant and intuitive abilities and making time in your life for your spiritual needs are sure ways to increase all your levels of abundance. Your inner guidance, what I like to call my 'Little Voice' is always trying to steer you in the right direction and those times when you have a strong sense of knowing are signals to you about connecting with your highest good. It takes courage at first, and baby steps are fine, but listening to and acting on those messages and signals is vital to a happy and prosperous life.

Matters of money, career, your health and your relationships will all benefit and blossom when you feel on track and live from a place of self-trust. Meditation or some other form of connecting to your inner, spiritual life will also help you stay in that knowing zone. If you don't like to meditate then make time for an activity that has a similar impact, like spending time in nature walking or doing something creative like gardening or painting, so you can get into that zone of living purely in the now.

Slow down and become more observant, give your intuition and clairvoyance time to

respond to what is going on around you rather than rushing through life and only ever skimming the surface. All the guidance you need is there for you, so getting the clutter and the busy-ness out of the way is very important.

Allowing your spiritual life and your natural connectedness to flourish is the central component of your abundance. Reach out to your Angels and Spirit Guides for support, try some automatic writing and let your wisdom flow through, learn about your chakras and how to balance them and give yourself time to reflect, contemplate, create and visualise. Nurture the most beautiful possibilities you can imagine for yourself and your life, visualise them and do whatever you feel guided to do to help bring them about. Don't be afraid to trust your heart because no one else can live your life for you and no one else knows exactly what its like to be you!

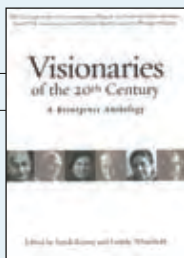


Belinda Grace is a Clairvoyant Healer with over fifteen years experience in her field. She is the author of

the best-selling book, *You Are Clairvoyant* and her new book, *You Are Abundant* is now available. For more information please go to [www.belindagrace.com](http://www.belindagrace.com)

# Visionaries of the 20th Century


AUTHOR: Various PUBLISHER: Green Books



This book crossed my desk almost by accident, the cover had been damaged and it needed to be returned to the distributor. Curiosity caused me to open the damaged cover and look inside. Written in excellent style by a variety of authors, this book features the biographies of 100 inspiring visionaries who have had the courage to stand out from the crowd and follow their passion to make a difference in their world.

From writers, scientists and educators to world leaders and spiritual figures, Inspiring stories like Carlo Petrini, and his Slow Food Project where he emphasises the value of food grown and prepared in a slow thoughtful fashion, to Julia Butterfly Hill the lady who lived in a tree for over 2 years to demonstrate her displeasure at the logging of old growth forests.

Nelson Mandela. Ghandi, Anita Roddick, Jacques Cousteau & Bob Dylan all get a mention.

In a world where to question the given status quo can see you persecuted, these people are a wonderful example of how each of us can influence our communities and the global village in a positive permanent way. – Mary H. 


# Home Grown Roots Vol 4

LABEL: Foghorn Records



You have to love this series – they just seem to get better and better and Volume 4 is no exception.

This double album is perfect and the most cost effective way of getting the cream of the indie music crop.

With artists like Paul Kelly, Jeff Lang, Ross Wilson, 8 Ball Aitken and my personal favorites, Michael Peter and Rosie Burgess just to name a few. This is a mix that will definitely see you kicking back at home or in the car and keep you content – at least until Volume 5 rolls around... – Richie H. 



**Reiki**

Wayne Carroll, local Reiki Practitioner/Teacher is holding a 'Reiki Share' evening every first Wednesday of the month 6.30–8.30pm. at 'The Clearing on Gnostic Corner', Chambers Place, Woy Woy. Our aim is to offer Reiki Energy Healing to the Elders of our community on a voluntary basis who are housed in Community Homes.

# 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.

## **Savitri – Wednesday**

Savitri uses the Devine Crystal Matrix to intuit cosmic wisdom. Soul & Akashic records give guidance. A crystal ball, cards or other tools may be used, providing accurate guidance with discernment.

## **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.

## **Marlih – Friday**

*10–11am Fridays – Free Feng Shui Talk.*

Feng Shui readings available to correct any imbalances. Correct placement has been known to improve all aspects of our lives from relationships to finances and health.

## **Franchesca – Saturday**

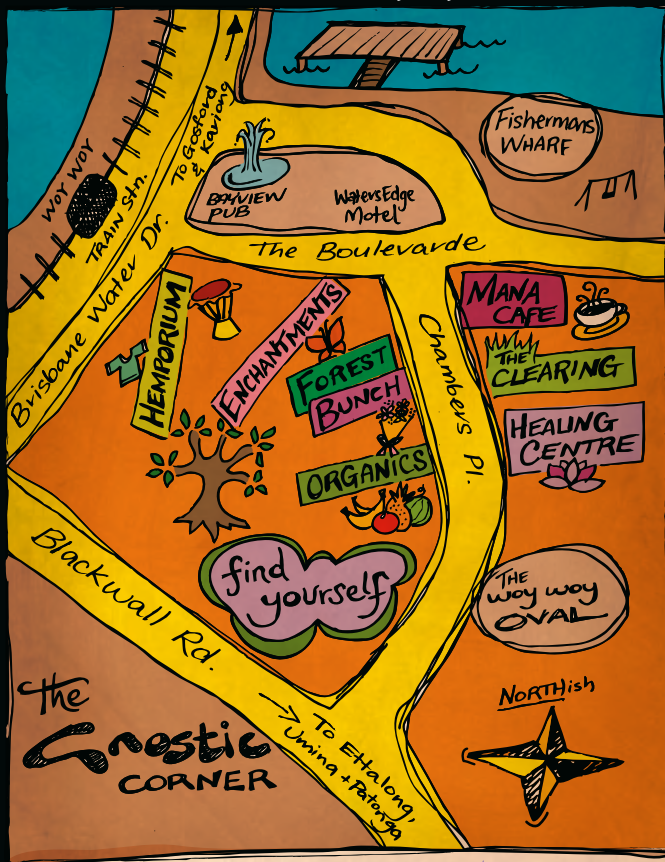
Clairvoyant. By reading your aura and the tarot cards Franchesca can help empower your decisions. Palm readings and medical intuitive services also add further guidance.



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 on Gnostic Corner

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