

Holistica

... the Newsletter of Holistica Natural Therapies
Sept 09 - Nov 09 www.holistica.com.au / Email: elaine@holistica.com.au

Life's a voyage
that's
homeward bound.

Herman Melville



Hmmm .. yes you may have noticed that this Newsletter has been 'missing in action' lately ! This is because I have been doing some more studies .. I have now completed my Reiki Master and also am near to completing my Infant Massage Instructor training! Stay tuned for upcoming services !

I hope you have managed to avoid the bugs of the cooler season - if you haven't and you are still suffering, I can give you some herbs which will help to lessen the duration and help your body to heal quickly. Just let me know and I will get them to you pronto ! ☺



I FEEL VERY 'CHRISTMASEY' at this time of year ! This is because of the cooler weather and my associations with it ... because I am a Northern Hemis-phere girl ! So - as I am having my own 'Season of Goodwill' I would like to offer you the following special offers...

SPECIAL OFFERS FROM SEPT to end NOV 2009:

- **PAY ONLY \$85 FOR 90 MINS' TREATMENT OF YOUR CHOICE - OR COMBINATION OF TREATMENTS.** (See brochure/website for options).
- **PAY ONLY \$75 FOR A BACK, NECK AND SHOULDER MASSAGE, PLUS BOWEN THERAPY, PLUS REIKI - FULL REBALANCING FOR BODY, MIND AND SPIRIT ! ALLOW 60 - 90 MINS!!**
- **PAY ONLY \$50 FOR 60 MINS CHAKRA BALANCING TREATMENT - INCORPORATING REIKI AND CRYSTAL HEALING.** See description of chakras further on in this Newsletter.
- **PAY ONLY \$50 FOR 60 MINS REIKI HEALING TREATMENT.**

- **PAY NOTHING FOR A REIKI HEALING ATTUNEMENT - THIS CAN BE ADDED ONTO ANY OTHER TREATMENT - JUST ALLOW AN EXTRA 20 MINS!** (See description of the Reiki Healing Attunement in this Newsletter).

HAPPY CHRISTMAS ! HO HO HO !! ☺



LUCKY DRAW !!

Don't forget ... when you next visit to pop your name in the 'Lucky Draw' box ... the next one is due to be drawn at the end of September 09 - and is for a \$50 Holistica Voucher - which can either be used to pay for, or toward, a treatment - or even to buy a Gift Voucher!

YOU'VE 'GOTTA BE IN IT TO WIN IT' !



CHAKRAS



As you may know, chakras are little energy centres in our bodies .. there are 7 main ones (as shown in the picture here) - but there are also many more. When one or more of these energy centres becomes imbalanced (which can be due to a multitude of reasons) .. we can begin to feel the effect of them ... physically, mentally or emotionally. The effect of a chakra imbalance can be vast but can range from sciatica to digestive disorders to tinnitus or to 'just feeling a bit disconnected'.

Chakras feed 'Qi' (or life force) into our bodies and assist your organs and vital systems to receive as much energy as they need. If you have health problems, this is said to be because you do not have enough energy in a particular Chakra.

The energy of our Chakras flows best when it is running smooth and clear, with no obstructions. If there is a lot of negativity in our own energy, it becomes more like rapids. This causes health problems, but can also cause us to feel unwell or think less optimistically than normal.

In balancing our Chakras, we can not only help to achieve better health but we can begin to understand more about our 'inner selves', how we can live with great health, abundance and love and how to get in touch with our natural spiritual abilities.

A 'Chakra Balancing' treatment lasts approximately 60 mins and incorporates Reiki and Crystal healing over the Chakra areas of the body. It is sublimely relaxing and most people come away feeling much more 'in balance, connected and in control'.

FOR SEPT TO END NOVEMBER I AM OFFERING THIS TREATMENT FOR \$50 ONLY ... FOR A BEAUTIFULLY RELAXING AND CALMING 60 MINS !

MOBILE VISITS

You may recall from a previous Newsletter that I am no longer offering Home / Mobile visits, but I am pleased to be able to give you the details of a wonderful Therapist who does just that ...

Louise Barber is my good friend and colleague and offers Aromatherapy, Pregnancy, Swedish, Relaxation and Seated Massage, as well as Reiki ... all as a Mobile Home Service in and around the Northern Beaches area. Louise charges just \$85 for an hour's treatment, in the comfort of your own home!

You can find Louise' webpage at

<http://www.naturaltherapypages.com.au/therapist/665>

... or you can contact Louise on her Mobile: 0416 371 117

... or Email: louisegooddy@hotmail.com

Louise also does Gift Vouchers and is a Health Fund provider, (depending on your fund and level of cover).

REIKI and the REIKI HEALING ATTUNEMENT

First of all, I should tell those of you who are not sure what Reiki is, well .. what Reiki is .. and is not !!



The word 'Reiki' is a Japanese word, meaning universal life energy. It is a non-intrusive method of hands on healing that taps in to the energy referred to by philosophers and martial artists as *Ki* in Japan, *Chi* in China and *Prana* in India. The practice of Reiki is based on the teachings of a Japanese man, Mikao Usui, who taught and practiced Reiki in the late 19th and early 20th C.

A Reiki treatment can be carried out anywhere but when coming for a treatment with me, it is carried out on the treatment table, where you will remain fully clothed and covered with a warm towel / blanket if it is cold! I will then place my hands on areas on / above your head, your shoulders, back, chest, stomach and limbs. Reiki can also be done above the body, so if you don't like 'hands on', just let me know. Reiki can also be applied to sites of injury, pain or discomfort.

What is happening when I place my hands on you is that Reiki energy ('Universal / Chi / Qi Energy) is being channelled / passed through me (I am just a 'vessel' in the whole process!). The Reiki energy will flow through me to you but does not come from me - and you will receive only the amount of energy you need to bring your body and mind into balance. The Universe is a wonderful thing!!!!

What Reiki is not - it is not a massage technique, hypnosis or a tool for diagnosing illness - but it can address both chronic and acute conditions - gently and powerfully promoting balance among all the body's systems and the normal regenerative processes of the body and mind. While Reiki is sacred in character, it is not a faith. It has no creed, and there is no religion that you must follow to learn and practice Reiki. In fact, Reiki is not reliant on faith at all and will work whether you believe in it or not.

When people receive a Reiki treatment, the results can vary vastly ... some people say they feel little during the session, but afterwards enjoy a sense of calm and well-being and a deep restful sleep. It is possible you will experience powerful sensations or emotions during or after a session- and if you feel like sharing them with me then I would be happy to hear of them. Reiki may also assist in pain reduction, improvement in immune and nervous system functioning and increased mobility in patients with conditions such as MS, Lupus and Fibromyalgia; this has all been verified by Medical Research into the effects of Reiki.

SO - WHAT ARE ATTUNEMENTS?

Before a Reiki practitioner is able to 'give a Reiki healing' they are attuned by a Reiki Master to different levels - these, normally, being Reiki I, Reiki II and Reiki Master.

- If a practitioner has achieved Reiki I, this means that he/she is able to 'channel' Reiki for his/her own healing and to a limited extent to others;
- a Reiki II practitioner is able to 'channel' Reiki for him/herself and others;
- a Reiki Master is able to channel Reiki for him/herself and others as well as teach and attune others to Reiki.

SO - YOU MAY HAVE NOTICED IN THE SPECIAL OFFERS COLUMN THAT I AM OFFERING FREE REIKI HEALING ATTUNEMENTS WITH ANY TREATMENT ... but what is a healing attunement, I hear you ask! ...

A Reiki Healing Attunement is given to expand the healing potential of Reiki .. it brings in high frequency healing energies, which are more powerful and effective than those given during a regular Reiki treatment. The Healing Attunement does not initiate the client to be a Reiki practitioner, but to be more receptive to Reiki energy.

The Reiki healing attunement is highly effective in removing negative energies from the client. It will remove negative energy in the physical body, aura and chakras and work to help release any blocks the client chooses.

During this attunement, all you will need to do is to sit for 15-20 mins, while I do the attunement for you! The only effort you will need to 'exert' is to relax ... but this will happen for you anyway!

So - please don't be shy .. take advantage of this wonderful opportunity while you can! Just let me know you would like the Healing Attunement when you book your treatment - and if none of this has made sense to you at all, let's have a chat about it when you next come along!

QUIZ! Here is a little quiz for you - if you send me the answer by email (or mail) before the end of September - you will receive a voucher for 15% off your next treatment!

Q: What is the name of the Japanese man from whose teachings, the practice of Reiki is based on?

I will leave you with a nice Recipe .. this was in one of the papers recently and I have made it a few times lately .. it is a definite winner in our house ...

BREKKY BARS

- 3/4 cup self-raising flour
- 1 cup shredded coconut
- 1/2 cup firmly packed brown sugar
- 1/2 cup pumpkin seeds (pepitas)
- 1/2 cup sunflower seeds
- 1/3 cup sultanas
- 1/3 cup chopped dried apricots (I used cranberries!)
- 3/4 cup low-fat milk
- 1 egg



Method

1. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 17cm x 27cm (base) slice pan. Line with baking paper, allowing a 2cm overhang at long ends.
2. Combine flour, coconut, sugar, pumpkin seeds, sunflower seeds, sultanas and apricot in a bowl. Whisk milk and egg together in a jug. Add to flour mixture. Mix to combine.
3. Spoon mixture into prepared pan. Smooth top. Bake for 25 to 30 minutes or until firm. Stand slice in pan for 15 minutes. Turn out on to a wire rack to cool completely. Cut into 18 pieces. Serve.

I hope you enjoyed this Newsletter .. if you have any suggestions or would like to stop receiving it at any time, please email me on elaine@holistica.com.au or Mob: 0411 261 758. Thank you!

I look forward to seeing you soon! Elaine ☺